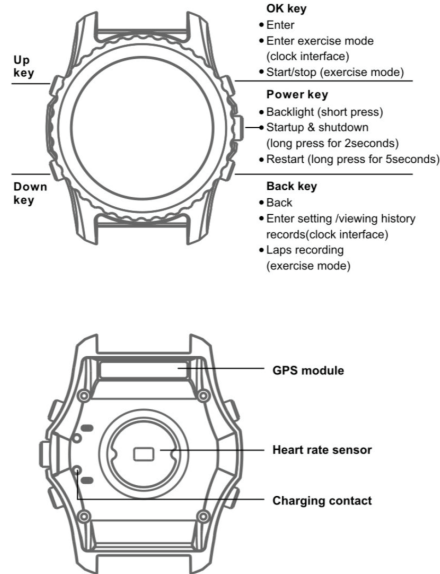




## User Manual

### Cathode

#### I. Graphic of front and back of watch



1

#### II. Icons



#### III. Install App

Scan the QR code with your phone to download and install the APP. You can get the app either on Apple or Android.



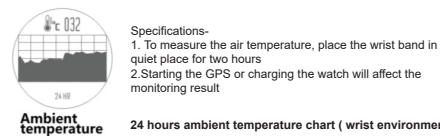
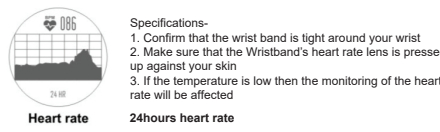
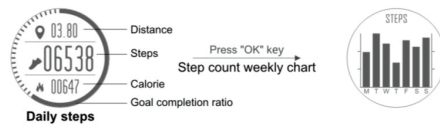
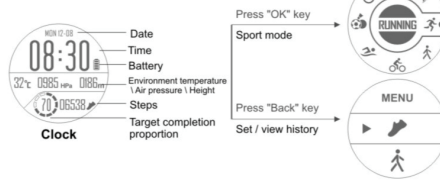
2

#### (c). How to see Sports data

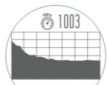
After the "Synchronous data" the app will display the related sports data

#### VI. Home Page

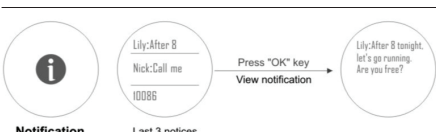
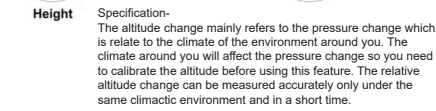
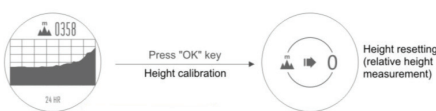
Press Up/Down to switch the homepage interface



3



Air pressure 24 hours pressure chart

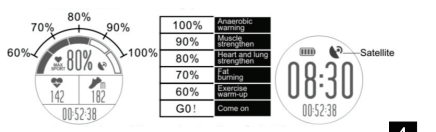


#### V. Sports Mode

In the clock interface press "OK" to enter and select exercise mode

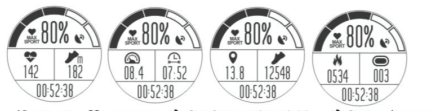
##### Running Mode-

Start Start exercise mode->select running mode->wait for the satellite connection ( if the satellite icon is flickering that means the connection has failed)->Press "OK"  
Tip: To check the data us the "Up" and "Down" keys



4

Data-Heart rate analysis , real-time understanding of the state of motion, the proportion of referent to the maximum exercise heart rate

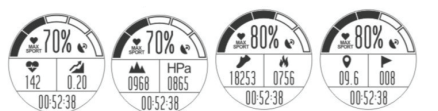


To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

##### Climbing mode-

Start Start exercise mode->select climbing mode->wait for the satellite connection ( if the satellite icon is flickering that means the connection has failed)->Press "OK"

Tip: To check the data us the "Up" and "Down" keys



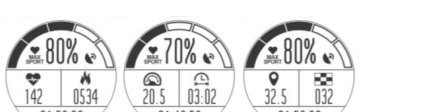
To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

5

##### Cycling mode-

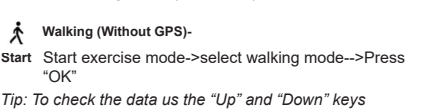
Start Start exercise mode->select Cycling mode->wait for the satellite connection ( if the satellite icon is flickering that means the connection has failed)->Press "OK"

Tip: To check the data us the "Up" and "Down" keys



To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

Tip: To check the data us the "Up" and "Down" keys



6

##### Swimming (Without GPS)-

Start Start exercise mode->select Swimming mode->Press "OK"

