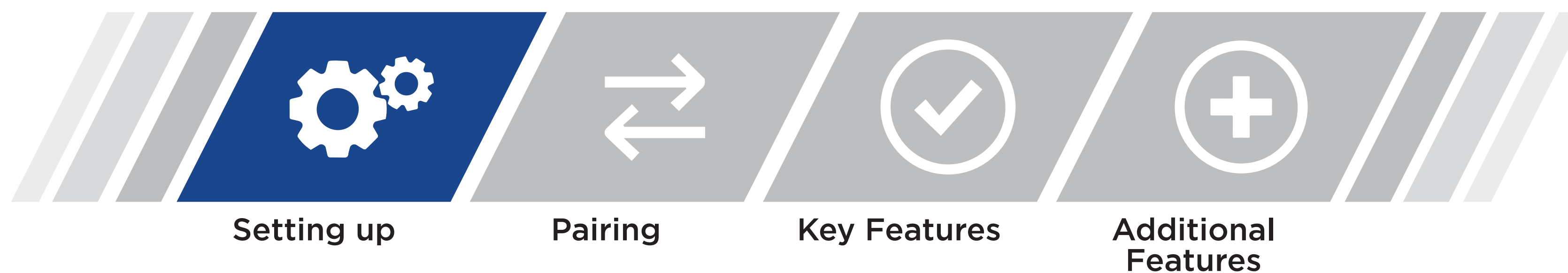


SONATA STRIDE

SONATA STRIDE PRO



SETTING UP THE STRIDE PRO WATCH

STEP 1 : Unbox the SONATA STRIDE PRO watch

Remove the crown spacer and
press the crown to start the watch.

STEP 2 : Download the SONATA STRIDE MOBILE APPLICATION

Download the SONATA STRIDE mobile application from



Please scan the QR code to download the app



Android users



IOS users



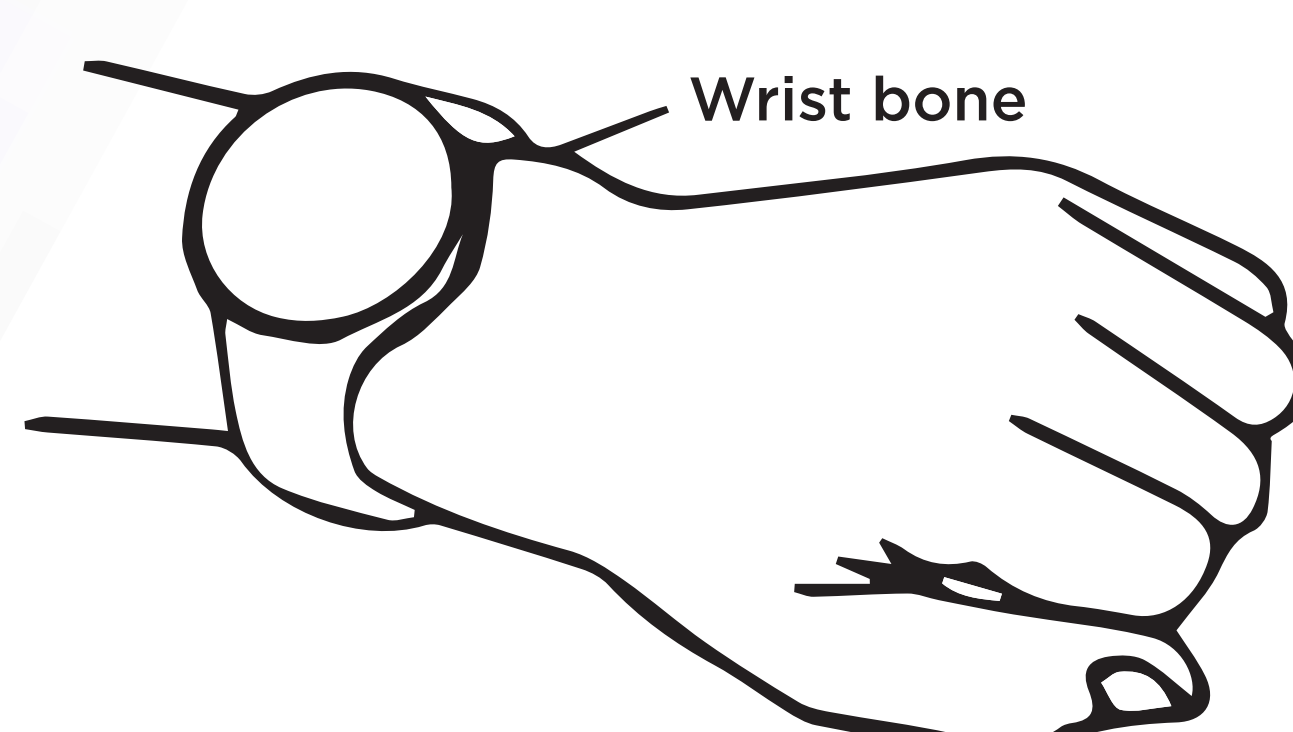
SONATA STRIDE

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PAIRING THE STRIDE PRO WATCH

- 1 Wear your STRIDE PRO Watch on your wrist. Adjust the band so your STRIDE PRO Watch fits closely but comfortably on your wrist.



