FIREBOLTT

BSW001

Smart Watch

User Manual

Watch Face Functions Navigation and Button Instructions

The watch features a full touch control screen with a reflective display and an operation button

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down

By default, the watch face page displays, and on the watch face page, you can:

- Slide up to view watch settings.

- Slide down to view 12 different functions and tap on the screen to view different watch functions.

- Slide left/right to view Steps, Heart Rate, Sleep Values.

Touch Button Operations

Short press from the side button

To unlock the screen in the lock screen status

To return to the watch face page from the first-level menu entry in the unlocked status

To page up/down in the during workouts page

Long press from the side button

To turn on the watch in the power off status

Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Plug in the charging clamp to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch. The mobile phone charger's rated output voltage is 5V, and the output current is above 500mAh

Use of Functions

The watch has a lot of functions, these can be accessed by swiping down. A short brief of the functions are as below:

- Steps - The watch keeps a track of all the steps you take in the day. Tap on the Function to view the details in it.

- Message - You can check your messages received by tapping on this function.

- Sleep - The watch tracks your daily sleep. Tap to view details.

- Health – This feature comprises of 2 main modes. By tapping this you can know your SPO2 and Heart Rate.

- Training – This feature comprises of 7 training modes. Track your fitness goals in a tap. You can view the following activities: Running, Walking, Cycling, Skipping, Football, Basketball, Badminton

- Weather – You can know the current weather and the forecast for tomorrow, this information is synced from your app.

- Music - You can now control the music functions from the watch!

- Brightness - Adjust the brightness of the screen as per your comfort. Tap the dot 6 times for the brightest mode.

- Camera - Enjoy clicking pictures by controlling the camera from the watch.

- Stopwatch - Time your activities by accessing the stopwatch feature.

- Flashlight - Use this feature to make way in darkness.

Other Settings

App Settings

The watch app refers to the functions that can be used independently on the watch, such as status & activity.
The order of apps displayed by default is shown in the following figure. You can customize the app displayed on the screen based on your personal preferences

Watch Face

Replace the Watch Face on the Watch:

In the "Settings" -> "Watch face" page of the watch, tap it to enter and select your favourite watch face by swiping left or right. Once you choose the watch face short press the button. Your watch face will be replaced.

Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "BSW001" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done

Notifications

Enable Notifications

During use, you need to enable the corresponding "App alerts" on the Da Fit App, and keep the watch and the mobile phone connected.
If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Profile" -> "BSW001" - > "Run in background" settings for different mobile phone systems

View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to check the notification

Workout

Sliding down in the watch face page can make the Activity app items visible. For more information, see the "Introduction to the Workout Function" section below

Weather

In the weather page, you can view the weather for the day and the weather information for the next day.
The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.
In addition, when a weather alert is received, the watch will receive the alert as well. You may toggle on the weather alert switch in the "Profile" -> "BSW001" -> " Weather settings " page on the Da Fit App

Timer

The timer has one option: stopwatch
The stopwatch can be used for multiple time records.

Settings

In the settings page, the settings items of Watch face replacement, Brightness, About, Power off and Factory reset are provided.
Watch face replacement: While the watch stores 4 faces at one time , but Watch faces can be many customised from app.
Brightness: The brightness is divided into 6 grades, and you may touch the screen to adjust the screen brightness

About: You can view the firmware version and Bluetooth address of the watch in the about page.

Power off: This is a feature to turn off the watch.

Factory reset: This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to re-connect the watch before use.

Watch Status Reminder

Incoming Call

When the watch receives incoming calls, it will vibrate to remind you and display the name of the caller.

Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Profile" -> "My devices" and turning on Idle alerts on the Da Fit App

Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Profile" -> "My devices" and turning on Goal notifications on the Da Fit App

Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Profile" -> "My devices" and turning on Watch alarm on the Da Fit App

Introduction to the Workout Function

Start Workouts

There are two approaches to starting a workout:

- Select a workout type in the Activity entry and enable it;
- Press and hold the touch button to quickly start the preset workout

The watch currently supports the following workout modes: Walking, Running, Cycling, Skipping, Football, Basketball, Badminton.

Before starting a workout, it is recommended to check whether the watch storage space is enough.

Daily Maintenance of the Watch

1. The watch is water resistant. It is recommended to clean the watch and watchband regularly with water and dry them with a soft cloth before wearing.
2. Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.
3. When you wear the watch in a bath (which enables use during bath), in swimming (which enables use during swimming), or with sweat, please clean and dry the watch timely.

Precautions

- The watch has an IPX7 waterproof and dustproof rating, and can withstand 5-minute soaking in fresh water 1m deep at the room temperature, but it is not suitable for swimming or bathing.
- Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.
- The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.

Downloading and connecting of smart watch with Da Fit APP

1. Download and install Da Fit APP
2. Scan QR code with mobile phone to download APP.
3. For IOS system, select APP Store, search for Da Fit App.

Da Fit

Android system, select Google Play to download and install Da Fit App. Or scan QR code to download

Note: your mobile phone must support Android 5.1 or IOS 8.0 or above, and Bluetooth 4.0 or above.

<u>Connect smart watch with Da Fit APP</u>

Click on "Add Device" to connect the smart watch

Click on your device in the device list scanned

The IOS system will show a Bluetooth pairing request and you can click on Bluetooth "Pairing" to confirm. Connect it directly to Android system.

Successfully conected