



The box contains

- Smart watch
- Charging cable
- User manual

Wear a watch

For daily wear, wear the watch about one finger away from the wrist bone, and adjust the tightness of the wristband to a comfortable position

Note: Wearing too loosely may affect the data collected by the heart rate sensor.



Downloading and pairing

1. Download the app

Scan the following QR code to download "Movwing" or search and download the "Movwing" app from Google Play or App Store. -2-



Turn on the app and bluetooth. Search and select the device in the app. Finally, bind the device in the app.

Gesture operation

- Swipe up to view the notifications
- Swipe down to reveal the control center
- Swipe left to see the guick settings
- Swipe right to expand the quick settings
- Hold the screen to change the watch face
- Hold the power button to turn off
- Press the button to start a workout, you can pause and

Outdoor running Indoor running

Resume during exercise

Main function introduction

14 Sport modes	outdoor Walking , Indoor walking , Hiking , outdoor Cycling , Indoor cycling , Cricket , Indoor swimming , Open water swimming , Yoga , Rower , Elliptical , Workout	
The Heart rate	All day continuous heart rate monitor, you can view historical heart rate data	
Blood oxygen	All-day blood oxygen monitor, you can view historical blood oxygen data	

All-day stress monitor, you can view historical stress data Breath training Help you regulate breathing and relax Record your sleep time and sleep state Record female menstrual period and It supports checking weather condition for 7 days and daily real-time weather Set, view, close or open the alarm Accurately record to hundredths of a Easy to set a big screen timer Support to view time in 4 different time zones at the same time Remind you to drink water if you always Set a goal and the watch will remind you

Stress

Troubleshooting

Can't connect with BT

1. Make sure your device supports BT 5.1. Make sure your devices software is or above iOS 9.0 or Android 5.0. 2. Restart BT and reconnect after 20 seconds.

- 3. Restart mobile phone.
- 4. Make sure your mobile phone is not connected with other device.
- 5. Make sure App is running in the system.

Can't search the watch

Make sure your location services are enabled (GPS is working, the watch has enough power, the watch does not connect with other phone and under activated state, then keep the watch close to your phone.

If still can't search it, please turn off BT function and reconnect after 20 seconds.

Can't receive notifications after enabling it

Android phone: Make sure the watch is connected to your phone allow app to access notifications. If any security app installed, add app to trust list.

iPhone: Make sure the product is connected to your phone reboot your phone and reconnect it with the

The watch supports water resistant 50 meters, It can be used for shallow-water activities like swimming in a pool or ocean(Not suitable for diving).

The watch is not working and restarts suddenly.

Please check and clear the storage of the device and try again, or turn off the app and reopen it

Caution

- Risk of explosion if battery is replaced by an incorrect type, dispose of used batteries according
- The product shall only be connected to a USB interface of version USB2 0
- To prevent device damage, accessory damage and device failure, always protect the device against strong impact or shock.
- Working temperature: -20°C~50°C

Charging

1. Place the magnetic harging cable on the back of your smart watch. Make sure the concave point of the charging cable magnetically snaps to the back of your watch and aligns it properly.

2. Please connect the charging cable to standard USB charger, the input voltage is 5V and the input current

3.If the smart watch cannot open after long time placement, you need to precharge to 5% battery power, and then turn on the smart watch.

4. Please wipe clean the charging contacts, to avoid the sweat or water left over.









use; please always use the original charger to charge the

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Precautions

- 1. Keep the device clean:
- 2. Keep the device dry;
- 3. Do not wear the device too tight.
- * Do not use household cleaners to clean the device. Use * For stains that are difficult to remove, it is recommended
- to scrub with alcohol. Waterproof performance: the device is not suitable for diving, swimming in the sea or sauna; it is suitable for swimming pool, shower (cold water) and swimming in

Basic parameters

Model	MW01	Case size	44mm	
Waterproof	5ATM	Battery capacity	300mAh	
Bluetooth	BLE5.1	Working temperature	-20°C~50°C	
Weight of product	39g	Charging voltage	5V±0.2v	
Standby time	40days (Lab test result)	Working time	5~7days (Lab test result	
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Customer service



12 Months warranty

Warranty certificate

Name:	
Address:	
Tel.No.:	
Date of purchase: (dd/mm/yy)	
Store name:	
Warranty period:	
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Warranty terms conditions

 All quality-related defects on items sold directly authorized resellers are covered by an extensive warranty, starting from

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- . Warranty is restricted to the country of purchase. The limited warranty is void on items taken outside the country they were originally bought in or shipped to directly from an authorized online purchase.
- This warranty covers only products. It is not applicable to normal wear and tear, or any defects arising from damage caused by misuse of this product.
- Warranty is for the primary product only nor transferable. Any
- If the product fails regardless of usage in compliance with the instruction manual and other written precaution, replacement will be provided free of charge.

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 If you need to replace or repair the watch, please bring the warranty certificate and the product itself to the store where you purchased the product.

FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two

(1) this device may not cause harmful interference. (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

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 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

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说明书单页尺寸: 95x65(mm) 说明书整页尺寸: 95x455(mm)

材质: 80g哑粉

单色印刷

装订方式: 折页