JA005

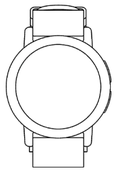
420mm

70mm

70mm

Front

Back

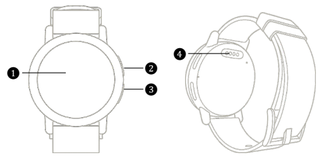


JA005

User Manual

Quick Start Guide

Overview



1. Screen
2. Upper Button
3. Lower Button
4. Charging Pins

Crown

1. Press the crown shortly when the screen is off to light up the screen.
2. On the main dial, press the crown shortly to enter the app center.
3. Exit the app.
4. Long press to enter "SOS", "Power off", "Restart".

Setting Up the Watch

Step 1: Download ZDfit

Please go to your phone's app store, search for " ZDfit", and install it.

- For Android phones, go to the respective app store.
- For iPhone, go to the App Store.

You can also

Scan the QR code to download the app.

Do not pair directly in the phone's system Bluetooth list, as this may prevent the ZDfit App from connecting to the watch. Please allow ZDfit to access your phone's "Bluetooth, Location, Camera" permissions to ensure successful pairing.



Step 2: Pair with the App

Open the ZDfit App, tap "Device Connection" in the "My" section, follow the instructions to pair and set up the "JA005", and once completed, you can use the watch.



Select device binding or QR code binding

Getting Started

Touch Screen Operations

Supports full-screen touch (swipe, tap, long press).

Swipe up

Swipe left

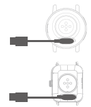
Swipe down

Swipe right



Charging

- When using the watch for the first time, ensure it has sufficient battery. If it cannot power on due to low battery, charge it fully first. Charging takes about two hours.
- Insert the USB end of the charging cable into a power adapter. Align the magnetic end of the charging cable with the charging contacts on the back of the watch to ensure proper attachment. Once connected successfully, the watch screen will display a charging icon.



- While charging, pay attention to the direction of the charging cable. It is recommended to have it on the same side as the crown for a more comfortable charging experience while wearing.
- Ensure to use a standard USB power source with an output of 5V--1A or above.
- Before charging, wipe the watch's charging contacts clean to remove any residual sweat or moisture.

Features

Personalization & Display

- Cloud Watch Face Market: Supports watch face DIY.
- My Watch Faces: 9 built-in watch faces + 1 watch face replaceable via APP push, and supports self-made watch faces through the APP.
- Language: Built-in 20 languages, supporting more language choices (built-in languages can be customized as needed).
- Time Settings: Time setting, date setting.
- Calendar: The calendar for one month can be viewed on the watch side.

Health Monitoring

- Step Counting: Step counting statistics, step count target and progress tracking, hourly step count chart analysis.
- Sleep: Sleep duration monitoring, sleep stage recognition.

Sports & Workouts

- Exercise Types: Supports 22 exercise modes.
- Exercise Records: GPS exercise track recording (up to 30 records, with a single maximum duration of 4 hours), supports synchronization with mobile APP in real time.
- Exercise Data: Calorie consumption, exercise distance, exercise duration statistics.

Target Reminder: Activity target achievement reminder.

Notifications & Reminders

- Health Reminders: Sedentary reminder, water drinking reminder, low battery reminder.
- Time Reminders: Alarms (supports setting 10 alarms, including repeated alarms and delayed alarm functions).

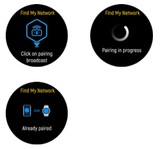
Tools & Modes

- Calculation Tools: Calculator function on the watch.
- Health Tools: Breathing training (breathing rate setting, interactive breathing guidance and data summary).
- Games: 8 built-in classic puzzle mini-games.
- Learning Cards: Mobile APP pushes learning cards to the watch.
- Storybooks: Mobile APP pushes story files to the watch.
- Recording: Recording function on the watch.
- Do Not Disturb Mode: Supports do not disturb settings for the whole day or within a time period.
- Power Saving Mode: Reduces screen brightness and turns off Bluetooth connection to save energy.
- Timer: Records recently used and commonly used timer configurations.
- Stopwatch: Stopwatch timing function.

Connection and Interaction

- Find My Device: Compatible with the "Find My" function of Apple iOS
- Find My Phone: Within the Bluetooth connection range, the watch triggers the phone to make a sound for positioning
- Data Transfer: Computer Mode (connect to a computer to download music, pictures and other resources to the watch)
- Music Playback: Local music playback on the watch, supporting connection to TWS earphones for external sound output
- Photo Management: Take photos on the watch, save photos to the album, and support viewing the content taken by the watch in the album

Find My Device



- Find the "Find My Device" function in the watch's menu settings. Press either the up or down button to turn on "Pairing Broadcast" and enter the pairing interface to wait for pairing. Open the "Find My" APP (for key devices) on your iOS device, select "Add Other Items" in the device section. After scanning and detecting the device, tap "Connect". Follow the on-screen prompts to customize the item name and display icon, then complete the pairing connection.
- Once connected successfully, you can try pressing the "Play Sound" button in the Find My APP. If you hear a musical tone, it indicates a successful connection. At this point, you can view the watch's location on your iOS device.
- After a successful pairing, the accessory will enter standby mode in the following scenarios: when the power is turned off and then back on, when the phone moves away from the accessory, or when the phone's Bluetooth connection is disconnected.
- In this case, if the paired phone approaches the watch again and the Find My APP is opened, the connection can be re-established to play a sound.

