User Manual

Speakers
Heart rate and blood oxygen sensor
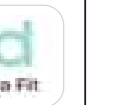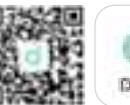Charging port
Microphone
Power key
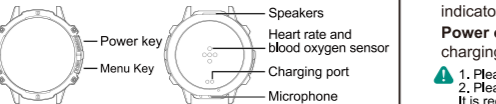Menu Key
Sport Key

APP Download

Scan QR code with mobile phone to download App.

About the Smart Watch

The watch features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.

Wake up:
(1) Single press any button to wake up the screen.
(2) Raise or inwardly flip your wrist to light up the screen.

Screen off:
(1) After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.
(2) Select "setting" > "Display & Brightness " > "Sleep", set screen off time.

Charging Guide

Charging: Align the charging cable with the charging area on the back of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.
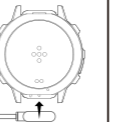
Power on: The device will power on automatically when charging, or you can long-press the top button to turn it on.

⚠ 1. Please do not use high power fast charger;
2. Please keep the charging cable, device, 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.

Paired Device

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.

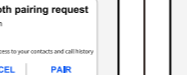## Harmony OS , Android System Users

In DaFit App, click Add Device, the app will automatically scan for connectable devices.

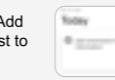Click the Bluetooth name X3 to bind or scan the QR code to connect.

Add device

X3

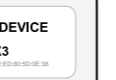You need to agree to the following permissions before using the Bluetooth call function.

⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.

Bluetooth pairing request
To pair with
X3
Allow access to your contacts and call history
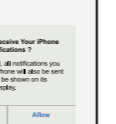CANCEL   PAIR

For iOS Apple Users

Turn to the DaFit App, click "Add Device", find the "X3" in the list to pair.

Tap the device whose Bluetooth name is X3 on the search device page to bind or connect using code scanning, and you need to confirm twice on your watch when connecting.

ADD A DEVICE
X3

You need to agree to the following permission before using the Bluetooth calling function.

Bluetooth Pairing Request
"X3" would like to pair with your iPhone.
Cancel   Pair

Allow X3 to Receive Your iPhone Notifications ?
When connected, all notifications you receive on your iPhone will also be sent to X3 and may be shown on its display.
Don't Allow   Allow

⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.


Watch Wearing

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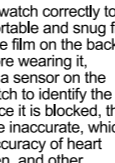
Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.

Button and Screen Control

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.
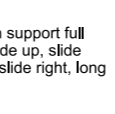
Key-POWER:
1. Short press to light up/out/return to dials
2. Long press to turn on/off
3. Double press to enter recent apps

Key-MENU:
1. Short press function menu/return to previous level
2. Long press Voice Assistant

Key-SPORT:
1. Short press to enter sport mode/previous level
2. Long press timer
3. Support customized keys
⚠ The button customization function is set in App.

Heart Rate Measurement

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 Measurement

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 Measurement

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. Tap Workout in the app list of the watch
2. Select the workout type in the workout screen. You can also swipe up the screen and tap Customize to add and select another exercise.
3. Tap Start icon to start the workout.
4. If the watch is immersed in water during exercise, you can use the Smart Drain function together with shaking your arm to drain the water out of the speaker and microphone holes.
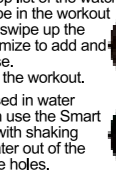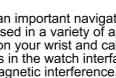
Barometric Altitude

Support measuring the current environmental air pressure.
Support to record 24 hours barometric pressure.
Support measuring the current altitude.

⚠ About Altitude: Altitude values are estimated based on the watch barometric pressure sensor readings.
Weather changes will bring about changes in barometric pressure, which in turn will affect the accuracy of the altitude value.

Compass

The electronic compass is an important navigation tool in modern times and can be used in a variety of applications. Before use, please wear it on your wrist and calibrate it according to the instructions in the watch interface, and keep it away from electromagnetic interference.