- 2 Remove the spacer from a Crown near 3H, rotate the crown to adjust the time and then press it to start the watch.



- 3 Open the SONATA STRIDE Watch app on your Phone and follow the instructions on your phone pairing.

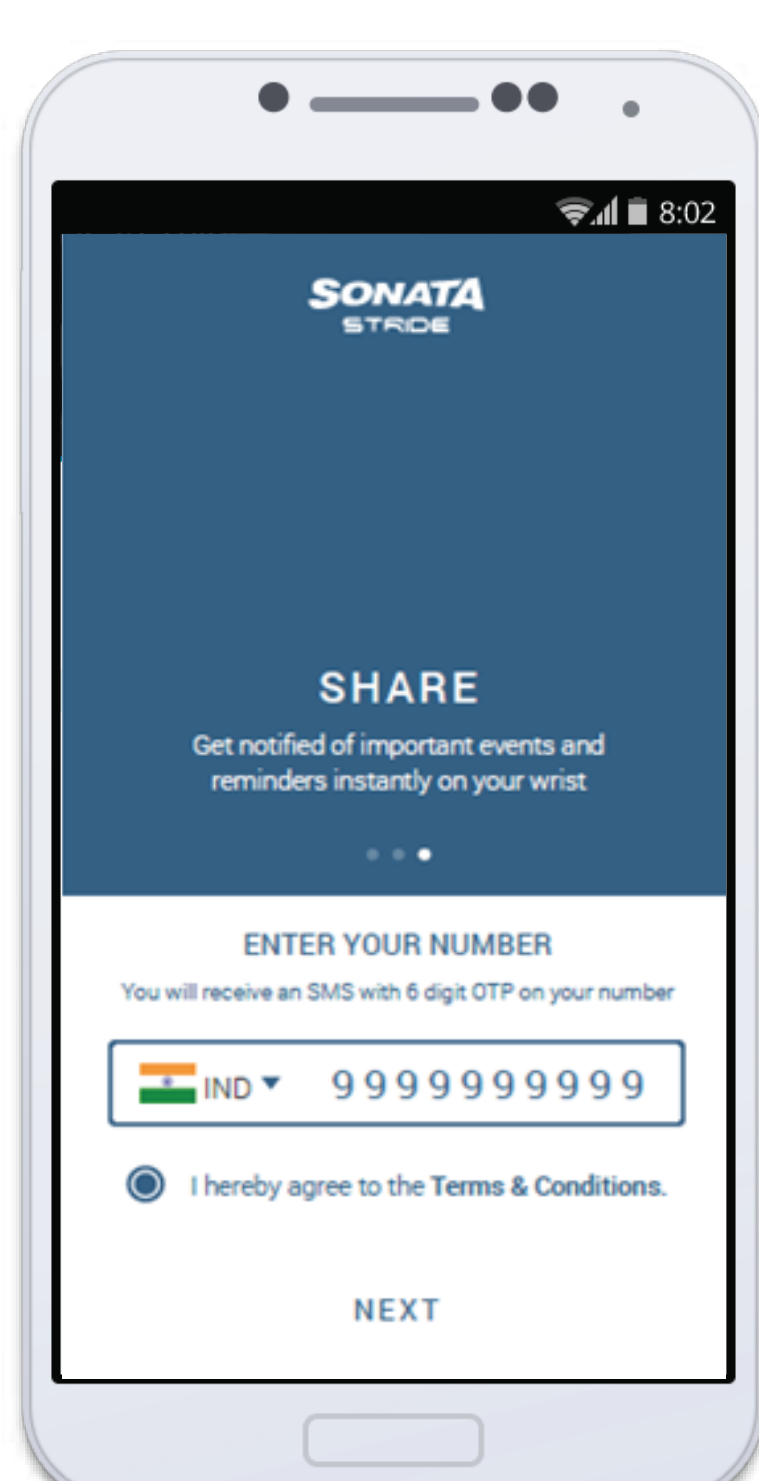
PAIRING WITH YOUR PHONE

Please note that you have to do the pairing in the SONATA STRIDE app and NOT in your mobile device's Bluetooth settings.

