SMART WATCH

User Manual

❶ Enter pairing mode

- The watch automatically turns on while charging.
- Press and hold the button on the side to power on.

Get the Fastrack Reflex World app

Scan the QR code or search "Fastrack Reflex World" in the App Store/Google Playstore to download

❸ Set up and pair

- Make sure your phone's bluetooth is on.
- Please download and install the "Fastrack Reflex World" APP to bind your device and use more services.
- Please scan the QR code on the right or the QR code on the watch screen.
- Download and install the "Fastrack Reflex World" APP.
- Open the "Fastrack Reflex World" APP and follow the instructions on the screen.
- When adding a device, a pop-up box about whether to accept the binding will pop up on the watch side, click "√" to complete the binding with the APP.

❹ Button actions

Short press

- Wake the watch screen
- Return to the previous screen in an app
- Enter the app list
- Pause or resume workout

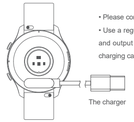
Press and hold

- Power on, off or restart
- Press for 10 seconds to force restart

❺ On home screen

- Press and hold to change the watch face
- Swipe down to enter shortcut menu
- Swipe up to view messages
- Swipe left to see Switch card
- Swipe right to see Switch card

❻ Charger



The charger

- Please connect charging cable to the watch as follows
- Use a regular USB charger with output voltage of 5.0V and output current of 300mA or above to connect your charging cable to a power outlet or charging device

❼ Changing the wristband

Slide the spring pin and hold it while pulling away from the watch to remove the current wristband. To attach a new band, slide the spring pin across and slot the new band. When both sides of the band are positioned correctly, release the spring pin.

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❽ FAQ

Issue description	Possible cause	Solution
Incorrect step count	Abnormal waggling or vibration of device	Wear the watch properly to avoid abnormal vibration
	Walked less than 15 steps	Walk more than 15 steps continuously
	Sliding or walking in slippers	Walk with normal posture/ wear something other than slippers
No display	Low battery	Connect to charger to charge the watch
Watch failed to sync data to the App	The connected phone's Bluetooth is off	Turn on the connected phone's Bluetooth
	App is shut down or has crashed	Restart the "Fastrack Reflex World" App
	Out of Bluetooth signal range	Make sure your watch is in close proximity to the connected phone

❾ Specifications

Product Name	38110
Product Model	38110
Bluetooth Name	FT_38110_XXXX
Storage Environment	Temperature: -20℃ to 60℃ RelativeHumidity: ≤90%RH
Working Temperature	0℃ to 45℃
Frequency Range	2402MHz-2480MHz
Bluetooth Transmitting Power	BLE:-0.62 dBm BT:5.97dBm
Battery Capacity	300mAh
Waterproof Rating	IP68 (1.5 meters)
Charging Duration	About 2 hours

❿ Features

- Bluetooth BLE5.3
- Full-screen touch
- 1.43" Amoled 466*466 pixel
- Bluetooth call
- Daily Tracking: Active/ Steps / Calories
- SpO2 Blood Oxygen monitoring
- Breathing training
- Sleep monitoring report
- Call notification
- Find your phone
- Music control
- Camera control
- Automatic recognition of motion
- Pressure test
- Female physical health

⓫ Regulatory information

Regulatory Information Procedure:setting>>about>>Regulatory Information

⓬ Warning

• Matters needing attention

The electronic equipment contained in the product, if improperly handled or disposed of, may damage the environment or cause harm:

- Do not open the shell of the watch.
- Do not replace the built-in battery by yourself.
- Do not use corrosive cleaner to clean the product.
- Do not charge when the product is wet.
- If the product is not completely dry, do not charge.
- Do not expose the product to extended periods of direct sunlight.
- Do not use the product in a sauna or steam room.
- Do not expose the product to extremely high or low temperatures.
- If the screen or shell is damaged, do not use the product.
- Do not put the product in the dishwasher, washing machine or dryer.
- Do not expose the product to fire, the battery may explode.
- While charging, please make sure the charging cable is correctly connected to the watch and charger, and that the charger is properly connected to the power outlet.
- If the temperature of the product rises sharply during charging, please stop charging and contact our support team for assistance.
- Some users may experience skin irritation due to wearing the product for too long. If you experience redness, swelling, itching, or other negative physical side effects, please consult your doctor.
- Do not interact with the screen while driving, distracted or in other dangerous situations.
- This is not a toy. Do not let children or pets play with the product. Small parts of the product may cause a choking hazard.
- Product functions may be affected by external factors such as interference, and the datas are for reference only.
- The product has a heart rate recording function. Wearing the device for a long time may cause skin discomfort or risk of certain diseases for some users. If you have any of the following.

symptoms, please stop using the device and consult your doctor:

- Epilepsy or sensitivity to light.
- Poor blood circulation or excess bruising; heart disease or other diseases.
- You are yaking any medicine that may make you sensitive to light.

⓭ Certification

• Medical Disclaimer

Warning: This Smart Watch FT_38110_XXXX is not a medical device. The Smart Watch FT_38110_XXXX and its related Apps can’ t be used to diagnose, treat, or prevent any disease or medical condition. Before performing any exercise, sleep, or nutritional changes, be sure to seek the advice of qualified medical professionals, otherwise serious injury or death may occur.

This symbol means that according to local laws and regulations your product and or its battery shall be disposed of separately from household waste. When this product reaches its end of life, user has the choice to give his product to a competent recycling organization. Proper recycling of your product will protect human health and the environment.

• FCC statement

1.This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device won't cause any harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. 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 has beentested 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.

• Battery warning

The built-in lithium battery of the product is forbidden to be disassembled, impacted, extruded or put into fire. The battery under the very low air pressure may result in explosion or flammable liquid or gas leakage. Avoid the battery in a high-temperature environment or being exposed to liquid or gas leakage. Avoid the battery in a high-temperature environment or being exposed to strong sunlight to avert explosion. Don't use the battery continuously in case of serious ballooning. The battery shall be handled pursuant to the local regulations and shall not be disposed as household garbage. Don't try to repair, remove or refit the battery. Explosion may happen if the battery is replaced by incorrect model. Don't compress or puncture the battery with hard object. The battery leakage, overheating or outbreak of a fire may occur if the battery is destroyed.

• Search the FCC ID number