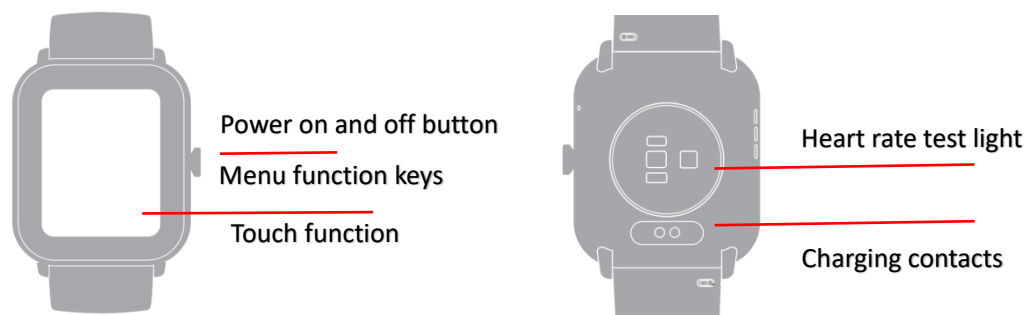# SMART WATCH

Instructions

preface

F19 is a fashionable smart watch that supports GPS, and you can view the exercise track separately from the phone, which can help you achieve your sports goals.
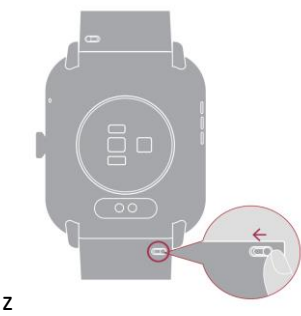
What's in the package：

F19 smart watch   X1 PCS
Instructions   X1 PCS
Charging cable   X1 PCS

Product appearance

Power on and off button
Menu function keys
Touch function

Heart rate test light

Charging contacts

Strap mounting

1. Jam one side first
2. Pluck the raw ear
3. Toggle to push inward
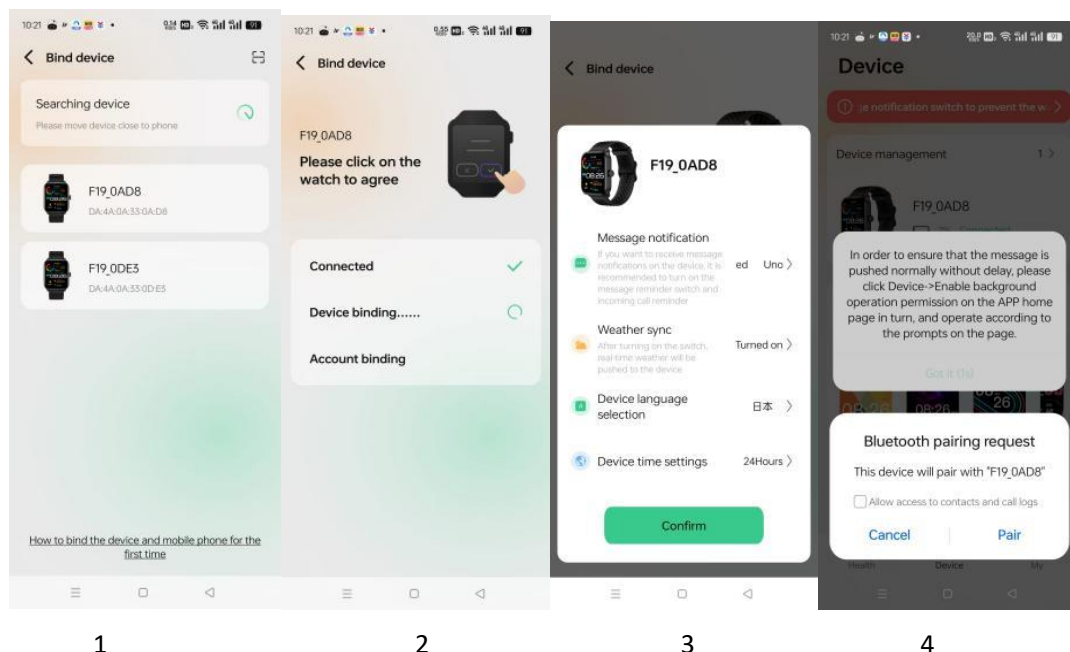4. The 22mm strap can be changed freely.

z

Description

1. Long press to power on/off/restart/factory reset, short press to return to home screen and main menu function.
2. Swipe up on the control interface and slide down to send notifications. Swipe right/left shortcuts
3. Press and hold the watch face for 3 seconds to switch watch faces.