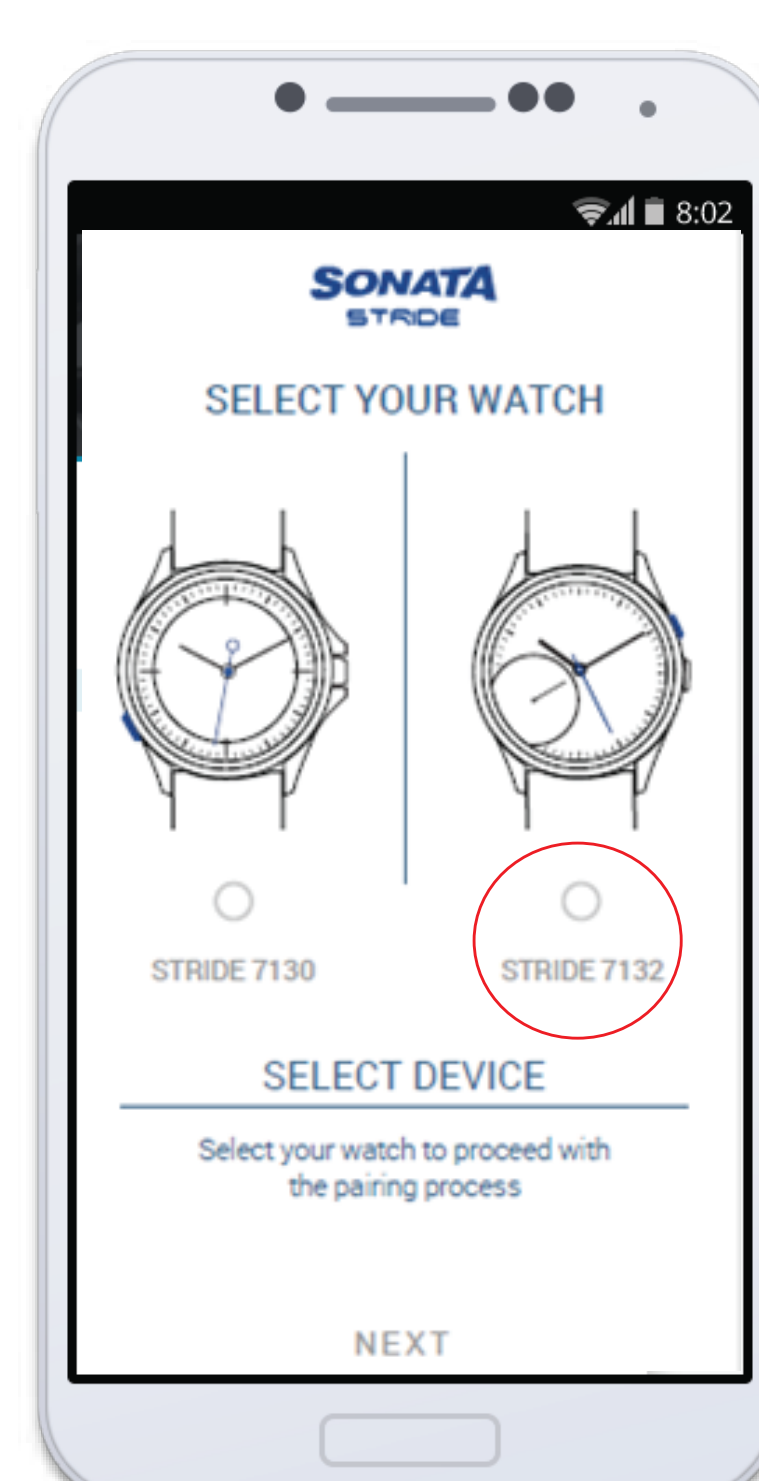
- 1 Make sure your mobile device is connected to the internet and turn on Bluetooth®.
- 2 Make sure your location on the phone is set to high accuracy setting
- 3 Open the SONATA STRIDE app on your mobile device.



