LET YOUR LIFE

BE MORE

COLORFUL

手表使用说明书

W30

包装清单

手表、充电器、合格证、说明书。

APP 下载

中国可在各大应用市场里搜索 RaceFit Pro 下载 App；

App 客户端兼容蓝牙 4.0、安卓 4.4、IOS8 以上系统的智能手机。

扫描下方二维码或搜索"RaceFit Pro"，即可下载，并注册账号。

APP 图标

IOS

Android

规格参数

产品名称	W30 彩屏手表
显示屏	IPS 高清分辨率 240X198
产品尺寸	主体：45.0X49.0X14.50mm
产品材质	PC/ABS+SUS304
加速传感器	支持 3 轴
电池容量	135mAh
待机时间	≧ 480 小时
蓝牙	4.0 BLE
防水	IP67

手表按键功能使用介绍

- D 键
- A 键
- B 键
- E 键
- C 键

1、开关机：长按 B 键 3 秒开机然后进入主界面；同样，长按 B 键 3 秒关机，退出主界面。

2、在手表主界面长按 D 键进入查询蓝牙连接状态、设备蓝牙地址码（此码在 APP 搜索绑定设备时会出现在设

备列表中，是代表本产品身份的唯一编码）、软件版本界面；

3、短按 D 键控制跳字式主界面与指针式主界面循环切换，在开机状态中任何界面下短按 D 键都可以切换到主界面；
4、手表主界面有如下 3 种：

跳字式主界面   指针式主界面   数字式主界面

跳字式主界面看时间说明：
时针：在显示屏外围"阿拉伯数字 3 9 12"圆环内红色箭头为时针对应时间；
分针：在显示屏中"阿拉伯数字 05 10 15 20 25 30 35 40 45 50 55 60"圆环内红色箭头为分针对应时间；
指针式主界面看时间说明：
显示屏中表盘有时针、分针，秒针为红色箭头跳动显示；

手表功能界面介绍

跳字式主界面

运动计步	卡路里	里程监测
心率监测	睡眠监测	摇一摇拍照
电量显示	查找设备	日期显示

指针式主界面

运动计步

卡路里

里程监测

心率监测

睡眠监测

摇一摇拍照

电量显示

查找设备

日期显示

数字式主界面

运动计步

卡路里

里程监测

心率监测

睡眠监测

摇一摇拍照

电量显示

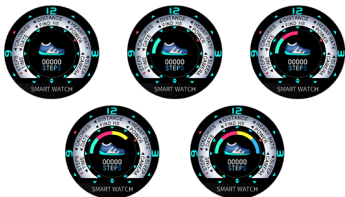

查找设备

日期显示
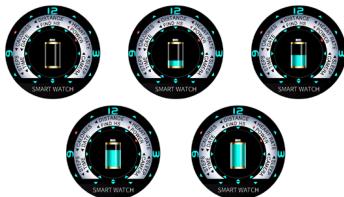
1、主界面：显示手机同步时间；

2、运动计步：显示当前步数，用户可通过 APP 来设置计步达标值，彩色进度条会根据用户设置的达标值分成 5 个阶段逐渐显示，计步达标值出厂默认值是 10000 步；

3、卡路里：显示当前消耗卡路里，卡路里彩色进度条会根据用户设置的运动达标值分成 5 个阶段逐渐显示；

4、里程监测：显示当前的运动距离；

5、心率监测：切换到心率监测页面即开始测量，测量完成后（一般 20 秒左右）显示心率数值，若无法测出心率数值，则一直显示 000，无操作累计 60 秒后自动停止；

6、睡眠监测：显示昨晚睡眠时长数据，更多数据可同步到 App 查看；

7、摇一摇拍照：使用 App 摇一摇拍照功能，手表会自动切换到此页面，在拍照状态下，摇一摇手表即可拍照；

8、电量显示：分 5 档显示手表实际电量比例；

9、查找设备：手表查找手机，切换至此页面短按 B 键手机会震动且响铃；

10、日期显示：显示手机同步的时间、星期、日期。

运动模式与秒表功能

1、进入运动模式：短按 E 键进入运动模式，显示实时心率监测、实时计步、运动时间、运动距离扇形进度条。

2、退出运动模式：长按 E 键退出运动模式，或手表不在运动状态中 5 分钟后，自动退出运动模式。

3、秒表功能：在运动模式下短按 E 键进入秒表功能。秒表功能使用: 短按 A 键开始，短按 C 键暂停，短按 B 键清零。长按 E 键退出秒表功能。

4. 运动模式下切换到秒表功能，运动数据暂停，秒表模式下切换到运动模式秒表数据暂停。

APP 功能设置

1、抬手亮屏：
待机状态时，抬手翻腕可唤醒手表亮屏。

2、连续心率检测：

当APP自动心率检测打开时，手表如检测到人体已经佩戴，会实时检测心率数据并上传数据。APP 上心率界面会打点显示每 30 分钟的心率数值。当 APP 自动心率检测开关关闭时，手表不会自动测量心率，APP 和后台都没有数据。

3、勿扰模式：

勿扰模式开启时，22:00-08:00 期间内设备停止接收通知，抬手亮屏功能将停止。

4、消息提醒：

连接 APP 后，在"消息提醒"栏打开需要提醒的即时通讯工具，例如微信、QQ、电话、短信、facebook、推特等，当接收该通讯工具消息时，显示界面显示人名及内容且震动 1 下（读取以按键为准，熄屏没读取则为未读消息，手表有未读消息，按键首先读取消息，读完回到主界面）。

5、健康提醒：

在 APP 端进入健康提醒，打开"久坐提醒""喝水提醒""吃药提醒""会议提醒""会议提醒"开关，设置起始时间和结束时间、间隔多久提醒。提醒时手表端界面会显示提醒图标，且连续震动 2 次。

久坐提醒　　　喝水提醒　　　吃药提醒　　　会议提醒

6、闹钟设置：
APP 端连接手表蓝牙后，在 APP 端进入"闹钟设置"，点击右上角"+"，设置对应的闹钟时间，然后点击"保存"闹钟设置成功，当闹钟提醒时，手表端界面会显示闹钟界面，且震动 20 次，按任意按键可关闭闹钟，（最多可以设置 5 组闹钟提醒），长按或滑动已设置的闹钟可删除此闹钟。

7、摇一摇拍照：
在 APP 端进入到我的功能设置，点击"摇一摇拍照"功能，手机直接进入拍照模式，手表端亮屏并进入摇一摇拍照界面，摇一摇手表，手机端自动拍照；点击手机返回按键退出拍照模式。

8、查找手表：
在 APP 端"功能设置"里面点击查找手表，此时手表会亮屏切换到查找设备界面且震动一下。

9、恢复出厂设置：
手表恢复至最初状态，所有数据清零。

注意事项

1、低电：电池低电时，手表端按任意按键显示屏界面会切换到电量界面，电池图标会一直闪烁，电池电量耗尽之后手表熄屏关机；

2、充电：开始充电时，手表端显示屏界面电池图标会闪烁，充电完成后手表端显示屏界面会自动切换到主界面；

3. 温度超过 50 度以上的充电环境可能会导致设备过热、变形、冒烟、着火；

4. 本设备使用内置电池，禁止自行拆卸，请不要发生摔落、碰撞、挤压、穿刺或切割等行为；

5. 请不要佩戴该设备游泳、潜水，不要在水下操作本设备；

6. 请远离热源，避免阳光长久直晒，严禁投入火中，该行为易引发爆炸；

7. 请勿将本设备置放于多烟、多尘、潮湿的环境中；

8. 电池破裂、泄漏时，请避免与眼睛、皮肤接触。情况发生时请不要揉搓接触部位，立即使用清水冲洗，或去医院；

9. 温馨提示：请按照当地的法律法规处置电池，本设备电池不可作为普通生活垃圾处理。

重要提醒

本产品充电设备为磁吸充电线，请务必在不充电或充电完后将充电线 USB 端拔出，否则磁性接口端在有电源的情况下吸附到金属物件上容易烧坏磁性接口导致安全隐患。

本产品不是医疗器械，心率数据仅供参考。本产品不适用诊断、治疗、康复、预防或减轻疾病或其他状况等用途及非用于临床或医疗用途，如身体本身有异常状况，请尽快就医。

保修条款

为了维护您的权益，请仔细阅读本保修条例，您将享受到我司提供的售后服务。

一、为给您提供更好的售后服务，我司承诺：
1. 自购买之日 7 日内，若产品出现质量问题，您可以选择退货或换货；
2. 自购买之日 15 日内，若产品出现质量问题，您可以选择换货。
3. 自购买之日一年内，若产品出现质量问题，我司将提供免费修理。送修时，请将保修凭证（含保修卡、发票）及产品寄往我司生产基地。退、换货时，请与销售商联系，并保持产品及配件、随机资料的完整。

二、在保修期内，有以下情况之一，我司将不提供免费保修服务：
1. 人为引起的故障，包括：因使用、维护、保管不当或不按照说明书操作而引起的故障；自行拆装产品或非我司生产基地的修理而引起的故障。
2. 因不可抗力（如火灾、水灾、地震、雷击等）引起的故障。
3. 无法提供保修凭证或擅自修改保修凭证等。

三、本保修条例仅适用于中国大陆地区。

四、保修卡：

客户名称		联系人	
购买日期		联系电话	
产品名称		产品型号	
客户地址			
维修记录			

INSTRUCTION MANUAL

W 3 0

PACKING LIST

Watch,USB charging cable, certificate, manual

DOWNLOAD APP

App is compatible with Bluetooth 4.0, Android 4.4, iOS 8 and later smart phones. Scan the QR code below or search "RaceFit Pro" on App Store & Google Play to download and register an account.

(GooglePlay)   (iOS)

SPECS

Product name	W30 colorful screen smart watch
Screen	IPS High-definition colorful screen resolution 240*198
Size	The body size: 45.0X49.0X14.50mm
Material	PC/ABS+SUS304
G-sensor	Support 3 axis
Battery capacity	135mAh
Standby time	≧ 480 小时
Bluetooth	4.0 BLE
Waterproof	IP67

THE USE OF WATCH BUTTON FUNCTIONS

1.Power on & off: Long press B button 3S to power on, enter the main interface. Similarly long press B button 3S to power off, quit the main interface.

2.Long press D button to enter the watch info interface of bluetooth connection status, device MAC address (it will be showed on App searching list when pairing) and software version.

3.Short press D button to circularly switch the number type main interface and pointer-type main interface, short press D button can switch the main interface at any time.

4.Three main interfaces on watch:

| The number-type main interface | The pointer-type main interface | Digital type main interface |

Check time under the number-type main interface:

Hour pointer: The red arrow in the "Arabic numerals 3 9 12" ring around the periphery of the display corresponds to the hour pointer time.

Minute hand: In the display screen, the red arrow in the "Arabic numerals 05 10 15 20 25 30 35 40 45 50 55 60" ring around the periphery of the display corresponds to the minute pointer time.

Check time under the pointer-type main interface: the dial in the display showed hour and minute hand, the second hand is the red arrow beat display.

WATCH FUNCTION INTERFACE INTRODUCTION

The number-type
main interface

Steps

Calories

Distance

Heart rate

Sleep

Remote camera

Battery

Find device

Time

The pointer-type
main interface

Steps

Calories

Distance

Heart rate

Sleep

Remote camera

Battery

Find device

Time

Digital type
main interface

Steps

Calories

Distance

Heart rate

Sleep

Remote camera

Battery

Find device

Time

1.MAIN INTERFACE: show phone sync time.

2.PEDOMETER: display the current number of steps, the user can set the step count value through the APP. The display of the color progress bar will be gradually divided into 5 stages according to the user's set target value, the step count factory default value is 10000 steps.

3.CALORIES: show the current consumption of calories, the display of the calorie color progress bar will be gradually displayed in 5 stages according to the user's set target value.
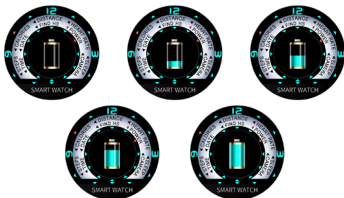
4.DISTANCE: display current distance.

5.HEART RATE: switch to this page and start to measure, display heart rate value after measurement is completed(about 20s). If the heart rate value cannot be measured, 000 is displayed at all times, if no operation, it will automatically stopped after 60 seconds.

6.SLEEP MONITOR: display last night's sleep data, sync to App for more detail.

7.REMOTE CAMERA: open the camera function on APP, watch will automatically switch to this page and sake the watch to take the pictures.

8.BATTERY DISPLAY: divide 5 stages to show the actual power battery of the watch.

9.FIND DEVICE: use watch to find the device, switch to this page, short press B button, device will ring this moment.

10.DATE: show phone sync time, week day and date.

THE USE OF WATCH BUTTON FUNCTIONS

1.Short press E to enter the sport mode. It shows real-time eart rate monitor, real-time pedometer, exercise time and exercise distance in fan shape progress bar.

2.Exit the sport mode: long press E button, or the watch

haven't in motion after 5 minutes; exit the sport mode automatically.

3.Stopwatch: at sport mode, short press E to enter the stopwatch function. The operation of stopwatch function: short press A button to start, short press C button to pause, short press B button to reset.

4. Switch to the stopwatch function in the sport mode, pause the motion data, and stop the stopwatch data in the stopwatch mode.

APP FUNCTION SETTINGS

1. TURN THE WRIST BRIGHTEN SCREEN
In the standby state, raise your hand to wake up the watch screen.

2.CONTINUOUS HEART RATE MONITOR
When APP automatic heart rate monitor is turned on, if the

watch detects that the human body has been worn, it will detect the heart rate data in real time and upload the data. The heart rate screen on the APP will display the heart rate value every 30 minutes. When the APP automatic heart rate detection switch is turned off, the watch will not automatically measure the heart rate, and there will be no data in the APP and background.

