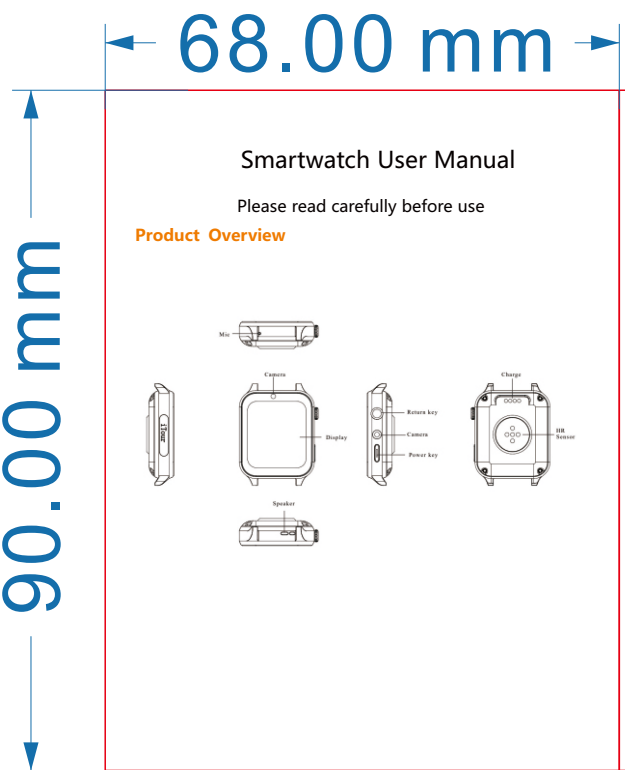
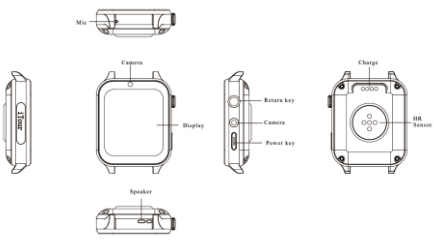




Smartwatch User Manual

Please read carefully before use

Product Overview





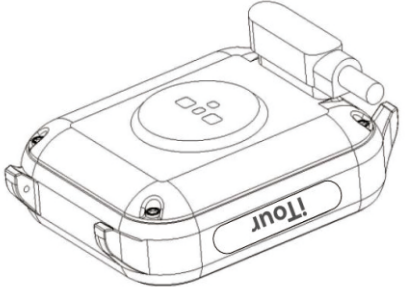
How to use

Contact Us

If you have any questions, please contact the customer support team at iTourTranslator Information Technology Co., Ltd. You may also reach out to the official iTour store on authorized e-commerce platforms or consult your local authorized service provider or distributor.
Tel: +1(425)-384-9198
Email: support@itourtranslator.com

Watch charging

For first use, please charge the watch; the watch uses magnetic charging cable, and the charging interface automatically attaches to the watch case before connecting to the power source. It is recommended to use a charger with a specification of 5V-1A or higher to charge the watch. After charging is complete, please turn off the power and remove the magnetic charging cable;



First boot

After pressing and holding the power button for 2 seconds, the watch displays the startup screen. The smart device needs to detect various applications during its first startup, which may take a while. Please be patient. After the startup is complete, set the language (choose the language according to your needs) and enter the system operation interface;

If you need to change the language after booting up, you can enter Settings - Language and Input Method - select the first item, and add or change the system default language;

Power button and Back button

Power button

Long press to power on;

In the clock and main menu interface, short press to activate the screen-saving function;

In the secondary menu and its submenus, a short press returns to the main menu page;

Long press for two seconds when the device is powered on to enter the round screen/shutdown/restart/super power-saving/recent tasks selection interface;

If improper operation causes the watch to freeze, you can force a restart by long-pressing the power button for 10 seconds;

Back button

Short press once to return to the previous menu interface;

swipe operation

Swipe up on the clock interface to display the number of steps, distance,

and calories recorded for the current day; the number of steps, distance, and average steps for the past week, as well as the total number of steps, total kilometers, and total calories for the past week;

Swipe down on the clock interface to display basic information (battery level, time, Bluetooth connection); continue to swipe left to enter the secondary status bar (do not disturb mode, screen brightness display, GPS, Bluetooth, WiFi), where users can choose to enable or disable according to their needs;

Swipe right on the clock interface to display pushed notification messages;

Swipe left on the clock interface to enter the main menu;

watch face

1. The main screen of the watch can display a gorgeous watch face, and we have preset multiple watch faces for you;

2. Users can enter the watch face selection mode by long-pressing the screen for 2 seconds on the watch face interface, and can slide left or right to choose from multiple watch faces;

3. In addition to the built-in watch dial, you can, in the dial selection mode, slide left to the bottom and click the "+" sign to add a server-based dial via WiFi;

Main Menu

The basic applications included in the main menu are: iTour, Settings, Desktop Settings, Camera, Gallery, Calendar, Alarm Clock, Music, Recording, File Management, Weather, System Optimization, Watch Face Market, App Market, Sports, Heart Rate, Blood Oxygen, Sleep, Breathing Training, Phone Assistant, Play Store, Maps, and Google;

Introduction to main menu functions

1. Browser

Users can access the internet quickly via WiFi;

2. Calendar

Check the date and day of the week;

3. Alarm clock

Swipe right to enter the alarm clock interface, where you can set multiple alarm reminders;

4. Gallery

Click to enter the gallery, browse photos/videos, click on a photo - click on detailed information, share, or delete.

5. Music

Users can choose to play, pause, skip to the previous or next song; adjust the volume by clicking the volume icon; and select shuffle/repeat playback of songs;

The watch supports playback through Bluetooth headphones;

To add music, users can connect their computer via a USB cable before use, copy their favorite songs, and place them in the "Music" folder of the detected watch's storage drive;

6. Recorder

The user clicks the recording icon to start recording, clicks "Finish", and a pop-up appears with options to save or discard. Clicking "Save" will save the recording;

Enter the list of audio files, select to play the current audio recording, long press the selected audio file, and you can click to delete it;

7. File management

After connecting the watch to the computer using a charging cradle, the

storage disk of the watch is displayed only after clicking "My Computer" on the computer side. At this time, file transfer and storage can be performed;

Click on "File Management" to view the currently available memory. Click again to enter File Management, where you can browse, create, and edit folders;

8. Multiple exercise modes

The watch's sports mode includes outdoor running, outdoor walking, indoor running, cycling, playing basketball, playing football, playing table tennis, playing badminton, skipping rope, and other modes; enter sports data such as settable target time, target kilometers, target calories, and click "Start" to start exercising;

GPS can be turned on, and after inserting the card for positioning, the movement trajectory can be recorded;

Swipe left to view historical data and access the data deletion function;

9. Weather

To obtain weather data, the watch needs to connect to a WiFi network to update the current regional weather.

10. Camera

Click to enter the camera, where you can take photos and record videos.

11. Heart rate monitoring

Before turning on heart rate monitoring, make sure the watch is properly worn on your wrist (ideally, one finger width above the carpal bone). For heart rate detection, it's recommended to wear it slightly tight to avoid light leakage, which can affect effective detection. Then, click to enter heart rate detection. During the detection process, keep your wrist still. After a few seconds, the dynamic heart rate value will be displayed. Swipe down the heart rate graph to

view the automatic measurement count, as well as the current and previous manual measurement values;

12. Mobile phone assistant

Connect to phone/remote photo taking/music control/find phone

Users can download the APK, install it, and use remote control shooting, music control, and phone search functions after successful connection by scanning the QR code with their connected mobile phones;

13. Settings

Settings for applications and notifications, battery, display, sound, storage, location information, system language and time, about the watch, Bluetooth, WLAN, GPS background data, etc.

13.1 Connected devices

Display new device pairing, previously connected devices, and connection preference settings;

13.2 Application and notification

It can display the list of apps arranged by the watch and notify application permissions;

13.3 Display

Adjustable screen brightness, sleep time, as well as screen-on-raise and screen-on-notification functions;

13.4 Sound

Volume adjustment, mute, ringtone and alert tone settings;

Various options are available, including media, alarm clock, and ringtone volume;

13.5 System Language and Time

You can set the language and input method of the watch. Click to enter the

language settings, add the desired language, long press the language bar and drag it up to the first position to change the default language. This allows for switching between multiple languages;

Click to enter the virtual keyboard, manage keyboard options, add input methods, support Android keyboard, Google Pinyin input method, and Google Voice input method. These three input methods cannot be used simultaneously, and users can choose which one to use;

