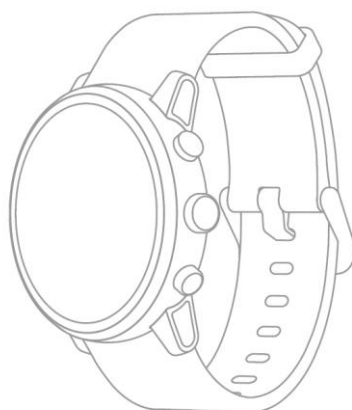


# Amazfit Stratos User Manual



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# Button Operations



Top Button	Short press	Unlock watch, Swipe left to access widgets and menus such as sports, activities history, and daily overview, Scroll up the interface.
	Press and hold the top button	On home screen, press and hold the top button to access shortcut menus; On other interfaces, return to the previous screen.
	Press and hold for 4 seconds	Turn on the watch
	Press and hold for 6 seconds	Reboot or power off
	Press and hold for 10 seconds	Turn off the device
Middle Button	Short press	On home screen, short press the middle button to quickly access sports widget; On other interfaces, access sub-interface or activate the screen.
	Press and hold the middle button	Return to the home screen
Bottom Button	Short press	On home screen, short press the bottom button and swipe right to assess widgets such as weather, heart rate, music, sleep and more. Scroll up the interface.
	Press and hold the bottom button	Activate notification list

## Screen Operations

Touch	Use, go to next or select
Swipe left and right	Switch interfaces
Swipe up and down	Scroll up and down the interfaces
Press and hold the screen	Access the watch face list

## Wearing the Device & Charging

### 1. All-day Wear

For optimized heart-rate tracking, we recommend wearing Stratos with two fingers' width below your wrist bone and make sure it's fairly snug against your skin.



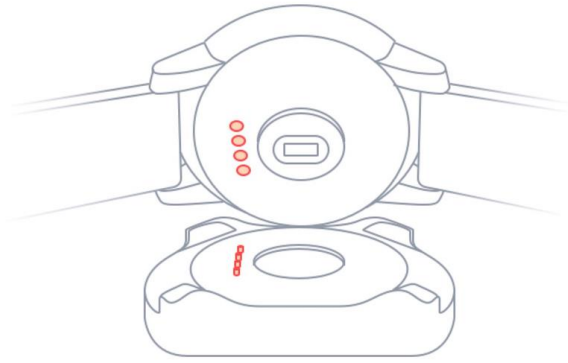
### 2. Wearing during Exercise

When running or doing other activities, it is recommended to wear Stratos with a tight fit that is comfortable and does not slide up or down your wrist. Do not wear it too tight or too loose.

### 3. Charging

Amazfit Stratos contains a lithium polymer battery. All Stratos watches ship with the battery charged. However, we suggest fully charging your watch before use. It takes 2-3 hour to fully charge Stratos.

- To charge, place your watch onto the charging base, attach the USB end of the charger to the USB port on your computer or a normal USB wall charger. Make sure to align the 4 charging pins on the backside of the watch with the ones on the charging base. Once clipped-in, the watch face will light up and show that the watch as “Charging”.



## Features

### 1. Watch Face

- **Changing Watch Faces**

Connect your watch with Amazfit Watch app. Tap **Profile** in the lower right hand corner, tap **My watch**, Tap **Amazfit Stratos**, select **Watch Faces**. Tap on your selection and the watch face will update.

Press/hold down on your watch face until the background image reduces in size. Swipe Left or right to select watch face.

Swipe down from the home screen of the watch >> More Settings >> Common >> Watch Face.

- **Customizing Watch Faces**

On the Amazfit Watch app, select **Watch Faces**. Scroll down until you reach **Load Image**. Take a photo, or choose one from your gallery. Confirm by tapping **Use Photo** or **Choose**, then wait for it to sync.

Press/hold down on your watch face until the background image reduces in size.

