

W1

Smart Sports Watch

Operation Guide



Thank you for choosing this product. Read the operation guide carefully before use.

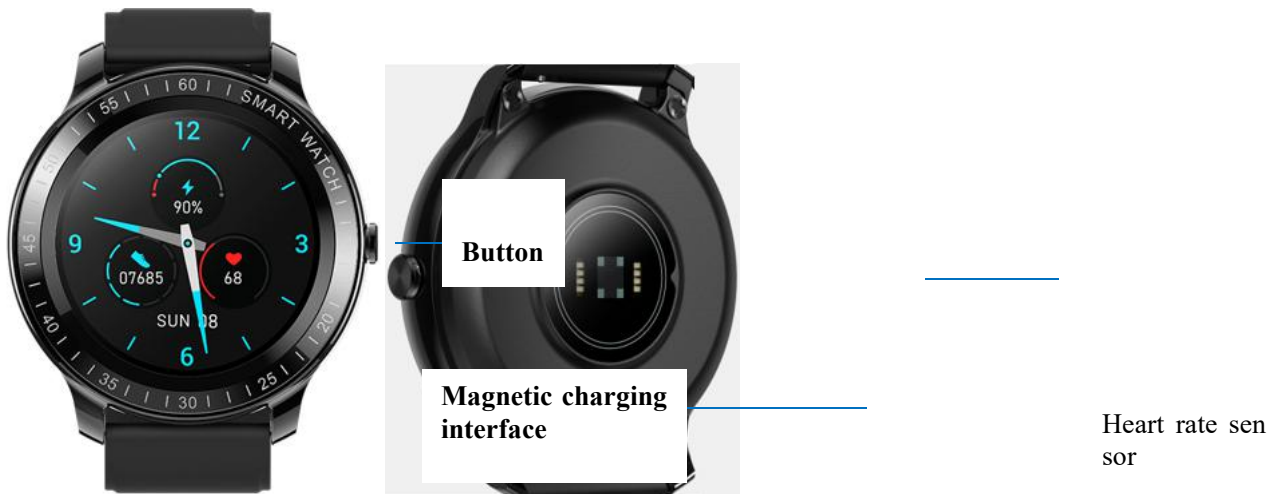
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I. Quick Start

1. Appearance



Button functions

- **Short press**
 - ① Stop the reminder on the reminder interface.
 - ② Light up the screen when the screen is off.
 - ③ Turn off the screen when the dial screen is on.
 - ④ In the app, end or exit the app and return to the upper-level page.
- **Long press**
 - ① Long press for 10s to reset the software in charging mode (data not cleared)

2. Starting and shutting down the watch

a. Starting the watch

- Long press the button to start the watch.



b. Shut down

Shutdown path: Settings > Shutdown

II. Download and Pairing

1. Downloading the app

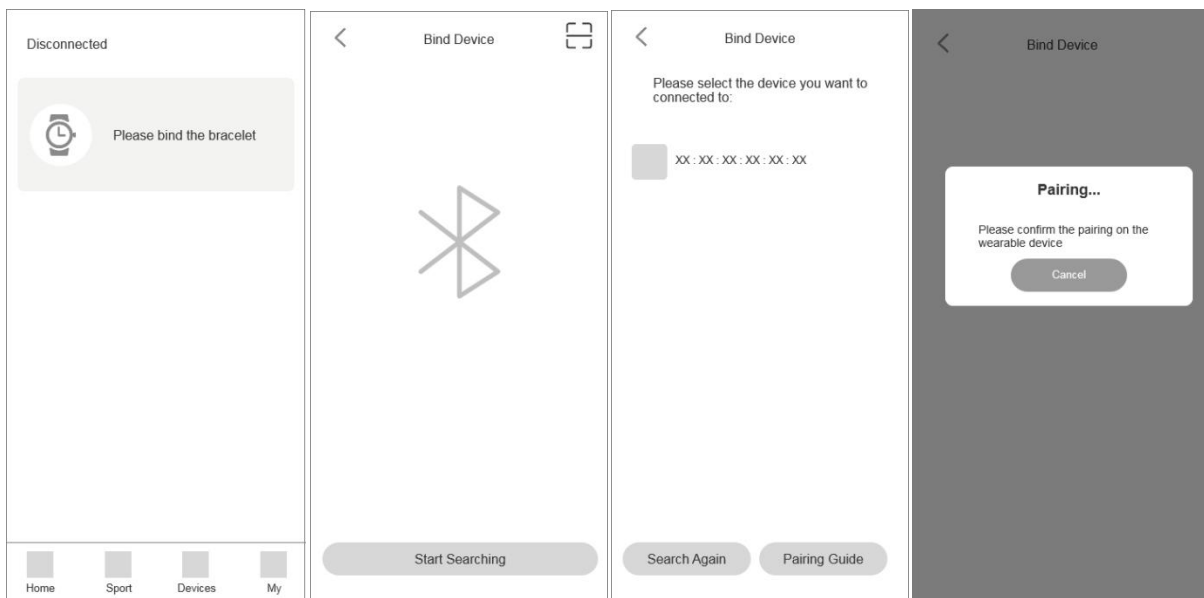
您可以直接扫描二维码下载“Fit In”或在手机应用商店搜索“Fit In”下载并安装。

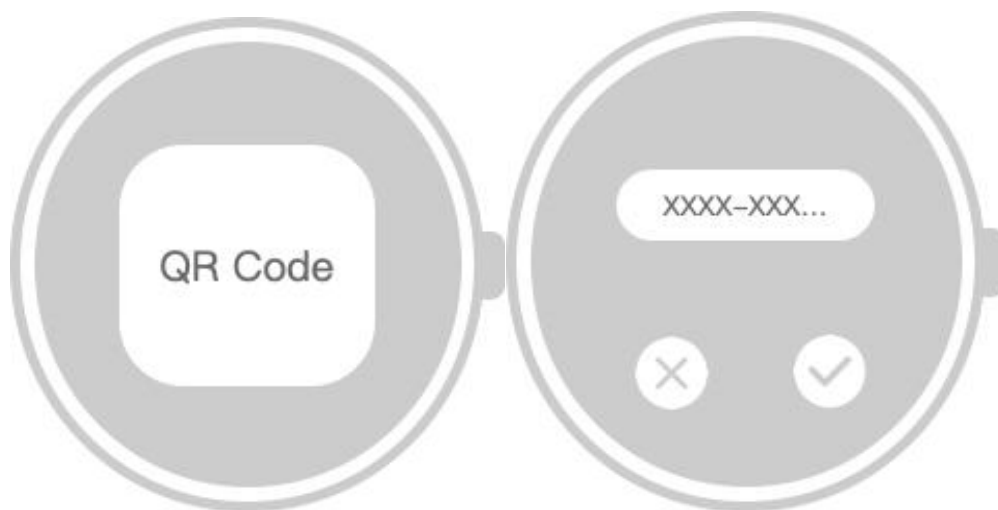
Directly scan the QR code to download "Fit In" or search for "Fit In" in the mobile app store to download and install the app.



2. Pairing

Pair the app with the watch by using "Fit In" on the mobile phone.





III. Screen Operations



- **Swipe up and down**
 - ① Switch between pages at the same level.
- **Slide left and right**
 - ① Switch between pages at the same level.
- **Tap on the screen**
 - ① Tap a list item to display the lower level page
 - ② Complete the corresponding operations as prompted.
- **Long press on the screen**
 - ① On the dial page, switch the dial.

IV. Functions

The W1 supports multiple sports modes, female health, weather, breathing training, heart rate monitoring, sleep monitoring, blood oxygen detection, message reminders and other functions. For details about the functions and common questions, see the user guide on the app.

Alternatively, scan the QR code with a browser or other scanning tool to obtain the usage guide.



V. Maintenance

It is recommended to wear and maintain the watch based on the following requirements:

1. Keep the product clean.
2. Keep the product dry.
3. Do not wear the product too tightly.

* Clean the device using soap-free cleaners, instead of household cleaners.

* It is recommended to scrub the stains that are not easy to remove with alcohol.

Waterproof: The device is tested and dustproof and waterproof in certain environments.

VI. Safety & Certification

- Do not place the device and its accessories in an area that is too hot or too cold; otherwise, the device may malfunction, catch fire or explode.
- Avoid strong impact or vibration on the product, so as not to damage the equipment and its accessories and cause equipment failure.
- Do not disassemble or modify equipment and accessories without authorization. When the equipment fails, contact the after-sales service.
- The radio waves generated by the equipment may affect the normal operation of implanted medical equipment or personal medical equipment, such as pacemakers, cochlear implants, and hearing aids. If you use these medical devices, consult their manufacturers about the restrictions on their use.

Do not throw away old electrical appliances along with the residue. Dispose of used electrical appliances separately at private collection points or public collection points for free. The owner of the old equipment brings the equipment to these collection points or similar collection points.

This helps recover valuable raw materials and dispose of toxic substances.



The equipment complies with EU ROHS standards.

Refer to IEC 62321, EU ROHS Directive 2011/65/EU and revised directives.

Warning: This device complies with part 15 of the FCC rules. Operations are restricted by the following two conditions: (1) This device will not cause harmful interference; (2) This device must accept any interference received, including interference that may cause unexpected operation. Warning: Changes or modifications not expressly approved by the party responsible for compliance may invalidate the user's authority to operate the equipment.

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 correct the interference by one or more of the following measures:- Reorient the receiving antenna.- Increase the separation between the equipment and receiver.- Connect the equipment into and 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.

Model	W1	Screen size	1.28"
Battery capacity	300mAh	Charging voltage	5V
Charging time	2.5h	Battery life	About 10 days
Waterproof level	IP68	Product net weight (including strap)	62g
Operating temperature	-20 ~ 60°C -20°C to +60°C	Bluetooth version	BLE 5.1
Product frequency	2.4GHz	Maximum transmit power	6.5dBm

Manufacturer's name

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This information is for reference only and does not constitute any form of commitment.