



Fitness Band

ZEB **FIT S3**



User Manual

www.zebronics.com

Dear Customer,

Thank you for purchasing the **ZEB-FIT S3** Fitness Band. Please read this user manual carefully before operation and save this user manual for further reference.

Disclaimer:

- This product should not be used for medical purposes, though it may monitor the BP, SpO2, Heart rate & HRV.
- Kindly approach Zebronics service centers for service or warranty. Please refer to the following link for service center details:

<https://zebronics.com/pages/warranty-policy>

Features:

- Striped Silicon & Nylon Straps
- Heart Rate, SpO2, & BP Monitor
- Steps / Calories / Distance
- Sleep & Stress Monitoring
- Exercise Tracking
- Workout Heart Rate Alert
- 100+ Static Sports Modes
- Unisex
- Sporty Design
- IP68 Dust & Water Resistant
- Up to 15 Days Battery Life*
- Menstrual Tracking
- 14 Days Data Storage
- Alarm support

- Wellness Space
- Sedentary Alerts
- Low Battery Reminder
- Call & Notification Alert
- Find Device
- Camera Control

Specifications:

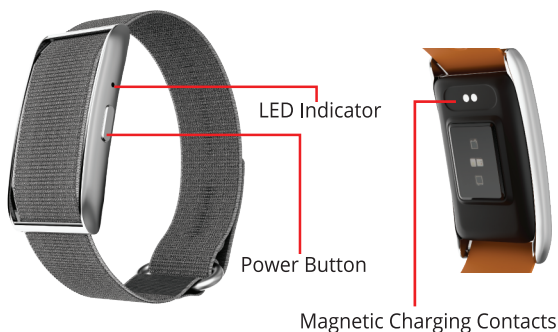
Model	: ZEB-FIT S3
Support	: iOS 13 & Above / Android 7.0 & Above
Vibration	: Yes
Water Resistant	: IP68
BT Version	: v5.1
BT Range	: 10m
BT Name	: ZEB-FIT S3
Control	: 1 Button
Working Time	: Up to 15 Days*
Battery	: 180mAh, Built-in rechargeable
Standby Time	: 47 days
Charge Time	: 2 h
Case Material	: Metal + Plastic
Strap	: 1 x Silicone & 1 x Nylon
Product Dimensions	
Core (W x D x H)	: 2.5 x 4.7 x 1 cm
Strap (L x B)	: 26.8 x 2.5 cm
Net Weight	: 28g

**All day 30mins interval heart rate monitoring.*

Package Contents :

Fitness Band	: 1 U
Extra Strap	: 1 U
Charging Cable	: 1 U
QR Code Guide	: 1 U

Product Representation



General Instructions:

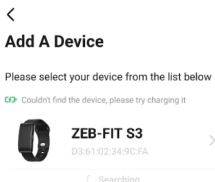
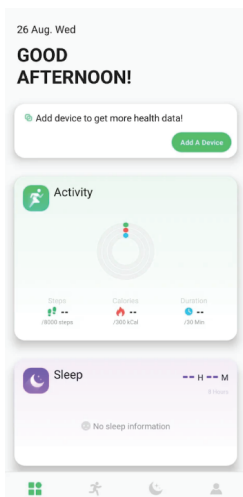
- Long press the Power button to power the device on or off.
- When powered on, the LED indicator will flash green twice, and the device will vibrate.
- When powered off, the LED indicator will flash red twice, and the device will vibrate.

Pairing Instructions:

- Download the app by scanning the QR code given on the box or search for the name **Da Halo** in the Play Store/App Store.

Note: The app is compatible with devices running **Android 7.0 or later / iOS 13.0 or later.**

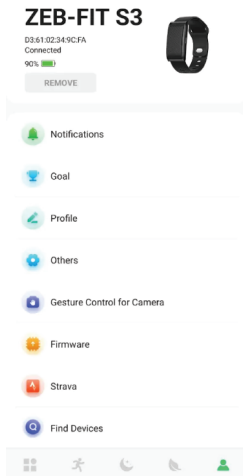
- Once Installed, open the app and enter the basic details requested to build your profile.
- Click on “Add A Device” option in Da Halo app’s home page and approve the permissions that are requested by the app to track your everyday activities.



- Select ZEB-FIT S3 from the available device list.