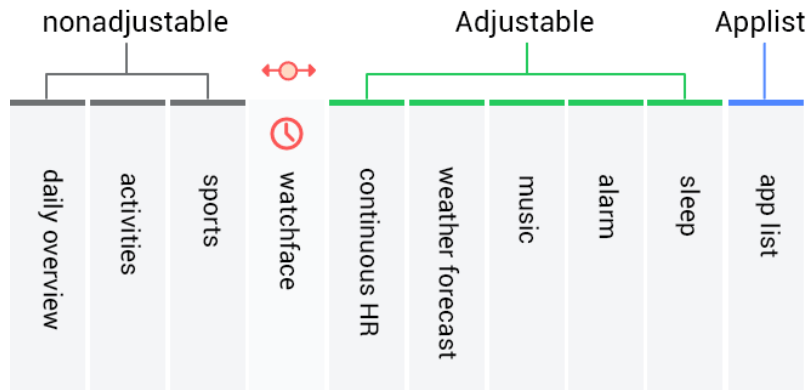
Select **Settings** on the watch face. Swipe up until you see option to Choose Uploaded Image. Select, hit **Confirm** and **Save**. The image you uploaded will appear on your watch face.

### 2. Widgets & Applications

**Applications** refer to the specific function on the watch which can be used independently such as sleep, heart rate, compass, etc.

**Widgets** refer to the interfaces displayed on both sides of the watch face. Widgets provide you with quick access to the status of the current application summary information.

- **The default order of widgets:**



- **Customizing the widgets**

Go to **Widgets and Application Management** in Amazfit Watch APP, you can toggle switch button on/off to show or hide the widgets on your watch and drag any widgets up or down to change the displayed order of them.

### 3. Daily Overview



The third widget on the left side of the watch face is **Daily Overview**. The number of steps, calories burning data, and activities taken during the day can be viewed through Daily Overview. **Weekly report** for the previous week will also be generated at 9:00 am on Mondays to make it easier for you to view and track the your sports and health data weekly.

### 4. Activities





The second widget on the left side of the watch face is **Activities**. In addition to displaying the latest 30 sports history records and the detailed activities data recorded by the watch, you can also view your current maximum oxygen uptake (VO2max) and training load in it.

Note: Only the latest 30 sports records are displayed on the watch. After synchronizing your watch with the Amazfit Watch App or uploading data to the server via the **Upload** function on the watch, you can view all the sports history in the Amazfit Watch App.

## 5. Heart Rate

Amazfit Stratos allows you monitor your heart rate automatically and continuously. You can switch the measuring methods in **Heart Rate Widget**.

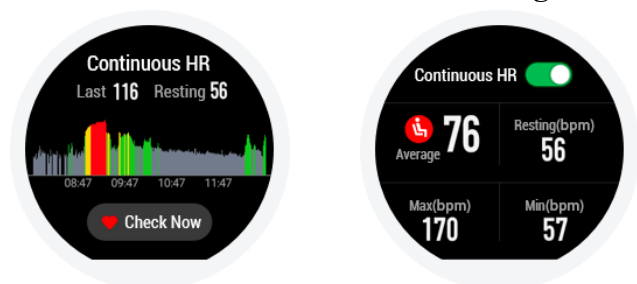
**To measure heart rate automatically**, swipe left from the watch face  Heart Rate  Tap check now.

When measuring, please don't move so that the watch can get more accurate heart rate data.



Note: For the most accurate heart-rate reading, please wear your watch properly and avoid wearing sunscreen or lotion under the device. Clean the heart rate monitor after exercising.

### • Continuous Heart Rate Monitoring





When continuous heart rate is enabled, **heart rate widget** displays your current heart rate in beats per minute (bpm), your average heart rate, maximum and minimum heart rate, and resting heart rate ('Resting HR' can be viewed only after you enable **continuous heart rate** and wear the watch during sleep more than 5 hours).

**To initiate the continuous heart rate:**

- Go into the **Heart Rate** widget
- Tap on the screen with the heart rate chart
- Swipe the toggle switch to the right to turn on.

You can **view heart rate data** by the followings methods:

1. Go to heart rate widget on the watch.
2. Open Amazfit Watch App  tap '**Status**' on the lower left hand corner  tap heart rate.

**Note:** Turning on continuous heart rate will affect the watch's battery life.

## 6. Music

### • Copying Music Files

The music player can play mp3 music files that were previously copied to the Music folder inside the watch.

To transfer and play music on your Amazfit Stratos, you will need to connect the watch to your computer (Recommended Operating System: windows 7/8/10) via the provided USB cable and charging base and copy the music files into the watch's media storage folder called **Music**. The supported music file format is MP3. Once you have transferred your music files into the watch's Music folder you can now select the **Music** player widget on the watch screen to play music via a connected Bluetooth headset.

You can adjust volume level and play mode through playback settings on the watch and your Bluetooth headset.

### • Connecting to a Bluetooth Headset

Amazfit Stratos supports Bluetooth headsets which include A2DP to listen to music.

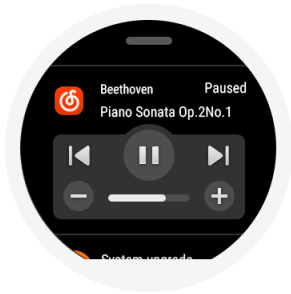
Swipe LEFT from watch face till you find **Music** widget. Tap on the green color Play button, you will receive a prompt to connect to a Bluetooth Headset. Confirm connection by tapping on the checkmark. It will search and pair. After connecting, swipe right to access the playback interface.

Please check the following steps to connect with a Bluetooth Headset:

- For most headsets, you can long press the power button and wait the blue and red lights start flashing.
- From the watch face, swipe down;  
Select **More Settings**;  
Select **Connection**.  
Select **Bluetooth** for the watch to start searching for the Bluetooth headset.
- Once the device appears on the watch screen, tap on the selection.
- Confirm and initiate pairing by selecting the checkmark.

If pairing is unsuccessful, we suggest turning your Bluetooth headset off and on and try connecting again.

## 7. Music Control



When you turn on music control, you can remote control the music playing on the phone through your watch. For example, you can pause, play, skip forward, skip backward and adjust volume.

**To set up**, open Amazfit Watch App > connect your watch with your mobile phone > tap **Profile** in the lower right hand corner > tap **settings** > tap **notification setting**, it will have a switch toggle to let you enable or disable music remote. Turn on music control, you will receive a notification on the watch. Once any media has been started on your phone, like a song, then you can just swipe up on the home screen of the watch.

## 8. Sleep



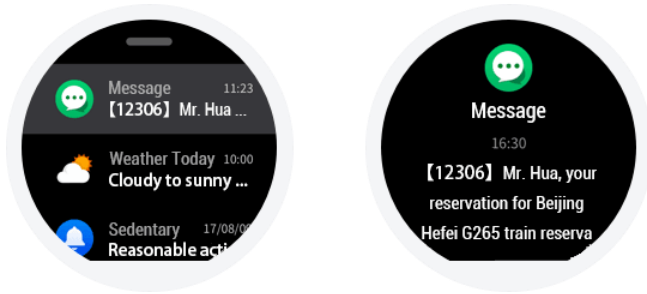
When you wear your watch to bed in the evening, it can automatically track your sleep. And you'll see the sleep information such as sleeping time, deep sleep, light sleep, awake time on the watch and app (after your sync) in the morning. Your sleep history can be viewed through 'Sleep' widget on the watch.

### To check sleep:






1. You can tap on the **Sleep** widget on the watch to view;
2. After sync your device, you can view through Amazfit Watch App---Status ---Sleep.

## 9. Notifications

After you pair your Stratos with your mobile phone, you can see the notifications on your watch.



### To Enable App Notifications:

On the home screen of the Amazfit Watch App  tap 'Profile' in the lower right hand corner  Tap 'Setting'  Tap 'Notification Settings'  Tap the toggle switch to enable push notifications  Tap App notification setting and select App in the list to enable or disable the specific notifications.

### Note:

If you are using an Android mobile phone, please whitelist Amazfit Watch App and give auto start permissions to it. Keep the app running in the background so that you can receive notifications. If Amazfit Watch App is being shut down in the background, your watch will disconnect with your mobile phone and you won't get any notifications.

- **Phone Call Notifications**



Phone call notifications are turned on by default. When your watch is connected with your mobile phone, you can receive phone call notifications on your watch. You have two options: hang up or mute.

## 10. Weather



Weather widget allows you to check weather information (temperature and weather forecast) in recent days at any time. Turn on your mobile data and keep your watch connected with your mobile phone to update weather in a timely manner. You can also receive weather warning reminders for severe weather on the watch.