When using the network or GPS, the system automatically determines the date and time by default;

To manually adjust the date and time, first click the "Off" option under the "Auto Confirm Date and Time" column, slide the "Auto Determine Time Zone" slider to the "Off" position, and then set the date and time. After completing the settings, the clock interface will be updated synchronously;

Reset the device to its factory settings according to user needs;

13.6 About watches

Upon entering the information about the watch, relevant details such as wireless upgrade, developer options, status information, model number, IMEI number, Android version, and software version are displayed;

Wireless upgrade: Before upgrading, ensure that the battery level is above 50%. Users can perform a wireless upgrade by connecting to WiFi. During the upgrade process, avoid operating the watch to prevent upgrade failure. After the upgrade is complete, the watch will restart. As it is necessary to re-detect all systems and applications, the boot screen may remain fixed for a long time. The process takes about ten minutes, so please be patient;

14. Desktop settings

Dial selection, menu style, and switching style;

15. Breathing exercises

Cooperate with the corresponding breathing according to the prompts to achieve the goal of calming the mind and relieving tension;

16. Blood oxygen

Test the oxygen concentration in the blood;

17. Sleep

Record the start and end time of sleep, the duration of deep sleep and light sleep, and calculate sleep quality;

APK download/installation/connection

Android phones: Support the original operating system version 6.0 and above (Settings - About device, check the Android version);

Apple phone: Supports iOS 11.1 and above system versions (you can check the version through Settings - General - About This Mac. Users with a version lower than iOS 11.1 should upgrade first);

iOS and Android users can obtain the APK in the following way:

Phone Assistant - Connect to Phone - Click the question mark icon at the top of the screen, scan the QR code to download, and then click to install on your phone after the download is complete;

Android users can obtain the APK in two ways: directly enter "GAO FIT" in Google Play search and download;

iOS users can obtain the APK in two ways: directly enter the APP Store and search for "GAO FIT" to download;

Operation steps for connecting to APK via phone assistant:

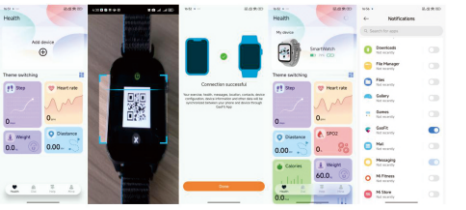
1. First, enable Bluetooth on both the watch and the phone;

2. Open the downloaded GAO FIT scanning mobile assistant and connect to the Bluetooth QR code connection app; a pairing prompt will pop up, click

"confirm" and the system will automatically enter after the connection is successful; the app interface will display that the watch has been connected to the phone (during the Android phone connection process, an "authorization notification permission" will pop up, which needs to be clicked "allow");

3. After successful connection, the watch can enable remote photo taking, music control, and device search;

4. Click "Health" on the APK interface to view the current sports data, sleep, heart rate, blood oxygen, weight, and other related data of the watch. Click "Device Model" to set the watch functions and unbind the device. Note that after unbinding the device, in order to protect user privacy, the data on the watch will be cleared, and the watch will be reset to factory settings;



Kind Reminder:

For first-time use, please charge the watch. The watch adopts magnetic charging, with an interface type of USB-A, and the magnetic charger automatically attaches. Then, connect it to a power source. It is recommended to use a power adapter that meets relevant safety standards or a locally certified power adapter, and a charger with a specification of 5V-1A to charge the watch;

The watch uses magnetic charging. Before charging, please confirm that the charger is functioning properly, the contact is good, and there are no foreign objects or dirt on the magnetic charging points. The battery of this product is non-removable. Due to natural wear and tear, the product may not turn on if the battery is fully drained after being idle for more than a month. Users are advised to charge the device regularly every week to ensure normal operation;

After leaving the smartwatch unused for a long time, if you charge it using a computer USB-A port, it may take more than ten minutes for the charging icon to appear. Please be patient and it is recommended to use a 5V-1A charger for charging;

Improper operation may cause the product to freeze. You can press and hold the power button for 10 seconds to force a restart of the watch;

When using high-energy-consumption programs such as internet browsing and video streaming via WiFi, the watch's battery consumption will be relatively high, and there may be a slight heating or burning sensation on the device, which is normal. If the device prompts a high temperature warning, please reduce the use of such high-power applications;

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.
Any 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 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:
The device has been evaluated to meet general RF exposure requirement.