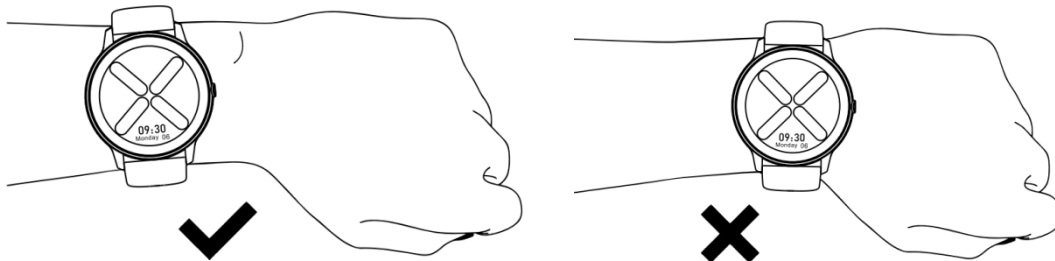


# SW022 Smart Watch Manual



01 Wear the watch for a distance of about one finger from the wrist, and adjust the tightness of the wrist strap to a comfortable position.

Tip: Wearing too loose may affect the heart rate sensor's data collection.



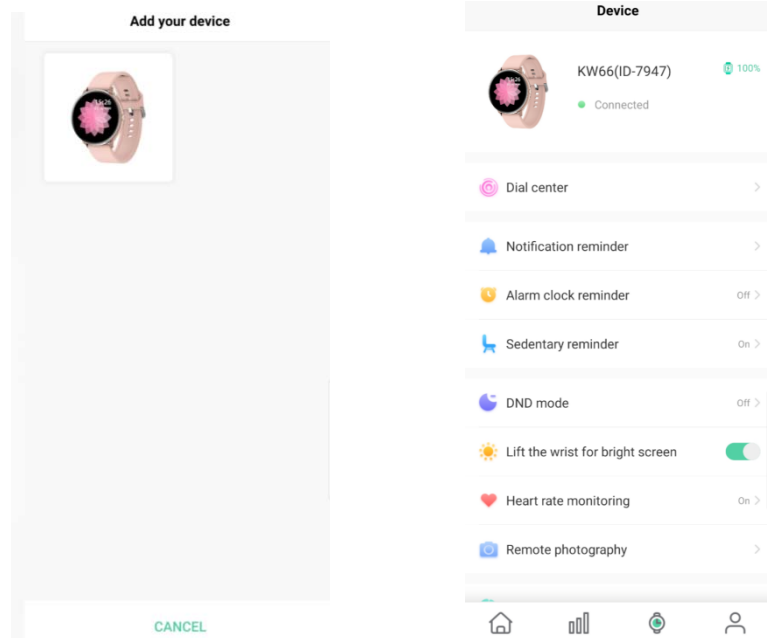
02 Pairing

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1.Press and hold the watch to operate , use the mobile phone to scan the QR code on the watch screen, download and install the APP. You can also scan the QR code below to download and install in the mobile application market.



2.Open Runto Sport, select (add device) on the device page and follow the on-screen instructions.



Tips

1. During the pairing , please confirm that the Bluetooth of the mobile phone is turned on to ensure the normal connection between the watch and the mobile phone.
2. If the device cannot be found , or the device cannot be connected, try to press and hold the power button of the watch for 3 seconds, select to reset in the operation interface, and then add the device again.

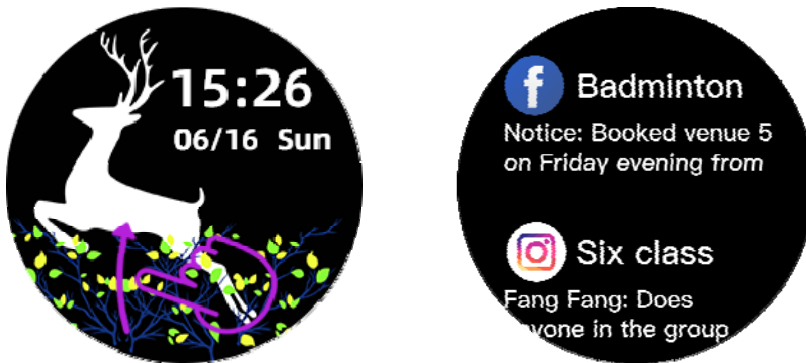
### 03 Instruction

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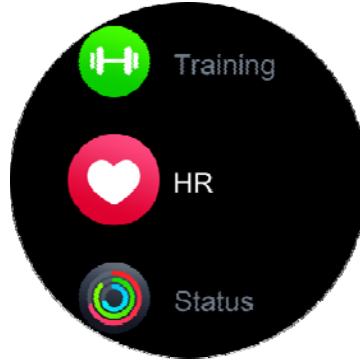
a. the home page of the dial slides top from the bottom to open the control panel



b.the home page of the dial slides bottom from the top to open the message



c.Slide from left to right to open main menu



d. Long press the watch face interface for 3 seconds to change watch faces



e. long press power key for 3 seconds to power on/power off



f. click the power key to pause and continue the sports status






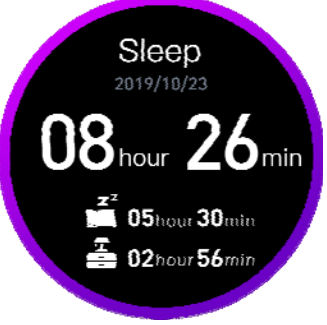
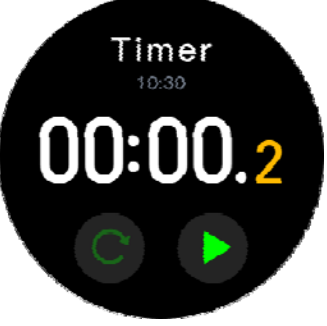

g. Click power key and go back to watch face interface

h. click and go back to last menu.