Unpairing Operation Between My Mobile Phone and Watch

- Method 1 (Recommended): Turn on Bluetooth on your phone and bring it close to the accessory. Open the Find My app on your Apple device - tap the item name - pull down and select "Remove Item". (This operation requires the phone to be nearby with Bluetooth enabled. You can tap "Play Sound" to check if the accessory is connected to the phone before performing the unpairing.)
- Method 2 : (This method is suitable when the paired phone is remotely unable to perform unpairing, or when the phone has removed the pairing but the watch device hasn't received the notification - both scenarios require this method.) Perform a one-sided unpairing and reset operation on the item: (For the watch: Menu - Settings - Find My Device - on the paired interface, press and hold the upper or lower button on the right side of the watch for 5 seconds to enter the secondary menu - tap "Force Unpair" then swipe left on the screen to return). Then remove the item on the phone (it will show as unconnectable, just force delete it). This operation does not require a Bluetooth connection.
- Method 3: This method is also suitable when the paired phone is remotely unable to perform unpairing, or when the phone has removed the pairing but the watch device hasn't received the notification—both scenarios are required for using this method. Perform a one-sided physical button unpairing and reset operation on the item. For the watch: Go to Menu - Settings - Find My Device. At this point, the device is in the "Paired Successfully" state. Press and hold either the up or down button to enter the secondary menu for the forced unpairing interface. On this interface:

- Press either the up or down button once to turn off the Find My function;
- Press either the up or down button twice to send the SN command;
- Press and hold either the up or down button for 5 seconds to forcefully unbind Find My, after which the device will automatically return to the function list interface.

Specifications

Parameters

- Water Resistance: IP68
- Screen Size: 1.27 inches TFT
- Screen Resolution: 360*360 px
- Storage: 64KB + 2M (with a built-in 1GB memory card)
- Battery Capacity: 210mAh
- Head Dimensions: 44.*11.85mm
- Weight: 40g
- iOS: iOS 13.0 +
- Android: Android 9.0 +
- HarmonyOS: HarmonyOS 2.0 +
- Bluetooth Version: Bluetooth 4.0 +

Legal Statement

- Use of the Works with Apple badge means that a product has been designed to work specifically with the technology identified in the badge and has been certified by the product manufacturer to meet Apple Find My network product specifications and requirements. Apple is not responsible for the operation of this device or use of this product or its compliance with safety and regulatory standards.
- Use of the Works with Apple badge means that a product has been designed to work specifically with the technology identified in the badge and has been certified by the product manufacturer to meet Apple Find My network product specifications and requirements. Apple is not responsible for the operation of this device or use of this product or its compliance with safety and regulatory standards.
- Apple®, Apple Watch®, iPad®, iPadOS®, Mac®, and macOS® are trademarks of Apple Inc., registered in the U.S. and other countries. iOS® is a trademark or registered trademark of Cisco Systems, Inc. in the U.S. and other countries and is used under license.

Safety Warnings and Precautions

Safety Information

Before using and operating the device, please read and follow the precautions below to ensure optimal device performance and avoid dangerous or illegal situations.

Electronic Devices

Do not use this device in places where the use of wireless devices is explicitly prohibited, as it may interfere with other electronic equipment or cause safety incidents.

Flammable and Explosive Areas

- Do not use this device in any flammable or explosive areas such as gas stations (service stations) or near flammable materials, chemicals, etc., and follow all on-site safety signs or instructions.
- The device may cause an explosion or fire in or around areas where fuel or chemicals are stored or transported, or in explosive environments.
- Do not store or transport the device and its accessories in the same container as flammable liquids, gases, or explosive materials.

Traffic Safety

- Do not place the device above the car's airbag or in an area reachable after the airbag deploys. Otherwise, when the airbag inflates, the device may be propelled by strong forceand cause serious injury to vehicle occupants.
- Wireless devices may interfere with the aircraft's flight systems. Please comply with the relevant regulations of the airline. Do not use the device where wireless devices are prohibited.

Operating Environment

- Do not use the device near magnetic fields to avoid causing internal circuit failure.
- Do not use this device during thunderstorms, as it may lead to device failure or electric shock hazards.
- Do not place the device in direct sunlight, such as on a car dashboard or windowsill.
- Do not place the device near heat sources or exposed flames, such as electric heaters, microwaves, ovens, water heaters, stoves, candles, or other places that may generate high temperatures.
- Do not allow children or pets to swallow or bite the device or its accessories, to avoid injury or causing device malfunction or explosion.