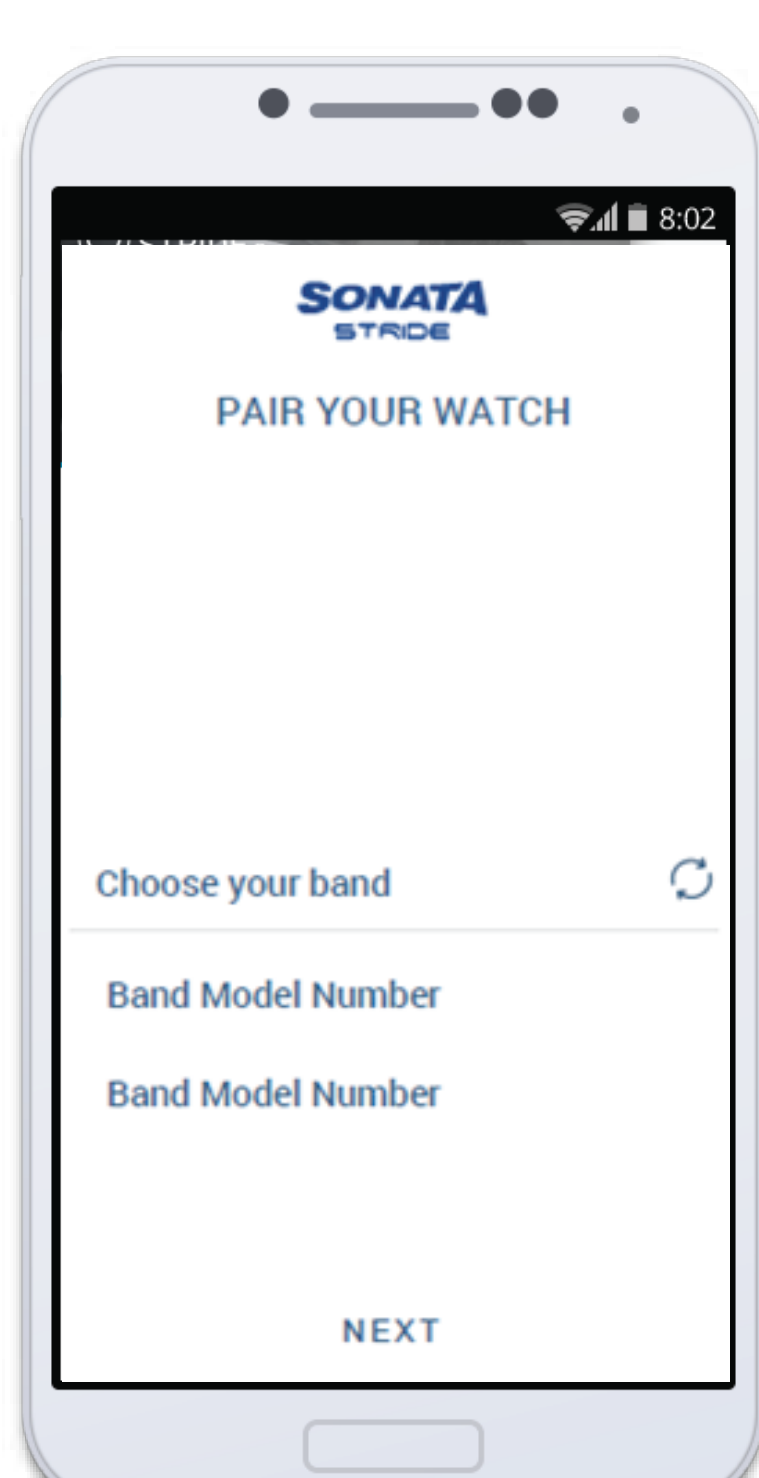
- 4 Register with your phone number as instructed on the screen



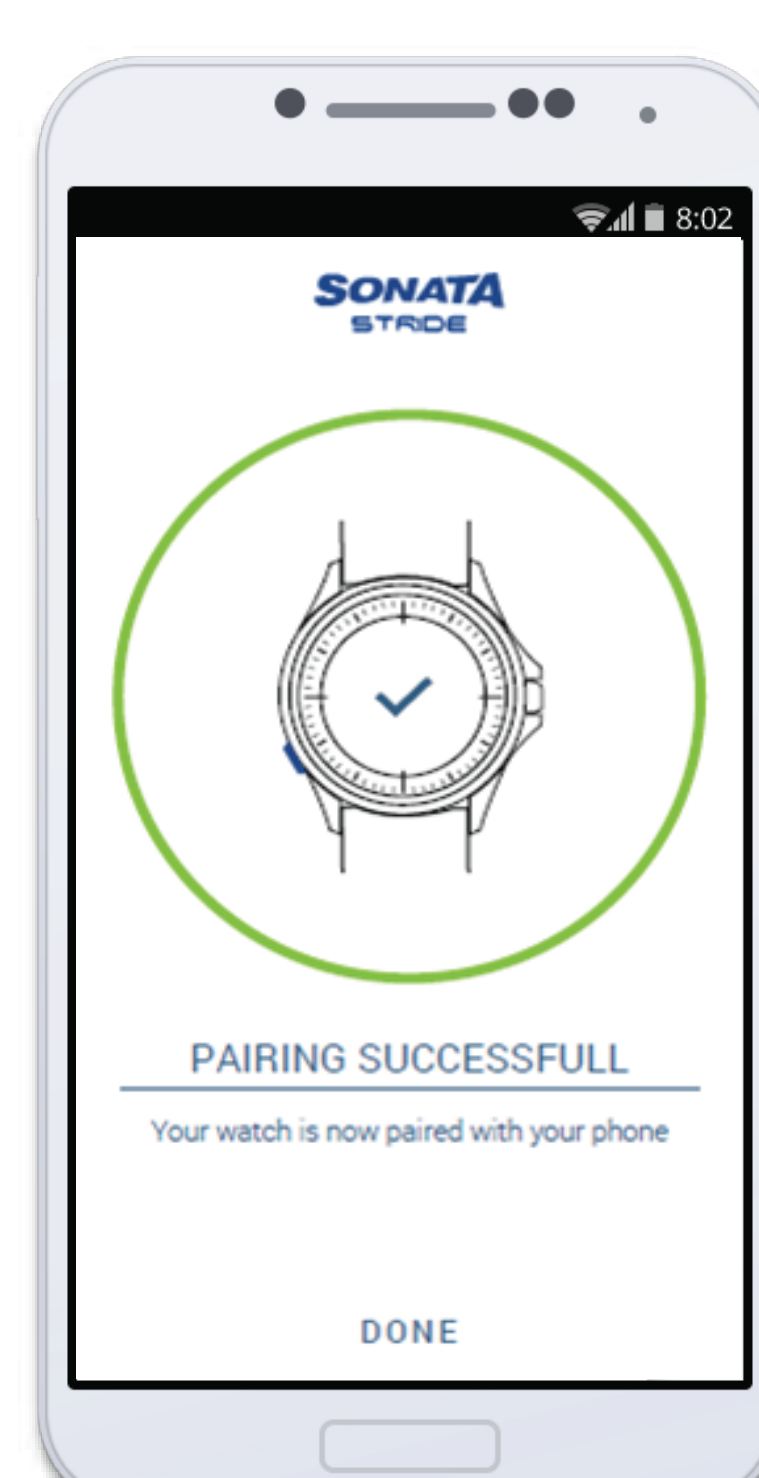
- 5 Select your watch -Select Stride Pro (STRIDE 7132) watch on the screen



