

MONSTER SOL

Smart Sports Watch

Operation Instruction



Thank you for choosing our product. Please read the instructions carefully before use.

I. Quick start



Button function

- **Short-press button**

- ① Return to previous page
- ② Turn on the screen under screen off
- ③ Turn off the screen under screen on in the main dial interface.

- **Long-press button**

- ① Long press the button to turn on the watch
- ② Long press the button to turn off the watch

Screen operation

- **Slide up and down**

- ① Switch at the same level
- ② For a long text\ details

- **Slide left and right**

- ① Switch at the same level

- **Touch the screen**

- ① Enter the next level
- ② Complete operation by screen buttons

- **Long press screen**

- ① Long press screen to the next level on the main dial interface.

2. ON/OFF

- **Start up**

- ① Automatic startup at charging.

充电示意图

Charging schematic

Note: Charge and activate the watch before first use; Please charge the watch with original charger

② Long press button to start up.

● Shutdown

① Long press button to shutdown

② Shutdown path: Settings >> System >> Shutdown

II. Download and **pairing**

1. Download the APP

① Search "Monster Fit" in App Store of iPhone to download;

② Search "Monster Fit" in Google play store or Myapp.com of Android phone to download;

③ Scan the QR code in the watch to download "Monster Fit".

Note: after installation, please log in follow the steps on the interface to obtain superior usage experience.

2. **Pairing**

Pairing the watch with your phone by "Monster Fit" app.

Pairing: Open APP >> "Device" >> "Add Device" >> "Search" >> Select MONSTER SOL >> Match, and wait for completion.

III. Function introduction

MONSTER SOL Smart Sports Watch is designed with ultra-long battery life and features with ultrathin appearance. It integrates multiple functions such as multi-motion, heart rate, blood oxygen, sleep monitoring, daily activity tracking, instant message, call reminding, etc. and is suitable for the scenario of daily rest and exercise. You can experience a series of functions of MONSTER SOL smart watch after matching and connecting with your phone.

MONSTER SOL Smart Watch Support: dial switching, motion data, sports mode, heart rate monitoring, blood oxygen detection, sleep monitoring, breathing training, message reminding, call reminding, phone search, music control, timer, stopwatch and other functions.

IV. Basic specification

Product name: MONSTER SOL

Model: MW215001

Waterproof level: **3ATM**

Display screen: 1.65 inch AMLOED

Resolution: 348*442

Battery capacity: 280mAh

Operating frequency:

Maximum transmitting power:

Working hours: About 5-7 days

Working temperature: -10℃ ~ 50℃

Bluetooth connection: Bluetooth 5.0

Compatible system: IOS 10.0 above, Android 5.0 above

V. Maintenance

Wear and maintain according to the following 3 points:

1. Keep clean;
2. Keep dry;
3. Wear properly;

* Clean the watch with soap-free detergents instead of household cleaners.

Waterproof: no use for diving, swimming in the sea and sauna. Use in swimming pool, shower (cold water) and snorkeling.

VI. Safety instructions

Do not place equipment and its accessories in high or low temperature area, otherwise it may lead to malfunction, fire or explosion.

Avoid strong impact or vibration on products to prevent from damaging equipment and its accessories, resulting in malfunction.

Do not disassemble or refit equipment and accessories without authorization. Please contact after-sales service when it fails.

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This manual is only for reference and constitutes no commitment.

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.