

USER MANUAL

INTRODUCTION

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, reminder, etc., which can enrich your smart life and scientifically guide the exercise health. For a better experience, please read the operation guide carefully before using the watch.

WATERPROOF:

Supports waterproof (the bracelet is not resistant to water vapour, warm water, hot water).

PRODUCT CONFIGURATION:

- Host x1
- Manual x1
- Strap x1
- Charging cable x1

Please Read This Manual Carefully Before Using The Product

OPERATING INSTRUCTIONS

1 Slide down the dial interface to enter the control centre.

2 Slide up the dial interface to enter the message list.

3 Slide right in dial interface to enter function menu.

4 Slide left on the dial interface to enter the first level card function.

ACTIVATION AND CONNECTION

Long press the crown for 3-5 seconds

APP DOWNLOAD:

- iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;



CONNECT THE WATCH:

- 1 Watch factory first boot, make sure the mobile phone to open the Bluetooth.
- 2 In the settings to find the "add device", in the list of scanned devices click on your device.
- 3 In the page pop-up Bluetooth pairing success that binding is complete.



BLUETOOTH RECONNECT:

- 1 Beyond the Bluetooth connection range bracelet Bluetooth will be disconnected, when entering the Bluetooth connection range, open the APP Bluetooth will be automatically connected;
- 2 Close the background of the application, restart the mobile phone or one key to clean up the application, the Bluetooth will be disconnected again, and it will be connected automatically after opening the APP again;
- 3 APP running in the background of the mobile phone is easy to be shut down by the phone, Android mobile phones can open the self-starting authority of the APP within the permission settings to prevent the Bluetooth connection instability caused by the disconnection problem.



STANDARD FEATURES

- Activity**
Record daily step, active calories, and exercise duration.
- Messages**
After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.
- Sleep**
Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.
- Stress**
By monitoring your stress levels, we can help us better manage to improve physical, mental health, and release stress to improve our positiveness.

HEART RATE

Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60-100 beats per minute, click on the heart rate page can also measure the value, wear the watch correctly, the best wearing position is the wrist bone by the top of the arm.

BLOOD PRESSURE

Support blood pressure measurement, during the measurement, please raise your body, put your hand flat and wait for the value to be measured.

SpO2

Click start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 95-100%.

Exercise

123 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end on the exercise page.

EXERCISE RECORDS

You can view historical exercise record data, including exercise duration, calories, heart rate and other data details.

SHUTTER

After connecting to your phone and turning on the camera control, the watch can be used as a remote control for your phone's camera.

PLAYER

When connected to Bluetooth, you can play and control music from your mobile phone.

CALCULATORS

Add calculator and other utilities to support daily simple calculation operations.

STOPWATCH

You can check the stopwatch function, and you can perform counting operations during the time period.

TIMER

Switch on this function to select or set your own countdown time to switch on the countdown.

ALARM

Set your own alarm reminders and the watch will display the alarm can and vibrate at the set time.

FLASHLIGHT

Turn on the flashlight in a dark environment the screen will remain white and always to top the screen to toggle an on/off.

WEATHER

You can check the weather information of the last 7 days at any time after connecting your mobile phone to sync the data.

SEDENTARY REMINDERS

This function will detect the user's activity within a set period of time (default 10 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.

WATER REMINDER

When the watch has not correctly when measuring data, the watch will give you tips on how to wear the watch correctly.

CYCLE TRACKING

Add the physiological cycle within the app and the watch will make a reminder close to the date.

BATTERY LEVEL REMINDER

The watch alerts you when the battery is low, when it's charging, and when it's fully charged.

GOAL REACHED

Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.

WEARING ERROR ALERT

If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.

FIND PHONE

After connecting the mobile phone, turn on this feature click on the mobile phone will help to help the user to quickly find the mobile phone.

MULTI-DIAL SWITCHING

Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial matrix.

MENU VIEW

Includes a variety of menu display modes that the user can choose to switch between according to preference.

CUSTOM CARDS

Supports customization of the order in which the first level cards are discharged and related functions.

SETTINGS

Perform different setting operations of the watch, including brightness, duration of ringing, flipping the wrist to light up the screen, vibration and ring, do not disturb mode, call settings, switch off, restore factory, and local information.

PHONE CALL

Connect the Bluetooth for calls, you can choose dialling from the watch side to achieve the call function on the watch side, the call contains contacts and call logs, and you can add frequently used contacts on the client side.

E-CARD

The watch supports displaying electronic business cards, add business cards on the APP side to display them on the watch side.

OPTIONAL FEATURES

Multi-dial Switching

Menu View

Custom Cards

Settings

COMMON TROUBLE

- 1 The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.
- 2 The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;
- 3 Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

NOTES

- 1 The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;
- 2 The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).
- 3 Some functions may vary according to the software version, please check the version and update it in time.

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.
This equipment has been tested and found to comply with the limits for a Class II 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.

