

XTEND PRO

DIAL UP YOUR LIFE



USER MANUAL



XTEND PRO

Thank you for choosing the boAt Xtend Pro as your fitness transformation companion.

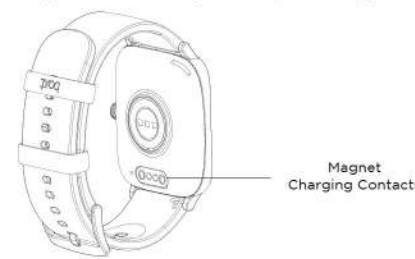
Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



CHARGING THE WATCH

The smartwatch must be charged before initial use. It takes 30 minutes to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter.

Note: Once your watch is at 10% battery, it will automatically switch to power saving mode which will disable all functions.



TURNING THE WATCH ON/OFF

To turn the watch on/off, long-press the side button for 3-5 seconds.

You can wake the screen by lifting your wrist. Enable it from the app to use.



CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.

Available on both App Store (iOS 13.0 and above) and Google Play Store (Android 7.0 and above)

OR

Scan [QR CODE] (Also available on the watch)

2. Connect the device directly with the mobile application.

3. Select Xtend Pro on the home screen of the app and click OK to connect.

4. Once you are connected, you will receive a pop up on the app home screen to connect it with the phone's Bluetooth. Click on XTENDPROBT to receive calls on your watch. Alternatively, you can go to your phone's Bluetooth, search for XTENDPROBT and click connect.

5. Turn your phone's Bluetooth and GPS on.

6. Disable battery optimization

Note: To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times.

SHORT PRESS THE SIDE BUTTON ONCE TO ENTER THE MAIN MENU

Call
Use this to dial any number from your watch.

Phonebook
Add contacts from your boAt crest app -> settings -> xtend pro features -> Bluetooth calling. You can sync upto 20 contacts on your watch.

Call history
You can view recent contacts here.



GET IT ON Google Play

Download on the App Store

Activities

Your watch is equipped with 20 default activities from Walking, Treadmill, Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Indoor Cycling, Cricket, Boxing, Karate, Table Tennis, Pilates, Skipping, Hiking, Hockey, Kabaddi, Bowling

You also get an array of activity mode options on the app which you can select and push to the watch.

The steps to use them are as follows:

1. Make sure your watch and app are connected. Also ensure any existing activity record on the watch is already synced to the app.

2. Select the activity category of interest

3. The screen will show you the list of activities within the category. Further select the activity within this category which you want to push to the watch.

4. You can also search for an activity from the search box.

5. Next, select the activity you want to replace.

6. Once you confirm, it will be available on your watch for use! To pause or stop the exercise, press the home button.

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

Activity Records
Tap on this icon to check sports records.



Using the Xtend Pro

Long press the home screen to select the watch face. Go to settings of the watch -> Display -> Watch face -> Select the watch face of your choice.

Bluetooth calling feature

Xtend pro comes with Bluetooth calling feature with which you can directly make or receive calls from your watch.

To use this feature follow below steps
1. Download the boAt crest app and start the onboarding process

2. Select Xtend pro from the list and connect the watch with the app

3. Once this is done, you will receive a pop up on the app home screen to connect it with phone's Bluetooth. Click pair to connect. Alternatively, you can go to your phone's bluetooth setting and select XTEND PRO BT and click connect.

4. You will be able to make and receive calls once the onboarding is done.

You will be able to access dialer, phonebook and call history from the watch.

Add your contacts on the phonebook from the boAt Crest app. Go to Settings-> Bluetooth Calling -> Sync contacts -> Click on "+" to add the contacts.

Up to 20 contacts can be saved in the phonebook.

Note: Battery will drain out fast if you are using bluetooth calling feature.

App features

Home screen
You can access steps, HR, spo2, sleep,energy meter data here.

Heart Rate Monitor

Wear the watch on your wrist, then click on the measure button to start measurements. You can also view the data on the app.

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



Blood Oxygen Level Monitor

Wear the watch on your wrist, then click on the measure button to start measurements. You can also view the data on the app.

Note: Measurements are for reference only and not for medical purposes. Make sure you are in a still position for accurate results



Sleep Monitor

Tap on the icon to review the sleep data of the previous night. Once the asleep criteria is met, your wave Xtend Pro will start recording from 8 pm at night to 10 am in the morning 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 movement.

You can check the data on the app only after the awake criteria is met. You can also track sleep scores on the boAt Crest app.

Note:
*For accurate sleep data recording, the asleep criteria has to be met which includes limited movement, wrist positions and angles, and more.
*The awake criteria will be met only after it records some noticeable movement.



Breathing exercises

Click on the breath training icon to regulate your breathing with the instructions given to relax.

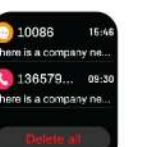
Note: Measurements are for reference only and not for medical purposes.



Notifications

Turn this feature on from your app to receive notifications on your watch. You can also send quick replies on an incoming call or SMS notification.

Note: The watch can be used to reject calls only. Quick replies will work only with call and SMS notifications..



Stopwatch

Tap on the icon to start the stopwatch.



Timer

Tap on this icon to start the timer.



Alarm

Tap on this icon to set alarms.



Flashlight

Tap on this icon to turn your screen into the flashlight.



Camera Control

Click on the remote camera icon on your Xtend Pro to click a photo from your phone.

Note: Turn the camera on from your app to use this feature.



Music Control

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.



Weather

Enable this feature from the app to track the weather forecast for next 6 days. You can also track humidity, wind speed and air pressure for the current day.



Find My Phone

Tap on this icon to find your phone. Once enabled, your phone will start ringing and vibrating. Tap again to stop it.

Note: Your Xtend Pro should be connected to your phone via Bluetooth and within its range for this feature to work.



Voice Assistant

Give commands to your watch via Siri and Ok Google. This feature works with your phone's voice assistant, you can give commands to the watch and can get the answers on the phone. To use this feature make sure your watch is connected with your app as well as your phone's BT.

Make sure your phone is in the unlock state to use this feature.



Settings

Display

Watch Faces
Tap on this icon to change your watch face.



Screen sleep

Tap on this icon to set screen timeout duration.



Always-on display

This feature allows you to see the time display always on your watch. You can select pre loaded analog or digital watch face.



Vibration

Set your preferred vibration intensity for your watch.



Do Not Disturb

This will disable all notifications except for alarms and alerts.



Restart

Tap on this to restart your watch.



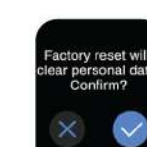
Power off

Tap on this to switch your watch off.



Reset

Tap on this to reset watch data.



***Note:** All data will be erased if watch is reset

Download app

Tap on this icon to download the app through QR code.



About

Tap on this icon to view information about the watch.



Swipe down for shortcut menu

You can access DND, find my phone, raise to wake gesture, alarms, brightness and settings.



Swipe left or right to access records and monitors

You can access daily activity and sports records, heart rate monitor, blood oxygen monitor, temperature monitor, sleep monitor, music control, weather forecast and notifications from here.



Swipe up to view live cricket scores.

Enable this feature from the app to use.

Go to the home page -> tap on the cricket icon on the top right corner -> Select the match faces and time intervals to receive notifications on the watch.



SYNCING YOUR SMARTWATCH TO THE APP

Data Synchronization

- Open the app on your phone.
- Make sure your Xtend Pro is connected to the app.
- Synchronization will start automatically once you enter the app interface.

Note: Synchronize data at least once every day to avoid data loss in the watch.

Energy Score

Track your energy level throughout the day with the Energy Meter score on the app. Click on the Energy Meter value on the App Dashboard to see detailed insights as well as historical data of energy spent.

The energy meter takes into account various parameters like your age, BMI, sleep data, activities performed etc. and gives you a real time update of your energy level on a scale of 100.

NAVIGATING THROUGH THE FUNCTIONS

Changing the dial interface
Using the app
Select cloud watch faces on the app and push your preferred watch face to your smartwatch.

Go to the boAt crest app -> Settings-> Xtend pro features -> Watch faces.

Note: Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 secs to sync the watch face with the app.

Swipe left to access Fitness plans

Make your custom fitness plans based on your BMI.

Swipe left to access 700 active modes

Click on the >> icon to select the activity from the list of categories

For instance, click on bicycling, click the next button. Once you get in you can select any activity of your choice from this category, click the next button.

Replace already selected activity from the list as at a time only 20 activities can be stored on the watch. Once done click confirm, you activity will be synced to the watch.

PRODUCT PARAMETERS:

Model	boAt Xtend Pro
Screen Type	1.78" AMOLED Display
Battery Capacity	230 mAh
Net weight	45g
Bluetooth version	Bluetooth 5.0
Working temperature	-20 ~ 60 degree
Charging time	about 30 mins
Working time	about 7 days
Maximum transmit power	8dBm
Frequency band	2402 - 2480 MHz

Maintenance:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.

Do not wash the strap with a household cleanser. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

FAQ

Search for the app to connect keeps failing
1. Keep the boAt Crest app updated to the latest version.
2. Close all the programs on the watch -> Stop and restart Bluetooth and GPS -> Connect again.
3. Check and enable notification functions of your phone and keep the phone and watch in close contact.

Note: Notifications can be received for 1 match at a time.

What is the average rate of fast charging?
Watch will be fully charged in 30 minutes.

SAFETY & PRODUCT INFORMATION

Battery

- Do not disassemble, bore 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

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
- The optical heart rate sensor will glow green and Xtend Pro. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
- The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The time displayed on my phone and on the Xtend Pro are inconsistent
Make sure your watch Xtend Pro is connected to your phone through the app and not your phone's Bluetooth feature itself.

The device accessories, heart rate sensor, blood pressure, oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate and blood pressure data is for reference only. We're not responsible for any deviation in data.

Avoid wearing the watch too tightly. Make sure you keep your skin dry - the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

Things to keep in mind

- Sync data every day to avoid data loss.
- Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports modes support up to 6 hours of exercise at a time.
- Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.
- Keep your arm still while measuring data for accurate measurement.

Disclaimer: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT SUBSTITUTE.
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 recycle valuable raw materials and treatment of toxic substances.

