Da Fit

用户手册 V3.0

Heart Rate Edition

User Manual 3.0

1、警告

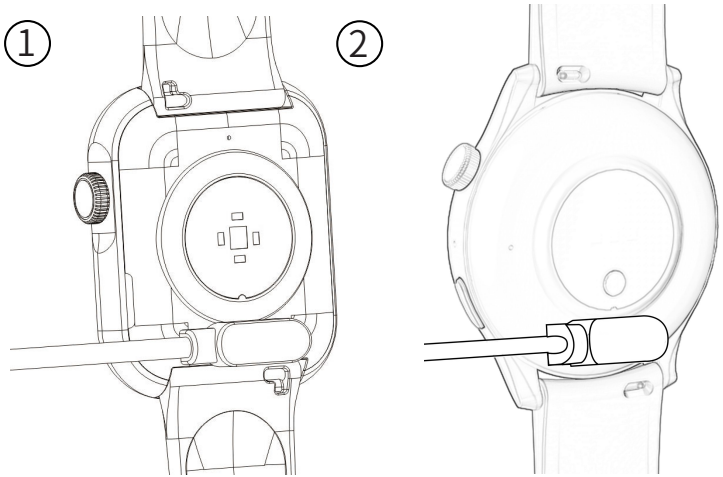
开始新的运动项目之前请咨询您的医生。智能手表尽管可以监测您的实时动态心率，但并不能用作任何医疗用途，它只为了帮助人们更健康的生活，切记在开始任何运动和饮食计划前咨询医生。

2、设备要求

支持安卓 5.0，iOS 9.0 及以上版本蓝牙 4.0 的设备。安卓 6.0 及以上版本设备需要打开 GPS 才能使用。

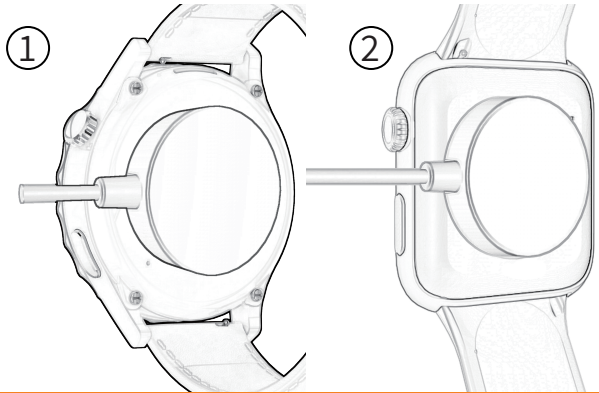
3、充电

如果设备长期不用请保证每 1 个月补充电一次。
磁吸式充电器示意图：



a. 请把磁吸线对准底壳金属片位置，磁铁会自动对正正负极吸附充电
b. 请保证充电触点无脏污，杂质，如有请擦除干净，否则无法充电
c. 将 USB 插入 5V500MA 的适配器，2-3 小时即可充满电。

无线充充电器示意图：



a. 请把充电底座对准底壳位置，底座凹面会自动对正吸附充电。

b. 保证无线充位置和手表底部无吸附异物，否则会导致充电不良。

c. 将 USB 插入 5V500MA 的适配器，3-4 小时即可充满电。

4、智能手表与手机连接

4.1 智能手表开机：充电或长按智能手表侧按键 3 秒开机。

4.2 安装 APP：手机扫描右侧二维码，或者在苹果应用商店，谷歌应用商店，应用宝搜索“ **Da Fit** ”APP 下载安装。

Da Fit 二维码

4.3 手机 APP 连接智能手表：智能手表靠近手机，根据 APP 连接向导提示打开手机蓝牙 , 打开 GPS， 在 APP 中搜索智能手表“ 设备型号 ”, 并连接。根据 APP 提示设置个人信息，允许 app 获取手机权限，完成连接。

4.3.1 苹果设备配对连接：

智能手表与苹果 App 第一次连接好以后会提示 “蓝牙配对请求”，请点“配对”完成连接，配对后允许显示通知：查看蓝牙设置是否有连接，进入检查系统共享通知是否打开，智能手表才能接收来自 iOS 系统推送的来电、短信、QQ、微信等通知提醒。否则无法接收提醒。

4.3.2 安卓设备连接：安卓系统需要在手机管家或系统的设置里面，打开 app 后台运行权限（打开 APP 的自启动、高耗电保护、白名单等，关闭手机省电模式，否则 app 会被系统清掉，断开和智能手表的连接。）

