



**YOUR TIMEPIECE,
BUT SMARTER**

Flex

FASHION MEETS FUNCTION



130+ Watch
Faces



Music
Control



1.69"
LucidDisplay™

USER MANUAL

Welcome

Thank you for purchasing the Ambrane Flex smartwatch. We recommend you to read the instruction manual carefully before using the product.

Package Contents

- 1N Ambrane Flex
- 1N User Manual Scan Card
- 1N USB Magnetic Charging Cable
- 1N Rating Card

Product Overview



Turning the Watch ON

To turn the watch on, press the key on the right side of the watch for 4 to 5 seconds.

NOTE: The smart watch must be charged before initial use.

You can wake the screen by lifting your wrist. Enable the feature on the app to use.

Charging the Watch

1. Turn the watch over, align and attach the charging pins to the magnet gold prongs.
2. You will see the charging icon on the watch screen after 5 seconds.
3. Complete charging may take up to 2 hours. The battery icon would change to full after the charging is complete.
4. Please clean the charging interface before charging to avoid erosion of the gold prongs and other risks.

Download and Install the App by the name of "Da Fit"

You can set up the Smartwatch through the "Da Fit" app for iOS or Android devices. Scan the QR code from your watch to get Da Fit in your app store.



SCAN THE QR CODE
FOR APP

DO NOT PAIR THE WATCH DIRECTLY WITH BLUETOOTH IN YOUR PHONE'S SETTINGS.

Pairing Instructions

1. Turn on Bluetooth on your smartphone.
2. After installing the Da Fit app on your smartphone, register and log into your account as per the instructions on the screen.
3. Ensure that the smartwatch and smartphone are kept near each other.
4. Continue following the onscreen instructions to connect or pair your smartwatch to your smartphone.

Open App > Device > Add a new device > Choose FitShot Flex.

5. Select the Bluetooth name FitShot Flex from the list. The watch will show a pairing notification, click on  to confirm pairing.

Note: Device should have at least android 5.0+ or iOS 11.0+ and above. The watch can only be paired with one smartphone at a time. To pair any other smartphone, please unbind the currently connected smartphone before pairing.

Synchronize Data

In daily wear, the watch can detect and record all kinds of data. The user needs to connect the smartwatch with Bluetooth on the app and enable to synchronize.

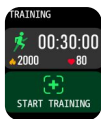
Note: To prevent data loss, please synchronize the watch at least once every 7 days.

Watch Faces

Your Ambrane Flex comes with 5 different watch faces for you to choose from. Once you pick your favourite theme, your home screen will display the date, time, week, weather, steps you take, battery status and connection status. Long press the screen, swipe to choose and click to confirm.

Custom Watch Faces: Open the app > Go to Device > Click on Watch Face. Now, choose Watch Face 5 to edit or add your favourite picture in the watch wallpaper and you can download more watch faces by clicking on the Discover More Dials.

Exercise Modes



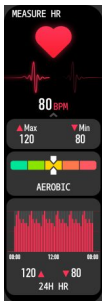
Go to the Training Mode to choose different Training Modes. There are a total of 8 training modes on the Flex watch.

During Sports

To Pause: Short press the right key

To End: Short press the right key

Heart Rate



Tap on the icon to measure your heart rate. Wear the watch on your wrist, keep it close to your heart, and stay still.

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

Blood Pressure



Click on the blood pressure monitor icon to check your diastolic/systolic blood pressure.

NOTE: Measurements are for reference only.

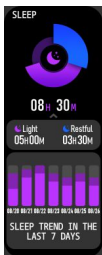
Steps, Distance & Calorie Monitor



You can view daily records of steps, distance and calories on the app as well as your smart watch. The data will be cleared at the end of every day

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

Sleep Monitor



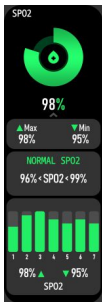
Tap on the icon to review sleep data of the previous night.

Once the asleep criteria is met, your watch Flex will start recording from 8 pm at night to 12 pm in the afternoon the next day.

Once you lie down and watch detects no movement for 30 Minutes, it will start recording, and will stop recording if it detects excessive movements.

You can check the data on the app only after the awake criteria is met.

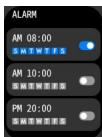
Blood Oxygen Level Monitor



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 as this is not a medical grade equipment.

Alarm



Set the alarm in the app and sync to the watch. You can set up a maximum of 3 alarms at a time.

Weather



It shows you the weather forecast when you connect the watch with the app.

Music Control Mode



Tap on this icon to launch music control mode.
NOTE: Ensure the music app is running on your phone for this feature to work properly. This feature might not work for some of the Music Apps with different control protocols.

Breath Training Mode



Tap on the icon, Tap to start breath mode and then focus on your breath.

Stopwatch



Tap on this icon to use the stopwatch.

Camera Control Mode



Click on the remote camera icon on your watch Flash to click a photo from your phone.

NOTE: For both android & IOS, you need to turn on the camera from the app and trigger from the watch.

Flashlight



Tap on the icon to turn your screen into a flashlight when in need.

Countdown Mode



Tap on the icon and select time modes (1 min, 3 min, 5 min, 10 min, 15 min, 30 min, 1 hour & 2 hour)

Call and Text Notifications



Turn this feature on from your app to receive notifications on your watch Flex. It will show 7 new notifications and automatically overwrite the last message if there are more than 7.

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

Brightness



Click on the brightness icon to adjust brightness levels. To maximize battery life, keep your watch brightness at 0 or 1.

Theater Mode



Slide down and tap on the theater icon to enable or disable vibration mode on the watch.

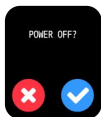
Reset



Go to settings and then tap on the reset icon to reset your watch.

NOTE: All data will be lost.

Turning The Watch Off



Press the side button and scroll down and go to settings, Tap on power off.

Swipe Down to access the shortcut menu



You can access Find my phone, Vibrator ON/OFF, Flashlight, Theater Mode, Weather, Brightness & Settings from the shortcut menu.

Find My Phone



Tap on the icon to make your phone ring. Make sure the app and phone are connected.

Menu View



Flex comes with 2 different menu views (Grid & List View). You can choose the menu style according to your choice.

Cleaning and Maintenance

1. Keep the product clean.
2. Keep the product dry.
3. Do not wear it too tight.
4. Do not use household cleaners to clean the watch. Use a soap-free detergent if you need to clean it.

Safety and Product Information Notes

Battery Warning:

Do not disassemble, pierce or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

Health Warning:

The watch's optical heart rate sensor glows green and ashes. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician to affirm if you can wear this product.

The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device, accessories, heart rate sensors other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. We are not responsible for any consequences caused by any data deviation.

Matters Needing Attention

- Watch data needs to be kept once every 7 days to avoid data loss.
- The watch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquids.
- The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports mode supports up to 6 hours of exercise at a time.
- Avoid wearing the watch too tight in daily use. Please keep the parts of the watch touching the skin dry.
- When your heart rate is measured, keep your arm still during the test.

Caution

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS



Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycling valuable raw materials and the treatment of toxic substances.

Warranty Terms & Conditions

- All warranty information, product features, and specifications are subject to change without prior notice.
- All matters are subject to Delhi Jurisdiction.
- This smartwatch comes with 365 days warranty from the date of purchase.
- Warranty can not be claimed if the product is damaged by wrong operation or force majeure.
- The accessories (magnetic pin charging cable) which come along with the smartwatch come under a warranty of 90 days.
- The wear-and-tear accessories such as the straps are not covered under warranty.

CUSTOMER CARE:

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