Sports smart watch

USER MANUAL

Thank you for choosing our smart watch. You can read this manual to fully understand how to use the device. This device is mainly connected to the mobile phone through Bluetooth for adaptation and use. It provides a variety of practical functions and services to facilitate your operation of the mobile phone. Human movement and health functions. The company reserves the right to modify the contents of this manual without any prior notice without notice

This product does not support IP68 waterproof, does not support rain, hand washing, swimming wear, hot showers or saunas, etc., can not be worn, and cannot prevent water vapor. If the watch is damaged due to water ingress due to use in violation of the instructions, our company will not provide free warranty.

Instructions

Side button function：

1.Up button: Function button: Single press to enter the main menu; when in optional appearance interface, single press to return to the upper level interface; double press to enter SIRI;

2.Down button: long press to switch the machine; single press on the dial interface to turn on and off the screen, other interfaces return to the dial interface with one key;

Touch gesture: Double-click the dial interface to enter the Alipay interface; swipe left to switch the dial; swipe right to enter the split screen UI; swipe down to enter the control center; swipe up to enter information; after entering each function, swipe right to return.

Dial switch： Rotary encoder to switch dial

Strap replacement: Pull forward with one hand, and push forward with the other hand at the same time, the strap can be easily disassembled;

Charging instructions:

It supports wireless charging. When charging, place the watch on the disc, and support the computer USB or mobile phone 5V standard charger, which can be fully charged in about 150 minutes.

Connection between watch and mobile phone:

First, the mobile phone must download the APP "RDFit" to the mobile phone and install it in two ways。

1.IOS/Android phone user:

Scan the QR code below through the mobile browser, or scan it with WeChat. When the interface is opened, click the Android/iOS download option and choose to open the download with the mobile browser.

RDFit APP QR code
Scan code to download

2.For Android phones, search for "RDFit" and download in App Store, Google Play, and various mobile app stores, and for Apple phones, search for "RDFit" and download on the App Store.

After the download is complete, there will be various permission reminders during the installation process, click to agree to all, and the watch and the mobile phone must be connected to two Bluetooth 3.0 and 5.0 to realize all functions.

Bluetooth 5.0 connection method: After the installation is complete, open "RDFit" and turn on the Bluetooth of the mobile phone. RDFit will have an enable notification prompt, click OK. Click More in the lower right corner, enter Scan Device, search for WATCH 7 Bluetooth name and click Connect. Some Android phones need to turn on the GPS of the phone to search for the Bluetooth name of the watch.

Call Bluetooth 3.0 connection method:
1.Turn on the Bluetooth of the watch 3.0 2. Turn on the Bluetooth of the mobile phone, click the Bluetooth name " WATCH call " of the watch to be connected - follow the prompts to connect the Bluetooth device, and the mobile phone will display "Connected".

How to verify that the Bluetooth connection is successful:
The watch pulls down the status bar on the standby interface. When the Bluetooth of the watch 3.0 and 5.0 are blue + green, it means that the Bluetooth connection is successful. When the color of the Bluetooth logo is grayed out, it means that the Bluetooth is not connected.

Simple handling methods for common problems:
Since the Bluetooth protocol of each mobile phone brand is not uniform, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can

turn off the Bluetooth of the mobile phone and reconnect it again, or restore the watch to the factory settings.

How to set the notifications:
Mobile phone enters settings-application management, find "RDFit"-permission management, open all. Then enter the notification management-find all the permissions of "RDFit" to open.
Open "RDFit"-more-application push-open the background running permission, enter the option without restrictions. When you return, you will be prompted to open the auto-start again and enter the open. Go back, select the APP for synchronization information notification, such as QQ WeChat, and select Open.

Note: If the WeChat computer version is online at the same time, the mobile phone will not receive notifications. Some mobile phones also need to add "RDFit" to the power saving whitelist to avoid being turned off by the mobile phone when the battery is low.

What should I do if I do not receive the notification?
 First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming call and letter, QQ WeChat letter reminder, if your mobile phone does not receive the notification, then the watch will not receive it. You should find the corresponding APP in the phone settings-notification function , Turn on the permission notification.

Main function introduction:
Encoder: The dial button on the standby interface can

switch the dial, and it can slide up and down in the secondary menu; the gypsophila style menu can be zoomed in and out;

Split Screen: Swipe right on the dial interface to enter the split screen function, and you can quickly enter the corresponding function;

Watch face push: It can push APP-side pointer dials, digital dials and custom dials. The watch end supports storing 2 dials pushed by the APP end;

Alipay: Follow the prompts to use Android or Apple mobile phones, open Alipay and scan the QR code to bind. (Note: Do not connect to Bluetooth 3.0/4.0 before binding Alipay to avoid binding failures)

Dialpad: Connect the mobile phone to make a call, and the call can be realized on the watch side.

call records: It can synchronize the call records of the mobile phone.