4.3.3 配对连接通话蓝牙

安卓设备连接通话蓝牙：

APP 连接好以后，手表打开通话蓝牙，手机会弹出通话配对提示，点击配对完成和“Smart Watch” 通话蓝牙连接。

部分手机需要手动进入设置，蓝牙，搜索“设备型号-（xxxx）”，点击连接。

苹果设备连接通话蓝牙：（iOS13 系统及以上系统连接 APP 以后自动连接通话蓝牙，iOS13 以下系统需手动连接蓝牙通话。）

iOS13 以下系统

iOS13 及以上系统

APP 连接手表后，打开手表的通话蓝牙开关，然后打开手机的设置，蓝牙，搜索设备型号（xxxx），点击连接。

4.4 解绑

安卓设备解绑：在 app 的设备点击解绑即解除智能手表和 app 的连接。

苹果设备解绑：在 app 的设备点击解绑即解除智能手表和 app 的连接；进入手机的设置 - 蓝牙，

点按蓝牙设备 Smart Watch 后面的感叹号，在弹出的对话框中点选忽略设备，即可完全解除智能手表连接。

5、智能手表功能界面

5.1. 智能手表理论上支持 iOS9.0 和 Android5.0 版本及以上，带蓝牙 4.0 的设备， 并非支持所有移动设备型号，具体请以实际为准。
5.2. 本机使用 5V500MA 充电，严禁使用超电压负荷电源，造成硬件损伤。
5.3. 智能手表电池为内置，不可拆卸，请勿尝试拆换电池。
5.4. 智能手表使用环境为 0°C到 45°C； 充电温度：0°C到 45°C。
5.5. 佩戴时请注意。若您拥有敏感性肤质或将智能手表佩戴过紧，可能会感到不适。
5.6. 智能手表沾水时请先擦干后方可进行充电操作，否则会导致故障，腐蚀充电接触点。

1、Warning

Please consult your doctor before starting a new exercise program. Although the smart watch can monitor your heart rate, it can't be used for any medical purpose. It is designed to help people live healthier lives. Please remember to consult your doctor before starting any exercise and diet plan.

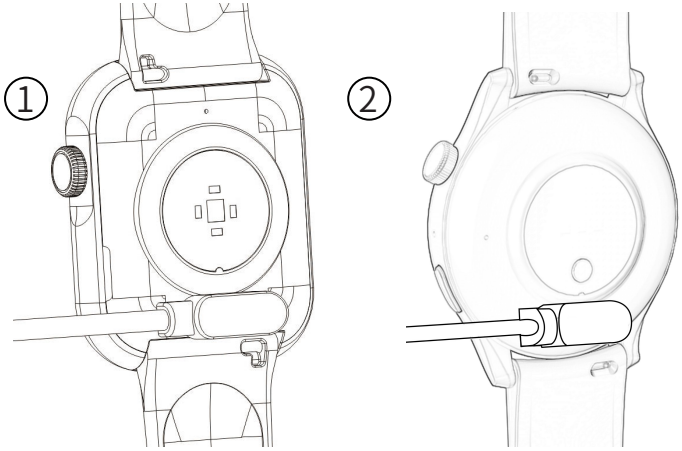
2、Device requirements

This product supports devices with iOS 9.0, Android 5.0 and above, and Bluetooth 4.0. Android 6.0 and above devices need to open the GPS permission to use.

3、Charging

If the device is idle for a long time, please remember to recharge at least once a month.

Schematic diagram of the magnetic charger:

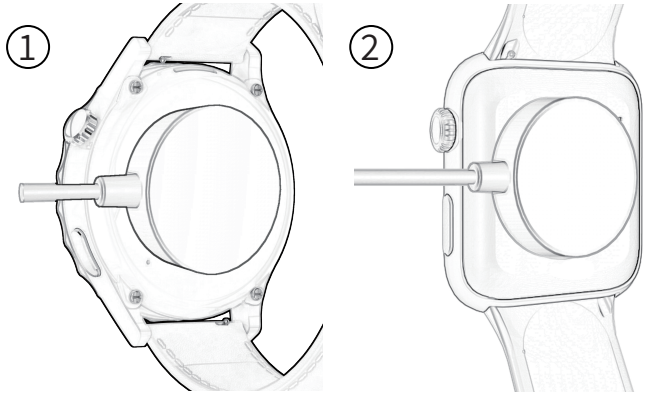


a. please align the magnetic charging cable with the metal sheet of t he bottom shell, the magnet will automatically adsorb the positive and negative poles for charging.

b.Please ensure that the charging contacts are free of dirt and impuriti es, if any, please wipe them clean, otherwise it will not charge.

c. Plug the USB into a 5V500MA adapter and it will be fully charged in 2-3 hours.

Schematic diagram of wireless charger:



a. Please align the charging base with the bottom shell, and the concave surface of the base will automatically align with adsorption charging.

b. Ensure that there is no foreign matter adsorbed on the wireless charging position and the bottom of the watch, otherwise it will lead to poor charging.

c. Plug the USB into the 5V500MA adapter, and it will be fully charged in 3-4 hours.

4、How to connect smart watch with mobile phone

4.1 Power on: charge or press the smart watch side button for 3 seconds.

4.2Install APP: Scan QR code through mobile phone, or search " **Da Fit** " APP in **Apple APP store, Google Play Store** to download and install.

