



NinjaPro Max Smart Watch User Manual

FCC Statement

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.

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

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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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.

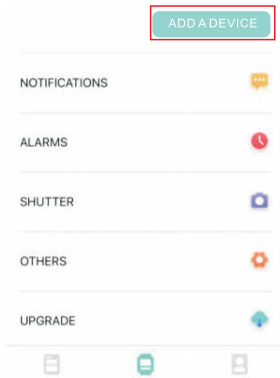


Da Fit

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 10.0 or above, and Bluetooth 4.0 or above.

Connect smart watch with Da Fit APP



Click on "Add Device" to connect the smart watch

09:30



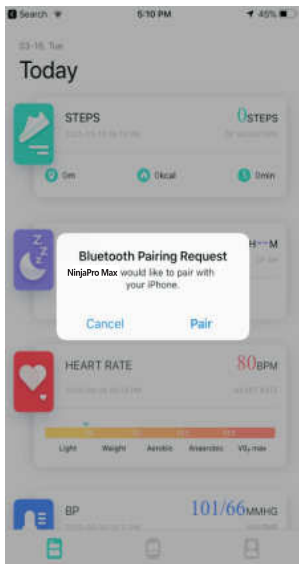
ADD A DEVICE



NinjaPro Max

Paired device

Click on your device in the device list scanned



The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.

NinjaPro Max

Connected

FC:B7:0F:6A:06:39

69%

Remove Device



WATCH FACES



NOTIFICATIONS



Successfully conected

ALARMS



SHUTTER



OTHERS



UPGRADE





Notifications

Turn on the switch to synchronize related information to smart bracelet.

If the message is pushed abnormally, it can be restart [Notification access](#) Service to repair.



Phone



Enable all notifications for best use



Messages



Facebook



Twitter



For both android & iOS click on Notifications Tab in the Dafit app



WhatsApp



Skype



Instagram



Line



KakaoTalk



WeChat



Functions Navigation

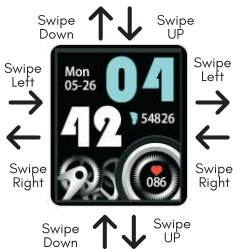
The screen can be navigated by sliding left/right or sliding up/down



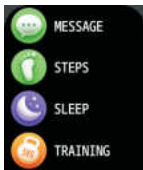
Control Center



Quick Menu



Feature Pages



Messages

Watch Face Functions Navigation and Button Instructions

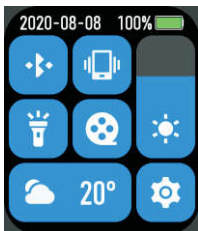
The watch features a full touch control screen with a HD screen display.

Functions Navigation

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

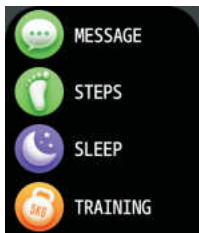
By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view watch settings.



- Bluetooth
- Vibrate
- Flashlight
- Theatre Mode
- Brightness
- Weather
- Settings

- Slide up to view function menu



- Slide right to view quick menu and through a single tap open any function you need

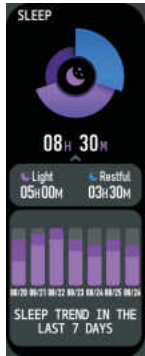


- a) Slide left to view steps, sleep, heart rate, training, blood pressure, SpO2, and weather

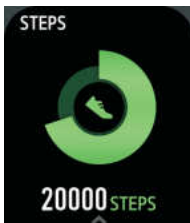


- b) On each function when you slide down you can view details. For example:

- Sleep



- Steps



Touch Button Operations

Short_press from the side button

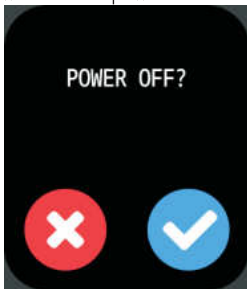
To unlock the screen in the lock screen status

To go back to the main screen from any function



Long_press from the side button

To turn on the watch in the power off status

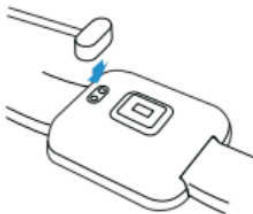


Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

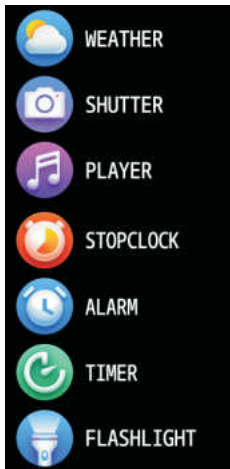
Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.