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

FCC Radiation Exposure Statement:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, the device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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用户 使用说明书

前言

感谢您选择本公司的智能运动手表，手表融合了运动、健康、目标达成、消息推送、智能提醒等多项智能功能，可以丰富您的智能生活，科学引导运动健康。为了更好的体验，请在使用手表前仔细阅读操作指南。

防水:

支持防水 (手环不防水蒸气、温水、热水)

产品配置:

- 主机 x1
- 说明书 x1
- 表带 x1
- 充电线 x1

操作说明

1 在表盘界面下滑进入控制中心

2 在表盘界面上滑进入消息列表

3 在表盘界面右滑进入功能菜单

4 在表盘界面左滑进入一级卡片功能

连接与激活

长按表冠3-5秒开关机

应用下载:
1 iOS/安卓手机用户: 通过手机扫一扫功能扫描图中二维码, 当页面跳转后, 选择对应的方式进行下载。



连接与激活

安卓手机可以在应用市场搜索“DaFit”下载, iOS手机可在AppStore搜索“DaFit”下载。



连接手表:

- 1 手表出厂第一次开机, 确保手机开启蓝牙。
- 2 在设置中找到“添加设备”, 在扫描到的设备列表点击你的手机。
- 3 在页面弹出蓝牙配对框与蓝牙连接配对成功后即绑定完成。



蓝牙重连:

- 1 超出蓝牙连接范围手环蓝牙将断开, 当进入蓝牙连接范围时, 打开APP蓝牙会自动连接。
- 2 关闭应用后台、重启手机或一键清理应用, 蓝牙会再次断开, 再次打开APP后自动连接。
- 3 APP在手机后台运行容易被手机关闭, 安卓手机可在权限设置中打开APP的自动启动权限, 防止蓝牙连接不稳定造成的断联问题。

标配功能

- 活动中心**
记录每日步数、运动中卡路里消耗时长等数据
- 消息**
与手机APP连接成功, 可以查看看设定的第三方消息
- 睡眠**
佩戴手表在睡眠期间内 (默认40分钟) 检测用户的睡眠情况, 如没有检测到睡眠并持续提醒用户该起床参与活动, 以保证睡眠质量及睡眠质量
- 压力**
通过心率压力指数, 在佩戴手表时更好的管理改善自己身心健康, 释放压力放松心情

心率

通过全天候心率监测可以实时监测心率数据, 成人正常心率70-100次/分钟, 在心率异常点会有提醒显示, 正确佩戴手表, 最佳佩戴位置在锁骨与手腕上方

血压

支持血压测量, 测量准确, 操作简单, 把手手表等特测量出即可

血氧

在表盘界面点击开始特测量血氧, 正常血氧饱和度为95-100%

锻炼

123种运动模式, 包含户外运动与室内运动, 锻炼期间可以监测您的运动数据, 同时支持心率监测, 在运动期间可以指导调整姿势

运动记录

查看手表运动历史记录数据, 包含运动时长、卡路里、心率等数据并支持自定义设置

相机控制

连接手机后, 打开相机控制, 手表可以作为手机相机遥控器

音乐控制

连接蓝牙后, 可以播放控制手机中的音乐

闹钟

手表在白噪音的闹钟提醒, 在设定闹钟手表会监测闹钟提醒并播放白噪音

手电筒

在表盘界面打开手电筒功能表盘背景会保持白色发光, 表盘屏幕可操作手电筒开关

天气

选择手表同步数据可以实时查看近期的天气信息

久坐提醒

检测用户在设定的时间内 (默认40分钟) 检测用户的运动情况, 如没有检测到运动并持续提醒用户该起床参与活动, 以保证睡眠质量及睡眠质量

喝水提醒

开启此功能手表会在设定的喝水时间, 会提示你喝水了

佩戴提醒

手表在佩戴时手表会监测佩戴情况, 若长时间手表没有检测到正确佩戴提示

查找手机

连接手机后, 打开此功能表盘背景会发出响声帮助用户快速寻找手机

生理期提醒

在APP添加生理期, 手表会在设定日期提醒经期

多表盘切换

长按表盘背景可以进入表盘切换状态, 也可以在APP背景中进行表盘切换

主菜单视图

包含多种菜单视图, 用户可以根据喜好进行快捷切换

自定义卡片

支持自定义一级卡片数据展示, 在APP添加卡片可以在手表展示

设置

进行手表的不同设置, 包括亮度、表盘时长、睡眠提醒、震动与铃声、勿扰模式、消息设置、关机、恢复出厂及系统信息查看

常见问题

- 1 手表无法开机, 按开机键时长过短, 按下秒以上, 电池电量过低, 请使用充电器充电。
- 2 手表无法正常充电, 检查充电触点是否正常与手表接触, 充电器是否正常, 当电量过低时, 需要充电一会才会显示充电界面。
- 3 手表/手环不防水蒸气、温水、热水, 可以防生活滴水(不建议手表/手环游泳, 可能会受水压影响)。

注意事项

- 1 本产品的健康数据测量结果仅供参考, 不作为任何医疗用途及依据, 如身体感觉不适请及时就医, 遵从医生指导, 不可根据产品测量结果自我诊断及治疗。
- 2 软件问题可尝试通过恢复出厂设置进行解决(此功能会清除相关数据请谨慎操作)。
- 3 部分功能针对软件版本会有所差异, 请及时检查版本并更新。