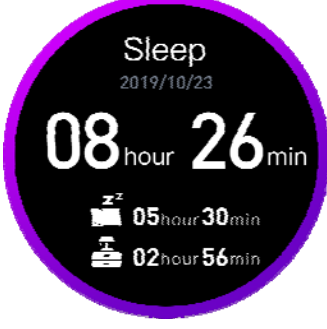
#### 04 function


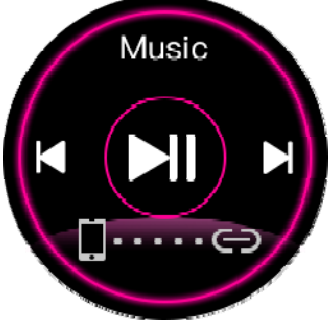
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	13 sports modes (running, walking, cycling, mountaineering, yoga, skipping, tennis, baseball, basketball, table tennis, badminton, football, rugby)
	Heart rate: 24H real time heart rate monitoring throughout the day, you can view historical heart rate data
	Status: Detailed records of daily steps, step distance, calories

 <p>Sleep 2019/10/23</p> <p>08<sup>hour</sup> 26<sup>min</sup></p> <p>zz 05<sup>hour</sup> 30<sup>min</sup></p> <p>02<sup>hour</sup> 56<sup>min</sup></p>	<p>Sleep: Record sleep time and sleep status in detail</p>
 <p>Timer 10:30</p> <p>00:00.2</p> <p>⏮ ⏭</p>	<p>Stopwatch: timing</p>
 <p>f Badminton Notice: Booked venue 5 on Friday evening from</p> <p>📷 Six class Fang Fang: Does everyone in the group</p>	<p>Sync information: Information reminder, sync notification push on mobile phone.</p>
 <p>⏻ Off</p> <p>↺ Reset</p> <p>i Info</p>	<p>Settings: Shutdown/Restore/About/APP download</p>

05 Slide from right to left accordingly to quick interface

 A circular widget with a black background and a multi-colored ring (red, yellow, green, blue) around the perimeter. It displays three activity metrics: 8000 Steps (with a blue step icon), 6.4 Km (with a green location pin icon), and 250 Kcal (with a red flame icon).	<p>Status: Detailed records of daily steps, step distance, calories</p>
 A circular widget with a black background. It features a red heart icon and the text '80 BPM'. Below this is a 24-hour heart rate monitoring graph with a color-coded area chart (blue, green, yellow, red). At the bottom, it shows a heart rate range of '130' (with an upward arrow) to '63' (with a downward arrow).	<p>Heart rate: 24H real time heart rate monitoring throughout the day, you can view historical heart rate data</p>
 A circular widget with a black background and a purple ring. It displays sleep data for '2019/10/23'. The total sleep time is '08 hour 26 min'. Below this, it shows two sleep stages: '05 hour 30 min' (with a 'Z' icon) and '02 hour 56 min' (with a bed icon).	<p>Sleep: Record sleep time and sleep status in detail</p>

	<p>13 sports modes (running, walking, cycling, mountaineering, yoga, skipping, tennis, baseball, basketball, table tennis, badminton, football, rugby)</p>
	<p>Music: can Remote control the music on the phone</p>

## 06 Charging

1. Place the watch on the charger to make sure the charging contacts and the metal contacts are completely fit.
2. Connect the charging cable to a standard USB charger , with an output voltage of 5V and an output current of 0.5A and above. .

If the watch cannot be turned on after being left for a long time, wipe the charging contacts of the charging cable clean when using it again to avoid sweat or moisture residue.



## 07 basic parameter

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CPU	RealteIRTL8762C
memory	RAM160KB +ROM384kB+FLASH 128MB
Display	1.28inch TFT 240*240
Touch screen	电容全触
HR sensor	VC31
Pedometer	STK8321
Bluetooth	BT5.0
Case material	Zinc alloy vacuum plating
Backcover material	Plastic
Straps	Ruber
Battery	340mAh Lithium polymer battery
	Standby >30days
	Using time: 5days (all modes on)
Side button	Power key
Charging way	Magnetic
Waterproof	IP68
Motor	Support

## 08 After-sale service

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I. 1. When the product is in normal use, if there are product quality problems caused by manufacturing, materials, design and other reasons, the motherboard will be free of charge within one year from the date of purchase, and the battery and charger will be guaranteed for six months.

2. For the failure caused by the user's personal reasons, free warranty is not provided, as follows:

1) Failure caused by unauthorized disassembly and reassembly of watches.

2). Failure caused by accidental drop during use.

3). All man-made damage or misuse due to the third party (such as: the host enters the water, the external force cracks, Damage of scratches on peripheral parts, etc.) is not covered by the warranty.

3. When requesting a free warranty, please provide a warranty card with the date of purchase and the stamp of the place of purchase.

4. When the user repairs the product, please take the product to our company or our distribution stores.

5. All the functions of the product are mainly based on the real product.

**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.