Da Fit CODE

4.3 How to connect smart watch through mobile APP:

First, put the smart watch close to the mobile phone, and then turn on the Bluetooth and GPS of the mobile phone according to the APP connection guide. Then search the APP for the Bluetooth name is "Smart Watch". Click the smart watch to connect. Set personal information according to APP prompts, and allow APP to obtain mobile authority to complete the connection.

4.3.1 Apple device connection:

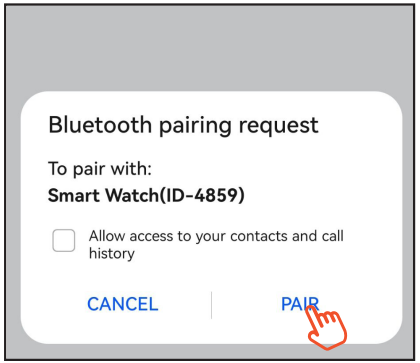
After the smart watch and Apple App are connected for the first time, the "Bluetooth pairing request" will be prompted. Please click "Pair" to complete the connection. After pairing, it is allowed to display a notice to check whether the Bluetooth settings are connected. Then enter the system to check whether the sharing notice is turned on, and then the smart watch can receive from iOS

system push Calls, SMS, QQ, WeChat and other notification reminders, otherwise can not receive the reminders.

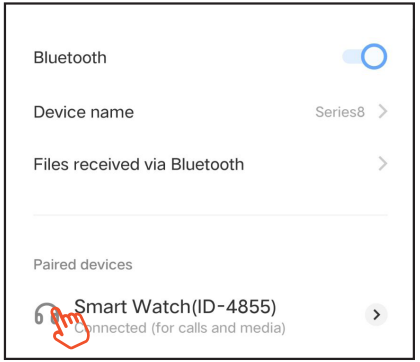
4.3.2 Android device connection: When connecting with Android system, you need to open the APP background operation permission in the mobile phone manager or system settings (please open the options such as self-start, high power consumption, white list, etc., otherwise the APP will be cleared by the system, and the connection with the smart watch will be disconnected.)

4.3.3 Connection call Bluetooth

Android devices connect to Bluetooth for calling:

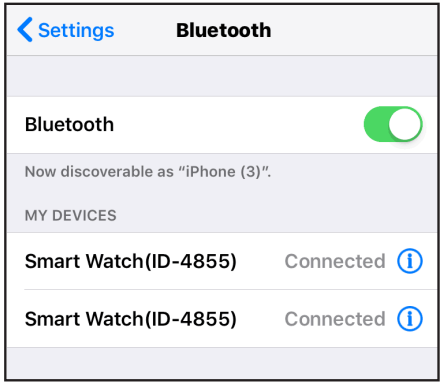


After the APP is connected, the watch turns on the Bluetooth call, and the phone will pop up the call pairing prompt. Click on the pairing to complete the Bluetooth call connection with "Smart Watch".



Some phones require manual access to settings, Bluetooth, search for "Smart Watch (xxxx)" and click connect.

Apple devices connect to Bluetooth for calling: (iOS13 and above systems will automatically connect to Bluetooth for calling after connecting to the APP, and iOS13 and below systems need to manually connect to Bluetooth for calling.)



System under iOS13

iOS13 system and above

After connecting the APP watch, turn on the call Bluetooth switch of the watch, then turn on the phone settings, Bluetooth, search for Smart Watch (xxxx), and click Connect.

4.4 Unbind:

Unbind Android device: Click unbind on the app device to unbind the smart watch and the APP.

Unbind Apple device :Click on the device in the app to unbind the smart watch and the app; Enter the phone settings-Bluetooth, click the exclamation mark behind the name Smart Watch, and click Ignore this device in the pop-up dialog box.The phone will be completely disconnected from the watch.

Note: After unbinding the watch from the Apple APP, you will also need to unbind and unpair of phone's Bluetooth.

5、Precautions

5.1. In theory, the smart watch supports operating system iOS9.0, Android5.0or above and Bluetooth 4.0 devices, but not all mobile device models. Please refer to the actual conditions for details.

5.2. The product is charged with 5V500MA. It is strictly forbidden to use the over-voltage load power supply to avoid hardware damage.

5.3. The smart watch battery is built-in and cannot be removed. Please do not try to replace the battery.
5.4. The operating environment of the wristband is 0°C to 45°C ;Charging temperature: 0°C to 45°C .
5.5. Please note when wearing: if you are sensitive skin or wearing the wristband too tightly, you may feel uncomfortable.
5.6. Please wipe the smart watch dry before charging. Otherwise, it will lead to failure or corrosion of charging contact point.

FCC Warnning:

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 againstharmful interference in a residential installation. This equipment generates,uses and can radiateradio frequency energy and, if not installed and used in accordance with the instructions, maycause harmful interference to radio communications. However, there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception, which can be determined by turning the equipmentoff and on, the user is encouraged to try to correct the interference by one or more of thefollowing 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.This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.