

Q7

smartwatch



FIND OUR APP
IN YOUR STORE



QUICK START GUIDE

CHARGE YOUR WATCH

Your watch should be charged for at least two hours before first use.



CHARGING YOUR WATCH

We recommend plugging the USB charger into your computer to charge your watch.



HOW TO TURN ON

Power on: Tap and hold the screen for 3 seconds



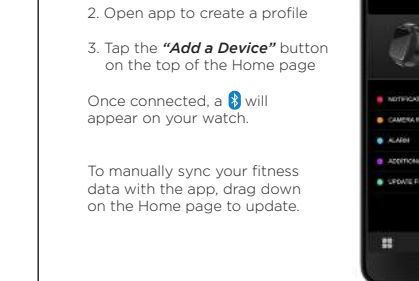
HOW TO TURN OFF

Power off: Swipe to the Settings screen and tap to open. Swipe to the power button screen. Tap and hold for 3 seconds to power off.



USING YOUR WATCH

Swipe from right to left on the screen to navigate through the features of your watch. Tap and hold the screen to activate a feature.

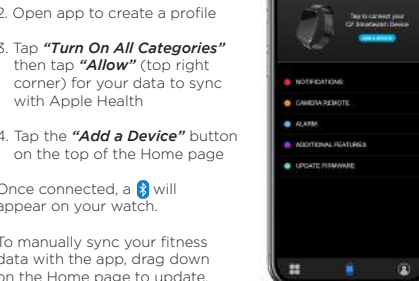


CONNECT THE APP FOR ANDROID

1. Download & Install **Q7 2020** App

2. Open app to create a profile

3. Tap the **"Add a Device"** button on the top of the Home page



Once connected, a will appear on your watch.

To manually sync your fitness data with the app, drag down on the Home page to update.

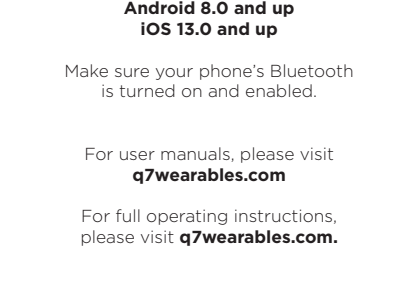
CONNECT THE APP FOR IPHONE

1. Download & Install **Q7 2020** App

2. Open app to create a profile

3. Tap **"Turn On All Categories"** then tap **"Allow"** (top right corner) for your data to sync with Apple Health

4. Tap the **"Add a Device"** button on the top of the Home page



Once connected, a will appear on your watch.

To manually sync your fitness data with the app, drag down on the Home page to update.

SYSTEM REQUIREMENTS

Android 8.0 and up
iOS 13.0 and up

Make sure your phone's Bluetooth is turned on and enabled.

For user manuals, please visit q7wearables.com

For full operating instructions, please visit q7wearables.com.



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.

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 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.