Phone book: You can add 20 contacts to the phone book of the watch through the APP

Pedometer: You can view the number of steps in a day, historical steps, calorie consumption and walking distance of the day. After 24 o'clock every night, the data of the day will be stored as historical data, and the interface data will be reset to 0.

information: View the messages pushed on the mobile terminal, support facebook, twitter, whatsapp, qq, WeChat, etc.

music: Can control to play music in the watch. Connect 4.0 Bluetooth, only support the mobile phone to play songs; Connect 3.0 supports the watch end to play songs

Heart rate: Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The

real-time heart rate can be measured. The normal range is 60-90 beats/min.(The measurement data is for reference only, not as a basis for diagnosis and treatment)

Alarm: Five alarm clocks can be synchronized through the APP; the alarm clock can be turned on and off on the watch side.

Voice (Siri): After connecting to Bluetooth 3.0/4.0, tap Siri on the watch to chat

Sleep monitoring: The sleep duration and sleep quality from 21:00 on the same day to 9 a.m. the next day will be recorded to help better adjust personal work and rest time and improve sleep quality. Sleep data can be viewed simultaneously by connecting to the APP.

sports: The watch has a variety of special sports: such as running, walking, football, badminton, tennis, basketball, table tennis, swimming, cycling, yoga, rope skipping, mountain climbing; it can be connected to the APP to view the sports data of the watch.

Movement track: The watch is connected to the APP, and the APP terminal enters any sports mode: running, walking, cycling, climbing, indoor running, it can be synchronized to the watch terminal for simultaneous display;

Remote photo: When the phone is not locked, the watch enters the Bluetooth camera, the phone enters the camera interface, tap the watch to take a photo, and the photo will be stored in the mobile phone album.

Find phone: Connect to Bluetooth, click to find the phone on the watch, and the phone's ringtone will ring until canceled.

Find device: Tap the search device on the APP side, and the watch side will continue to vibrate until canceled.

weather: After connecting to Bluetooth, the watch terminal can display the weather conditions for the next 3 days.

Stopwatch: Turn on this function to perform single or multiple timing.

breathe: The length of exercise and breathing rate can be set.

Calculator: Simple calculation can be performed after entering.

Menu style: You can choose the starry sky style, the straight list style, the rotating style, and the nine square grid style according to your own preferences.

set up: System settings can be made

calendar: Can view the current month

QR code management: The watch is connected to the APP and can be pushed through the APP: WeChat, QQ, Alipay, others, whasapp, Twitter, linkedin, Instagram, Facebook, weibo, line, Tim, Snapchat, Viber, PayPal, and the QR code of third-party applications can be sent to the watch. Scan QR code to add friends

Settings: Various local settings can be made.

Screen off time: Enter to set the screen on time;

Gesture: Turn it on or off according to your needs.

Two-dimensional code: Use your mobile phone to scan the two-dimensional code, you will be redirected to the RDFit APP download

Brightness: enter the adjustable screen brightness

Do not disturb mode: can be set to do not disturb all day or regularly;

Vibration intensity: the vibration mode can be turned on to adjust the vibration feeling;

Language: Support multiple languages, choose according to your needs

Power off: Enter to power off the watch.

Restart: Enter to restart the watch.

Restore factory settings: Generally, when some software problems occur, restore factory settings can solve it.

About: You can view the watch model, software version and watch Mac address.

Warranty description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, material, design and other reasons, the motherboard will be guaranteed for free within one year, and the battery and charger will be guaranteed for half a year from the date of purchase.

2. Free warranty is not provided for failures caused by users, as follows:

1) Failure caused by unauthorized disassembly or modification of the watch.

2) Failure caused by accidental fall during use.

3) All man-made damage or misuse due to the fault of a third party (such as: water in the main unit, external force cracking, damage to the scratches of peripheral components, etc.) are not covered by the warranty.

3. When requesting free warranty, please provide the warranty card with the date of purchase and the stamp of the place of purchase.
4. When the user repairs the product, please take the product to our company or our company's sales office.
5. All functions of the product are based on physical objects.

Purchase date:	Customer signature:
IME code:	Signature of clerk:
Where to buy:	Store stamp: