

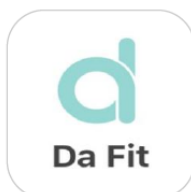
EN

User Manual



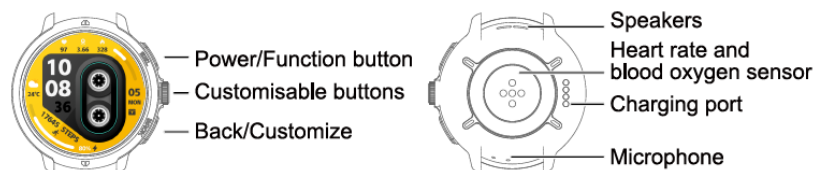
App Download

Scan the QR code below with your mobile phone to download the APP.



About the Smartwatch

The watch adopts push button + color touch screen, integrating multiple functions, and the large color screen provides a larger view.



Wake up: While the screen is off, click the button to wake the watch.

Wake Screen:

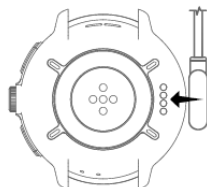
1. Press the top button to wake the screen.
2. Raise or turn your wrist to wake the screen.

Steps to set the screen off time:

1. After waking the screen via button press or wrist raise, it will turn off automatically after a period of inactivity.
2. Lowering your arm can make the screen turn off quickly.
3. Go to Watch Settings > Display & Brightness > Screen-off time to set the screen-off time.

Charging and powering on

Charging: Align the charging cable with the charging area on the back of the device. Connect the other end to a charger or computer until the device screen displays the charging indicator.



Power on: The device can be automatically powered on when charged, or by long pressing the up button.

- ⚠ Please keep the charging cable, device, etc. dry when charging. 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 cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

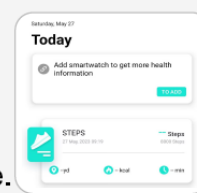
Pairing and connection

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.

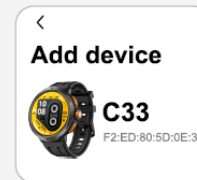
- ⚠ Please make sure your phone has Bluetooth and location services turned on.

HarmonyOS and Android System

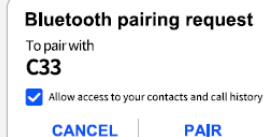
Turn to the DaFit App, Click to add the device, The App will automatically scan for connectable devices. Click on the target device to connect, and pair according to the prompts on the interface.



On the device search page, click on the Bluetooth name C33 to bind or scan the code to connect. When connecting, you need to confirm twice on the watch.



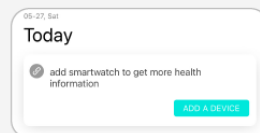
You need to agree to the following permissions before you can use the Bluetooth calling function.



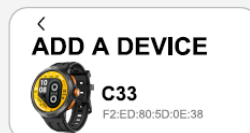
- ⚠ If need to change the phone to pair the watch, go to the DaFit App-- remove the device

iOS users

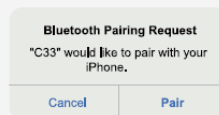
Go to the DaFit App, click “Add Device”, find the device in the list “C33” to pair.



Or you can scan the code to connect the device, need to confirm twice on the watch.



You need to agree to the following permissions before you can use the Bluetooth calling function.



 After pairing is successful, the watch will synchronize relevant information (date, time, etc.)

Wearing the watch

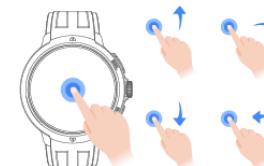
Please wear the watch correctly to maintain a comfortable and snug fit. Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records.



Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.