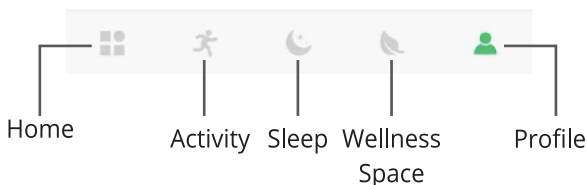
Note:

- *When pairing with an iOS device, a Bluetooth pairing request will appear. Tap “Pair” to confirm and complete the pairing process.*
 - *To unpair the device from an iOS device, a manual unpairing prompt will appear. Follow the instructions in the pop-up to unpair & connect the fitness band to another device.*
- Once paired you will see the connection status in the profile page as shown below:



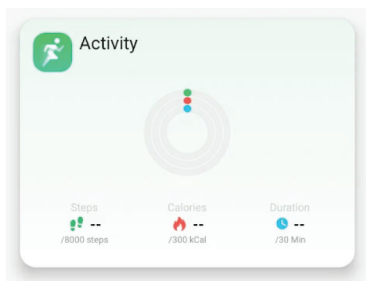
App Usage Instructions:

Navigation Bar: Provides quick access to the app's main sections, including **Home, Activity, Sleep, Wellness Space, and Profile.**

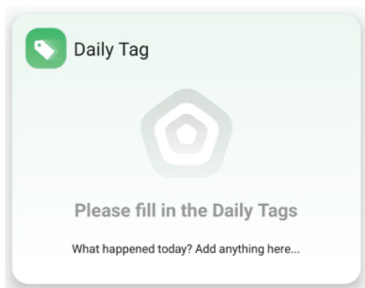


Home:

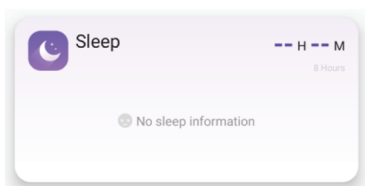
- **Activity:** Displays your daily activity, including steps taken, calories burned, and activity duration.



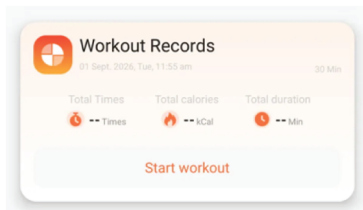
- **Daily Tag:** Allows you to record and add notes about your daily activities or events.



- **Sleep:** Displays your sleep information, including sleep duration and sleep patterns, to help monitor your sleep.



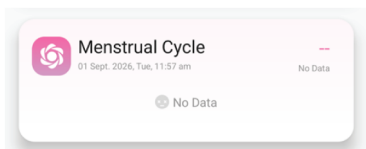
- **Workout Records:** Allows you to track your workouts, including workout frequency, calories burned, and workout duration, with 100+ sport modes to choose from.



- **Health Monitoring:** Allows you to measure & monitor key health metrics, including heart rate, blood oxygen, blood pressure, HRV, and stress levels.



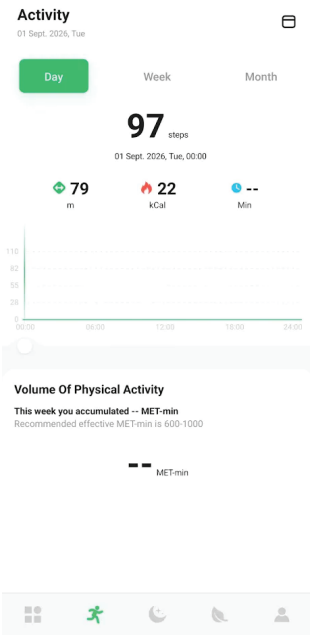
- **Menstrual Cycle:** Allows you to track and monitor your menstrual cycle information and related records.



Note: The Menstrual Cycle feature must be enabled manually through the Edit option at the bottom of the Home page or via Others in the Profile page. Once enabled, it will be displayed on the Home page.

