

FIRE BOLT



BSW030
Smart Watch
User Manual

Downloading and connecting of smart watch with Da Fit APP

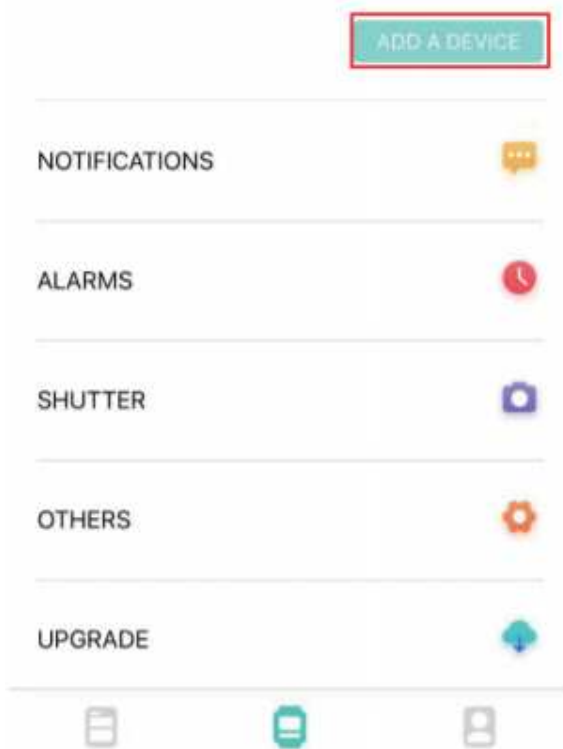
1. Download and install Da Fit APP
2. Scan QR code with mobile phone to download APP.
3. For IOS system, select APP Store, search for Da Fit App.



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.

Connect smart watch with Da Fit APP



Click on "Add Device" to connect the smart watch



Add device



Ninja 3

F7:81:11:52:14:36

Click on your device in the device list scanned. Connect it directly to Android system.

Ninja 3

Connected

F7:81:11:52:14:36

86%

REMOVE



Watch Faces



Notifications



Alarms



Shutter



Others



Successfully connected

Ninja 3

Connected

F7:81:11:52:14:05

86% 

REMOVE



Watch Faces 

Notifications 

For both android & iOS click on Notifications Tab in the Dafit app


12:32



NOTIFICATIONS

Turn on the switch to synchronize related information to smart bracelet.

 Phone

 Messages

 Facebook

 Twitter


 WhatsApp

 WeChat

 Instagram

 Skype

 KakaoTalk

 Line

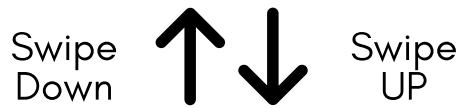
Enable all the notifications for the ease of use

Functions Navigation

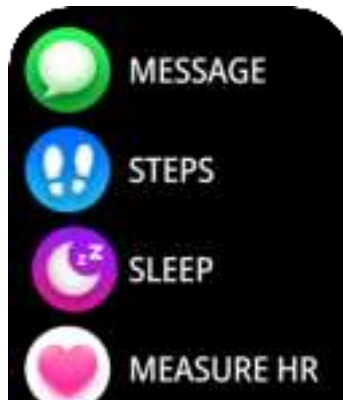
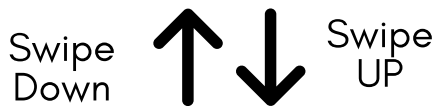
The screen can be navigated by sliding left/right or sliding up/down



Control Center



Quick Menu



List Menu



Feature Pages

Watch Face Functions Navigation and Button Instructions

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

Functions Navigation

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

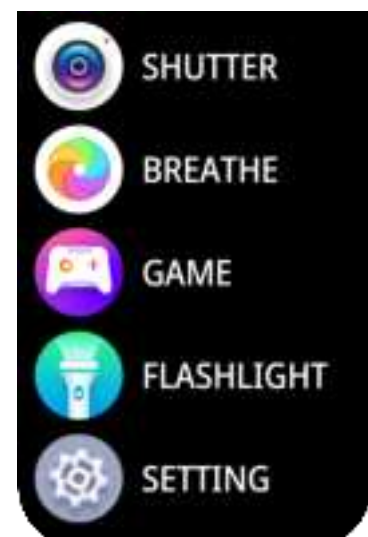
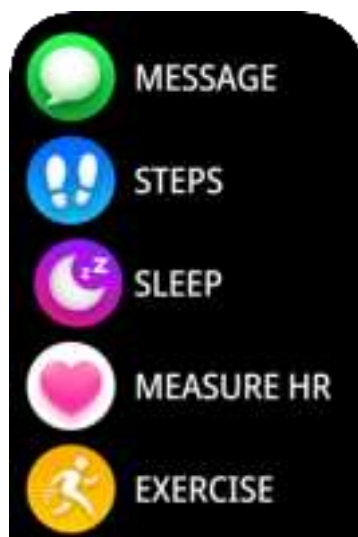
By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view control centre.