## 11. Alarms

You can set up alarms on the watch. An alarm can be set to vibrate once or to repeat regularly. If you don't need the alarm you set up, you can remove it from the alarm list. Alarms remind you through vibration, you can choose to turn off or remind later (snooze). It will vibrate for five minutes and turn off automatically if you don't perform any operations.

## 12. Training Center

Training center provides 5 training plan templates: Beginner, 5 km, 10 km, Half Marathon, and Marathon to allow you to reach training goals within a certain period of time. If there is a training plan at that time, the watch will remind you to exercise.

## 13. Stopwatch

It allows you to record lap times.

## 14. Timer

You can set a countdown timer and it vibrates when time is up.

## 15. Compass

It asks you to calibrate Compass before using it for the first time. Move your wrist around in the circle to calibrate. After calibration successfully, it will show altitude, latitude/longitude, and air pressure on the watch screen.

Altitude and latitude/longitude can be loaded in the outdoor.

To avoid interference, keep away from the magnetic fields when using.

## 16. Connecting to a Computer

After connecting the watch to the charging dock and connecting it to the computer's USB, double click on **Amazfit Stratos** in **'My Computer'** and double-click **'Internal Storage Device'** to access the list of the files in the watch.

**Note:** Windows XP SP2 and below require installation of an MTP driver to connect the watch.

- **Copying Files**

When you can access your watch through your computer, some folders are displayed in the watch's root directory. You can copy the corresponding files into these folders.

/Music/	mp3 files
/gpxdata/	GPX files
/WatchFace/	Watch face files with extension .wfz

## 17. Updating watch

Updating the watch's firmware regularly helps constantly improve and optimize its use. Each upgrade will also fix recently-discovered problems.

**Note:** Before upgrading, fully charge your watch or keep watch power at 40% or more, and ensure that there is a stable Wi-Fi connection during the entire upgrade process.

- **Checking for updates on the watch**

Swipe down from watch face to access **System Settings**: Weather, Battery Life, Silent Mode, and More Settings.

Tap on **More settings**.

Swipe **UP** until you find **Update**.

Tap to check for updates, and download to the latest version.

- **Checking for update on the Amazfit Watch App**

In Amazfit Watch App >> My Watch >> More >> Watch system update.

## Activities

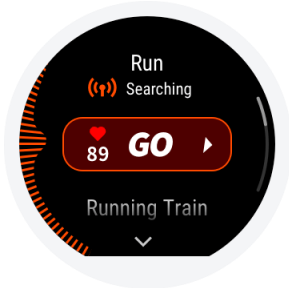
### 1. Starting an Activity



Amazfit Stratos supports Outdoor/Indoor Running, Trail Running, Walking, Outdoor/Indoor Cycling, Elliptical, Climbing, Pool Swimming, Open Water, Triathlon, Skiing, Tennis, Soccer and more.

After unlocking your watch, you can press the middle button on the right side of the watch to quickly access **Sports** widget. Another method is swipe right from the watch face to access sports widget. Tap **More**, you can view all the supported activities. Swipe up or down or press the top and bottom button to choose the activity, tap on the activity or press the middle button to start.

## 2. Starting a Run



Tap Run, watch will automatically initiate the search for a GPS signal. Wait until GPS has full signal and tap on “GO” or press the middle button to start running. During running, you can view time, pace, heart rate, calories, speed, altitude and more on the watch screen.

## 3. Button Operations during running.



#### 4. Alerts in Sports Setting

- **Lap Alert**

After turning on **lap alert**, each time you complete a lap (every kilometer or mile) , the watch will vibrate and display the time for that lap during running.

**To set lap alert:** Unlock the watch > Run > Sports Setting> Lap alert > On.

- **Heart Rate Alert**

After selecting the maximum heart rate value in HR alert, the watch will vibrate and display a message to notify you when your heart rate exceeds the set limit during running. If it alerts, you need to slow down or stop running.

**To set heart rate alert:** Unlock the watch > Run > Sports Setting> Heart rate alert > select your maximum heart rate

- **Heart Rate Zone Alert**

If you have a target heart rate zone during running, you can select heart rate zone or customize your own heart rate zone in Run > Sports Setting > Heart rate zone to vibrate and notify you when you reach the zone you set.

