

FIRE BOLT T



**BSW104
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.

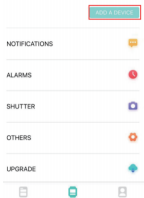


Android system, select Google Play to download and install Da Fit App.
Or scan QR code to download.

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.

You have not link a device.



Click on "Add Device" to connect the smart watch

<

Add device



FB 104

FB:34:37:30:04:32

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

FB 104

Connected

FB:AD:4D:4A:0F:35

90% 

REMOVE



Watch Faces



Watch Faces 2



Watch Faces 3



Watch Faces 4



Watch

Successfully connected

Notifications



FB 104

Connected

FB:34:37:30:04:32

82% 

REMOVE



Watch Faces



Notifications



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



NOTIFICATIONS

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



Enable all the notifications for the ease of use

BLUETOOTH CALLING FUNCTION

This watch comes with a special feature of Bluetooth calling. The user can make calls without having to open the phone. You can also view the call history of the watch. You need to keep the connection between the watch and the phone stable when using the Phone Call function.

The watch also has a microphone and a speaker built in for the ease of talking through the watch and to hear music, phone calls, and other notifications

Follow the steps to activate the calling function and much more.

Part A - How to connect

- **Step 1:** After connecting the watch to the Da Fit App, you need to go the bluetooth settings of the phone and pair the watch there as shown below.

For iOS

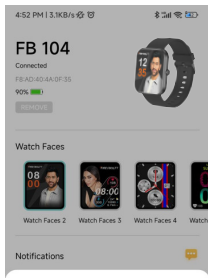


Switch on the bluetooth in the phone bluetooth settings and you shall see the available device as "**FB 104_Audio**"

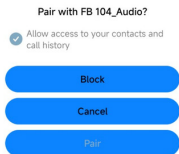


It shall show Connected

For Android



Accept the Bluetooth Pairing Request





Bluetooth

Bluetooth



Device name

Eternal >



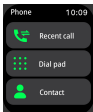
FB 104_Audio

Connected | Active



Once accepted you can see the following screens saying - "**Connected for calls**"

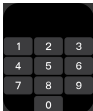
Step 2: Go to the watch and swipe left to the features page and locate the phone function



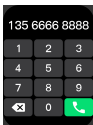
- After successfully connecting the bluetooth you will get this screen.



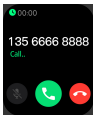
- Upon clicking on the Recent Call you can see the recent calls of your device.



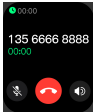
- When you click on the dial pad you shall get this screen on your watch.



- Once you dial the number the call button on the right corner shall appear.



- You click the dial button, you can see that the number is dialling



- Through the microphone available in the watch **you can talk through the watch and adjust the speaker volume by the + & - sign on the watch and disconnect the call.**

Part B - How to disconnect

To disconnect the bluetooth calling the user simply has to go to the phone's bluetooth setting and "unpair" the FB 104_Audio device

Part C - Add contacts



- You can add upto 8 contacts - Add the contacts from the Dafit App. Go to "Favourite Contacts" and add contacts. The selected contacts will get synced to your watch.

FB 104

Connected

FB:AD-4D-4A-0F:35

90% 

REMOVE



Watch Faces



Watch Faces 2



Watch Faces 3



Watch Faces 4



Watch

Notifications



Alarms



Shutter



Favorite Contacts



Others



Cancel

Select Contact

Done(2)

A

A Afzal

A Anunay Kumar Jha

A Ajit Raikar

A Arvind Mahajan

A Ashok Jhunjhunwala

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X



Edit All

Favorite Contacts

You can select 8 contacts in the address book and display their shortcuts on the watch.



Akshay Sharma



Ajit Raikar



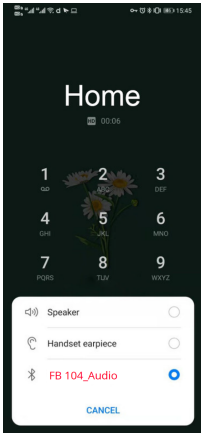
Click on Favorite Contact to add the contacts

Select the contacts you want to add

The contacts will get added.

Part D - Switch between Phone / Watch

Switch Between Watch / Phone During an Active Call : If your watch is connected to the Phone via Bluetooth, all calls will come on the watch by default. If you want to change the call to the phone, during an active call, simply click on Handset earpiece icon to select it. The call will then come on your phone.



Part E - Battery Advisory

Battery

- The battery lasts for 2 to 3 days with bluetooth calling mode enabled.
- On standby the battery can stay for as long as 5-7 days.
- Advisory- To conserve battery, It is advised to turn off the bluetooth when not in use.

