



SMART WATCH

Thank you for choosing the smart watch as your fitness transformation companion.

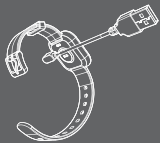
Allow this manual to guide you through the functioning of your smartwatch.

Please read it thoroughly before using your smart watch. Keep this manual for later use as well.



PACKAGE CONTAINS:

- Smart Watch x1
- USB magnetic charging cable x1
- User Manual x1
- Warranty Card x1



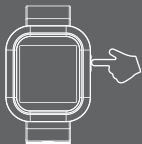
CHARGING THE WATCH

The smart watch must be charged before initial use. It takes 2 hours to be fully charged.

Connect and charge the watch according to the image at left, using a 5V/2A adapter. Please note that the positive & negative magnets on the charger need to be aligned correctly with the watch for the charger to connect correctly.

Note:

Once your watch is at 5% battery, it will automatically switch to power saving mode which will disable all functions.



TURNING THE WATCH ON/OFF

To turn the watch on/off, press and hold side button for 3–5 seconds.

You can wake up the screen by lifting your wrist.



2. Connect the device directly via the mobile application. Do not connect via the phone's Bluetooth® directly.

3. Select Watch Lite on the home screen of the app and click OK to connect.

4. To use all features of your smart watch seamlessly, tap on “yes” to the “connection” and “grant access” system prompt.

5. Turn your phone's Bluetooth® on and allow the watch to access phone location.

6. Disable Love&Sports “Manage automatically” and enable the three options of “Manage manually” in phone app launch.

Note:

To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times. iPhones will not prompt any information unless you complete Bluetooth® pairing with the smart watch.

CONNECTING TO THE APP

1. Download the Love&Sports app on your phone.

Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 5.0 and above)

OR

Scan [QR CODE] (Also available on the watch)

SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization:

- Open the app on your phone.
- Make sure your smart watch is connected; refer to “CONNECTING TO THE APP” section of this manual.
- Synchronization will start automatically once you enter the app interface.

Note:

Synchronize data at least once every day to avoid data loss in the watch.

NAVIGATING THROUGH THE FUNCTIONS

Changing the dial interface

Changing the watch face using app

Select Cloud Watch Faces on the app and select your preferred watch face for your smartwatch.

Note:

Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 secs to sync the watch face with the app.

Changing the watch face directly on the watch

Swipe left on the main interface of your watch screen to enter the main menu → Scroll down → Select “watch faces” → Tap on your preferred display.

Swipe left for menu

Sports mode

Click on the Sports mode icon to choose from 13 different Sports modes: Walk, Run, Cycling, Climbing, Yoga, Basketball, Football, Badminton, Rope Skipping, and Swimming.

To pause or stop the exercise, press the Home button.

Notes:

*All records will be available on the app if you keep it synchronized.

*The touch screen will not function when exposed to water. When your watch does get wet, wipe the surface with a soft cloth before using it.

Make sure maximum depth of water is not more than 59” (1.5 m) and maximum time for exposure to water is not more than 30 minutes.

Guided Breathing Mode

Click on the Breath Training icon to regulate your breathing with the instructions given to relax.

Camera Control Mode

Click on the Remote Camera icon on your smart watch to shoot a photo with your phone.

Note: turn the camera on from your app to use this feature.

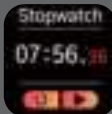
Blood Oxygen Level Monitor

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

Note: Measurements are for reference only and not for medical purposes.

Stopwatch

Tap on the icon to start the stopwatch



Calculator

Calculator function can help you work and study better.



Menstrual

This feature allows women to keep an eye on their menstrual cycle.



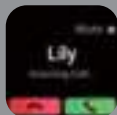
Music Control

This feature allows you to control the music playback settings in your phone from your watch.



Incoming Call

iOS system can answer calls, Android system can only mute the watch ringtone.



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Swipe down for shortcut menu

You can access Sports menu, Brightness, DND, Find my phone, Music control, QR code, the About section and settings from the shortcut menu.

Swipe up to access all data

You can access daily activity and sports records, heart rate monitor, sleep monitor, weather, and music control from here.

Swipe right to access all notifications

Call and Text Notifications

Turn this feature on from your app to receive notifications on your smart watch. It will show 10 new notifications and automatically overwrite the oldest message if there are more than 10.



Note: The watch can be used to reject calls, but cannot be used to answer calls or messages.

PRODUCT PARAMETERS:

Model	Love & Sports Smartwatch
Screen Type	1.4" HD Display
Battery Capacity	220 mAh
Net weight	32.6 g
Bluetooth version	Bluetooth® 5.1
Working temperature	32°F to 140°F (0°C to 60°C)
Charging time	about 2 hours
Working time	about 7 days
Maximum transmission power	7.5 dBm
Frequency band	2402–2480 MHz

Maintenance:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.

Do not wash the strap with a household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

Charging norms & Precautionary Guidelines: -

- 1) Charger/Brick/Adapter | 5V, 2A
- Any other accessory can be paired up with the product as long as the specifications are as per above norms.

