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04-06
SMART WATCH

1 Product description

Screen

Return button

During normal operation: press the side button to return to the previous function interface;

Power button

up/off, long press to turn on/off

Short Press to enter shortcut page.

Heart Rate Sensor

Charging interface

2 APP download and connection

1. Scan the QR code to download and install the "XOfit" APP (the code can be scanned by browser, WeChat, etc.)

2. APP connection method

After the watch is turned on, open Settings--General--About this device and check the Bluetooth address.

Turn on Bluetooth on your phone, enter the APP and click to add a device, scan to the corresponding device and click directly to connect

3. Audio connection method

Open Settings--General--Bluetooth (turn on the switch), enter the Bluetooth system of the mobile phone, search for the Bluetooth name corresponding to the bracelet and bind it (after the connection is successful, the Bluetooth icon will be colored).

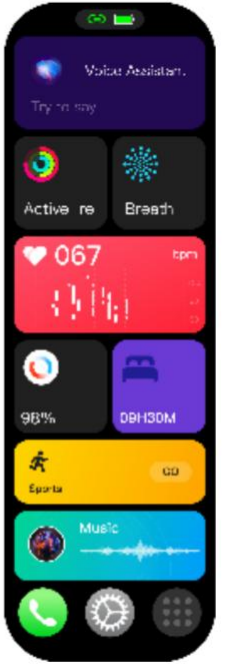
Note: When the watch is connected to the APP, the watch data will synchronize some data with the phone through Bluetooth, such as: information, weather, contacts, step counting, sleep, etc. After disconnecting or unbinding, data will not be synchronized.

3 Watch operating instructions

Slide:
Notification

Swipe Left:
Shortcut component

Swipe right:
Function card



Slide up
Smart stack

4 Features

Dial

Connect to the mobile phone via Bluetooth and make calls on the watch;

Contact person

After the watch is successfully connected to the APP, you can add contacts in the APP. After the contacts are successfully added, the watch phone book will be displayed simultaneously. Click on the contact in the phone book to make a call;

Call records

The call records on the watch can be displayed, and you can click on the phone number to dial;

Information

Displays mobile phone information push content, supporting SMS, WeChat, Facebook, WhatsApp, Twitter and other types of information;

Sports

Select the multi-sport mode, randomly start a sport, and record the calories burned, heart rate, steps, etc. during the exercise; you can view the exercise records after the exercise is completed;

Pedometer

The step counting data of the day is counted and reset to 0 at 00:00 in the morning;

Sleep monitoring

Turning on sleep detection can monitor sleep quality while sleeping, and you can view sleep duration, rapid eye movement, deep sleep, light sleep and other data;

Sedentary reminder

Set sedentary reminder through mobile APP;

Heart rate

Put the watch tightly on your wrist, and the best wearing position is above the wrist bone and arm, and you can measure the real-time heart rate value. The normal value for ordinary people is 60-100 beats/minute;

Blood pressure

Put the watch tightly on your wrist, and the best wearing position is above the wrist bone and arm, and you can measure the real-time blood pressure value. Adult diastolic blood pressure: 60~80 (mmHg) Adult systolic blood pressure: 100~120 (mmHg);

Blood oxygen

Hold the watch tightly to your wrist, and the best wearing position is above the wrist bone and arm, and you can measure the real-time blood oxygen value. The normal range of the value is generally 95% to 100

Bluetooth photo taking

Open the camera in the APP and operate the watch to take pictures;

Bluetooth music

Can control the playback of music on the mobile phone, "+", "-" to adjust the volume;

Set up

Including Bluetooth switch, notification settings, raise your hand to turn on the screen, vibration, button settings, backlight display, time settings, sound and touch, APP view, bedside lamp, language settings, cover screen, Shake to answer, do not disturb mode, screen off clock, S0S, shutdown, restart, factory reset, about this device ;

Find the mobile phone

If the mobile phone is not silent, operate the device, and the mobile phone will ring;

Weather

Connect to the APP to display the current weather temperature;

Drinking water reminder

Set drinking water reminder on the device and APP, and the device will vibrate to remind you;

Stopwatch

Supports stopwatch timing and segmentation;

Calculator

can perform simple calculations;

Calendar:

The calendar can be viewed on the device;

Alarm clock

You can customize the alarm clock and press and hold to delete the alarm clock;

Style

Multiple UI style switching;

SIRI

Press and speak for remote control;

Bedside lamp

turn it on and place it for charging, and the standby display will appear;

Screen-off clock

When turned on, the time pointer is displayed when the screen is off;

SOS

Set the emergency contact number on the APP, and the watch can dial it directly ;

Flashlight

Click the flashlight screen to display bright light ;

5 Precautions

- In daily use, avoid wearing the watch for hot showers, saunas and diving. When the water meter gets wet, please wipe the surface water stains dry with a soft cloth before operating.
- The measurement results of this product are for reference only, and the data provided by the product is not to be used as a basis for any medical purposes.
- If you use a power adapter for charging, you should use a power adapter that meets the requirements of the corresponding safety standards to avoid bursting or fire caused by fake power adapters.

Support system: Android 5.0 or IOS 9.0 and above

Supported languages: English, Simplified Chinese, Italian, Portuguese, Polish, Spanish, French, Russian, Turkish, Hungarian, Dutch, German,Thai, Indonesian, Malay, Filipino, Persian, Hebrew, Finnish, Swedish

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