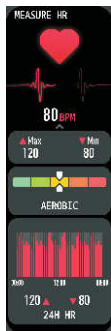


Use of Functions

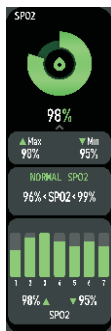
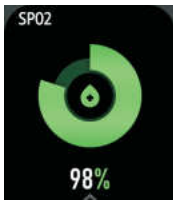
The watch has a lot of functions, these can be accessed by swiping left to the menu. A short brief of the functions are as below:



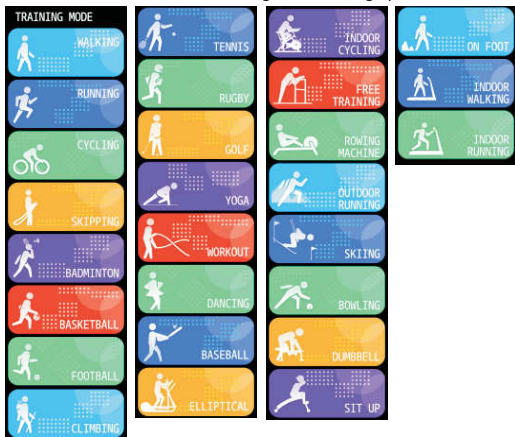
- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring.



- Oxygen Tracking_(SPO2) - Tap the SPO2 page to start measuring.



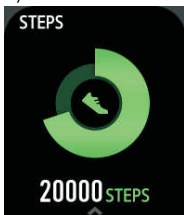
- Training - This feature comprises of 27 exercise modes. Track your fitness goals in a tap. You can view the following activities: Walking, Running, Cycling, Skipping, Badminton, Basketball, Football, Climbing, Tennis, Rugby, Golf, Yoga, Workout, Dancing, Baseball, Elliptical, Indoor Cycling, Free Training, Rowing Machine, Outdoor Running, Skiing, Bowling, Dumbbell, Sit Up, On Foot, Indoor Walking, Indoor Running.



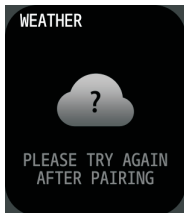
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.



- Steps - This feature allows you to track your steps through your day



- Weather - You can know the current weather, this information is synced from your app.



- Music - You can remote control the music player of your phone once the watch is connected to the device



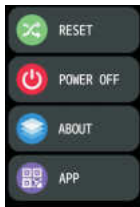
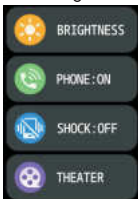
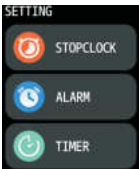
- Camera: Remote control your camera options and click pictures from the watch



- Flashlight- Use your watch in darkness to make way with the flashlight



- Setting - Check out other features through this tab. Scroll down to view the other settings



Other Settings

Watch Face

Replace the Watch Face on the Watch:

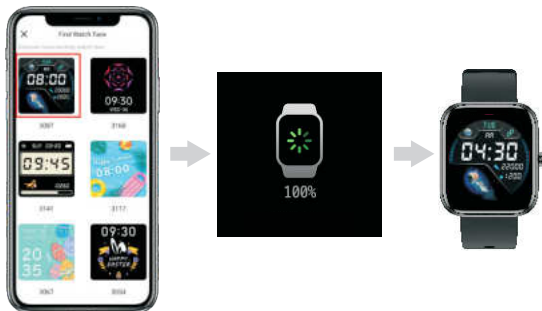
Long Press the screen, you shall get the options to change the watch face, scroll left and click on the watch face you want to select. The watch face will set.

Slide left and go to Watch Face and swipe left and click to select the watch face



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "NinjaPro Max" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done



Notifications

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the Da Fit App, and keep the watch and the mobile phone connected.

If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" -> "NinjaPro Max" -> "Run in background" settings for different mobile phone systems

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to go to messages and check the notification

Exercise

From the menu in the watch you can go to the exercise function. For more information, see the "Introduction to the Workout Function" section below.

