

FIRE⚡BOLTT



Smart Watch User Manual



**DO NOT USE A FAST
CHARGING ADAPTER TO
CHARGE YOUR
SMARTWATCH**

***use a 3.7V to 5V adaptor only**

Downloading and connecting of smart watch with Da Fit APP

- 1.Download and install Da Fit APP.
- 2.Scan QR code with mobile phone to download APP.
- 3.For IOS system, select APP Store,search for Da Fit App.



Da Fit

Android system, select Google Play to download and install Da Fit App. Or scan QR code to download.

Note: your mobile phone must support Android 5.0 or IOS 8.0 or above, and Bluetooth 4.0 or above.



Download APP
From Watch QR
Code or UM

Download Da Fit
APP in Smartphone



Open Da Fit APP

Connect smart watch with Da Fit APP

Profile

Gender	Male
Birthday	01 January, 2002
Height	5ft6in
Weight	144lb

Saturday, May 28

Today

 Add smartwatch to get more health information

TO ADD

 STEPS
28 May, 2022 PM 04:29

Steps
8000 Steps

 --yd  -- kcal  -- min

 SLEEP
28 May, 2022 PM 04:29

H M
8 Hours

 No Data

 OUTDOOR RUNNING
28 May, 2022 PM 04:29

yd
Mileage

 Time
H M  Pace
min/miles  Consumption
Kcal

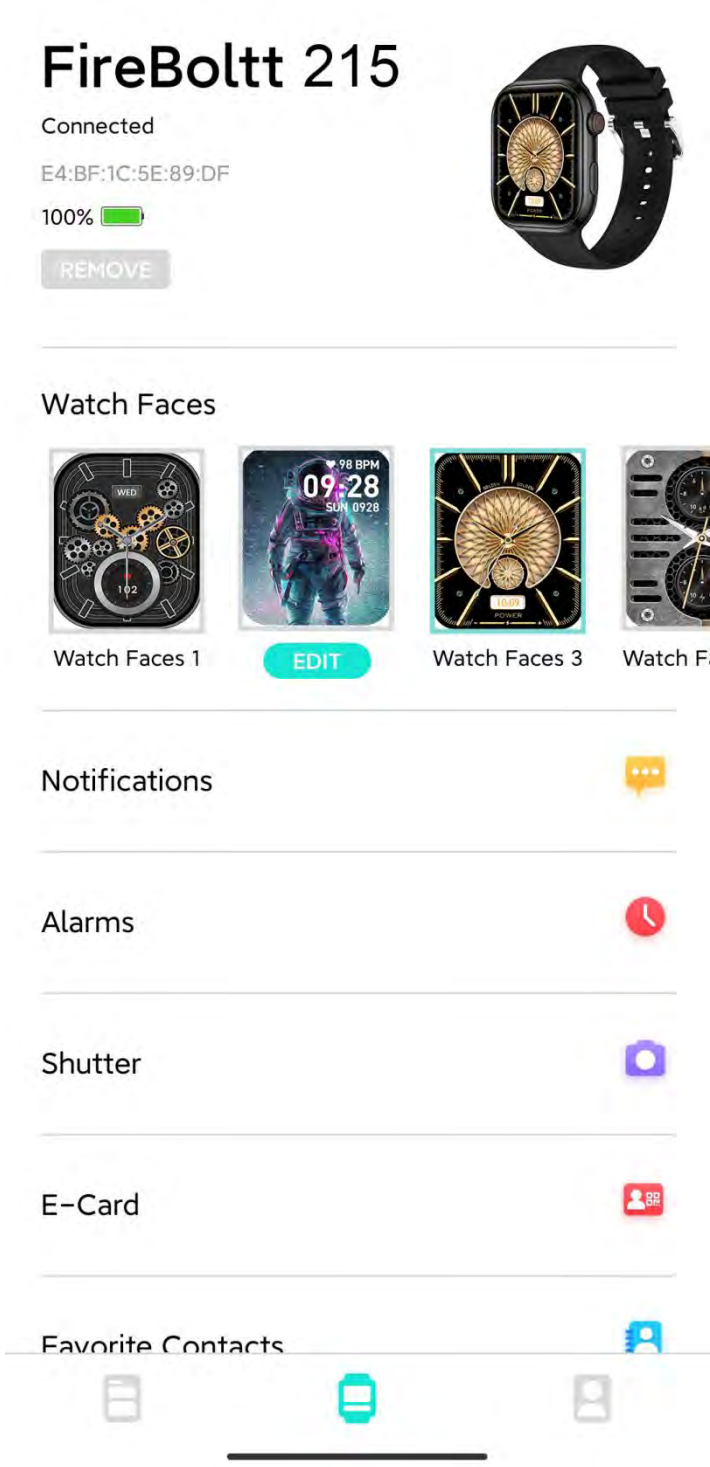


Fulfill your data when first
use Da Fit App

Click “To ADD” to search



Click on your device in the Device List



Successfully connected with APP



If watch is connected with APP successfully, the Bluetooth icon in control center is displayed

Bluetooth Calling Function

As BSW215 is a Bluetooth Calling watch, the user can make phone calls by using the watch. User does not have to take the phone out to dial number or receive a call. And user can also check the calling record and contacts from the watch. You just need to keep the connection between the watch and the phone stable when using the phone call function.

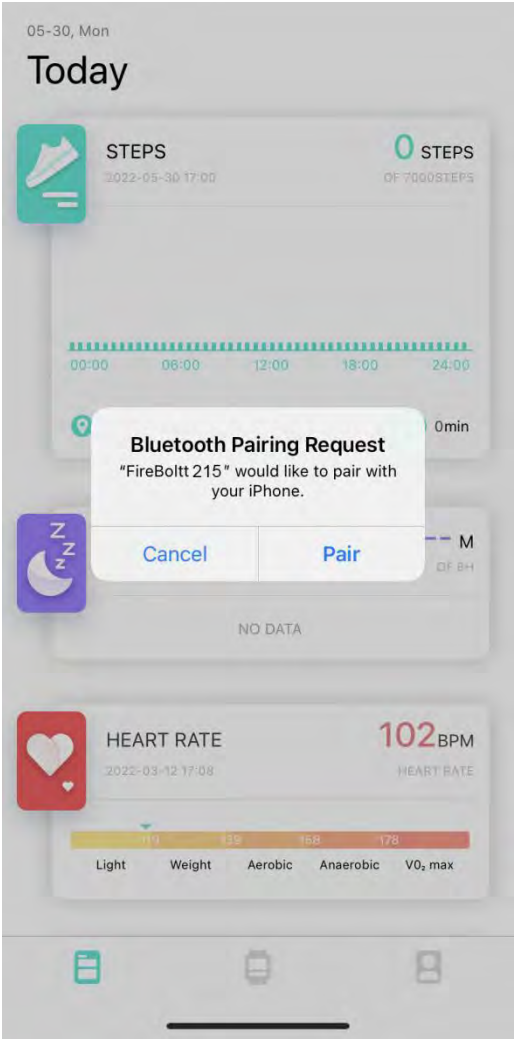
BSW215 Bluetooth calling watch comes with an in-built micro-phone and an in-built speaker for the ease of making phone call through the watch. And you can listen to music and make voice record by using the watch as well.

Please read the following steps to understand how to connect the watch with phone to use bluetooth calling function and other functions.

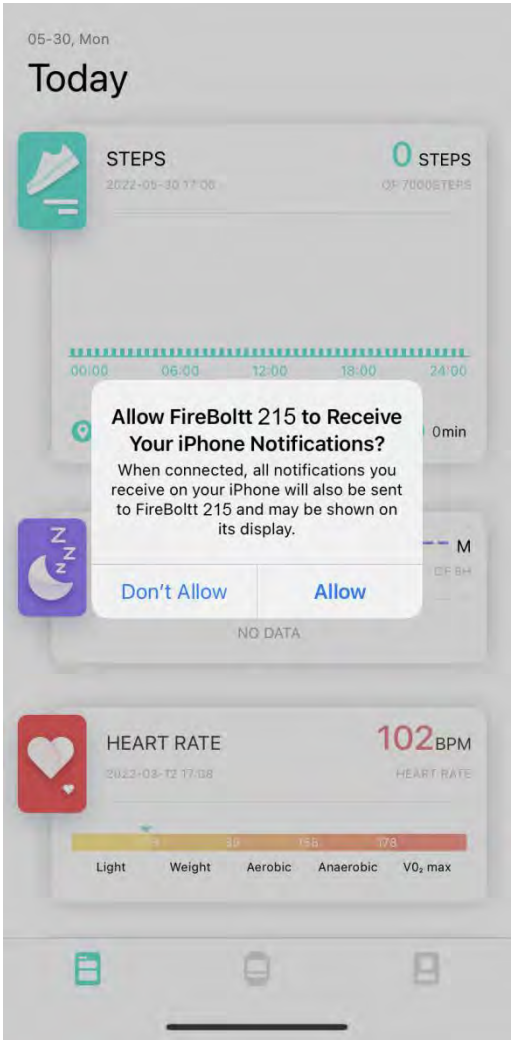
How to connect

Step 1: As BSW215 smartwatch is a single chipset smart watch, so you only need to connect smart watch with APP. Then the watch will connect with phone bluetooth automatically. Then you can use your phone for bluetooth calling function and phone music function. Due to different systems of iOS phone and Android phone, so the bluetooth connection for iOS and Android is different as well. Please check the following steps for iOS and Android based on the system of your phone.

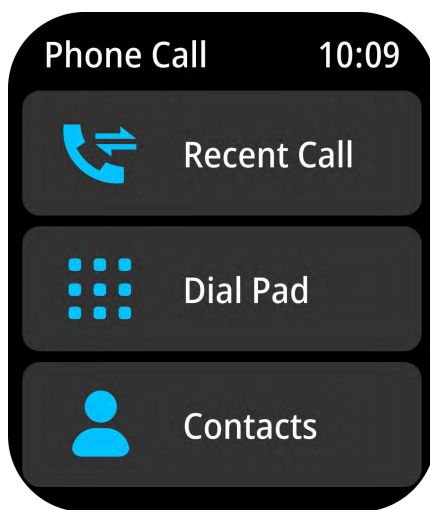
For iOS



After connecting with APP, APP will show “Bluetooth Pairing Request”,you just need to click to “Pair”

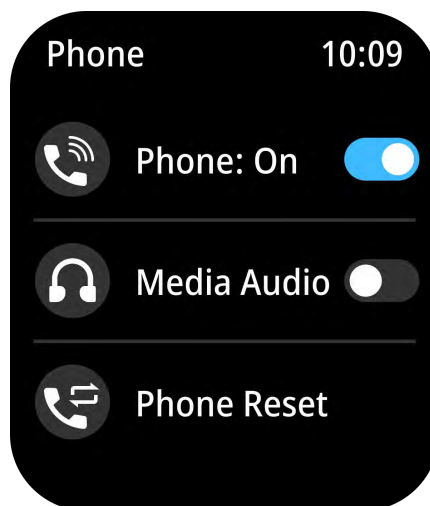
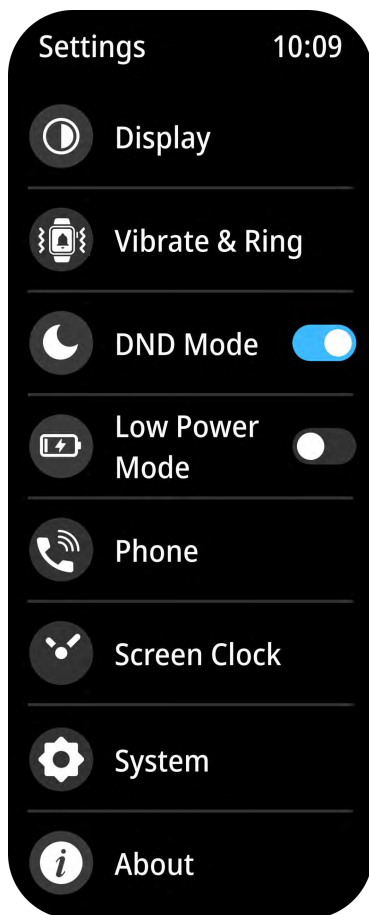