Functions Navigation

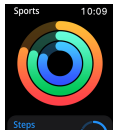
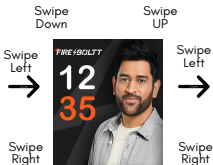
The screen can be navigated by sliding left/right or sliding up/down



Control Center



Split Screen



Feature Pages



Menu

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

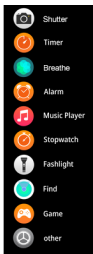
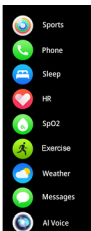
By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view control centre.



- Sleep
- Brightness
- Timer
- Camera
- Flashlight
- Settings

- Slide up to view Menu



- Slide right to view spl



- Slide left to view features like Activity Phone Call, Heart Rate, Sleep, SpO2, you can add or delete any componen



Touch Button Operations

Short press from the side button

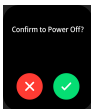
To unlock the screen in the lock screen status

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

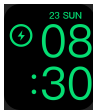
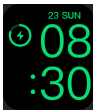
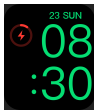


Watch Wearing and Charging

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

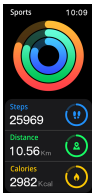
- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand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



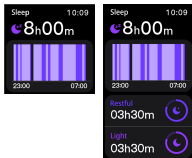
Use of Functions

The watch has a lot of functions, these can be accessed by swiping up to the list menu. Menu consist of - Sports, Phone Call, Sleep, Heart Rate, SpO2, Sports Mode, Weather, Messages, AI Voice, Camera, Timer, Relax, Alarm, Music, Stopwatch, Flashlight, Find Phone, Game, Other

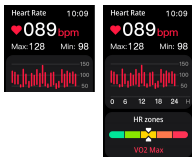
- Steps- The watch automatically tracks the step taken on the screen.
Note: Your movement stats reset to 0 at midnight.



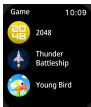
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.
- **Note: Sleep detection starts from 8pm to 10am the next day.**



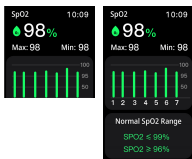
- Heart Rate - The watch will record your heart rate all day. You can also tap on the page to start measuring



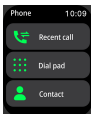
- Game - Play games on your wrist



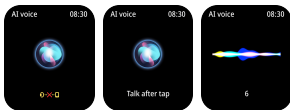
- Oxygen Tracking (SPO2) - Tap the SPO2 page to start measuring. On the SPO2 page you can see the previous data
- **Note:** The value is only for reference, not for medical use.



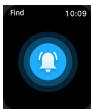
- Phone Call - The watch supports bluetooth calling, under this option you can dial the number, view call logs & contact



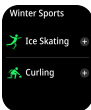
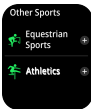
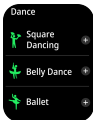
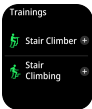
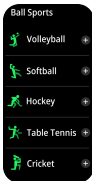
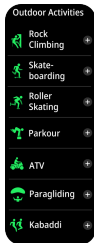
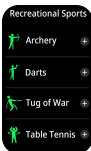
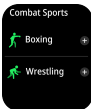
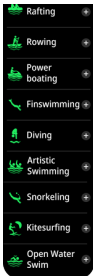
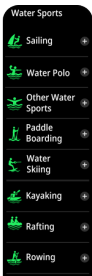
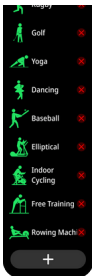
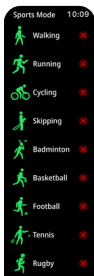
- AI Voice- You can wakeup the AI voice on your phone through the watch when bluetooth calling is connected



- Find Phone - Find the phone when connected via bluetooth to ensure perfect connection



- Sports Mode - This feature comprises of multiple exercise modes. 120+ sport modes tracks your fitness goals in a tap.



- Alarm - You can set 3 alarm on the watch



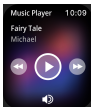
- Weather - You can know the current weather and the forecast for next 5 days. This information is synced from your app. your app. Scroll Up to see the forecast weather. It will not be updated if the phone is disconnected for a long time.