Activity:

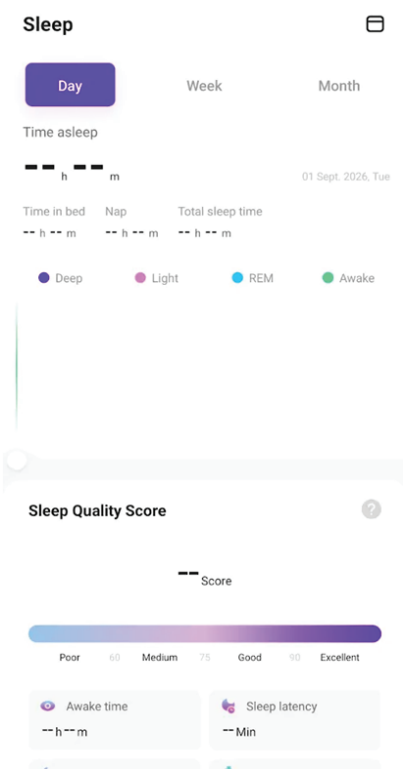
Displays your daily, weekly, and monthly physical activity data, including steps, distance, calories burned, activity duration, and overall activity levels.



Note: The device is water-resistant under specified test conditions. Avoid prolonged exposure to water, high-pressure water, hot water, and swimming or diving.

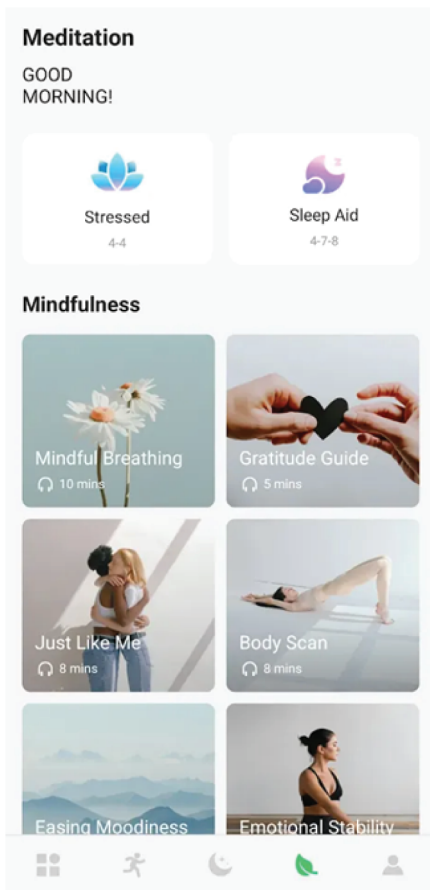
Sleep:

Provides an overview of your sleep patterns and quality, with daily, weekly, and monthly insights to help you monitor your sleep.



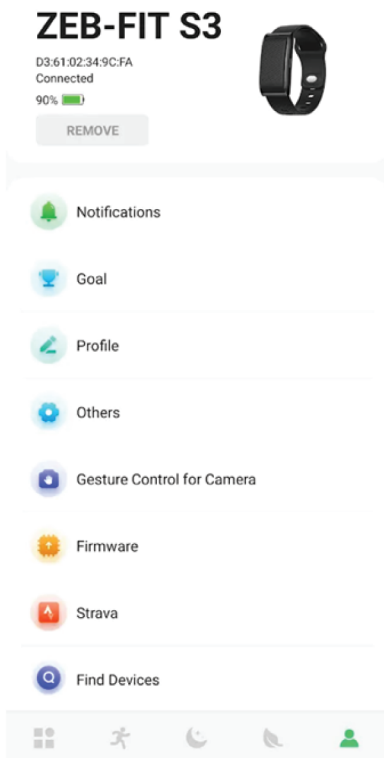
Wellness Space:

Provides guided mindfulness and relaxation sessions designed to help reduce stress, improve sleep, and promote emotional well-being.



Profile:

Allows you to check the band's connection status and battery level, manage device settings and app integrations, update the firmware, and unpair the device from your smartphone.



Note: Reminder to move, Workout Heart rate alert and other features can be enabled in the 'Others' section.

Call and Notifications Alert:

- Go to Profile > Notifications, enable Call Alerts and Notification Alerts, and grant the required app permissions.
- For an incoming call, the LED indicator will flash green continuously, and the device will vibrate continuously. Once the call is answered, the LED indicator will stop flashing, and the vibration will stop.
- When a notification is received, the LED indicator will flash green once, and the device will vibrate once.

Charging Instructions:

- Connect the provided charging cable to a DC 5V/1A adapter to charge the fitness band.
- Kindly ensure to charge the device fully before using it for the first time.
- When the battery level is below 10%, the LED indicator will flash red continuously.
- If the Low Battery Reminder is enabled in Profile > Others, the fitness band will vibrate when the battery level drops below 5%.
- During charging, the LED indicator will glow red and will turn green when the battery is fully charged.

