



User Manual

<p>Capacitor</p> <p>Thank you for choosing our smart watch. Below is a quick overview of the primary keys on your new device.</p> <table border="1" style="margin-top: 10px;"> <tr> <td>1 Confirm Key</td> <td>Press this key lightly to start/pause, or to confirm current selection</td> </tr> <tr> <td>2 Selection Key</td> <td>Press this key lightly to turn page</td> </tr> <tr> <td>3 Return Key</td> <td>Press this key lightly to return to previous screen. Press and hold this key to power off.</td> </tr> <tr> <td>Soft Key</td> <td>Swipe screen to change option Tap to enter</td> </tr> </table> <p>II. Getting Started: Installing the 'Hplus' Mobile App</p> <p>To sync your GPS Sports Watch with your mobile phone you will first need to download the 'Hplus' app for mobile. Find and download the app by searching 'Hplus' in your iOS or Android app store, or by scanning the QR codes below.</p> <p>III. Pairing your Watch with your Phone</p> <ul style="list-style-type: none"> Launch the 'Hplus' app on your mobile phone. Enable Bluetooth on your phone and search for available devices to pair. Pair your phone with the device "SmartBrand" and your watch is ready. Once connected the Bluetooth icon on your phone will display as blue <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>APP Store</p> </div> <div style="text-align: center;"> <p>Google Play</p> </div> </div>	1 Confirm Key	Press this key lightly to start/pause, or to confirm current selection	2 Selection Key	Press this key lightly to turn page	3 Return Key	Press this key lightly to return to previous screen. Press and hold this key to power off.	Soft Key	Swipe screen to change option Tap to enter	<p>IV. Charging Your Device</p> <p>Your device utilizes magnetic charging, as shown in the diagram below. Please note the direction of the charging cable</p> <p>V. Using Your Device: Tracking Your Activity</p> <p>Your new GPS Sports Watch will display three types of activity tracking data.</p> <ul style="list-style-type: none"> Distance Step Count: Step count will automatically reset every 24 hours Calories <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>01251</p> </div> <div style="text-align: center;"> <p>0.87</p> </div> <div style="text-align: center;"> <p>00517</p> </div> </div> <p>VI. Using Your Device: Tracking Your Health</p> <p>Your new GPS Sports Watch will display two types of health tracking data:</p> <p>Heart Rate: Enter the heart rate interface and start measuring. This heart rate will stop measuring when you exit the heart rate mode. This heart rate monitoring should not replace advice from a medical professional.</p> <p>Sleep Mode: Enter the sleep interface to check the quality of your nightly rest.</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>068</p> </div> <div style="text-align: center;"> <p>03:14</p> </div> </div> <p>VII. Using Your Device: Notifications</p> <p>Enter notification mode to view the latest 5 messages or notifications.</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>01251</p> </div> <div style="text-align: center;"> <p>0.87</p> </div> <div style="text-align: center;"> <p>00517</p> </div> </div> <p>VIII. Using Your Device: Compass</p> <p>Calibrate the compass by moving wrist to draw an 8, then compass is ready.</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>01251</p> </div> <div style="text-align: center;"> <p>0.87</p> </div> <div style="text-align: center;"> <p>00517</p> </div> </div>	<p>IX. Using Your Device: Tracking Exercise</p> <p>Hiking</p> <ol style="list-style-type: none"> Enter this mode and start exercising. Press key ② to check other data. Press key ③ to record the number of laps manually. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising. <p><i>User can select save, delete or continue</i></p> <p>Running</p> <ol style="list-style-type: none"> Before entering running mode, use GPS to locate first. If you don't need GPS path, press key ① to enter exercising mode. When locating by GPS, please search for GPS motionlessly in an outdoor open area and start exercising after successfully locating. Less shielding helps the reception of the GPS signal, buildings and dense forest may weaken GPS signal. Select key ② to check other data interface. Press key ③ to record number of laps manually. If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again. If you want to end exercising, press key ① to pause, and press key ② again to end. <p><i>User can select save, delete or continue</i></p>
1 Confirm Key	Press this key lightly to start/pause, or to confirm current selection									
2 Selection Key	Press this key lightly to turn page									
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Soft Key	Swipe screen to change option Tap to enter									



Mountain climbing

- Locate by GPS before entering mountain climbing mode. If you don't need GPS path, press key ① to enter exercising mode.
 - When locating by GPS, please search for GPS motionlessly in an outdoor open area, and start exercising after successfully locating. Less shielding helps the reception of the GPS signal, buildings and dense forest may weaken GPS signal.
 - Select key ② to check other data interface.
 - Press key ③ to record number of laps manually.
 - If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again.
 - If you want to end exercising, press key ① to pause, and press key ② again to end.
- User can select save, delete or continue*



Cycling

- Locate by GPS before entering cycling mode. If you don't need GPS path, press key ① to enter exercising mode.
 - When locating by GPS, please search for GPS motionlessly in an outdoor open area and start exercising after successfully locating. Less shielding helps the reception of the GPS signal, buildings and dense forest may weaken GPS signal.
 - Select key ② to check other data interface.
 - Press key ③ to record number of laps manually.
 - If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again.
 - If you want to end exercising, press key ① to pause, and press key ② again to end.
- User can select save, delete or continue*



Swimming

- Enter this mode and start exercising. Press key ② to check other data.
 - Press key ③ to record number of laps manually.
 - If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
 - If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.
- User can select save, delete or continue*



Treadmill

- Enter this mode and start exercising. Press key ② to check other data.
 - Press key ③ to record number of laps manually.
 - If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
 - If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.
- User can select save, delete or continue*



Basketball

- Enter this mode and start exercising. Press key ② to check other data.
 - Press key ③ to record number of laps manually.
 - If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
 - If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.
- User can select save, delete or continue*



Badminton

- Enter this mode and start exercising. Press key ② to check other data.
 - Press key ③ to record number of laps manually.
 - If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
 - If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.
- User can select save, delete or continue*



Football

- Enter this mode and start exercising. Press key ② to check other data.
 - Press key ③ to record number of laps manually.
 - If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
 - If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.
- User can select save, delete or continue*



GPS

Click to view longitude and latitude. GPS/GPS+Beidou/GPS+GLONASS modes are optional (GPS by default).



Vibration

Select switch.



Sound

Select switch.



Contrast

Select brightness, three options available.



Reset

Select reset, it will restart and clear all data saved in the watch.

Frequently Asked Questions

What types of conditions can I expose the device to?

Do not expose this device to overcooling or overheated conditions for extended periods of time, otherwise it will cause permanent damage.

How do I start up the device?

Plug the device into the USB cable and charge for 30-minutes

How can I restart the device if it halts during use?

If the system halts during use, press key ③ and hold for 10s to restart the device.

Any issues? Reach out!

✉ info@BoltWatches.com

↗ www.BoltWatches.com/Pages/Support-Center