After confirming to pair with phone bluetooth,APP will ask “Allow FireBolt 215 to Receive Your iPhone Notification”,please click to allow



After successfully connecting with phone bluetooth,the watch Phone Call interface will display as above

If you can not connect with phone bluetooth, please check as below:

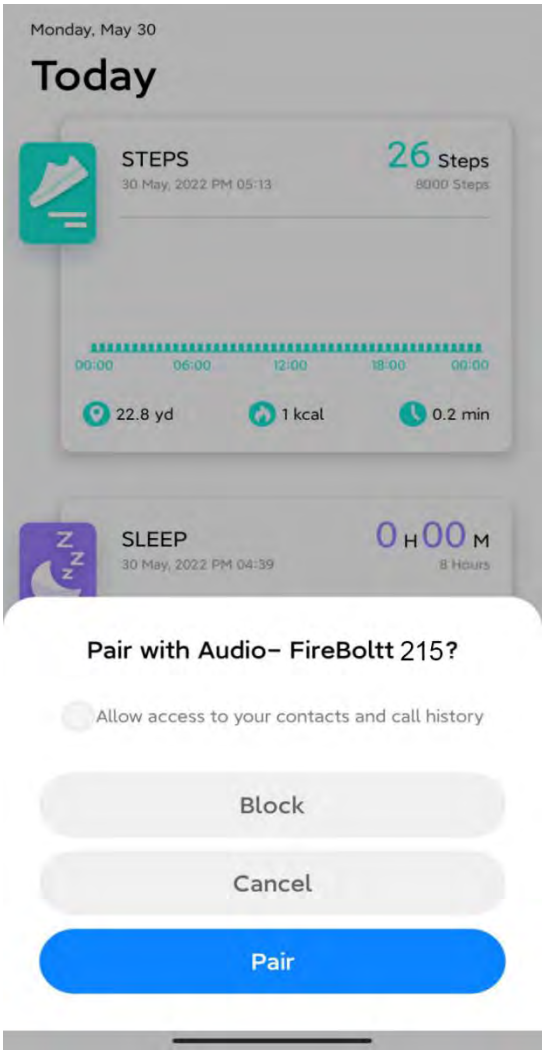


Checking the setting list to make sure "Phone" is on



Then try to connect with phone bluetooth as above steps

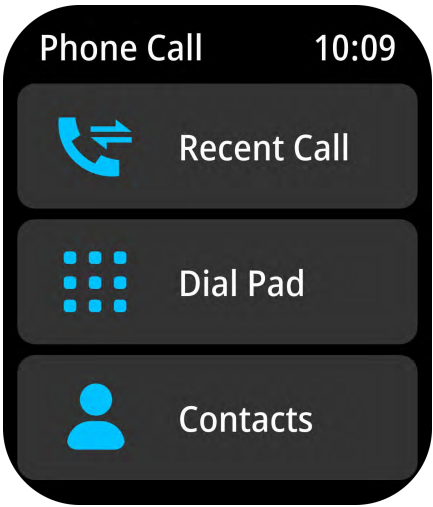
For Android



After connecting watch with Da Fit APP,it will ask you to “Allow access to your contacts and call history”,please allow to pair

Step 2: Go back to watch and enter Phone Call interface to make phone calls,check records and contacts.

(Please keep the music player is in“Play Phone Music” Mode to ensure phone bluetooth is connecting with watch,when you use bluetooth calling function.)



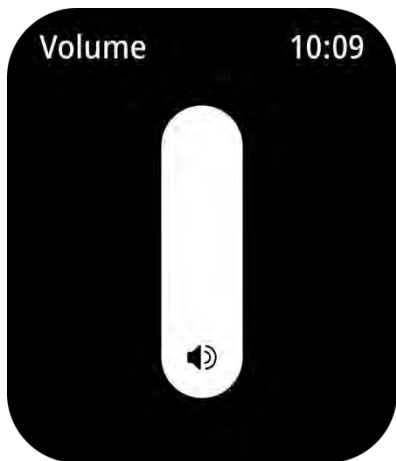
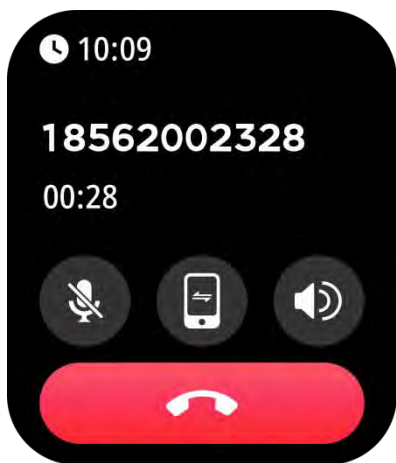
Phone Call Interface

Part A - Making Bluetooth Phone Calls

Tap “Dial pad” icon to enter into Dial pad.



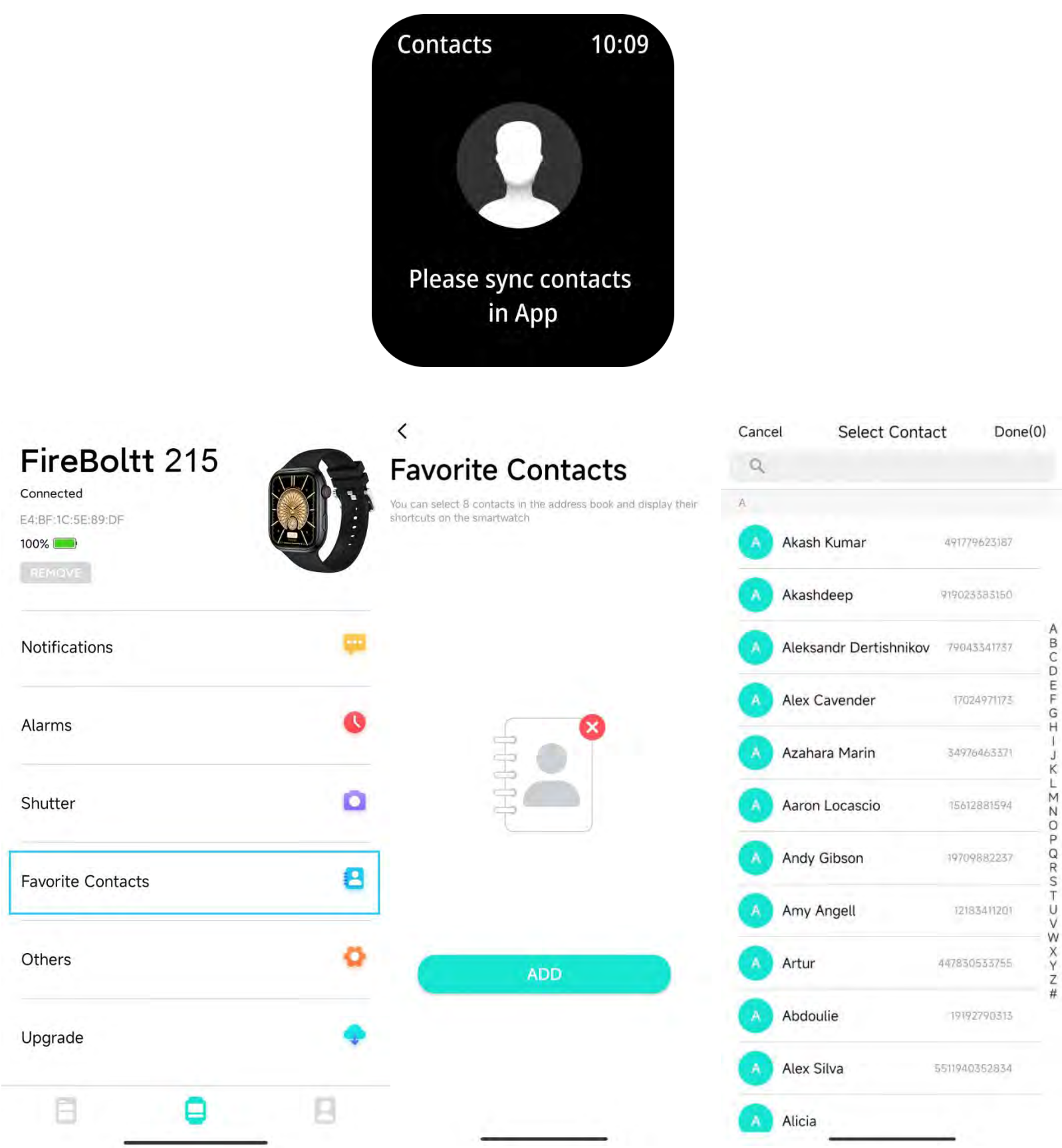
Then you can make bluetooth phone calls via smartwatch.



You can adjust the calling speaker volume by clicking the volume icon

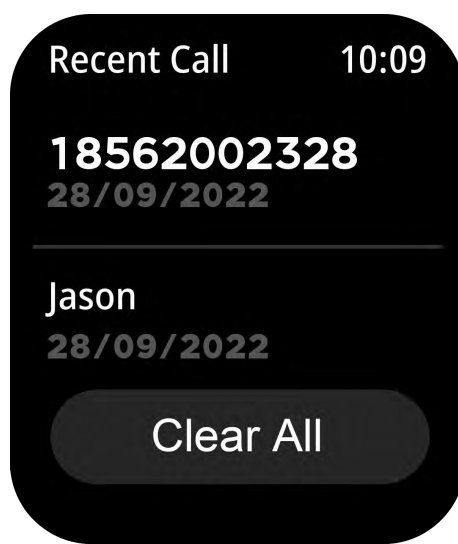
Part B - Add Frequent Contacts

Click “My device” in Da Fit APP to check device settings of smart watch, then tap “Frequent Contacts” to add frequent contacts from phone contacts to watch.