Weather

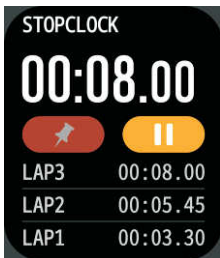
In the weather page, you can view the weather for the day. The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well.

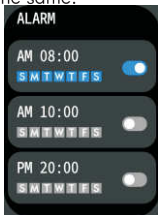
Settings

In the settings page, the settings items of stopwatch, alarm, countdown, brightness, vibration, theatre, reset, power off, about and app QR code are provided.

Stopwatch: You can begin and close any time line and stop the watch.



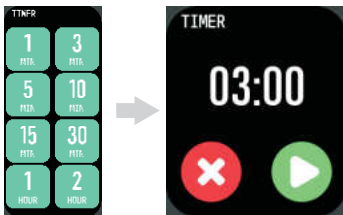
- Alarm – Set alarms on your phone and your watch shall vibrate to alert for the same.



- Brightness– The brightness is a bar that you may click to adjust



- Vibrate – Turn the watch in vibrate mode.
- Countdown – This new feature is a timer countdown to help you achieve goals within a timespan



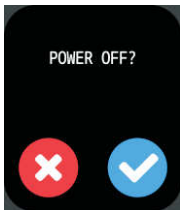
- Theatre Mode - This shall put the watch into a DND status where no vibration or sound shall happen.



- App QR- This feature has the app QR code which helps the user to connect the watch to the phone instantly by downloading the app



- Power Off- This is a feature to shut down the device when not in use or as per the users convenience



- About - You can view the firmware version and Bluetooth address of the watch in the about page.



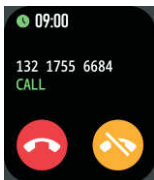
- Factory Reset- This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to re-connect the watch before use.



Watch Status Reminder

Incoming Call

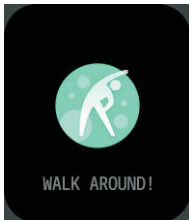
When the watch receives incoming calls, it will vibrate to remind you, also you can mute or reject the call.



Watch Status Reminder

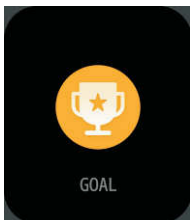
Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the Da Fit App



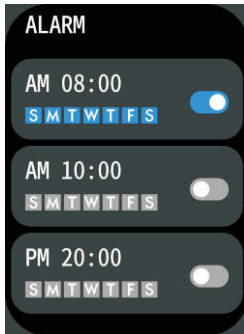
Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "My devices" and turning on Goal notifications on the Da Fit App



Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "My devices" and turning on Watch alarm on the Da Fit App



Introduction to the Workout Function

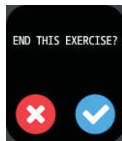
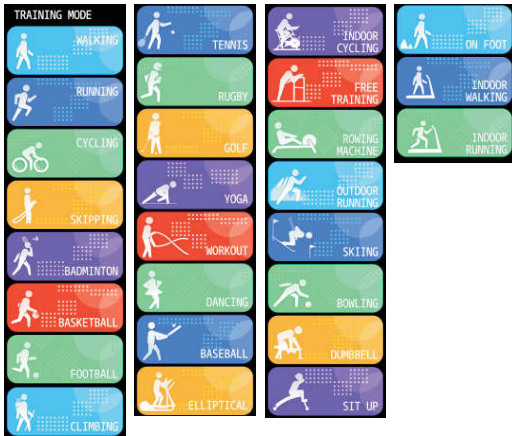
Start Workouts

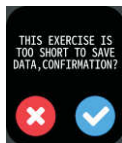
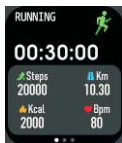
There are two approaches to starting a workout:

- Select a workout type in the Activity entry and enable it;

The watch currently supports the following workout modes:

Walking, Running, Cycling, Skipping, Badminton, Basketball, Football, Climbing, Tennis, Rugby...





Daily Maintenance of the Watch

1. The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty
2. Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.
3. Don't swim with your smartwatch, we also don't recommend showering with your smartwatch.

Precautions

- The watch is IP68 waterproof and dustproof, it is only suitable for shallow swimming, and the water depth is no more than 3m.
- Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.
- The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.