- **Guidance**

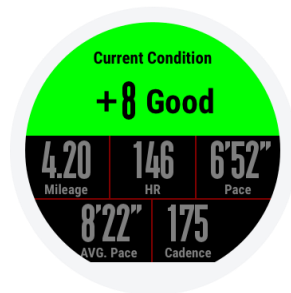
If Guidance is turned on in the **sport settings**, the watch will notify you how to adjust the speed and heart rate to better accomplish your goal when you set a TE-based goal or select a target recommended activity.

**To set Guidance:**

Unlock the watch > Run > Sports Setting > More Settings > Enable Guidance.

- **Performance Condition**

Every runner has good days and off days. Performance condition helps quantify your running status each time and allows you to see changes in your performance level.



Performance condition values range from -20 to +20. After the first 6 minutes of your activity, Stratos displays your performance condition score. If it is a positive value, it means that your condition is good and you can do some running or training.

If it is a negative value, it is recommended not to do high-intensity running.

Scores	Performance Condition
-20 to -4	Tired
-5 to +5	Normal
+6 to +20	Good

## 5. Pausing or Stopping an Activity

- **Pausing an Activity**

Press the **top button** to pause an activity and press it once again in two seconds to resume.

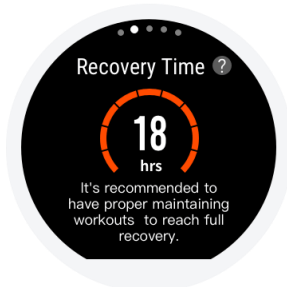


- **Stopping an Activity**

After an activity is paused, you can select the ‘**save**’ option to end. Select ‘**resume**’ to continue and select ‘**discard**’ to give up.

After you finish and sync, you can view the GPS route and details on the watch (watch > activities) and Amazfit Watch App (App > Activity > All).

## 6. Recovery Time



Recovery Time predicts how long it will be before your body is fully recovered. The greater the performance the more recovery is needed. When you complete and save your activity, the amount of recovery time your body needs is displayed on a countdown timer on the watch. After the countdown is completed, the recovery time will be hidden.

## 7. Sports Setting

Press the **bottom button** twice in the running interface, you can switch to activity settings interface. Press the **middle button** to enter the interface, you can adjust the setting of the running item as required. Press the **top button** twice to return to the running (GO) interface.

- **Alerts**

Alerts such as pace alert, heart rate alert and lap alert can be set up in the sports settings separately for each activity.

- **Marking a lap**

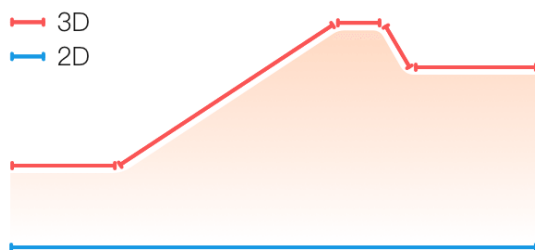


You can press the bottom button to mark laps during running.

We also provide **Auto Lap** to mark a lap at a specific distance automatically in the sports setting. Auto lap and auto lap alerts can be set up in the sports setting before you start an activity.

Whether using auto lap or mark laps manually, the watch will record the details of each lap and you can view the info after you complete your activity.

- **3D Data**



3D data can be set and enabled in the sports settings. When 3D data is triggered, watch will calculate distance using both your elevation change and your horizontal movement over ground as shown above.

- **Accessories**

Amazfit Stratos are compatible with Bluetooth 4.0 heart rate chest straps.

To pair an external heart rate chest strap, please check the following steps:

1. Attach the strap around your chest and make the monitor sits just above the base of your chest bone. (For users who have dry skin, please wet the sensors on the strap before placing it around your chest. This makes it easier for the monitor to pick up your heartbeat.)
2. Swipe right from watch face to access sports widget, tap on any of the activities except swimming, tap on sports settings, tap on Accessories and watch will start searching. Follow the prompts and complete the pairing process.

3. Stratos can't connect with multiple Bluetooth chest straps at the same time. When you start an activity, watch will connect with the last used chest strap automatically. If you need to change to another chest strap, you can go to Accessories to change.