Part C - Check and Sync Recent Calls

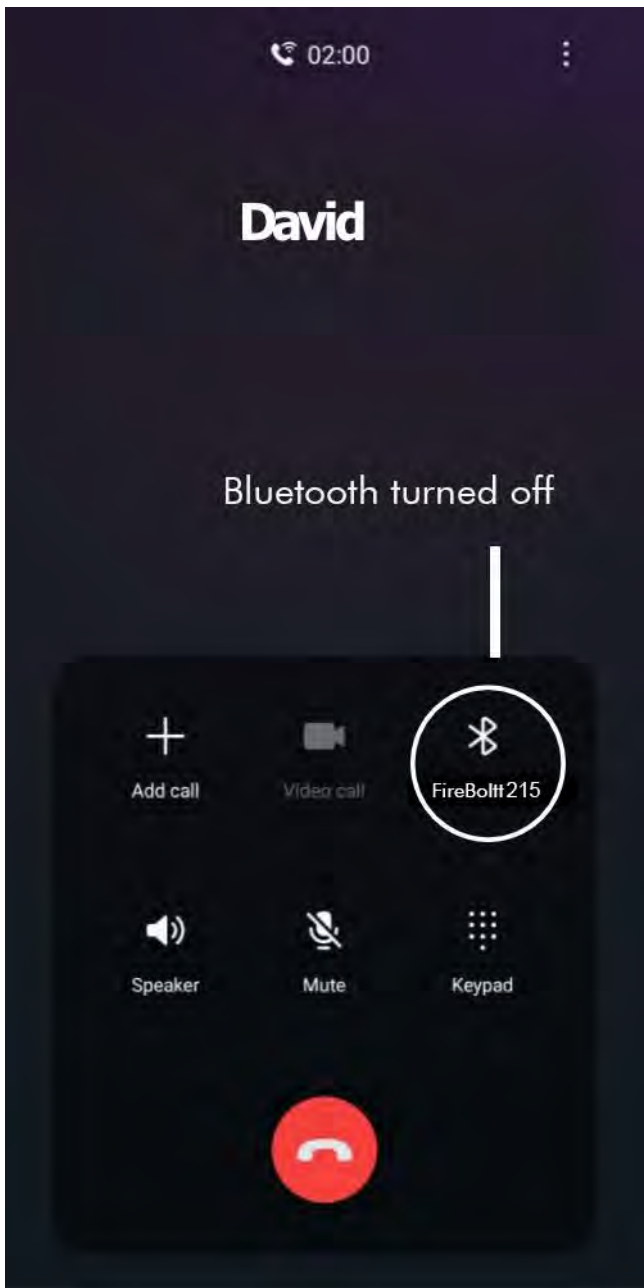
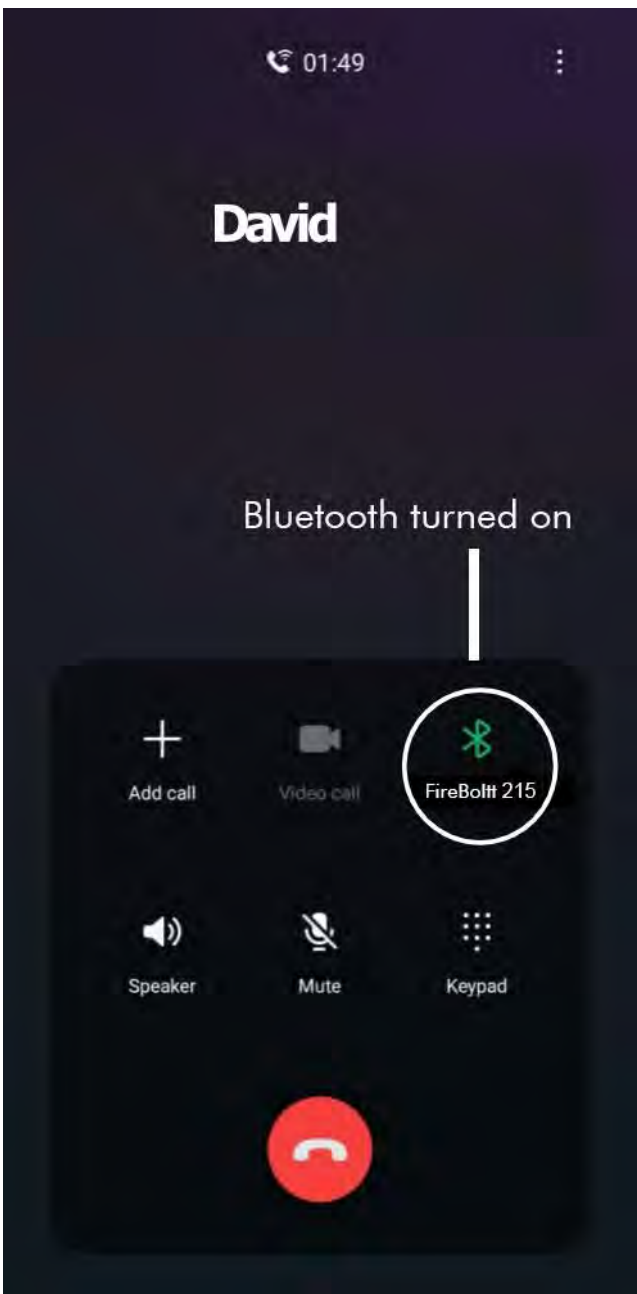
Tap Recent Call from Bluetooth Calling interface to check recent calls.



Part D - Switch Calls between Phone or Watch

Switch Between Watch or Phone during an active call:

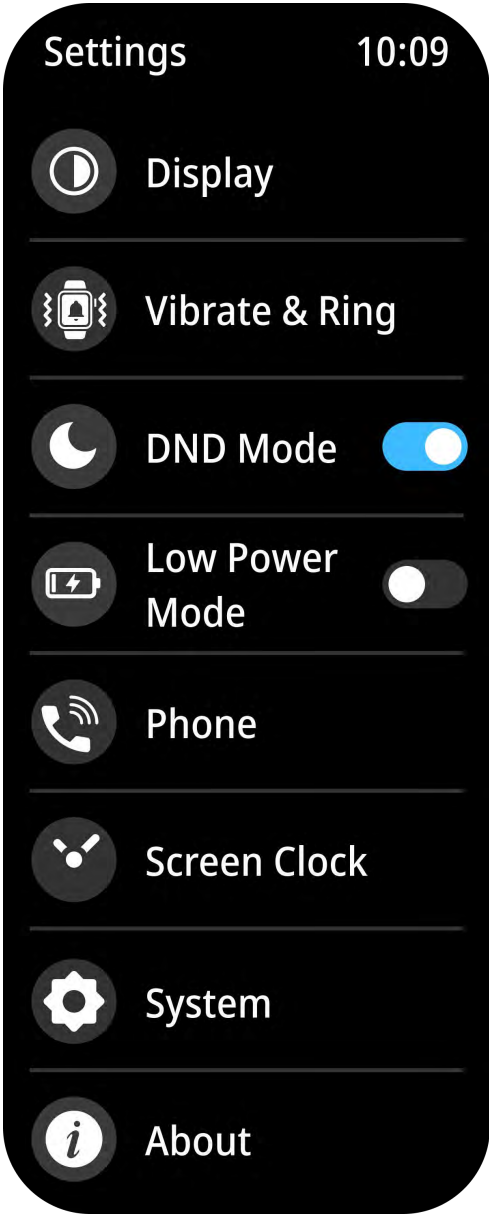
If your watch is connected to the Phone via Bluetooth, all calls will come on the watch by default. If you want to change the call to the phone during an active call, simply click on FireBolt 215 Bluetooth icon to select. The call will come via your phone.



Part E - How to Disconnect

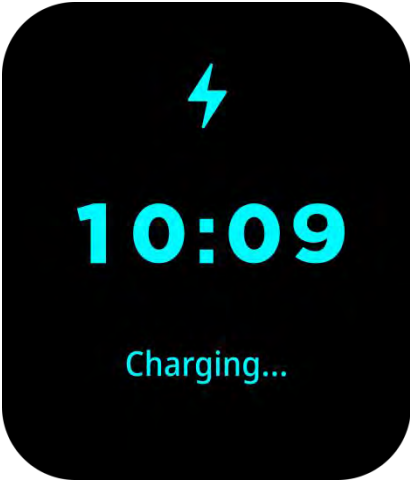
If you want to disconnect watch with APP and Phone Bluetooth.You could turn off your phone bluetooth function directly.

Or,you can enter into Setting Center,then tap “Phone Call” icon to turn off.



Charge The Battery And Battery Advisory

BSW215 charger is a 2-pin magnetic charger. If you need to charge smartwatch,you can just put the 2-pin charger on the charging port of the smart watch.



There is a heart rate sensor protector on the sensor,you can take it off before using smartwatch.



It takes about 1.5 hours to 2 hours to fully charge the battery. For first using, please charge the battery for 2 hours before using.

The battery lifetime depends on your usage of the smartwatch. The below lifetime is only for your reference.

General standby time is 25 Days (Not with Screen Always-on function).

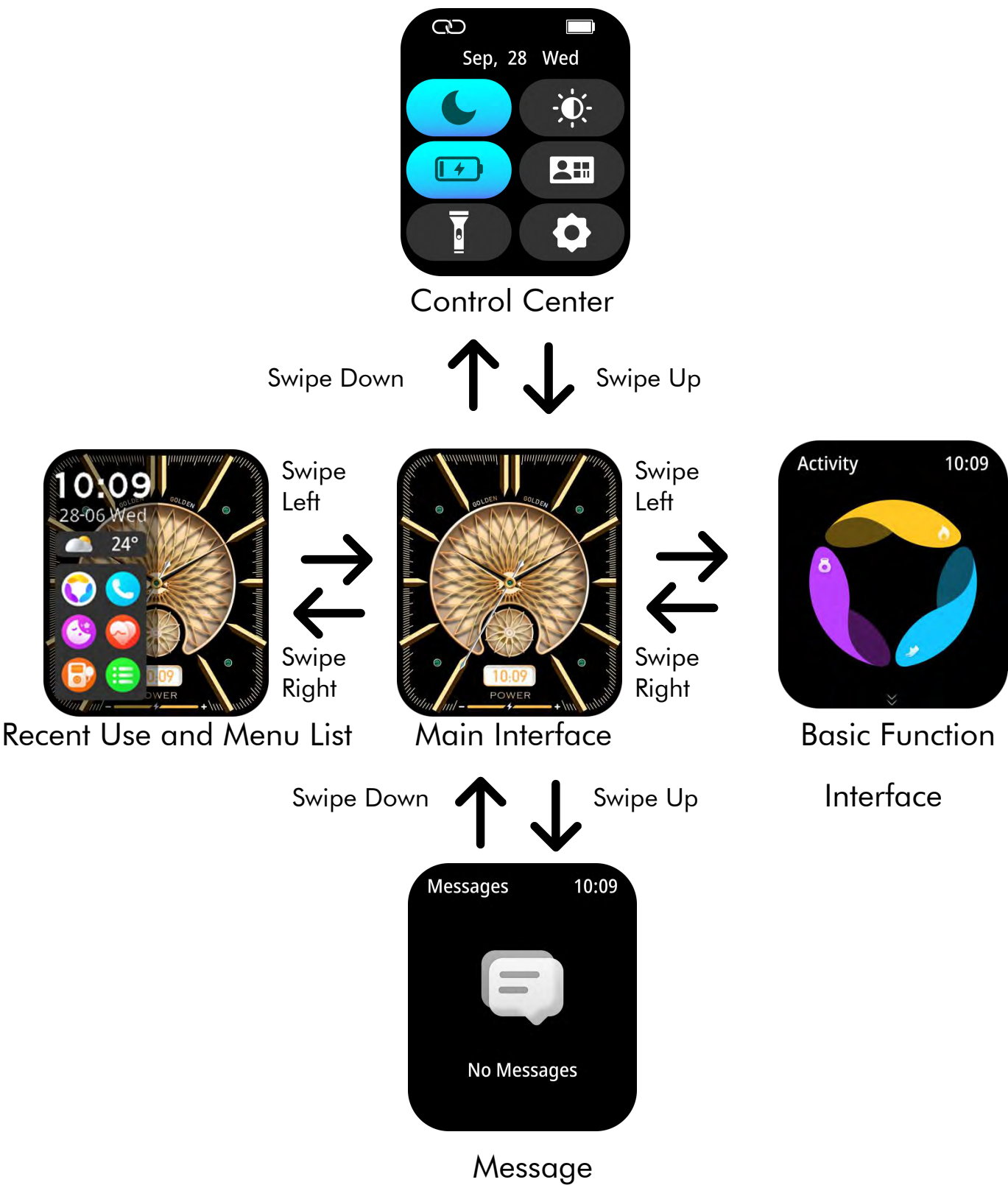
Screen always-on standby time is 2 Days.

Normally using time is 3-5 Days.

Advice: To conserve battery, it is advised to turn off the bluetooth when not in use.

Functions Navigation

The screen can be navigated by swiping left/right or swiping up/down.



Part A - Control Center

Swipe down to view watch control center.



- Do Not Disturb Mode
- Low Power Mode
- Flash Light
- Brightness
- E-Cards
- Settings

Do Not Disturb Mode: If open DND Mode, Call, Notifications and Alarm will be silent.

Low Power Mode: If open Low Power Mode, watch will turn off vibration, wrist raise and turn down the brightness.

Flashlight: You can turn on or turn off the smart watch flashlight by tapping the icon.