- Bluetooth
- Vibrate
- Flashlight
- Theatre Mode
- Weather
- Settings
- Brightness

- Slide up to view list menu.



- Slide right to view quick honeycomb menu



- Slide left to view features like Steps



Touch Button Operations

Short press from the side button

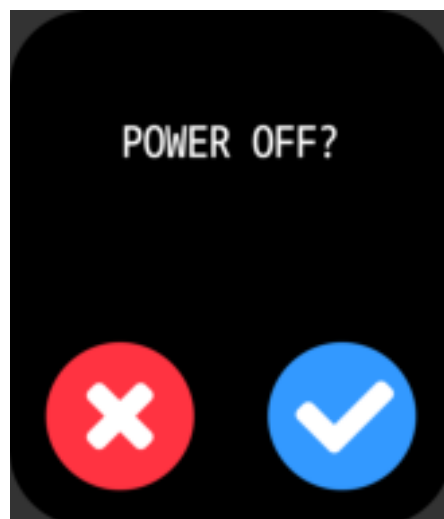
To unlock the screen in the lock screen status

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



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

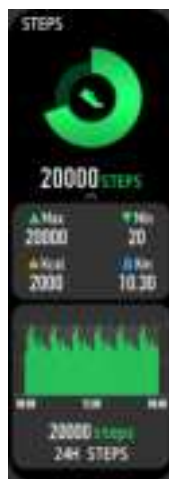
- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.



Use of Functions

The watch has a lot of functions, these can be accessed by swiping right to the list menu. Menu consist of - Message, Steps, Sleep, Measure Heart Rate, Exercise, SpO2, Weather, Player, Shutter, Breathe, Game, Flashlight, Setting.

- Steps- The watch automatically tracks the step taken on the screen. Note: Your movement stats reset to 0 at midnight.



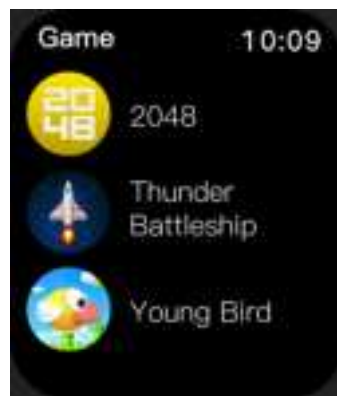
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- Note: Sleep stats reset to 0 at 8 pm



- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring



- Game - Play games on your wrist



- Oxygen Tracking (SPO2) - Tap the SPO2 page to start measuring. On the SPO2 page you can see the previous data



- Exercise – This feature comprises of multiple exercise modes. Track your fitness goals in a tap.



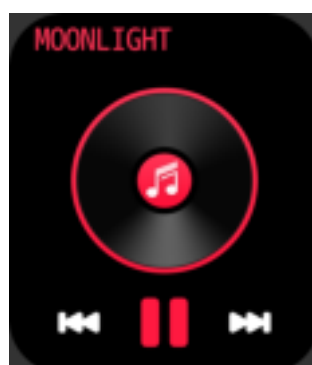
- Weather - You can know the current weather and the forecast for tomorrow, this information is synced from your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



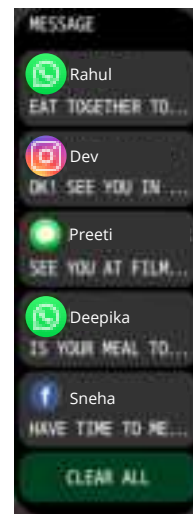
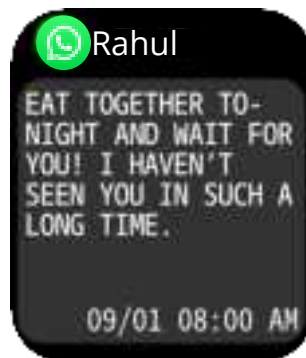
- Shutter - You can remote control the camera of your phone once the watch is connected with your device.