Water Resistance

- The device has been tested and demonstrates water resistance performance under specific conditions. The water resistance function is not permanent and may decrease due to daily wear and tear.
- This product has passed strict water and dust resistance tests, but it is not suitable for bathing, diving, water skiing, or other activities involving high temperatures, steam, or high-speed water flow. Moreover, water resistance is not permanent, and damage to the product structure will cause the water resistance to fail.

Accessory Requirements

- Using unauthorized or incompatible power sources, chargers, or batteries may cause fire, explosion, or other hazards.

- Do not place metal foreign objects on the surface of the wireless charging dock for extended periods, as this may cause device malfunction or overheating.
- The maximum input power of the device is 5W. It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging dock.
- If a power adapter is not included, consumers should purchase a compatible power adapter that is CCC certified and meets standard requirements for charging.
- If a power adapter is not included, please purchase a CCC-certified power adapter that meets standard requirements (output specification: 5V--1A or above) for charging.

Battery Safety

- [WARNING] This product contains small batteries such as coin or button batteries. Do not swallow the battery, as it can lead to serious risks such as chemical burns.
- If a battery is swallowed, it can cause severe internal burns within 2 hours and may lead to death.
- Keep children away from any used batteries. If the battery compartment is not securely closed, stop using the product and keep it away from children. If you suspect a battery might have been swallowed or inserted into any part of the body, seek immediate medical attention.
- [WARNING] Replacing the battery with an incorrect type may pose a risk of fire or explosion.
- This device has a non-removable built-in battery. Do not replace the battery yourself to avoid damaging the battery or the device.
- Do not short-circuit the battery by connecting metal objects to both terminals or touching the battery endpoints, to avoid battery short circuits and physical injuries such as burns caused by battery overheating.

- Do not expose the battery to high temperatures or place it near heating devices, such as sunlight, heaters, microwaves, ovens, water heaters, etc. Battery overheating may cause an explosion.
- Do not disassemble, modify, insert foreign objects into, or immerse the battery in water or other liquids, to avoid battery leakage, overheating, fire, or explosion.
- If the battery leaks, avoid contact between the leaked fluid and skin or eyes. If contact occurs, rinse immediately with clean water and seek medical treatment.
- Do not throw the battery into a fire, as it may cause the battery to catch fire and explode.
- Dispose of the battery according to local regulations. Do not dispose of it as household waste. Improper battery disposal may lead to explosion.
- Do not allow children or pets to swallow or bite the battery, to avoid injury or causing the battery to explode.
- Do not drop, crush, or puncture the battery. Avoid subjecting the battery to excessive external pressure, which may cause internal short circuits and overheating.
- Do not use damaged batteries.

Device Safety Instructions and Characteristics

- Do not replace the built-in battery yourself to avoid safety risks.
- Forcibly opening the watch case may cause internal circuit short circuits, leading to heating or fire.
- The watch is not suitable for use in high-temperature environments above 60℃, otherwise it may cause battery leakage or even explosion.
- The interface or usage method of the watch may change due to firmware upgrades, which is normal. Please refer to the product upgrade instructions.

Hearing Protection

- Risk of hearing damage. Please do not listen at high volume for extended periods.

Maintenance and Care

- Keep the device and its accessories dry. Do not use external heating devices such as microwaves or hair dryers to dry them.
- Do not place the device and its accessories in areas with excessively high or low temperatures, as this may cause device failure, fire, or explosion.
- Avoid subjecting the device and its accessories to strong impacts, vibrations, scratches, or contact with hard and sharp objects to prevent damage and device failure.
- f the product has a light-colored strap, avoid contact with dyed clothing during use to prevent staining.
- Before cleaning and maintenance, stop using the device and disconnect all connections or cables to other devices.
- Do not use strong chemicals, cleaners, or detergents to clean the device or its accessories. Use a clean, dry, soft cloth to wipe the device or its accessories.
- Do not place magnetic stripe cards (e.g., bank cards, phone cards, etc.) in prolonged contactwith this device, as the magnetic field may damage the magnetic stripes.
- Do not disassemble or modify the device and its accessories without authorization, otherwise the device and accessories will not be covered by the company's warranty.
- Keep the device and its accessories clean and dry. When exercising, wear it neither too loose nor too tight. After exercise, clean your wrist and the device, and wear it after it is dry.

- If your skin shows signs of heating, redness, or swelling after wearing the device, clean any residue attached to the device promptly, dry your wrist and the device, and then wear it again.
- For daily wear, you can slightly loosen the strap to ensure the skin area in contact with the device remains dry and breathable.If discomfort occurs after prolonged continuous wear, remove the device to let your wrist rest for a while or switch to the other wrist. If discomfort persists, it is recommended to stop wearing it and consult a doctor promptly.

Environmental Protection

- Do not dispose of this device and its accessories as ordinary household waste.
- Please comply with local regulations regarding the disposal of this device and its accessories, and actively participate in recycling.
- Do not drop, crush, or puncture the battery. Avoid subjecting the battery to excessive external pressure, which may cause internal short circuits and overheating.
- Do not use damaged batteries.

FCC Warning

- 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 d evice can be used in portable exposure condition without restriction.

CE

FC RoHS

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