

① ON/OFF

3 APP

Connection steps

Scan or search to download "ZDFIT"



#### 感谢您选择本公司智能手表

您可以通过阅读本手册,全面地了解设备的功能和 操作方法,本设备非医疗器械,测 数据和结果仅 供参考,不作为诊疗依据。本公司保留在不作任何预先通知的情况下对 手册中内容作修改的权利,恕不另行通知。

产品配置: 包装盒 x1,说明书 x1,主机 x1,充电线 x1



侧键: 长按开关机,在表盘页面短按为息屏 在其他页面短按返回表盘页面,灭屏时短按亮屏

## 触摸示意图





触模说明: 点击进入,右滑返回,待机界面下划进入状态栏,上划进入消息通知,右划进入菜单界面,左滑进入常用功能。

# 触摸示意图

· 战盘切换: 长按待机表盘进入,左右划动选择。也可旋转按钮切换表盘。





充电说明: 本产品使用磁吸充电器,支持5V以内的手机充电器,一次充满电 大概需要2小时。

 首次使用手表,确保手表电量充足,若低电无法开机,请先给手表充满电,充 电时长2小时左右。 ·确保充电电缆上的充电针正确安装在智能手表背面的充电针上,然后将用户电 缆的另一端插入电源。

### 手机/手表互联

首先手机要下载 app 到手 机上并安装。 1. 105、Andriod 手机用户: 通过手机划宽器扫描二维码,或者用微信扫一扫,当打开界 或者用微信扫一扫,当打开界 有大力造动,选择 用手机浏览器打开下载。



\* 安装过程中,会提示同意权限,全部点同意,完成后,打开APP并打开手机蓝牙,点设备 - 点添加设备,当搜索到"对应设备蓝牙名称"并点击连接就可以了,部分手机需要打开GPS才可以搜到手表蓝牙名称。

在智能手机上开启蓝牙,然后打开手机上的"APP"应用程序。
 在APP设备界面点击"连接设备"将会出现搜索界面,选择对应的手表蓝牙名称即可连接。(解除绑定可在设备页面直接点击解除绑定即可解绑)



# 打开 APP- 设备 - 消息涌知, 洗择对应的软件, 洗择打开。

首先手表的通知功能只是同步手机通知功能,如来电来信,QQ微信来信提醒,如果你的手机没有收到通知,那手表端也是收不到的,要在手机设置-通知功能,找到对应的 APP,把允许通知打开。

2. 手表恢复出厂设置,进入手机蓝牙设置,看已连接设备是否有"对应设备蓝牙名称"如果有,请取消配对,把手机蓝牙关闭,再打开重新连接一遍。

3. 把APP删除并重新下载,记住安装过程中提示同意权限要全部点同意,再重新连接

圆件升级, 蓝牙正常连接情况下,进入APP,点设备-点圆件升级,如果有新版本, 会提示弹框是否升级,升级过程需要3-5分钟,升级完成后,手表会自动开机并重连

\* 升级过程中如果进度条卡住,请不要做任何操作, 慢慢完成直到升级完成即可。

通话: 本身支持蓝牙通话,下拉菜单点击蓝牙通话图标,连接app后会有提示弹框,可到手机设置-篮牙-连接设备蓝牙音频就完成了。蓝牙通话音频可选择关闭,此时手表不能蓝牙通话。默认开启低功耗模式,可延长使用时间。

语言时间日期: 当手表跟手机APP连上后,就会同步手机的语言跟时间日期。

待机界面: 总共有多个待机界面可选,在待机界面,长按屏幕3秒切换界面,可通过APP下载表盘,也可以将喜欢的相片或图片设为表盘背景。

消息: 侍机界面上划进入消息通知, 下划退出, 可同步手机端通知功能, 如QQ微信等来信, 如果显示信息详细内容, 要把手机端QQ微信通知功能设为显示详情, 可显示最近消息通知, 当来电来信时会震动提 示, 可以拒接来电。

计步、里程、卡路里: 显示当天的步数、里程、卡路里消耗,每晚十二点会保存数据,重新归零。

运动: 点击进入多运动模式,选定一个模式,点击进入开始,右划进入暂停界面。每项运动数据有运动时间、卡路里消耗及心率等。

心率: 点进入即开始监测,通过绿光扫描皮肤表层毛细血管的变化,而得出心率数值,右划退出,心率正常人一般为60-90次 / 分钟,职业运动员会低于60,普通人最高心率为220减去年龄。长期锻炼可以达到增强心肺作用。