Download and install the program

1. Scan the QR code or visit the app store to download the "Infowear" app, download it and follow the prompts to install the program. Operating system: for   iphone 12.0 and Android 8.0 or later.
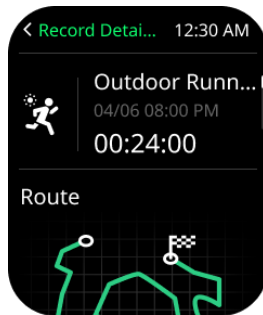

2. Bind a linked watch: Open the watch background program "Infowear", click Bind Device on the device interface, and select the relevant model of watch. Click the link and select the confirmation link on the watch. After success, the Wireless docking request will pop up, select Allow access to the address book and call history (after this is turned on, the incoming call will be displayed with a note), and then select Pairing, and the binding is successful
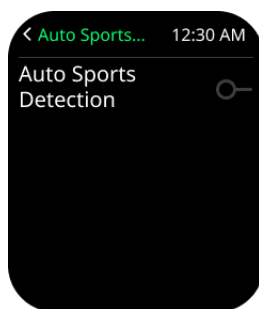

| 1 | 2 | 3 | 4 |

Note: As shown in the picture above, if the connection is not successful. 1. You can restart the watch, or exit Infowear, reopen the background and add the device connection again (you can also uninstall and install Infowear again). 2. If there is no prompt in Figure 4, open the control interface on the watch side, click the phone icon to turn blue and rebind again
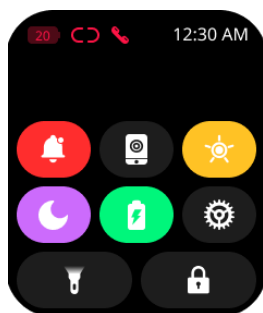
Featured Functions:

GPS Positioning:

1. GPS start: after binding, immediately disconnect the Wireless, do not synchronize AGPS, and then enter outdoor running, walking, outdoor cycling and other outdoor sports, the first positioning is cold start (time 1~2 minutes), after success, wait for 3-5 minutes and then exit the sport, and each time you enter the sport after exiting it is a hot start;

2. AGPS start: bind the watch, enter the APP --- device---- more settings--- update AGPS data, click to update AGPS data, wait for the AGPS update to be completed, enter the outdoor multi-sport, wait for 3-5 minutes to exit the sport, and each time you enter the sport after exiting, it is a hot start;
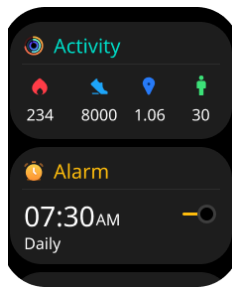
Automatic Motion Detection:

Function overview: When this feature is enabled, you will be reminded to select the corresponding sport mode when you exercise
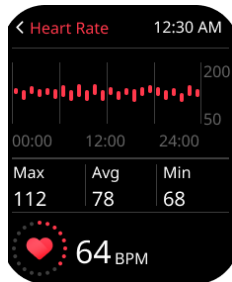
Main functions of the product

Control Center:

Features at a glance: Do Not Disturb, Flashlight, Brightness, Settings, Find Phone, Music Playback Shortcut, System Information, Audio Wireless Switch
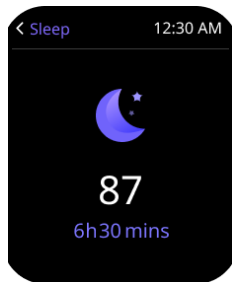
Activity

234 | 8000 | 1.06 | 30

Alarm

07:30 AM
Daily

Exercise Data:
Display the number of steps, distance, and calories recorded on the day, and you can set the target number of steps, distance, and calories in the app