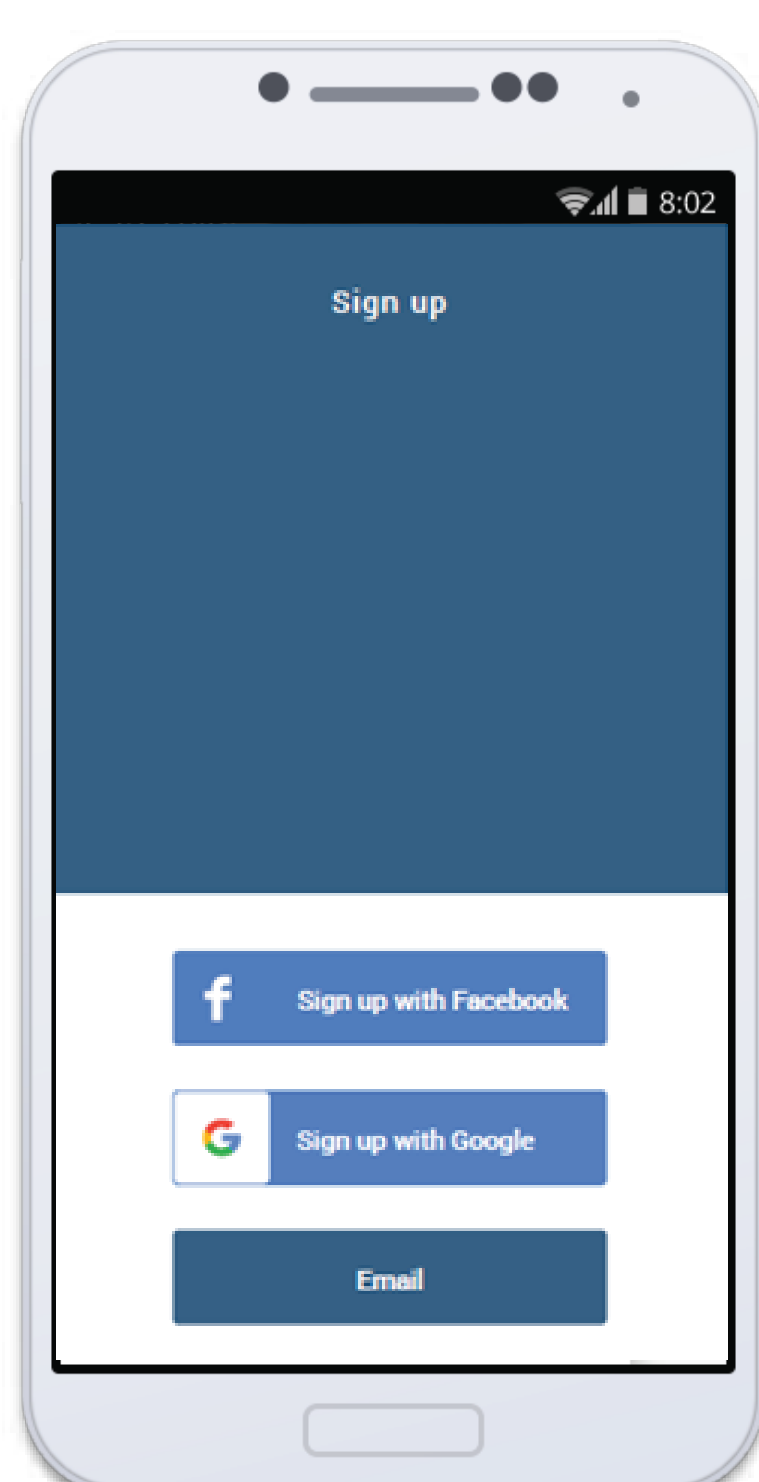
- 6 The app recognizes your SONATA STRIDE PRO watch nearby and prompts you to start pairing it.