Tip: To check the data us the "Up" and "Down" keys

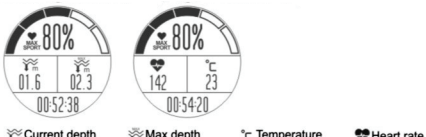


To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

##### Snorkeling (Without GPS)-

Start Start exercise mode->select Snorkeling mode->Press "OK"

Tip: To check the data us the "Up" and "Down" keys



To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

7

##### Ball (Without GPS)-

Start Start exercise mode->select Ball mode->Press "OK"

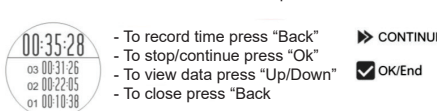
Tip: To check the data us the "Up" and "Down" keys



To stop press the "Ok" key and then press the "Back" key. After that select Continue/Save data/abandon data

##### Stopwatch (Without GPS)-

Start Start exercise mode->select stopwatch mode->Press "OK"



##### Exercise Data Processing



8

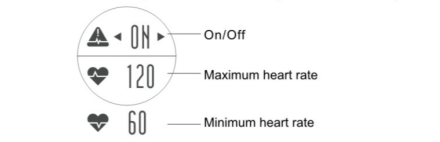
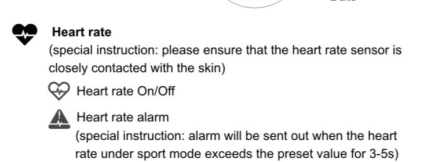
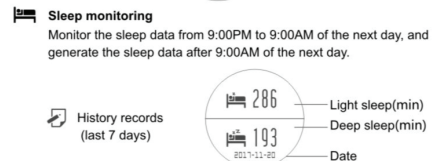
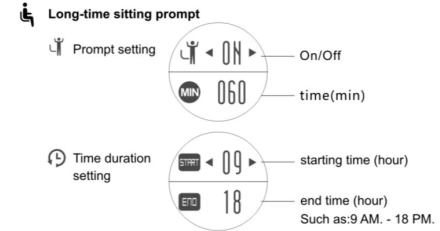
#### VI. Set/Inquire history record

In the clock interface press "Ok" to enter "Set/Inquire History record" interface



9

##### Lap record



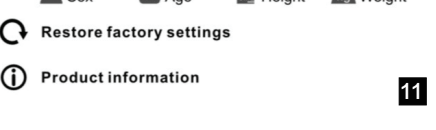
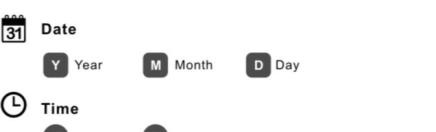
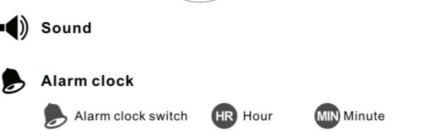
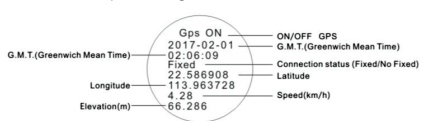
10

#### VII. System

##### Satellite:

To enter the satellite interface, please press "Ok" to turn it on/off. The location information will be displayed after the satellite connection

Note: please use the watch in an outdoor environment. If there are dense, high buildings it will effect the satellite connection and positioning.



11

#### VIII. Common problems:

The key sound is noisy- You can turn it off in the menu settings

##### Too many notification-

Turn of "Social contact reminder" in the app

##### How to deal with mist on the wristband-

Use the hair dryer to blow the mist in a different place. Make sure the air isn't to hot to avoid damage.

##### Is the watch waterproof?

It is when swimming and snorkeling at room temperature waters. Do not use it in hot waters or environments

##### Can not connect with the phone

1. open the phone and check if the bluetooth is on or not
2. Make sure the app is installed
3. Make sure the phone isn't connected with other products

##### Cannot connect with the satellite:

1. Make sure it is in a static condition
2. Make sure you are in an open place
3. Make sure you are outside and not indoors
4. Confirm that the battery life is sufficient

##### How long should it take to connect to the satellite?

If it is your first time or you haven't connected in two hours then it should take around 2 minutes. If you are reconnecting it within 30 minutes then the connection should take about 20 seconds

##### Battery life:

Make sure the charger is plugged all the way in and that the GPS hasn't been on for too long

##### Heart rate value is wrong:

Make sure the wristband is at the correct tightness Make sure the lens is close to your wrist Make sure you rant in any cold climate

##### Do not operate the keys in water

Various types of sports can be calculated within the "Ball" mode

12

#### Any issues? Reach out!

info@BoltWatches.com

www.BoltWatches.com/Pages/Support-Center