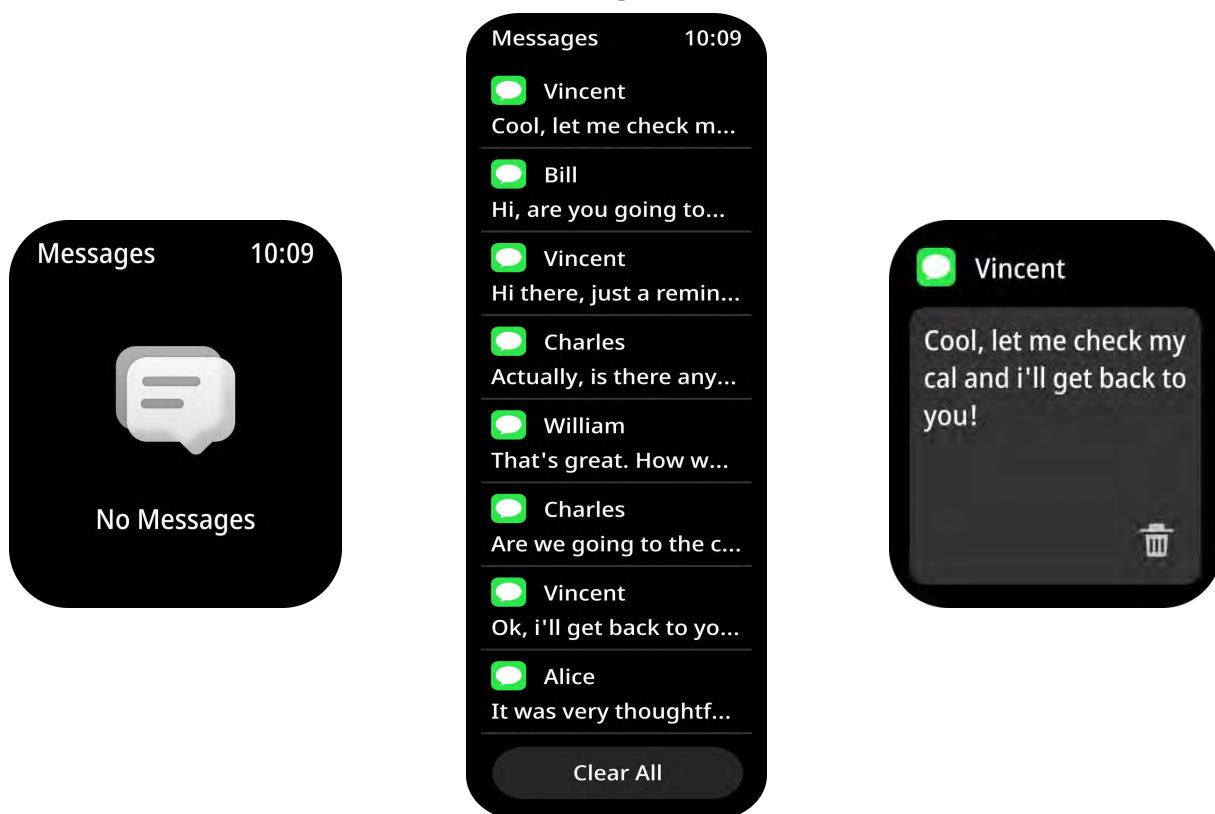
Brightness Setting: Adjust the brightness of the screen.

E-Cards: You can add E-Cards via APP.

Settings: Tap to enter into setting center.

Part B - Message Center

Swipe up to view Message Center to check APP notifications and messages.



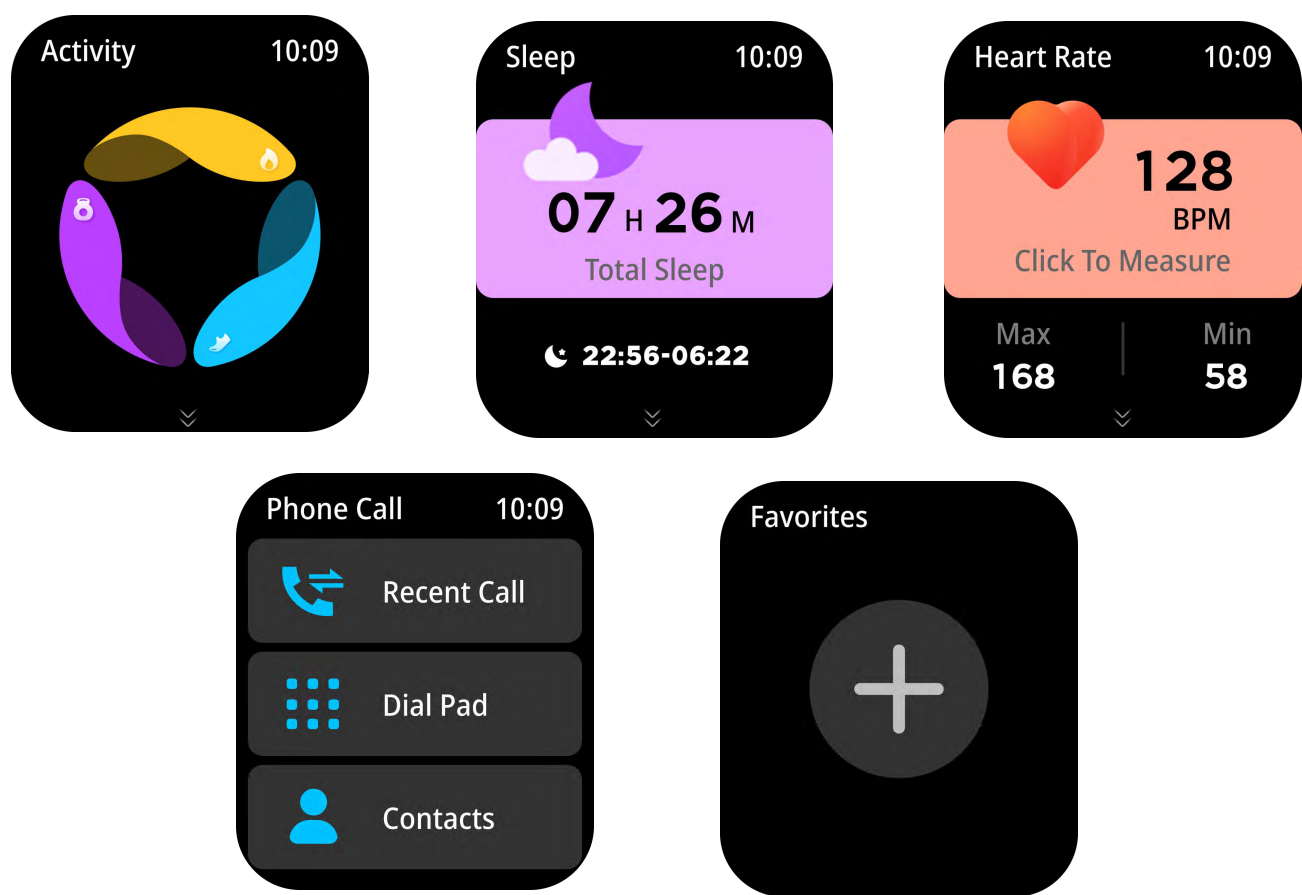
Part C - Recent Use And Menu List

Swipe right to enter into Recent Use And Menu List Interface. You can check recent functions which you used and tap menu icon or swipe right again to enter into menu list. And you can check all functions in menu list, such as Activity, Sleep, Heart Rate, Phone Call, Exercise, Exercise Record, SPO2, Stress, Weather, Messages, Shutter, Player, Relaxation, AI Voice and more functions.



Part D - Basic Function Interface

Swipe left or right to enter into basic functions interface.



Button Functions and Wearing

Part A - Side Button



BSW215 is with two buttons.

Two Buttons functions are as following:

Up Button:

1. Functions Button-To enter into all functions interface directly.
2. Sports Mode Hot Key-Long press the Up Button for 5 seconds to enter into Sports Mode.
3. Rotate Button-Up Button is with rotate function to select.

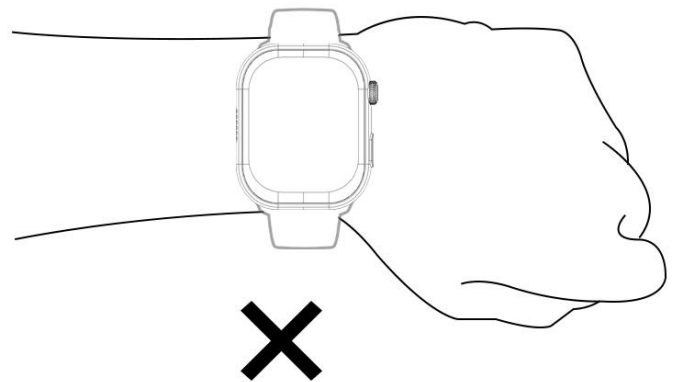
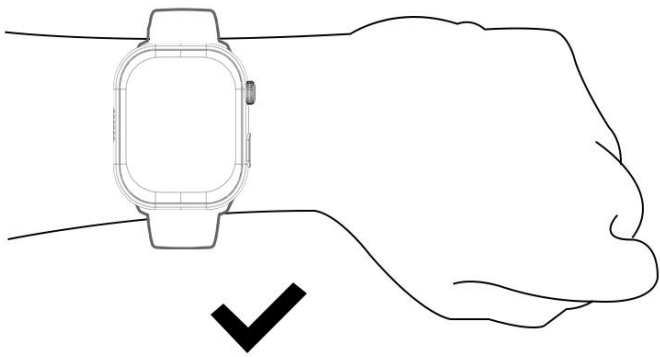
Down Button:

- 1.On and Off Button-To turn on or off the watch and go back to main interface.
- 2.Light Up Button-To light up the smart watch display.

Part B - Watch Wearing

For accurate testing data, we recommend to wear the watch with a moderate tightness at a gap of two fingers from your wrist to ensure that the sensor can work properly.

Please do not wear too loose when using the heart rate monitoring and Spo2 functions.



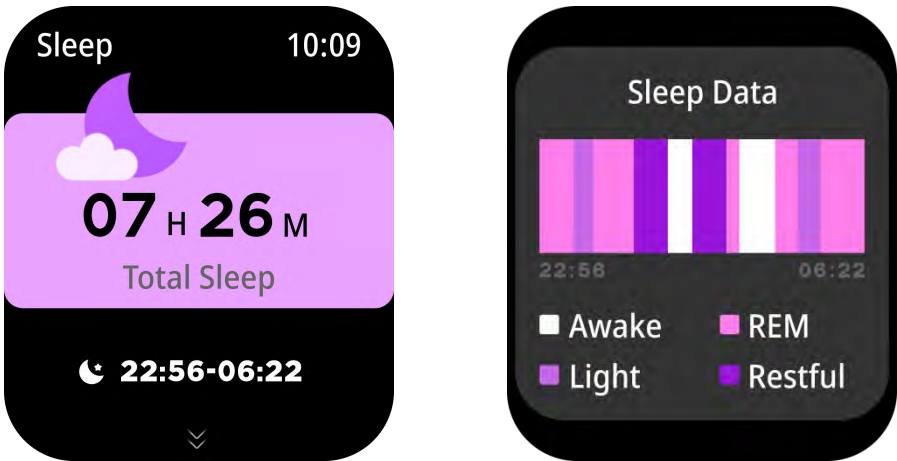
Functions

Part A - Main Interface Functions

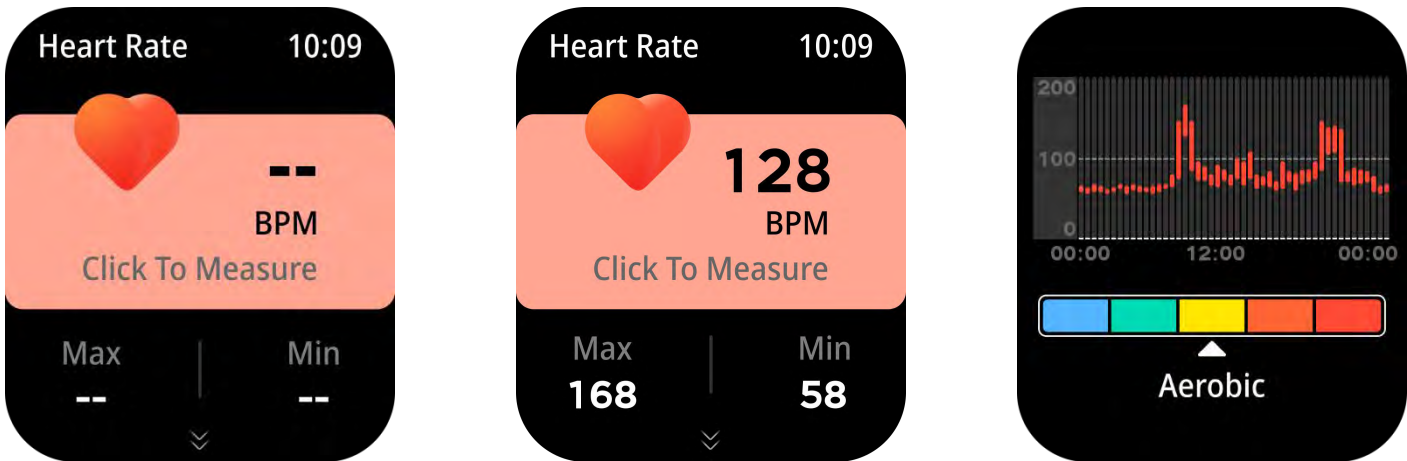
Activity - You can check your activity data including steps data,calories data.7 days data will be rema-ined.And swipe up to check more data.