- Player - You can remote control the music player of your phone once the watch is connected to the device



- Messages - You can view all your messages and notifications under this function



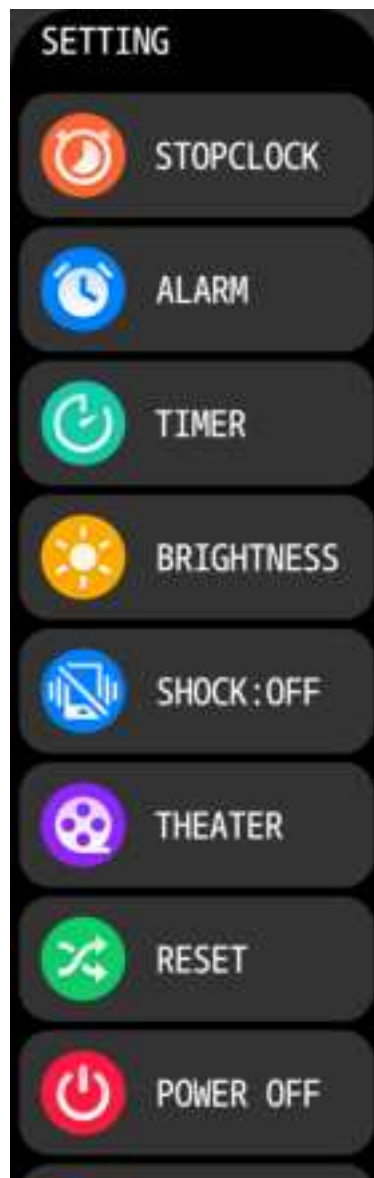
- Breathe - This function helps you to do breathing activity and ensure great health



- Flashlight - Never be scared in the dark again. The watch supports a flashlight



- Setting - Check out other features through this tab.



Other Settings

Watch Face

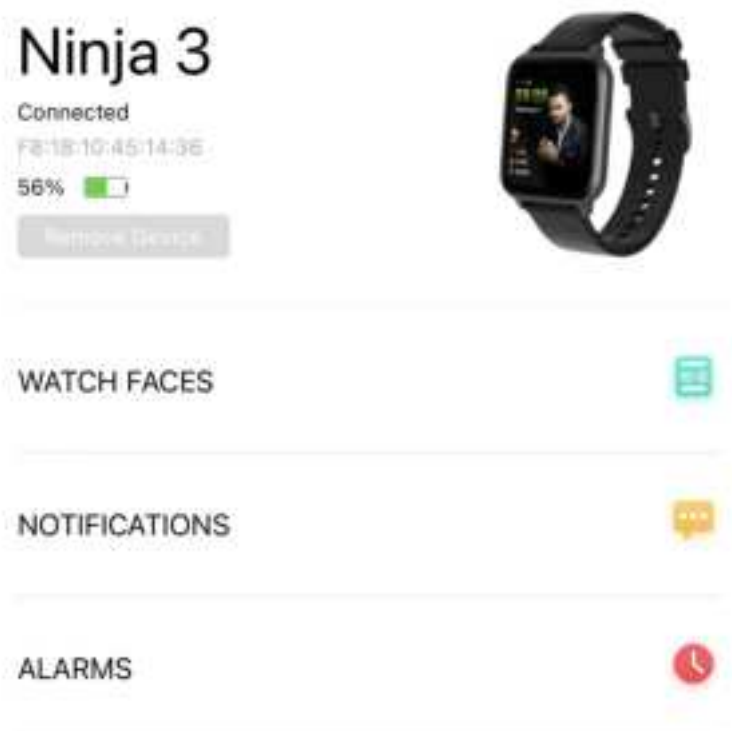
Replace the Watch Face on the Watch:

Long Press the screen, you shall get the options to change the watch face, scroll left and click on the watch face you want to select. The watch face will set.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Profile" -> "Ninja 3" 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" -> "Ninja 3" -> "Run in background" settings for different mobile phone systems

View Notifications

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

Workout

Sliding left or up in the watch face page can make the Activity app items visible from the main menu. 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.

