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DIZO DW2121

DIZO Watch 2 Sports Smart Watch (Model DW2121) User Manual

PRODUCT OVERVIEW

The DIZO Watch 2 Sports Smart Watch (Model DW2121) is a versatile fitness tracker designed for Android and iOS phones. It features a 1.69-inch HD full touchscreen, comprehensive health monitoring capabilities including heart rate and blood oxygen, sleep tracking, and support for over 110 sports modes. The watch is 5ATM waterproof and offers extended battery life.

SETUP AND INITIAL USE

Unboxing and First Charge

Upon unboxing your DIZO Watch 2 Sports, it is recommended to fully charge the device before its first use. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).



Image: The DIZO Watch 2 Sports Smart Watch connected to its magnetic charging cable, displaying a 100% charge indicator. The watch is pink with a rose gold frame.

The watch typically takes approximately 2 hours to fully charge. A full charge provides up to 10 days of working time with automatic heart rate monitoring and up to 30 days of standby time.

App Installation and Pairing

To unlock the full potential of your DIZO Watch 2 Sports, download and install the official "DIZO" application on your smartphone. The app is available on both the App Store (for iOS devices) and Google Play (for Android devices).

1. **Download the App:** Search for "DIZO" in your phone's app store and install it. Alternatively, you can scan the

QR code provided in the physical user manual to directly access the app download page.

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair the Device:** Open the DIZO app and follow the on-screen instructions to pair your DIZO Watch 2 Sports with your phone. The app will guide you through the pairing process.

Video not supported. This video demonstrates how to download the DIZO app and pair the smartwatch. It shows searching for "DIZO" in an app store, installing it, and then navigating through the app's initial setup screens to connect to the watch via Bluetooth.

Video: Guide to downloading the DIZO app and pairing the smartwatch with a smartphone.

OPERATING INSTRUCTIONS

Screen Navigation

The DIZO Watch 2 Sports features a 1.69-inch HD full touchscreen for intuitive navigation.

- **Swipe Down:** From the home screen, swipe down to access the notification list interface.
- **Swipe Up:** From the home screen, swipe up to enter the main menu, which includes various features like activity data, heart rate, SpO2, sleep, workout, alarm, and weather.
- **Swipe Left:** From the home screen, swipe left to view quick access data such as steps, sleep, and heart rate.
- **Swipe Right:** From the home screen, swipe right to enter the shortcut interface, providing quick access to common settings and functions.
- **Press Side Button:** Press the physical button on the side to return to the home screen or wake the display.

Video not supported. This video demonstrates basic navigation on the DIZO Watch 2 Sports. It shows swiping down for notifications, swiping up for the menu, swiping left for activity data, and swiping right for shortcuts. It also shows how to power off the device by long-pressing the side button.

Video: Demonstrating screen navigation and power off function on the DIZO Watch 2 Sports.

Health Monitoring

The DIZO Watch 2 Sports is equipped with advanced sensors for continuous health tracking.

- **Heart Rate Monitor:** The watch features a real-time heart rate monitor. You can enable 24-hour heart rate detection through the DIZO app for continuous tracking.
- **Blood Oxygen (SpO2) Monitor:** Monitor your blood oxygen levels directly from your wrist.
- **Sleep Monitor:** Automatic sleep tracking analyzes your sleep data, including deep sleep, light sleep, and awake times, to help you understand your sleep patterns.
- **Activity Tracking:** Tracks steps, distance, and calories burned throughout the day.

- **Call & Message Notifications:** After connecting to Bluetooth, the watch will vibrate to alert you of incoming calls and messages from various apps like Facebook, LinkedIn, Instagram, Twitter, WhatsApp, and Line. Note: You cannot reply to messages directly from the watch.
- **Music Control:** Control your smartphone's music player directly from the watch.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Weather Forecast:** View local weather information.
- **Reminders:** Set up alarm clocks, drinking water reminders, sedentary reminders, and menstrual cycle reminders.
- **Find Phone:** Locate your paired smartphone using the watch.
- **Brightness Adjustment:** Five levels of brightness options ensure readability in various lighting conditions.



Image: A DIZO Watch 2 Sports on a wrist, displaying a notification icon, with various social media and messaging app logos floating around it, indicating smart notification capabilities.

Customization

Personalize your watch with a wide range of watch faces and interchangeable bands.

- **Watch Faces:** Choose from over 150 stylish watch faces available through the DIZO app. You can also customize the dial with your favorite pictures.
- **Detachable Bands:** The watch features detachable bands, allowing you to easily switch them to match your style.



DIZO Watch 2 Sports

Crafted for a Life Well-lived

Image: A DIZO Watch 2 Sports displaying a custom watch face with a yellow cat-like character, alongside a smartphone screen showing options for customizing the watch dial, including text color, background picture, and time location.

MAINTENANCE AND CARE

Water Resistance

The DIZO Watch 2 Sports has a 5ATM waterproof rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities.

110+

Sports Modes

Connect to the phone's GPS to track sports routes



3:16
4G

Steps

21/01/2022

Today Week Month Year

4695Steps, 3.14km



Steps goal achieved today 99%

Steps Goal Setting 8000Steps >

Image: A DIZO Watch 2 Sports being worn on a wrist underwater, with text indicating "5ATM (164 ft./50 meters) Waterproof".

Cleaning

To maintain the watch's performance and appearance, regularly clean the device and its strap. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials.

SPECIFICATIONS

| Feature | Detail |
|----------------------------|--|
| Model Number | DW2121 |
| Screen Size | 1.69 Inches |
| Display Type | TFT HD Full Touch Screen |
| Resolution | 240*280 |
| Waterproof Rating | 5ATM (50 meters) |
| Battery Capacity | 280mAh |
| Charging Time | Approximately 2 hours |
| Battery Life (Typical Use) | Up to 10 days |
| Standby Time | Up to 30 days |
| Connectivity | Bluetooth 5.0, GPS (via phone) |
| Compatibility | Android 5.0 and above, iOS 9.0 and above |
| Health Monitoring | Heart Rate, Blood Oxygen, Sleep Tracking |
| Sports Modes | 110+ |
| Item Weight | 4.2 ounces |
| Package Dimensions | 6.26 x 3.86 x 1.26 inches |

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes before attempting to power it on.
- **Unable to pair with phone:**
 1. Ensure Bluetooth is enabled on your phone.
 2. Make sure the DIZO app is installed and open.
 3. Bring the watch close to your phone during the pairing process.
 4. Restart both your phone and the watch.
 5. Check if the watch is already paired with another device. If so, unpair it first.
- **Notifications not appearing:**
 1. Verify that the watch is successfully paired with your phone via Bluetooth.
 2. Check notification settings within the DIZO app to ensure app notifications are enabled.
 3. Ensure your phone's notification settings allow the DIZO app to send notifications.
 4. Disable "Do Not Disturb" mode on both your watch and phone.

- **Inaccurate health data:**

1. Ensure the watch is worn snugly on your wrist, not too tight or too loose.
2. Clean the sensor on the back of the watch regularly.
3. Avoid excessive movement during measurements for more accurate readings.

- **Short battery life:**

1. Reduce screen brightness.
2. Limit the number of apps sending notifications to the watch.
3. Disable continuous heart rate monitoring if not needed 24/7.
4. Ensure the watch is fully charged each time.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official DIZO website or contact their customer service directly. Keep your purchase receipt as proof of purchase for warranty claims.