Heart Rate 12:30 AM

200
50
00:00 | 12:00 | 24:00

Max 112 | Avg 78 | Min 68

64 BPM

Heart rate:
When entering the heart rate measurement interface, there will be a vibration reminder when the measurement is completed in about 45 seconds, and if it prompts "not wearing the watch", you need to put the watch on again
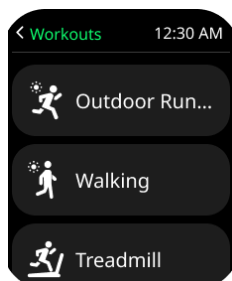
Sleep 12:30 AM

87
6h 30 mins

Sleep:
Display the sleep of the day & the sleep monitoring status of the last seven days (swipe up to see), the data is updated every day, and the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring time: 21:30-12:00
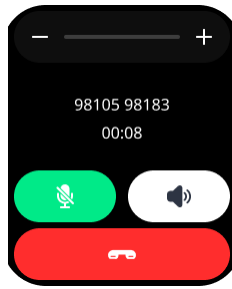
Weather 12:30 AM

24 °C Cloudy

Lowest 19°C | Highest 32°C

Today 18/32°C
Tue 18/32°C

Weather:
You can turn on the weather push in the background program, and the watch can update the weather details of the day after it is turned on.

Workouts 12:30 AM
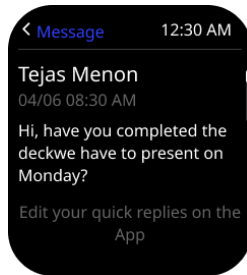
Outdoor Run...
Walking
Treadmill

Motion:
Sports mode options: 8+1 kinds, (yoga as a pushable replacement exercise), click the icon to start exercising, you can support 110+ kinds of sports push on the APP

Make/receive calls, call reminders/reject calls:
After binding the audio link normally, you can dial,
answer, and reject calls on the watch (only the
function of rejecting calls is available when the audio
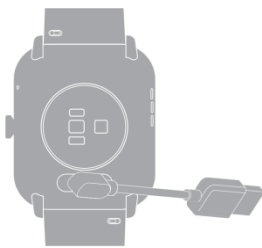is not bound or the function is turned off)

Information:
After the corresponding information reminder is
enabled in the background, the watch can display the
information notification of the last 14 days. Swipe
left to delete the corresponding information

Other watch functions:

Stopwatch, calculator, alarm clock, timer, female menstrual cycle, find watch, find phone, sedentary reminder, drink water reminder, etc.

Watch Charging & Activation

Align the magnetic charging cable with the metal electrocution of the charging port until the charging indication appears on the watch screen, when the watch prompts low power, please charge it in time, the device belongs to an all-in-one machine, the back case and battery are not removable. Important note: The watch needs to be charged at the USB charging port within 5V--1A

frequently asked questions

1. The watch won't turn on
    1. Please press and hold the power button for more than 3 seconds
    2. The watch will automatically turn on after a long charging time.
2. The watch does not charge
    1. You can replace the charging head for testing, or plug in the computer USB for testing
    2. In the case of damage to the data cable, it will also not be charged or charged slowly

3. When the battery is seriously depleted, you need to charge it for 10-40 minutes and then press the power button to see if it is turned on and charged

3. Wireless is not connected or cannot be connected

    1. Please try to restart the watch/APP and reconnect it

    2. Please try to restart your phone or connect it again after Wireless on your phone

    3. Do not connect your phone to other Wireless devices at the same time

4. There is no notification information on the watch

    1. APP the relevant program information in the message reminder is enabled

    2. Message reminders are enabled in the relevant program settings

    3. The drop-down notification menu on the mobile phone needs to be turned on

For more frequently asked questions, please check the App [My > FAQ]

Notes:

1. The rated input voltage and current of this device is 5V1A, it is strictly forbidden to use chargers above 5V (9V12V, etc.), if you use the charger of the above specifications, the smartwatch will have a charging failure, please note.

2. This product is an electronic consumer monitoring product, non-medical, and the measurement data is for reference only.

3. No vibration is normal when the battery is low, and the vibration returns to normal after recharging more than 20%.

FCC Warnning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection againstharmful interference in a residential installation. This equipment generates, uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing measures:

• Reorient or relocate the receiving antenna.

• Increase the separation between the equipment and receiver.

• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1)This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.