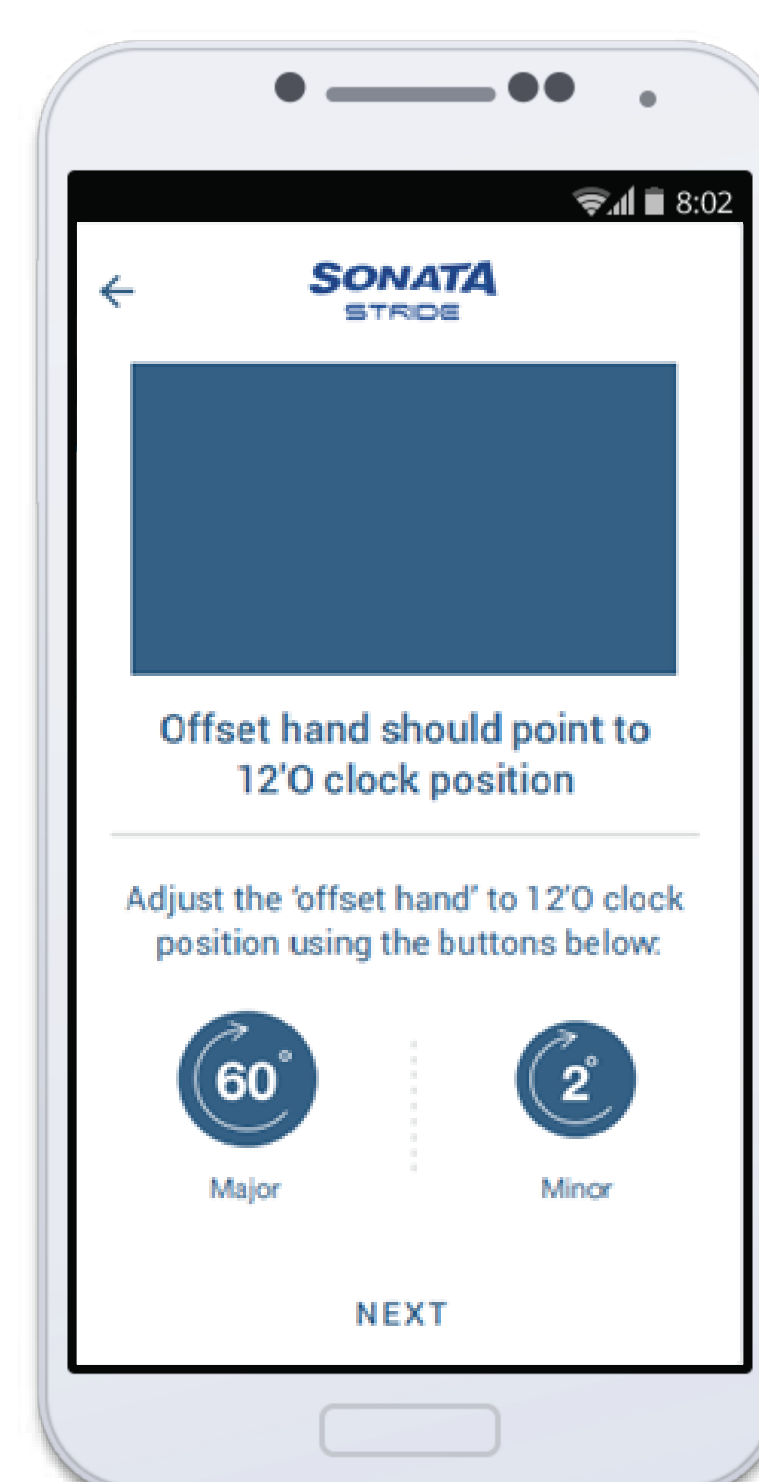
- 7 Accept the pairing request and your watch will be paired



- 8 Sign up with your GMAIL/FB account or create a new one.



- 9 **Calibration** - Follow the onscreen instruction to calibrate the secondary dial. Check the hand position in the secondary dial on your watch and accordingly adjust the offset hand in the mobile app so that they match.



Your watch is paired and calibrated.
You will be redirected to the home screen.



DATA SYNCING FROM BAND TO APP

- When the watch and app are connected via Bluetooth, the data will sync automatically.
- To sync data manually from the band to app, use “Pull to Refresh” swipe from top to bottom on the dashboard.

NOTE - Once the data is synced automatically or manually, the ‘Pull to Refresh’ function will work after the interval of 5 minutes.”

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KEY FEATURES

Activity Completion

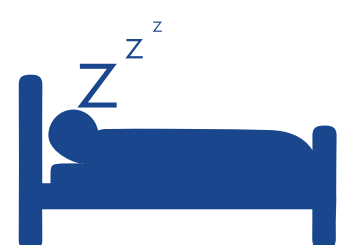
Call Alerts

Sedentary Reminders

Alarms / Reminders



The counter hand moves clockwise indicating the **percentage completion** of the goal



The counter hand will move towards **sedentary logo** on the dial along with vibration indicating sedentary alert

The counter hand will move towards **call logo** on the dial along with vibration indicating call alerts



The counter hand will move towards **Alarm logo** on the dial along with vibration indicating alarm/vibration



Features in the Mobile Application

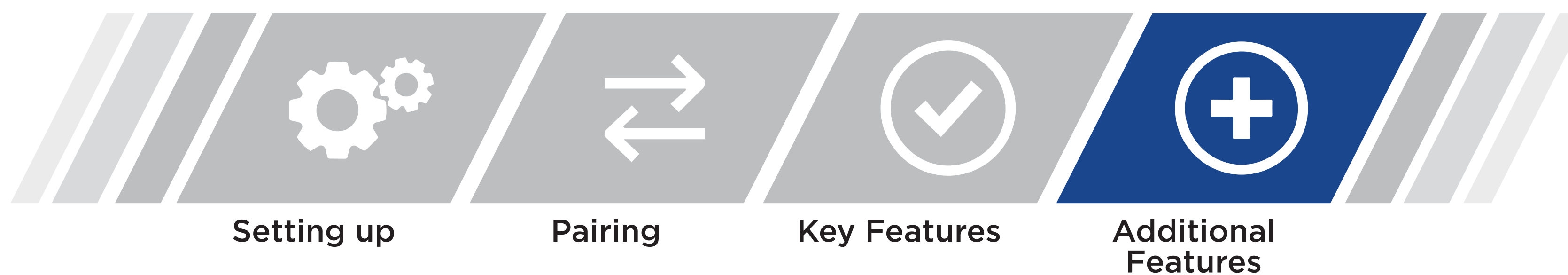
Sleep Monitor (App)
Will be displayed on the mobile phone

Fitness tracker (App)
Counter will display the percentage completion.

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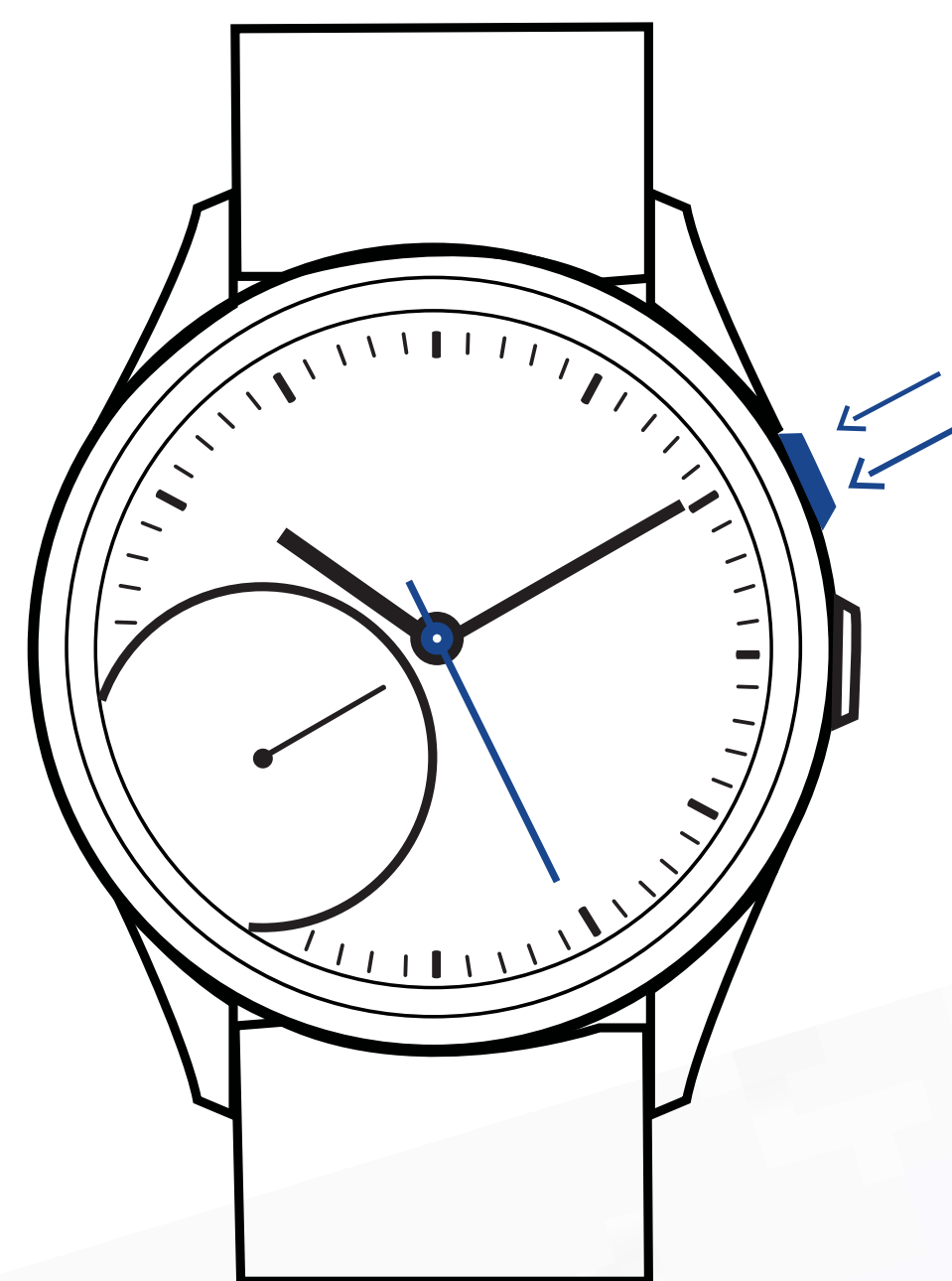
SONATA STRIDE PRO



ADDITIONAL FEATURES

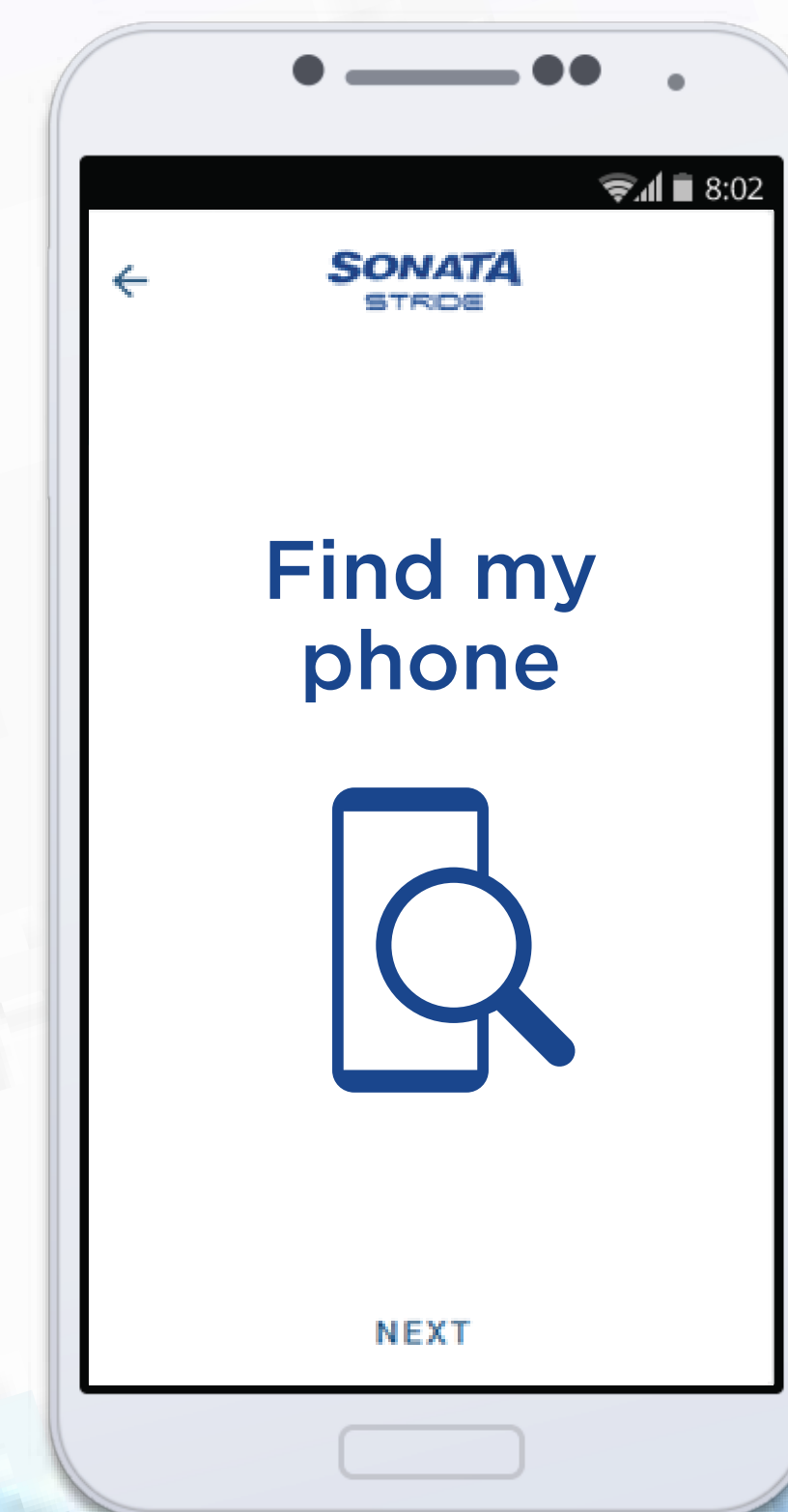
Camera Control

- Step 1 - Press the 2H button 2 times to launch the camera on your phone.
- Step 2 - Press 2H button 2 times to click photo. Happy Clicking!



Find my phone

- Press the 2H button 1 time to find your phone.



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FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.