Button and screen control

The watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



Top Button (SEL)

1. Short press: Turn screen on/off or go back
2. Long press: Power on/off

Multifunction Buttons

1. Short press: Open menu or return to watch face
2. Long press: Open voice assistant
3. Rotate: Scroll pages

Bottom Button (BACK)

1. Short press: Open workout list
2. Long press: End workout

Heart Rate Test

To ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

Single Heart Rate Test

Select Heart Rate in the watch app list for a single heart rate measurement.

! Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

Continuous heart rate Test

Enter the DaFit app, click Other Settings > All-day heart rate, and turn on the Continuous heart rate measurement switch. Once turned on, the device will continuously measure heart rate according to the set time.

Sports Mode

1. Click the "Exercise" in the App list
2. Choose the sports that you want. You can also swipe up on the screen and tap Custom to add other sports.
3. Click Start
4. Short press the up button, you can choose to pause or end the exercise.

Music

Mobile Phone Mode: Access the watch menu > Music > Set Music Mode to Mobile Phone Mode.

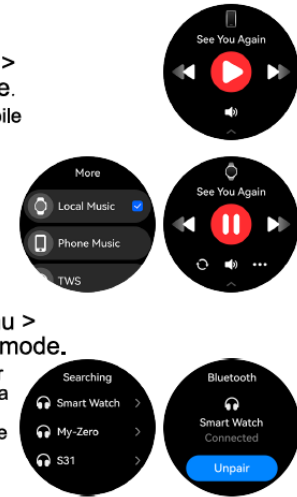
! In mobile mode, the watch supports synchronising mobile audio and controlling mobile music playback.

Local mode: Navigate to the watch menu > Music, then set the music mode to local mode.

! In local mode, the music player will only play built-in music from the watch. Phone media audio and Bluetooth call functions are unavailable.

Headphone mode: Navigate to the watch menu > Music, then set the music mode to headphone mode.

! In this mode, you may use the watch to connect to your TWS earphones and play music stored on the watch via the TWS earphones. However, in earphone mode, you cannot play media audio from your mobile phone or use Bluetooth calling functionality.



Frequently Asked Questions

Q1. Why won't the watch turn on?

- A1: Charge the watch using the original charging cable for more than 30 minutes.
- A2: Charge the watch using a high-power charger (e.g., 9V/2A) or other fast-charging chargers.

Q2. Why can't the watch connect through the app?

- A1: Unpair all Bluetooth devices on your phone, delete the app, and reconnect according to the user manual.

Q3. Pourquoi les données recueillies par la montre sont-elles inexactes ?

A1: Remplir les informations personnelles figurant sur l'APP, telles que le sexe, l'âge, la taille, le poids et d'autres informations.

A2: Assurez-vous que le film protecteur au dos de la montre est retiré.

A3: Assurez-vous que la montre n'est ni trop lâche ni trop serrée lorsque vous la portez.

A4: Remettez la montre à zéro pour révéifier l'exactitude des données.

A5: Considérant que les différentes marques utilisent des algorithmes logiciels différents.

La manière dont les données sont collectées varie d'un appareil à l'autre (par exemple, smartwatch, smartphone, tapis roulant, etc.). En d'autres termes, il s'agit de comparer les données collectées par différents appareils. Par exemple, les données détectées par une Apple Watch sont très différentes de celles d'une Garmin Watch.

Q4. La montre ne peut pas synchroniser WhatsApp ou Facebook ?

A1: Veillez à autoriser l'application à accéder au téléphone portable de notification.

A2: Assurez-vous que les notifications WhatsApp ou Facebook sont activées sur votre téléphone portable.

A3: Assurez-vous que les notifications WhatsApp ou Facebook sont activées dans l'application.

A4: Déconnectez la montre et reconnectez-la.

Q5. Pourquoi la durée de vie de la batterie est-elle trop courte ?

A1: Réduire la luminosité de l'écran et régler le délai d'attente de l'écran à cinq secondes.

A2 : Désactiver la surveillance de la fréquence cardiaque sur 24 heures sans notification.

FCC Statement

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

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

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.