- 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



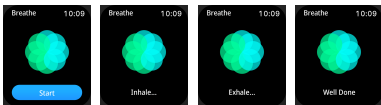
- **Messages** – You can view all your messages and notifications under this function



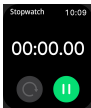
- **Flashlight** – Never be scared in the dark again. The watch supports a flashlight



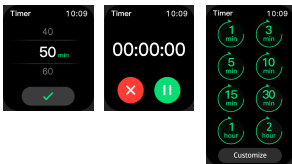
- Breathe- You can now monitor your breathing activity through the watch



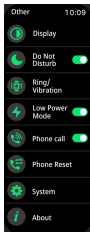
- Stopwatch - You can record your time and always be on time with any task



- Timer- Set realistic goals and achieve them



- 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" -> "FB 104" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done

4:53 PM | 2.7KB/s



FB 104

Connected

FB:AD:40:4A:0F:35

90%

REMOVE



Watch Faces



Watch Faces 2



Watch Faces 3



Watch Faces 4



Watch

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" -> "FB 104" - > "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 5 days.

The weather displayed by the watch comes from the server.

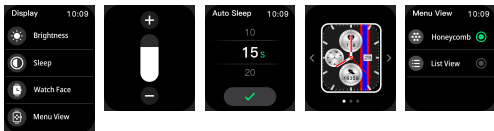
Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

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" -> "FB 104" -> "Weather settings" page on the Da Fit App

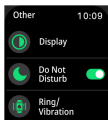
Settings

In the settings page, the settings items of Display, DND, Low Power Mode, Phone, Phone Reset, Ring, System, About are provided.

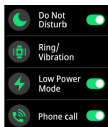
Display: This has all the setting as per convenience on how you want to see your watch



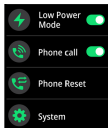
Do Not Disturb: This will dim the light and turn off the vibrations.



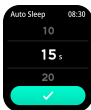
Low Power Mode: This is the ultimate battery saver, this can be used when the watch is not much in use



Phone Call: You can check this for the Bluetooth Calling function



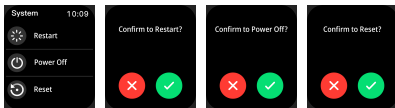
Ring/Vibration: Select at what intensity you want the watch to vibrate



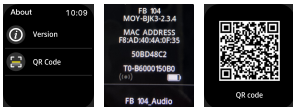
Phone Reset: This is a feature will allow you to reset the bluetooth calling feature



System: This is a feature has power off, reset, restart function



About: This is a feature allows you to check the system version



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.

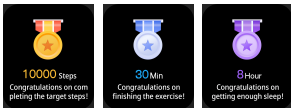
Idle alerts

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



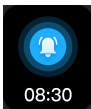
Goal Notifications

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

The image displays a grid of 20 screenshots from an Apple Watch app, organized into four columns and five rows. The first four rows show various workout categories, each with a list of activities and a plus sign to enable them. The fifth row shows three different workout settings screens (Time, Calories, Distance) and one screen for ending an exercise.

Row 1: Popular

- Walking
- Running
- Cycling
- Skipping
- Badminton
- Basketball
- Football
- Swimming
- Climbing

Row 2: Tennis

- Rugby
- Golf
- Yoga
- Fitness
- Dancing
- Baseball
- Elliptical Machine
- Indoor cycling
- Free Training

Row 3: Water Sports

- Sailing
- Water Polo
- Other Water Sports
- Paddle Boarding
- Water Skiing
- Kayaking
- Rafting
- Rowing
- Power boating

Row 4: Kayaking

- Rafting
- Rowing
- Power boating
- Finswimming
- Diving
- Artistic Swimming
- Snorkeling
- Kitesurfing
- Open Water Swim

Row 5: Combat Sports

- Boxing
- Wrestling

Row 6: Recreational Sports

- Archery
- Darts
- Tug of War
- Table Tennis

Row 7: Outdoor Activities

- Rock Climbing
- Skate-boarding
- Roller Skating
- Parkour
- ATV
- Paragliding
- Kabaddi

Row 8: Ball Sports

- Volleyball
- Softball
- Hockey
- Table Tennis
- Cricket

Row 9: Trainings

- Stair Climber
- Stair Climbing

Row 10: Dance

- Square Dancing
- Belly Dance
- Ballet

Row 11: Other Sports

- Equestrian Sports
- Athletics

Row 12: Winter Sports

- Ice Skating
- Curling

Row 13: Settings Screens

- Time** 10:09: 40, 50 mins, 60
- Calories** 10:09: 300, 500 kcal, 1000
- Distance** 10:09: 3, 5 km, 10

Row 14: Active Workout Screen

- Activity: Skipping 10:09
- Timer: 00:00:00
- Heart Rate: 168 Bpm
- Calories: 2000 Kcal
- Steps: 20000
- Distance: 6.96 Km
- Pace: 20'20" /Km
- HR: 168 Bpm
- Progress bar: Aerobic

Row 15: End This Exercise?

- Buttons: Red (X), Green (checkmark)