睡眠监测, 每晚9:00后台会自动打开此功能,通过连接手机APP,可以查看睡眠质量 的详细数据。

秒表: 点击右下角开始, 再点击暂停。

音乐控制: 先打开手机音乐播放器, 再用手表同步操作。 关于: 点击进入可查看手表型号、版本号、蓝牙地址。

恢复出厂: 点击复位,数据会清零。 闹钟: APP和手表可设置闹钟提醒。

久坐提醒: 通过手机端APP可设久坐提醒。

勿扰模式: 手表关闭除闹钟以外其他提示弹框。 找手机: 点击连接的手机会发出铃声。

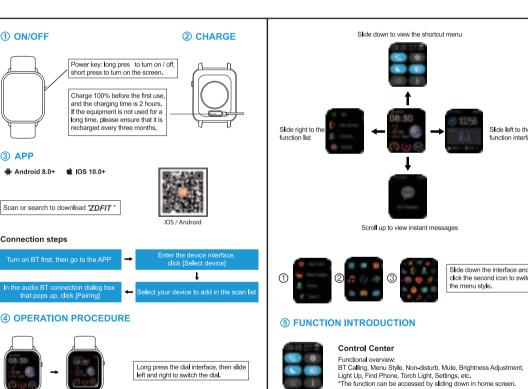
抬手亮屏: 手机端APP打开抬手亮屏, 当手腕上抬自动亮屏, 此功能打开比较耗电。

1. 本产品在正常使用时,如果出现因制造,材料,设计等原因引起的产品质量问题,自购买之日期起。主板一年角免费保修、电池、充电器保修半年。
2. 因使用者个人原因造成的故障。不提供免费保修,如下:
1. 擅自拆装。改装手老等造成的故障。
2. 在使用过程中不慎跌落而造成的故障。
3.) 一切人为境坏或因第二者过失、误用(如:主机进水,外力震裂,外围部件的治统压等),不在保修范围内。
3. 在要求提供免费保修时,请必须提供填有购买日期和购买处印章的保修卡。
4. 产品的所有功能都以实物为主。



#### 感谢您的选购

# **User Manual**



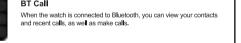




Blood oxygen









# After the watch is connected to the app, enter to the interface of voice assistant, and click the screen to monitoring, then you can talk to the watch the watch will follow your instructions.

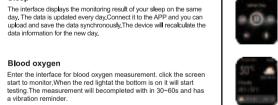
Enter the breathing interface, select the time and speed you and then follow the watch command to inhale and exhale.





After the watch connecting with the app, you can control the state of your phone music player (Pause or start, volume control and switch song).

If you want to play the music by watch, please turn on "Setting-Voice-Media audio."





Breathing training

After you connect your watch with the APP and open the location permission, the weather interface will display current temperature a weather.

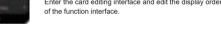




# Enter the alarm clock interface and you can set multiple types



#### Card editing Enter the card editing interface and edit the display order



\* More functions please refer to the actual content!

# 🗥 Be careful

- Do not wear this product for bathing, swimming, diving, hot spring, sauna and other activities to avoid damage caused by water.
   Please keep the equipment and accessories dry, so as to avoid dirt and bacteria.
- Prease keep in equipment and accessories by, so as a value and an outcome.
   Do not use a microwave oven or a blower to heat and dry the outside of the equipment;
   Do not operate at high temperature or Place the equipment and its accessories in the low area;
   Do not subject the equipment and its accessories to strong impact or vibration; avoid Avoid using the equipment in the environment of hot sun, high temperature, humidity and open fire accessories.
   Do not allow children or animals to chew or swallow the equipment;
   Do not dispute the properties of the propert
- After the product is charged, disconnect the charging cable from the power source to prevent short-circuit when it comes in contact with conductive objects.
- All health datas involved in this product is for reference only, not used as a basis for medical diagnosis.
- Additional functions of the watch, such as caller ID display and message push, may not b



FCC Statement
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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 to radio communications. However, there is no guarantee that interference to radio or television reception, which can be determined by turning the equipment of gand on the user is encouraged to try to correct the rning the equipment off and on, the user is encouraged to try to correct the nterference 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 ceiver is connected.

receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help
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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.