**Note:** Swimming mode doesn't support heart rate chest strap.

## 8. Training

- **Recommended Training**

Amazfit Stratos can recommend sports goals for you based on your recent performance.

Note: The target recommendation can be viewed after a run. It is based on the activity data and the background information you filled in to provide a relatively suitable sports goal for you.

- **Interval Training**

You can create an interval training by time or distance.

Open Amazfit Watch App >> Profile >> My watch >> Sports under App Settings >> Interval workout.

## 9. GPS

The watch will automatically initiate the search for a GPS signal when you select an outdoor activity from the sports widget and alert you when the positioning is successful. GPS is automatically turned off when you leave sports widget or complete an activity.

It will search GPS signal continuously for 3 minutes. If it fails to positioning, it will ask you to re-search. After 20 minutes of inactivity, the watch will stop searching to conserve the battery. If you continue to use it, you need to re-search.

- **Tips for Positioning:**

GPS Positioning should be done in an open area in the outdoor. We recommend searching GPS before starting an activity and waiting until GPS has full signal. The longer you wait the more it will grab and the better your signal will be. If you are in a crowd, raising your arm to your chest speeds the positioning.

- **AGPS**

Assisted GPS (A-GPS) is a system allowing global positioning system (GPS) receivers to obtain information from network resources to assist in satellite location. An A-GPS system is especially useful when the receiver is in a location where it is difficult for the satellite signals to penetrate.

AGPS will help your watch find your precise position quickly and improve accuracy. The A-GPS data updates once a day. The latest A-GPS data is automatically updated each time you sync it with Amazfit Watch App. If watch hasn't sync with your Amazfit Watch App for 7 days, AGPS data will expire. The positioning speed may be affected when AGPS expires and watch will remind you to update when you start an activity.

## 10. Pool Swimming

- **Swimming Pool Length**



The default lengths are 25 yards, 50 yards, 82 feet and 164 feet. You can also set it manually to a custom length. Keep in mind the pool length you enter remains the default length until you change it.

**Trip:** The trip means a whole pool length you swim in the swimming pool.

**Stroke Count:** Stroke Count is the number of strokes you take to cover a length of the pool.

**Stroke Rate:** Stroke rate is how many strokes you take per minute (counting both arms).

**DPS:** Swimming DPS means distance per stroke.

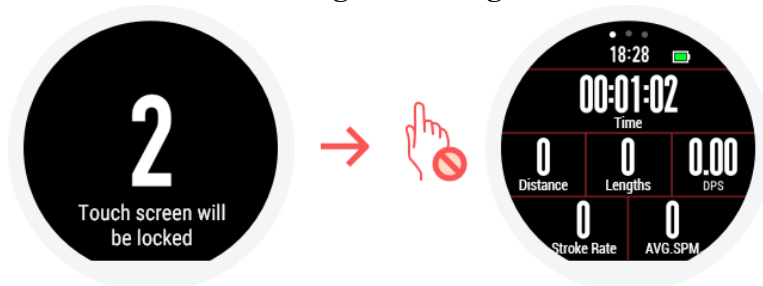
**SWOLF** (short for swimming and golf) is an indirect measure of efficiency. SWOLF is calculated by adding together your time and the number of strokes it takes you to swim a pool length.

- **Stroke Types**

Amazfit Stratos can identify your swim type.

Free Style	Free Style
Breaststroke	Free Style
Backstroke	Backstroke
Butterfly	Butterfly
Individual medley	More than one stroke type

- **Touch Screen during Swimming**



To prevent false touches and prevent water from interacting with the screen, Amazfit Stratos locks its screen when you start a swimming workout. You can operate your watch by pressing the buttons on the right side of the watch. Touch screen can be activated after you complete swimming.

## 11. Triathlon Training

A triathlon consists of swimming, cycling and running. Tap **go** and start your first activity – Swimming. Long press the top button for two seconds after you complete swimming to transition to next activity: **Cycling**. Short press the top button to start Cycling. Long press the top button for two seconds after you complete Cycling to transition to the last activity: Running. Short press the top button to start **running**.