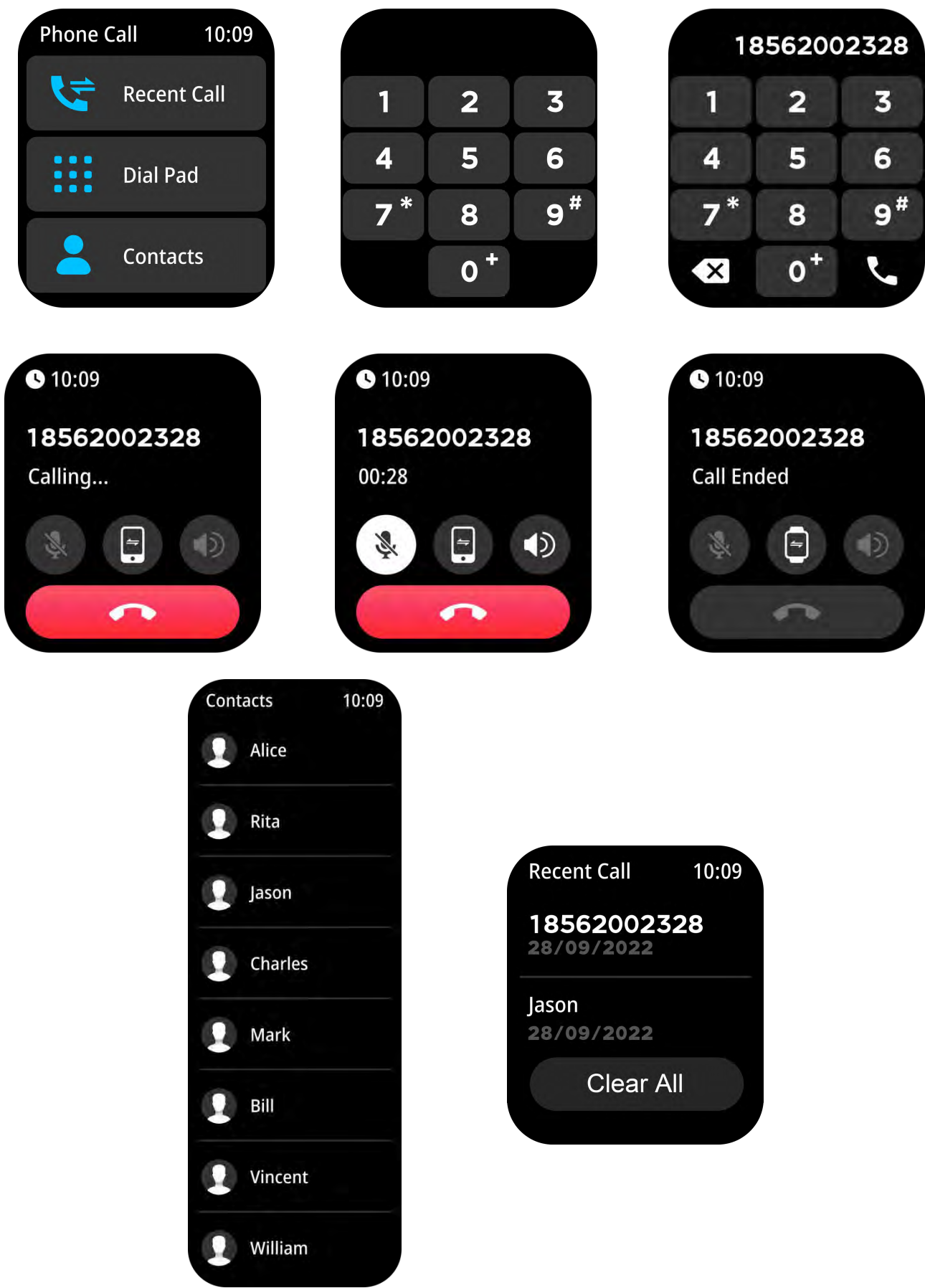
Sleep Monitoring - You need to wear the watch while sleeping.It will provide the hours slept and quality of sleep stats.Swipe up to check more data.



Heart Rate Monitoring - The watch will record your heart rate all day. You can also tap on the page to start measuring.24 hours data will be remain-ed.Swipe up to check more data.



Bluetooth Phone Call - After watch connecting with APP and phone Bluetooth.You can make or receive phone calls,check call records, check contacts.



Add Menu Interface - At this interface,you can tap "+" icon to add other functions to main function interface.And long press the main function interface to remove the menu from the main function interface.



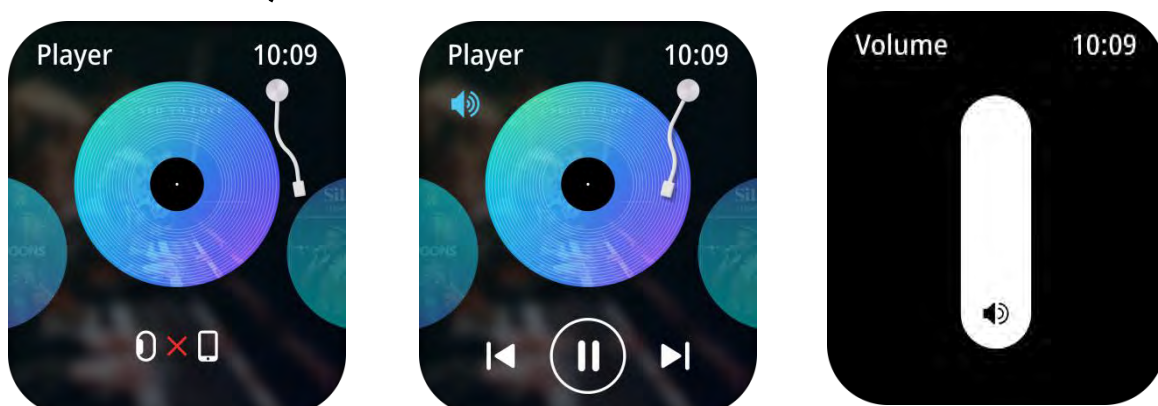
Part B - Other Functions

You can add other main functions to the main function interfaces. The main functions includes: Spo2, Weather, Game, Shutter, Music Player ,Voice Assistant, Timer, Alarm, Stopwatch, Flashlight, Find Phone, Calculator, Message, and Settings.

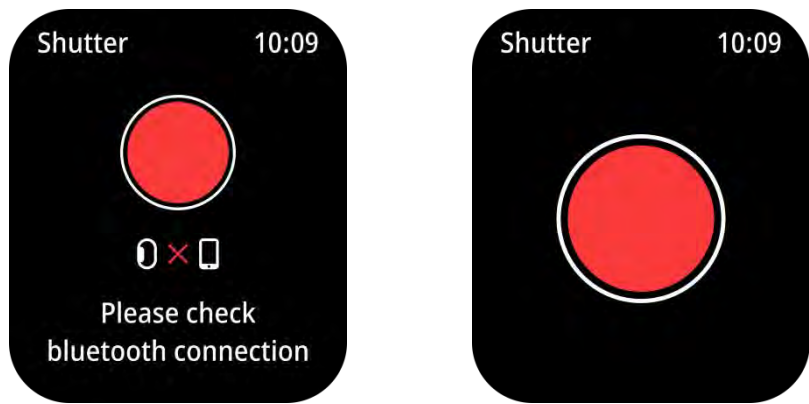
Spo2 Monitoring - The watch can test your Spo2 date. You can also tap on the page to start measuring. 7 latest values will be remained. Swipe up to check more data.



Music Player - BSW215 smart watch supports mobile music player. The watch will play the phone music after you connect the watch with APP and phone bluetooth. (Please note, the watch must be both connected with APP and phone Bluetooth).



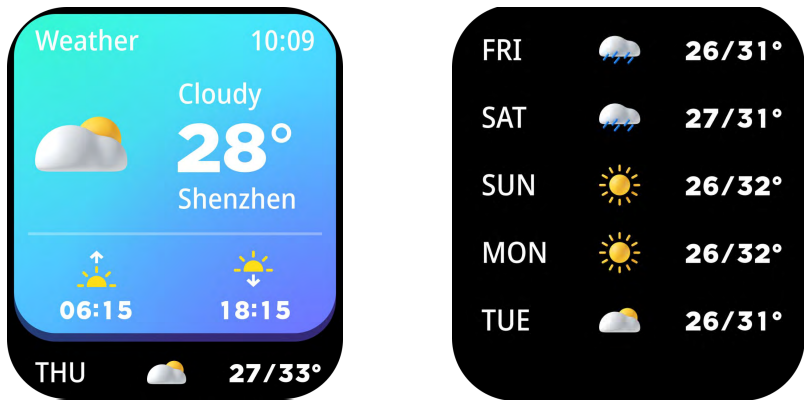
Shutter - After watch connecting with APP. Tap the shutter icon to remote control the camera of your phone to take photos.



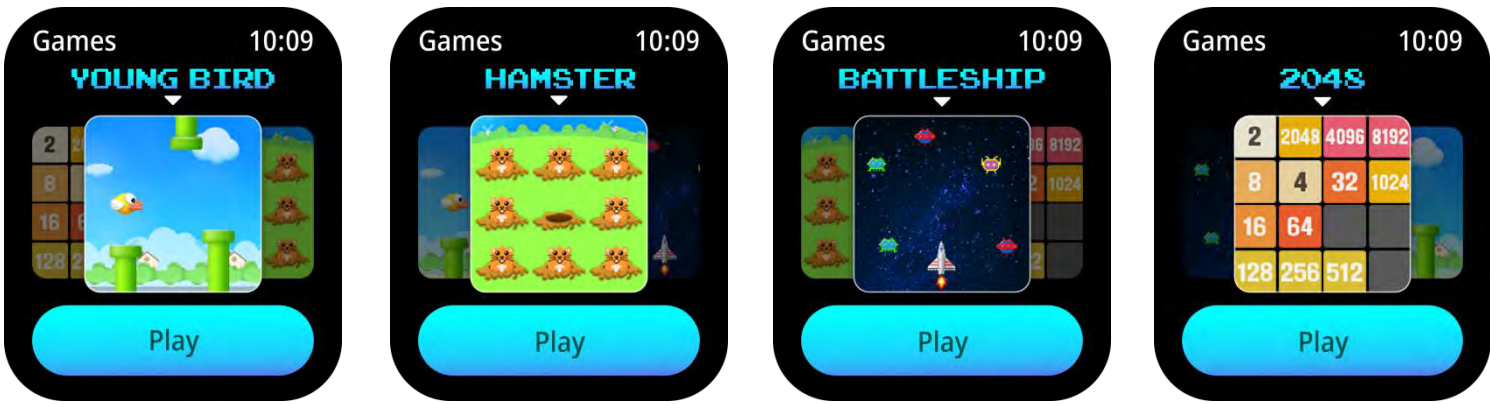
Voice Assistant - Swipe left from main interface to AI Voice interface or enter into AI Voice function in menu list to use phone Voice Assistant. Please ensure the watch is connecting with phone bluetooth before using Voice Assistant function.