3.DO NOT DISTURB MODE
When the mode is on, the device will stop receiving notifications during the period from 22:00 to 08:00, and the wrist-lifting function will be also closed.

4.MESSAGE NOTIFICATION
After the APP is connected, open these social media tool in the "application reminder" column, such as WeChat, phone, message, Facebook, Twitter, etc. When receiving the notification, the interface displays the name, content and vibrate once (Press button to read message, the message is unread under turning off screen state. If the watch has unread messages, press the key to read the message first. After reading, return to the main interface.

5.HEALTH REMINDER

Enter health reminder on APP, open these reminder switch, such as "sedentary reminder", "drinking reminder", "medicine reminder", "meeting reminder". Set start and end time, how long to remind; when the watch detects that it has reached your set time, the watch interface will display an alert icon and vibrate 2 times.

| sedentary reminder | drinking reminder | medicine reminder | meeting reminder |

6.SET ALARM

After APP connected watch bluetooth, enter "Set Alarm " on the APP, Click the "+" in the upper right corner to set the corresponding alarm time, and then click "Save" to successfully set the alarm. When it remind, the watch interface will display the alarm interface, and vibrate 20 times, press any button to turn off the alarm, (Up to 5 groups of alarm can be set). Long press setted alarm can be deleted.

7.REMOTE CAMERA

Enter into function setting on the APP, click on the "remote camera" function, the mobile phone directly into the camera mode, camera icon appears on the watch, shake the watch, and the phone camera automatically takes pictures; click the phone return button to exit the camera mode.

8.FIND WATCH

Click"Find Watch" in "Function Settings" on the APP, the watch interface will "brighten" and vibrate 2 times.

9.RESTORE THE FACTORY SETTINGS

The watch returns to its original state and all data is cleared.

PRECAUTIONS

1.Low-power: When the battery is low, the display interface of the watch will automatically switch to the power interface, the battery icon will flash, and the watch will be turned off after the battery is exhausted.

2.Charging: When charging is started, the battery icon on the display screen of the watch will flash, and after the

charging is completed, the display interface of the watch will automatically switch to the main interface.

3.An overcharged environment with temperatures above 50 degrees may cause the equipment to overheat, deform, smoke, and catch fire.

4.This device uses a built-in battery and must not be disassembled. Do not drop, impact, crush, puncture, or cut.

5.Do not wear this device to swim or dive. Do not operate the device underwater.

6. Keep away from heat sources, avoid direct sunlight for long periods of time, and forbid it from being thrown into the fire. This behavior can easily cause explosions.

7.Do not place this equipment in a smokey, dusty and humid environment.

8.When the battery breaks or leaks, avoid contact with eyes and skin. When the situation occurs, please do not rub the contact area, rinse immediately with clean water, or go to the hospital.

9.Tips: Please dispose of the battery in accordance with local laws and regulations. The battery of this device should not be disposed of as ordinary garbage.

IMPORTANT REMINDER

The charging device of this product is a magnetic charging cable. Please make sure to pull out the USB terminal of the charging cable after it is not charging or full charge. Otherwise, the magnetic interface will be absorbed on the metal object when there is a power supply, and the magnetic interface will burn out easily to cause security risks.
This product is not a medical device. Heart rate data is for reference only. This product is not suitable for use in diagnosis, treatment, rehabilitation, prevention or remission of disease or other conditions and is not intended for clinical or medical use. If the body itself has abnormal conditions, seek medical advice as soon as possible.

WARRANTY

In order to safeguard your rights and interests, please read this warranty carefully and you will enjoy the after-sales service provided by our company.

First, to provide you with better after-sales service, our company promises:

1.Within 7 days from the date of purchase, if the product has quality problems, you can choose to return or exchange goods.

2.Within 15 days from the date of purchase, if the product has quality problems, you can choose to exchange goods.

3.Within one year from the date of purchase, if the product has quality problems, our company will provide free repairs. When return back to repair, please send the warranty certificate (including warranty card, invoice) and products to our production base. When returning or changing goods, please contact the seller and keep the complete information of the products and accessories.

Second, in the warranty period, one of the following conditions, our company will not provide free warranty service:

1.Man-induced failures include: failures caused by improper use, maintenance, improper storage or operation not in accordance with the instructions; failures caused by dismantling the product or repairs not in our production base.

2. Failure caused by force majeure (fire, flood, earthquake, lightning strike, etc.).

3. Can not provide warranty certificate or modify the warranty certificate without authorization.

Third, this warranty is only applicable to mainland China.

Fourth,Warranty card

User's name		Contact	
Date of purchase		Contact number	
Product name		Product model	
User's address			
Repair record			

FCC STATEMENT :

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.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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 against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following 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.

RF warning statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.