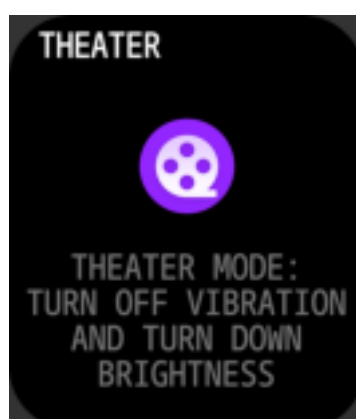
Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

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" -> "Ninja 3" -> "Weather settings" page on the Da Fit App

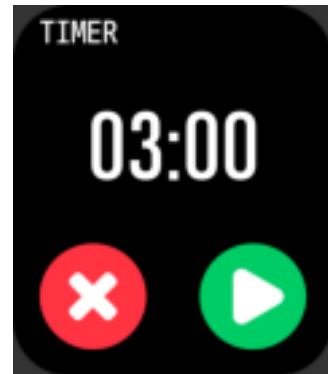
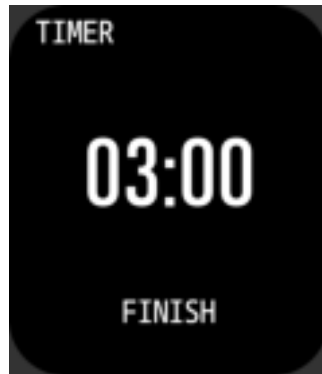
Settings

In the settings page, the settings items of Stopwatch, Alarm, Timer, Shock Off, Theatre, Reset, Power Off are provided.

Theater: This is a mode where the brightness will dim and vibration will shut



Timer: A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.



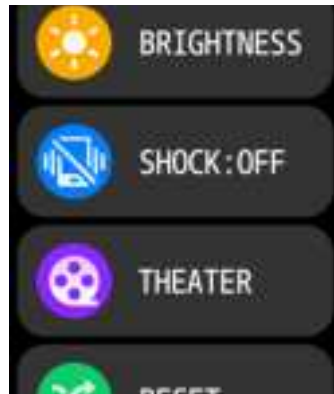
Alarm: When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing



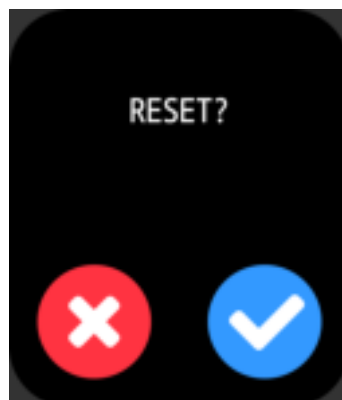
Stopwatch: You can begin and close any time line and stop the watch.



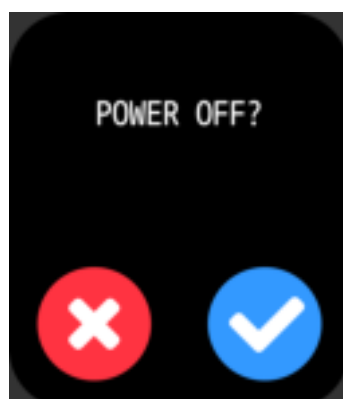
Shock Off: This feature allows the user to turn on and off the vibration of the watch



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



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



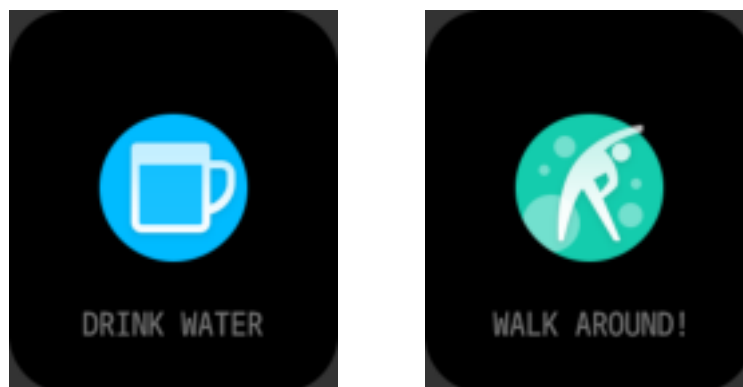
Watch Status Reminder

Incoming Call

When the watch receives incoming calls it will display to remind you, also you can reject or silent the call.

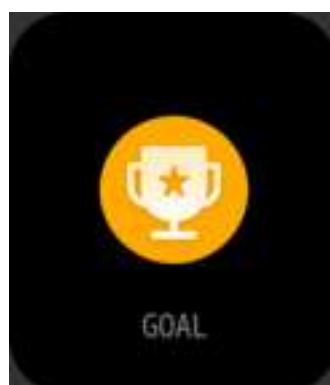
Idle alerts

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 display a goal 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 is one approach to starting a workout:

- Select a workout type in the Activity entry and enable it
You can add the modes in the main page as per your requirement