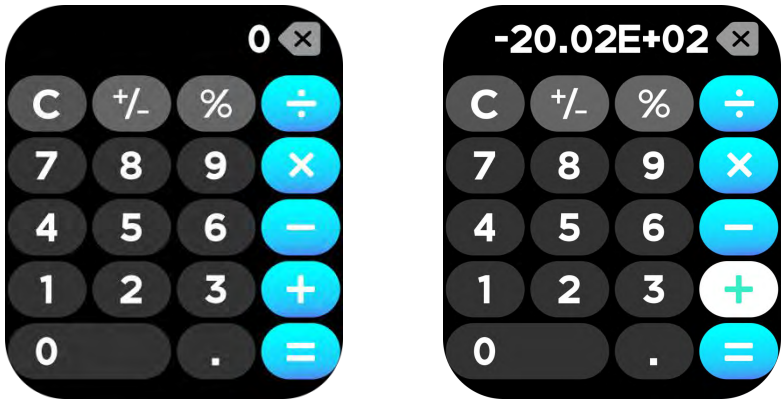
Weather Forecast - You can know the current weather and the forecast for tomorrow, this information is synced from your APP. Scroll up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



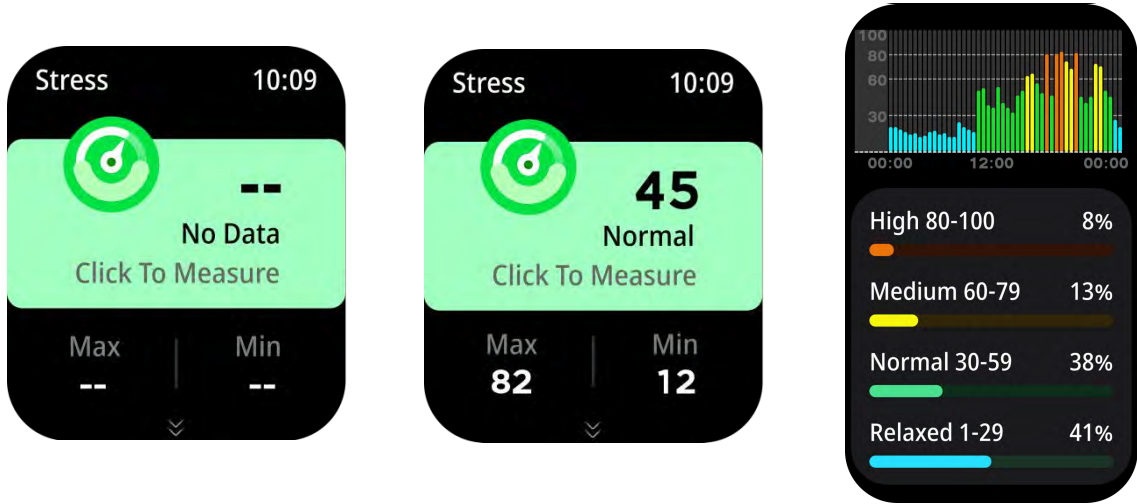
Game Function - There are 4 in-built games, you could enjoy the happy time when take rest.



Calculator - This is a new feature lets you access the calculator on the watch.



Stress - You can check your stress data in Stress Mode.



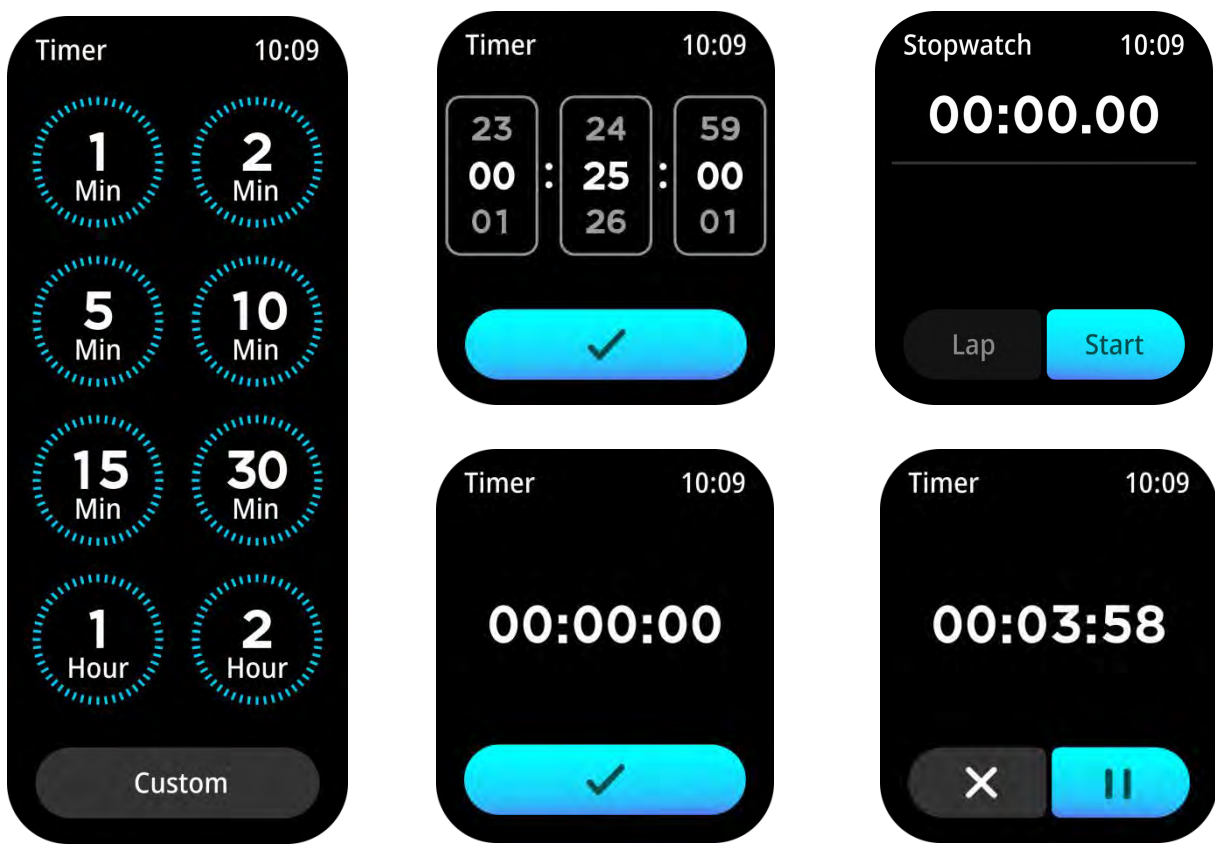
Message Mode - You can check your message reminders and notifications in message mode. You can clear the message record by tapping "Clear All".



Relaxation - You can relaxation exercise in Relaxation Mode.



Timer - This sets a preset timer for the user to track and given time line.



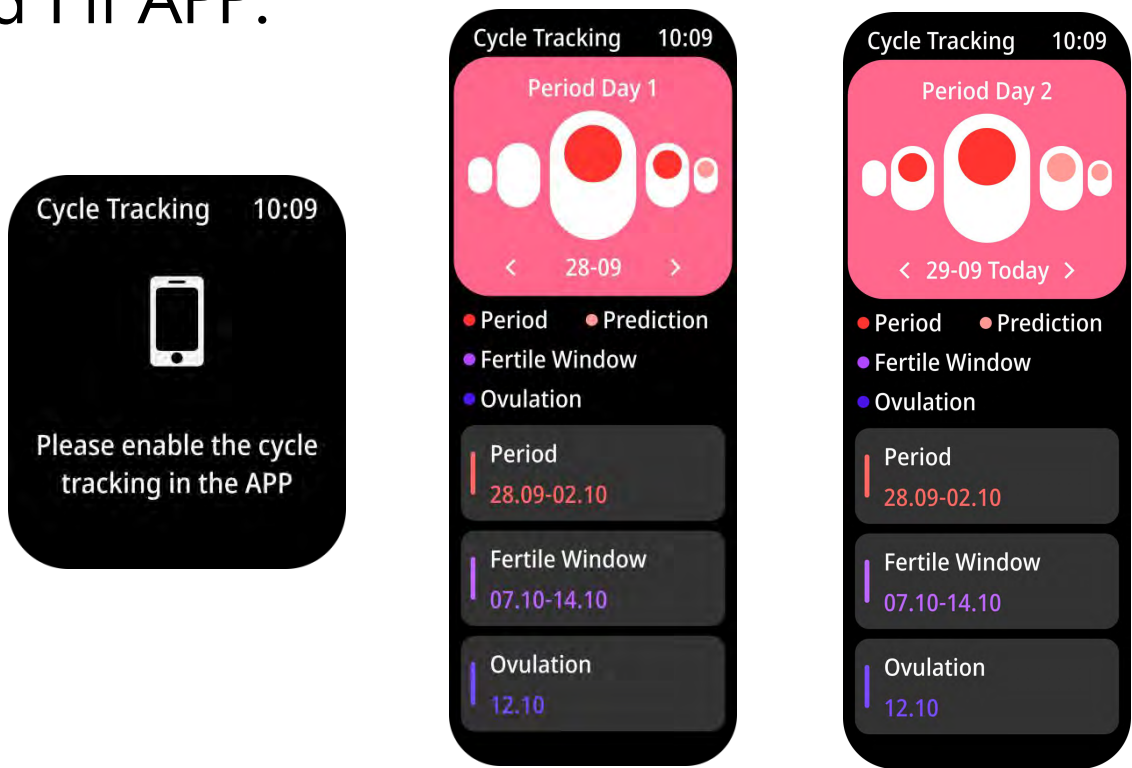
Alarm - Set alarms and let your watch vibrate to remind you of the alarm.



Stopwatch - This helps to track the time frame for any given activity.



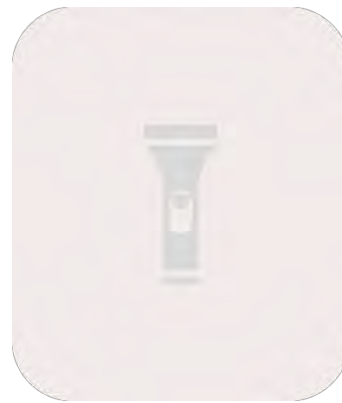
Cycle Tracking - If you set Lady Period on Da Fit APP,watch will remind you based on what you set via Da Fit APP.



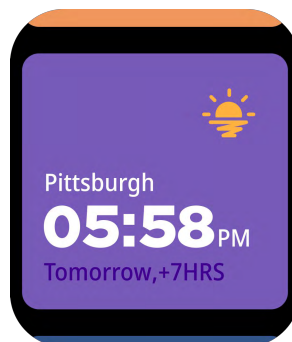
Find Phone - The watch will help you find your smart phone. Please note, the smart watch must be connected with Da Fit APP, when you use this function.



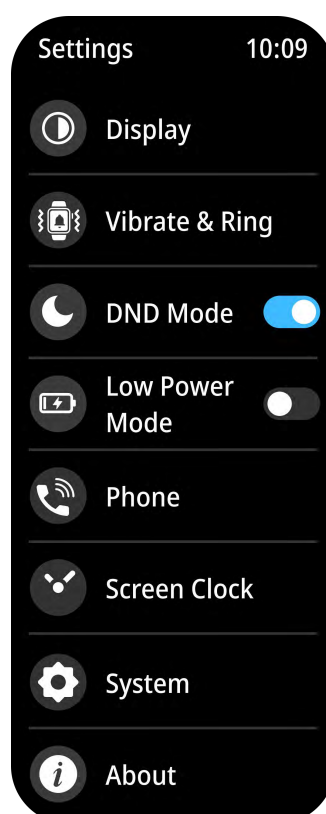
Flashlight - Never be scared in the dark again. The watch supports a flashlight.



World Clock - You can set world time via Da Fit APP and check world time on watch.



Settings - Swipe down from main interface to enter into Control Center and tap "Setting" icon to enter into setting list to set the watch system.



Display Setting

Tap “Display” to enter and set display.Set Brightness,Sleep time,Watch Face,Menu View,Wrist Raise.



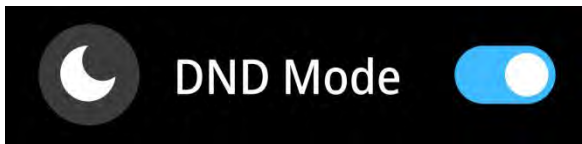
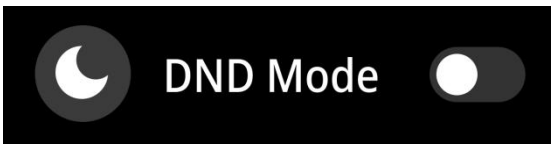
Vibrate And Ring Setting

Tap “Vibrate & Ring” to set vibration mode and intensity.



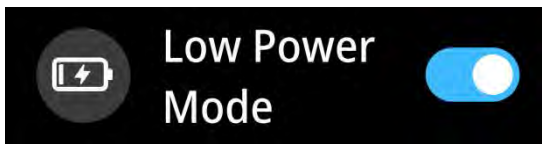
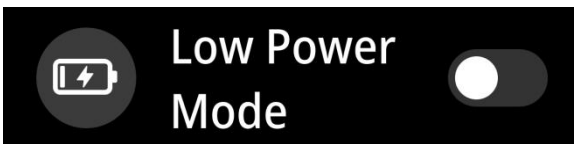
DND Mode Setting

Tap “DND” to open or close Low Do Not Disturb Mode.



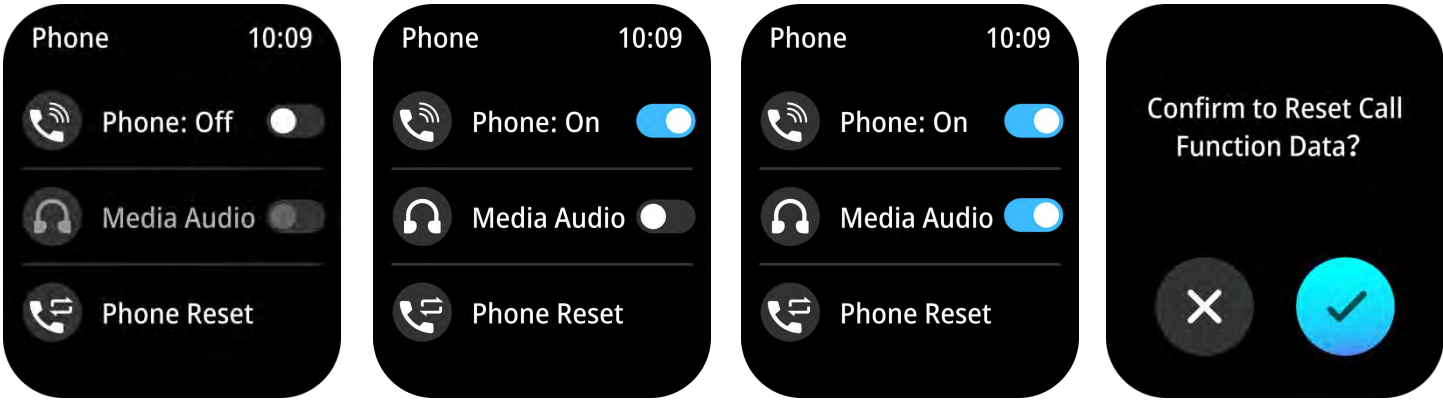
Low Power Mode Setting

If you tap to turn on the Low Power Mode,the brightness will dim,and vibration and view will shut.



Phone Mode Setting

Tap “Phone” to open or close bluetooth phone call or Audio Bluetooth.And do phone call reset.



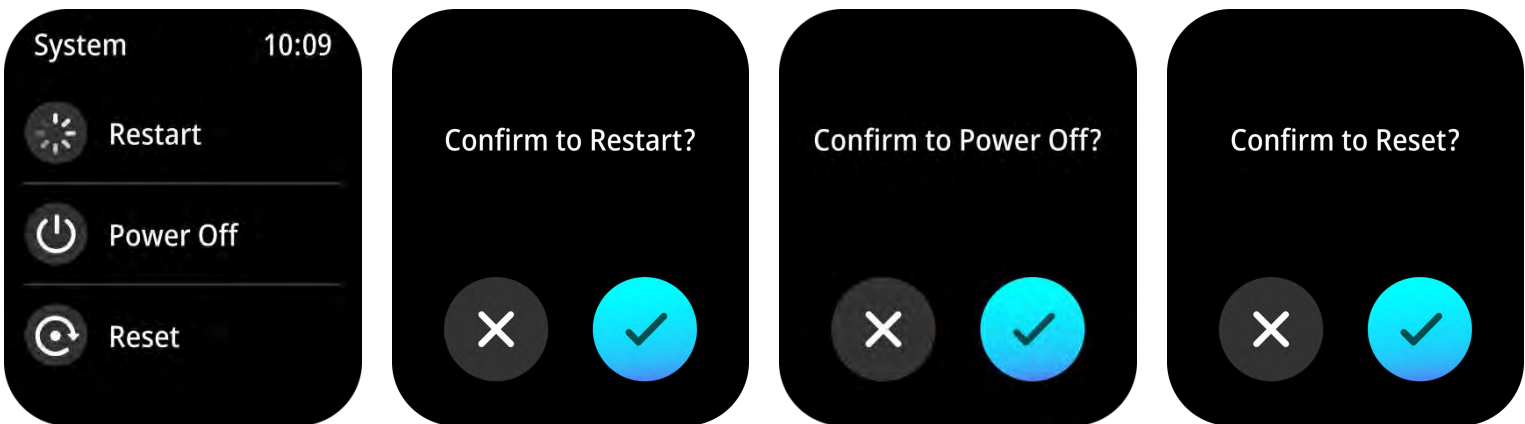
Always-on Display

You can turn on Always-on Display function to set always-on screen. There are two always-on watch modes, 3 watchfaces for each watch mode.



System Setting

Tap "System" to restart watch, shut down watch or reset watch data.



About

Tap “About” to check watch version and QR Code.

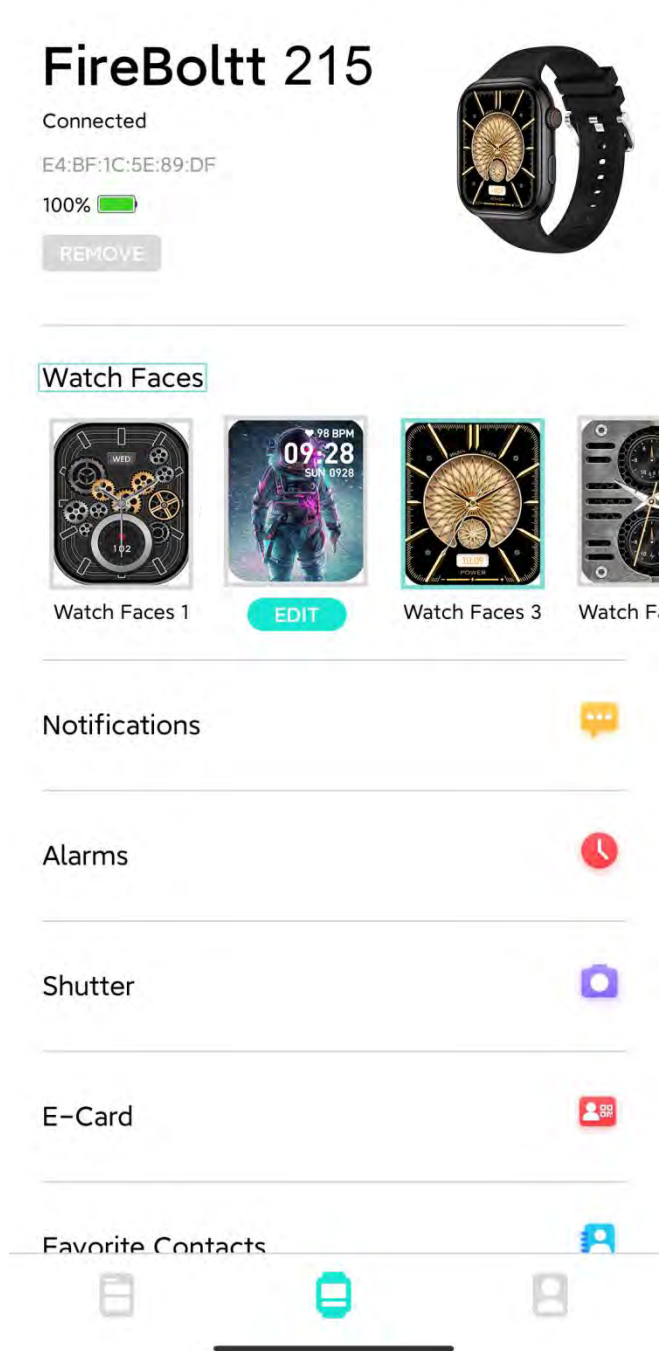


Part C - Featured Functions

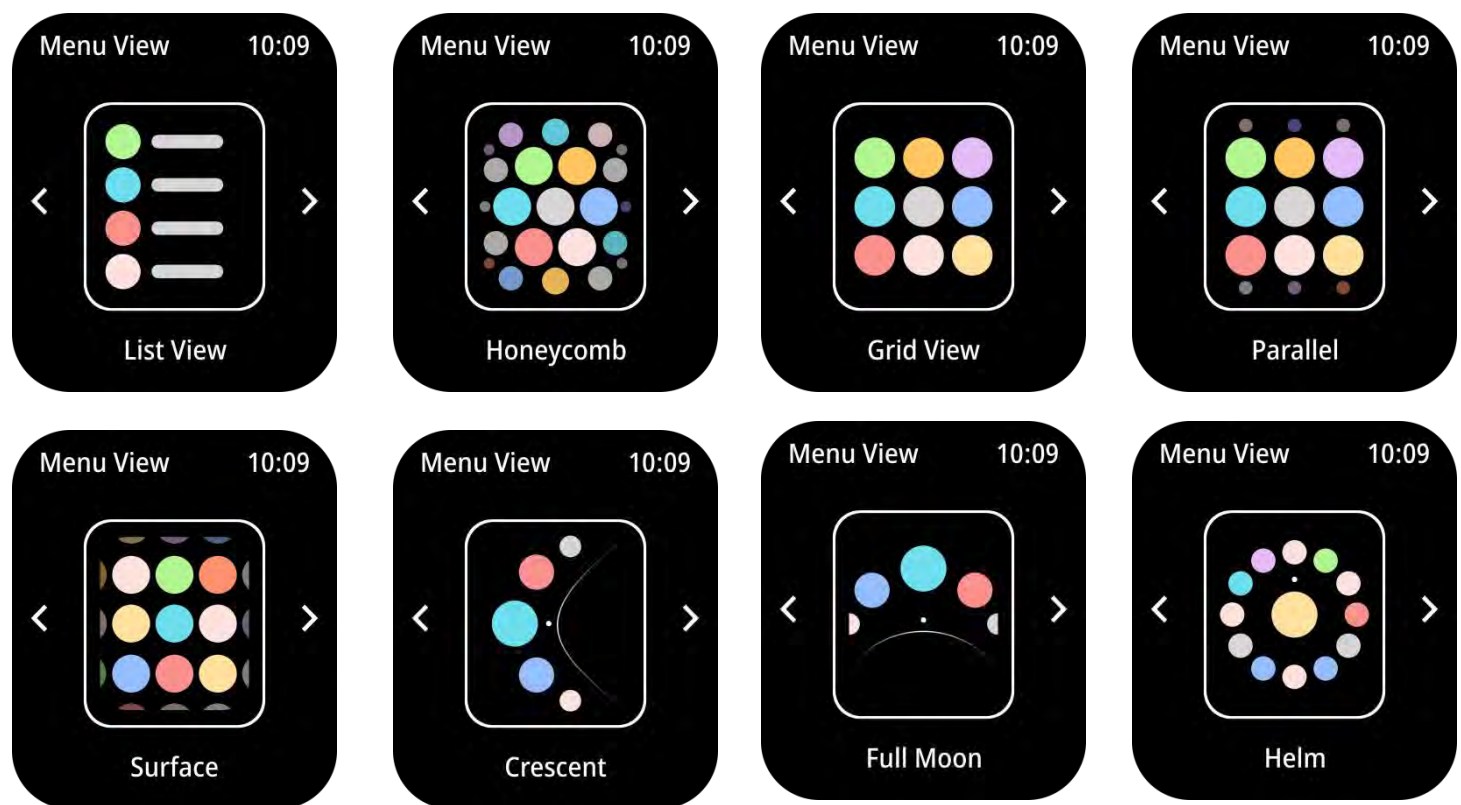
Watch Face - There are 8 in-built watch faces, you can download watch face from Da Fit APP, and you can DIY the watch face via Da Fit APP as well.



You can download watch face and do DIY watch face via Da Fit APP Dial setting.



View Mode Setting - There are 8 view modes,you can select what you like.



Exercise - Swipe right to enter into Hot key,then tap Sports Mode icon to enter into sports mode interface. There are more 115 sports modes for your exercise selections.

Exercise10:09

Walking
10 Min

Running
5 Km

Cycling

Skipping
Open Goal

Badminton
Open Goal

Basketball
Open Goal

Football
Open Goal

Swimming
Open Goal

Climbing
Open Goal

Tennis
Open Goal

Rugby
Open Goal

Golf
Open Goal

Yoga
Open Goal

Fitness
Open Goal

Dancing
Open Goal

Baseball
Open Goal

Elliptical
Open Goal

Indoor Cycling
Open Goal

Free Training
Open Goal

Rowing Machine
Open Goal

+

Trainings

Stair Climber

Stair Climbing

Stepper

Core Training

Flexibility

Pilates

Gymnastics

Stretching

Strength

Cross Training

Aerobics

Physical Training

Wall Ball

Dumbbells

Barbell

Deadlift

Upper Body

Sit ups

Functional Training

Burpee

Back Exercise

Lower Body

Abs

HIIT

Indoor Walking

Indoor Running

Weightlifting

Outdoor Activities

Rock Climbing

Skateboarding

Roller Skating

Parkour

ATV

Paragliding

Triathlon

Trail Running

On Foot

Kabaddi

Combat Sports

Boxing

Wrestling

Martial Arts

Tai Chi

Muay Thai

Judo

Taekwondo

Karate

Kickboxing

Fencing

Kendo

Dance

Square Dancing

Belly Dance

Ballet

Zumba

Latin Dance

Street Dance

Folk Dance

Jazz Dance

Ball Sports

Volleyball

Softball

Hockey

Table Tennis

Cricket

Handball

Squash

Billiards

Shuttlecock

Beach Soccer

Beach Volleyball

Sepak Takraw

Bowling

Winter Sports

Ice Skating

Curling

Other Winter Sports

Snowmobile

Ice Hockey

Bobsleigh

Sledding

Skiing

Recreational Sports

Archery

Darts

Tug of War

Hula Hoop

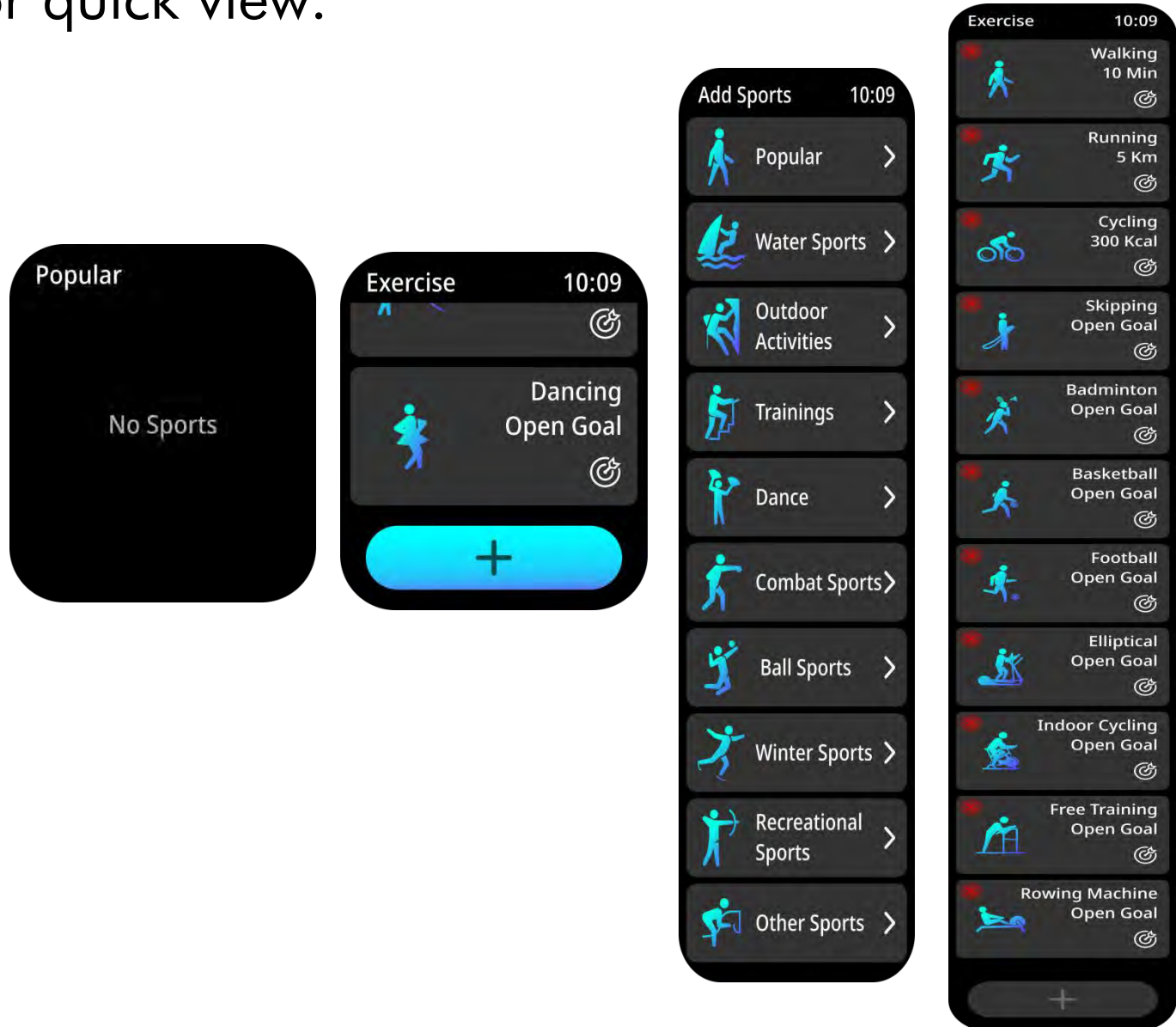
Kite Flying

Horse Riding

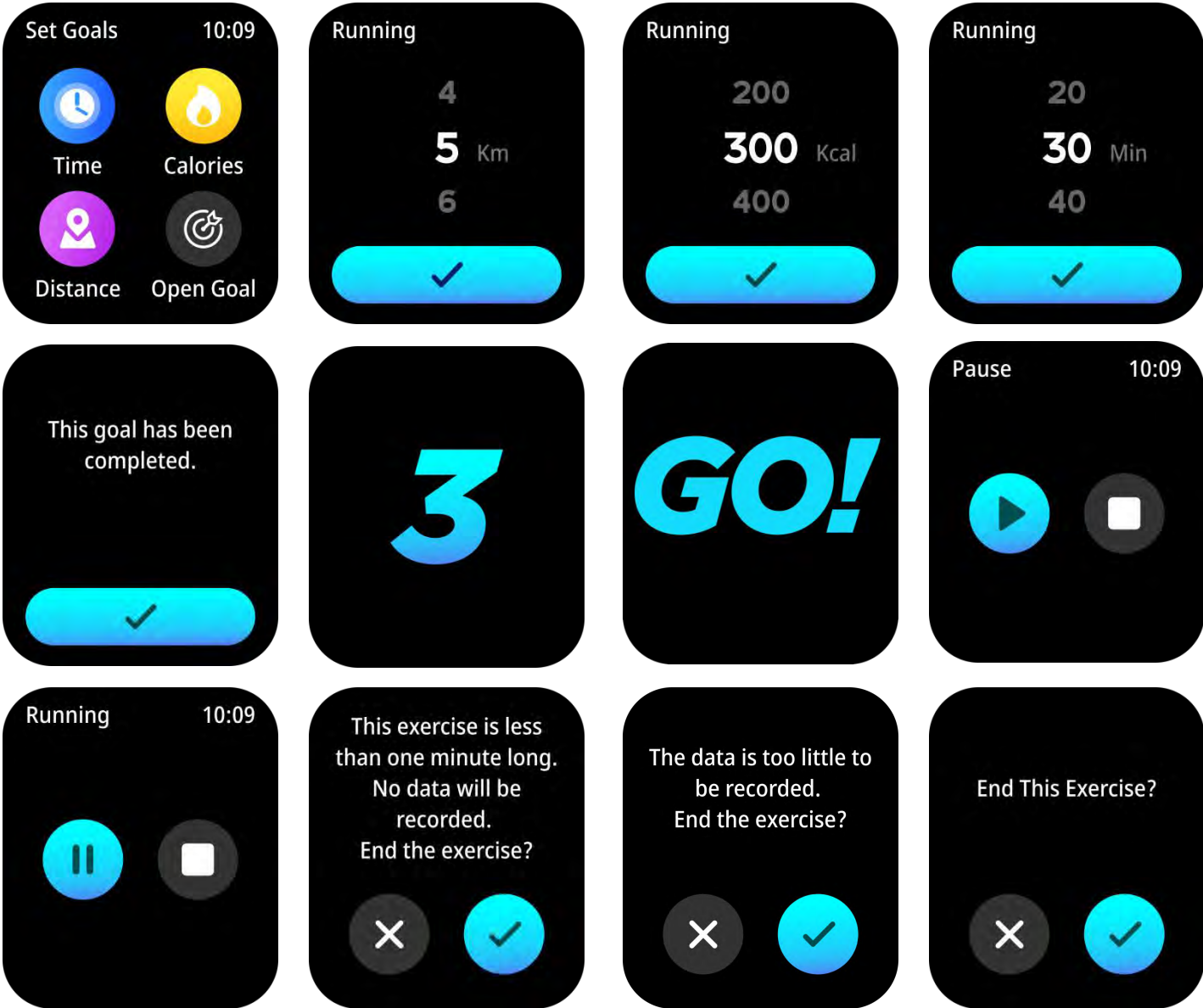
Frisbee

Fishing

You can add any sport mode to Popular Sports for quick view.



You can select any of the sports modes to start your exercise.



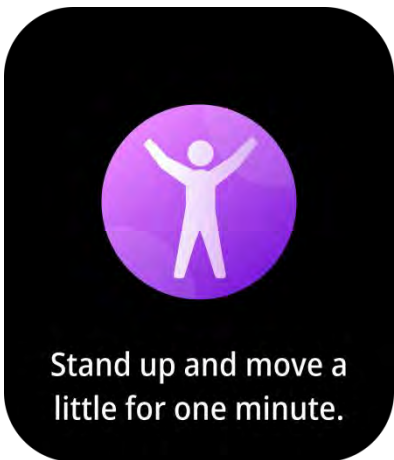
You can check your sport records in Exercise Records Mode.



Watch Reminders

Sedentary Reminder

If you set Sedentary function on Da Fit APP, watch will remind you to move if you have not moved up for a long time.



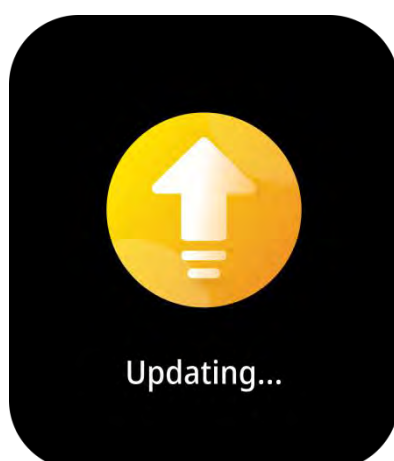
Drink Water Reminder

If you set Drink Water Reminder function on Da Fit APP, watch will remind you to drink water based on what you set via Da Fit APP.



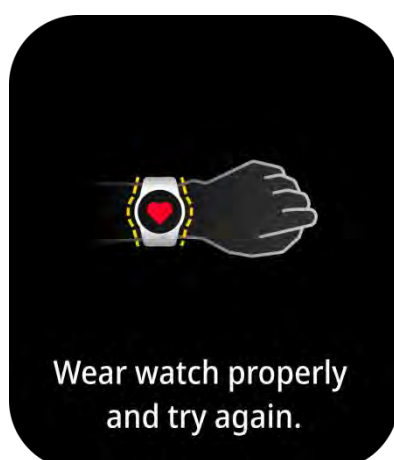
Watchface Loading Reminder

Watch will display "Loading" when you upload new watchface from APP to watch.



Wearing Reminder

Watch will remind to wear the watch well, when you do testings.



Goal Achieved Reminder

Watch will remind you the goal you set via Da Fit APP has been finished.



Low power reminder

If the watch runs out of power, it will remind you to charge.



FCC Warning

15.19 Labeling requirements.

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.

15.21 Information to user.

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

15.105 Information to the user.

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.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance **5mm** between the radiator and your body.