## 12. Checking Activities History

- **Checking on the Watch**

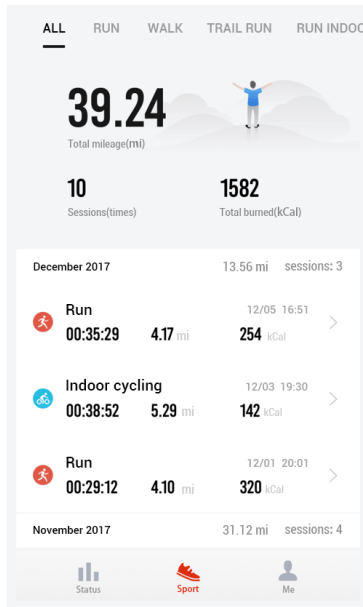
Swipe right from the home screen of the watch, you can access your activities history. By default, the last saved activity is displayed. Tap on the screen or press the middle button, you can access the list of the activities history. Tap on any activity to view details.

You can view the most recent 30 non-synchronized sports records in the activities history. We recommend you sync data with Amazfit Watch App regularly. After you unpair your watch and re-pair, you can restore the latest 7 sports records to the watch.



- **Checking on Amazfit Watch App**

Open Amazfit Watch App --- Sports --- ALL



## Metrics

Amazfit Stratos provides a wealth of physical activity metrics such as VO2 max, training effect, training load and more.

The score is a great help for your training or exercising. This assessment allows you to see changes in your performance level as they happen and can help identify affecting factors along the way. These metrics are based on your personal background information (age, gender, height, weight, etc.) and heart rate. As your Stratos continually understands and analyzes your body and activity data, the assessment of your score will be more accurate.

### 1) VO2max

VO2 max, or maximal oxygen uptake, is a common measurement linked to aerobic endurance that many athletes use to determine their overall fitness. VO2 max is the measurement of the maximum volume of oxygen that you can consume during intense, or maximal exercise. It is measured as milliliters of oxygen used in one minute per kilogram of body weight (ml/kg/min). It is one factor that may help determine an athlete's capacity to perform sustained exercise. A high VO2 max is necessary for success in endurance events.

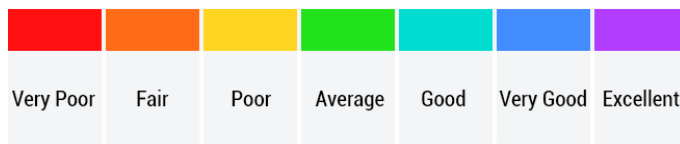
The calculation relies on a combination of personal background information (age, gender, height, weight, etc.) and data collected during your activity. This includes a focus on heart rate and running/walking speed. VO2 max varies greatly between individuals.

### How to get my VO2 Max?

- 1) Enter your accurate personal data (age, gender, weight, height) in Amazfit Watch App.
- 2) Wear your Stratos and run for at least 10 minutes outdoor. Save your run and your heart rate result should reach 75% of the maximum heart rate you set.
- 3) View your VOX max in the activity history from your watch or tap “my status” in

Amazfit Watch App to have a look.

The VO2max score corresponds to seven different exercise abilities:

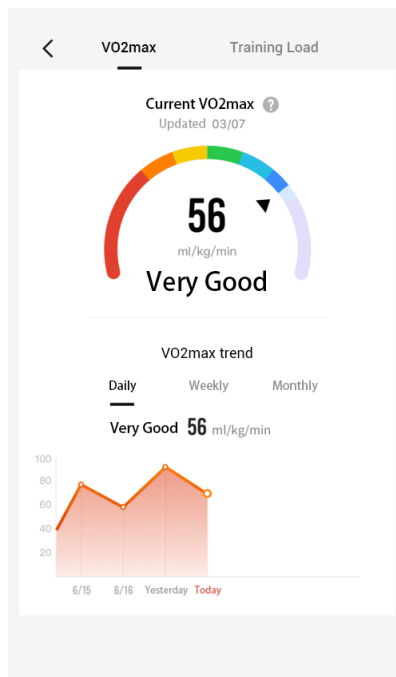


## How to view VO2 Max?

Go to activities history on your watch.



Open Amazfit Watch App --- Profile --- My Status



## 2) Training Effect

Training Effect is an index used to measure the impact of an activity on your aerobic exercise. Wearing the watch to exercise, Training Effect value will increase from 0.0. As your activity accumulates, the score ranges changes from 0.0 to 5.0. Different score ranges represent different effects. The higher the score, the higher the exercise intensity and the greater the load on the body. But it also indicates that the effect of this exercise may be better.

Training Effect describes the effect of exercise on a 0-5 scale:



Training Effect	Aerobic Effect
0.0-0.9	No effect
1.0-1.9	Minor effect (helpful for endurance exercise and suitable for recovery training).
2.0-2.9	Maintaining effect (Maintains your aerobic exercise).
3.0-3.9	Improving effect (Improves your aerobic exercise.)
4.0-4.9	Highly improving effect (Highly improves your aerobic exercise).
5.0	Temporarily overreaching effect or potentially harmful without enough recovery time.

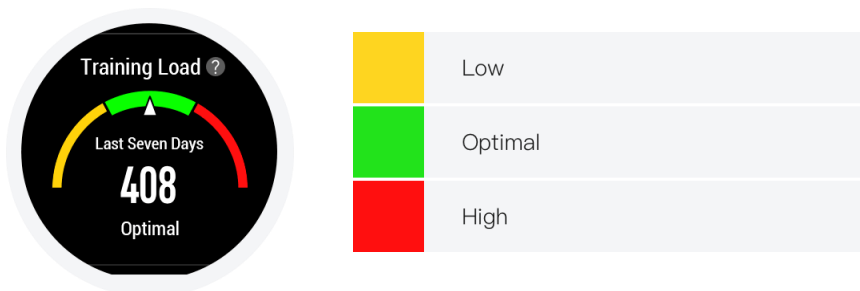
Training Effect is determined by your personal background information (age, weight, gender, height), heart rate, duration, and intensity of your activity. A lower TE score does not mean that your exercise isn't good enough. It only indicates that this exercise is easier and has lower impact on your aerobic exercise (for example, if you perform a one-hour jog, the TE score will still be very low.).

### How to get the Training Effect?

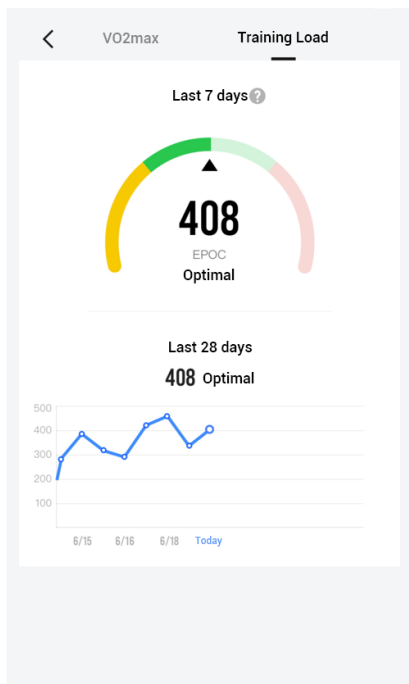
You can add Training Effect as a data field to one of the exercising screens to monitor your scores throughout the activity. Besides, all the heart rate-related activities will display your TE scores after you complete the activities.

### 3) Training Load

Training load is a measurement of your training volume over the last seven days. It is the sum of your EPOC measurements for the last seven days. The gauge indicates whether your current load is low, high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.



In Amazfit Watch App — Profile — My Status, you can view and track your training load for the past 28 days.



## Device Maintenance

1. Gently rinse the device and its strap regularly with fresh tap water. Then wipe with a dry soft cloth.
2. Do not use detergents such as soaps, hand sanitizer, and other chemical cleaners when cleaning to avoid chemical residue irritating the skin or corroding the device;
3. Wipe the device after swimming or get sweating.

- **Notice:**

1. Amazfit Stratos has a water resistance rating of 5ATM. It may be used for shallow-water activities like swimming in a pool or ocean. It can't be used when you are taking a shower/bath or diving into water.
2. Avoid pressing buttons on the device while it is underwater. This could allow water to enter into the casing and damage the device. Wipe with a dry cloth or tissue to make sure the device is completely dry before charging it or operating the touch screen.
3. The watch does not have the waterproofing effect on liquids that are aggressive such as acidic and alkaline solutions, chemical reagents and the like. Damage or defects caused by misuse are not covered by the warranty.