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## AVUMDA K56 PRO

# AVUMDA K56 PRO Smartwatch User Manual

Comprehensive Guide for Your Rugged Military Smartwatch

## INTRODUCTION

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Welcome to the user manual for your AVUMDA K56 PRO Smartwatch. This rugged military-grade smartwatch is designed for durability and packed with features to support your active lifestyle, including Bluetooth calling, extensive sports modes, and comprehensive health tracking. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your device.



Figure 1: AVUMDA K56 PRO Smartwatch, showcasing its robust design and vibrant display.

## WHAT'S IN THE BOX

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Upon unboxing your AVUMDA K56 PRO Smartwatch, please verify that all components are present:

- AVUMDA K56 PRO Smartwatch
- USB Charging Cable
- User's Guide (this manual)

## SETUP GUIDE

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### 1. Initial Charging

Before first use, fully charge your smartwatch. Connect the provided USB charging cable to the charging port on the back of the watch and plug the other end into a standard USB power adapter (not included). The watch display will indicate

charging status. A full charge typically takes approximately 2 hours.

## 2. App Installation and Pairing

To unlock the full functionality of your AVUMDA K56 PRO Smartwatch, you need to install the "DaFit" application on your smartphone.

1. **Turn on Bluetooth:** Ensure Bluetooth is enabled on your mobile phone.
2. **Download DaFit App:** Open Google Play Store (for Android) or Apple App Store (for iOS) and search for "DaFit". Download and install the application.
3. **Pair Device:**
  - Open the DaFit app.
  - Navigate to the "Device" or "Add Device" section within the app.
  - The app will scan for available devices. Select "K56 PRO" from the list to initiate pairing.
  - Follow any on-screen prompts on both your phone and watch to confirm the pairing.
4. **Enable Bluetooth Dial-up (for calling):**
  - On your K56 PRO Smartwatch, swipe down from the top of the screen to access the quick settings panel.
  - Locate and tap the Bluetooth call icon (often looks like a phone receiver). Ensure it is enabled.
  - On your smartphone, go to Bluetooth settings. You should see "K56 PRO" listed twice, once for data connection and once for call audio (e.g., "K56 PRO\_CALL" or similar). Connect to the call audio profile.
  - Once connected, you can make and receive calls directly from your watch.



Figure 2: Visual guide for connecting the smartwatch to your phone and enabling Bluetooth calling.

## OPERATING INSTRUCTIONS

### Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** The K56 PRO features two physical buttons.
  - **Top Button:** Typically used for power on/off (long press), return to home screen, or screen on/off.
  - **Bottom Button:** Often customizable or used for quick access to sports modes or specific functions.

## Key Features Overview

### Bluetooth Calling & Voice Assistant

With its built-in Hi-Fi speaker and microphone, the K56 PRO allows you to make and receive calls directly from your wrist. It also supports voice assistant functions for setting alarms, checking weather, and managing timers.



Figure 3: Bluetooth call functionality, showing incoming call and dial pad on the smartwatch.

### Health Tracking

The smartwatch utilizes high-precision optical sensors for accurate health monitoring. It tracks:

- Heart Rate
- Blood Oxygen (SpO2)
- Sleep Patterns (records sleep status)
- Activity Data (steps, calories, distance)

The DaFit app provides detailed analysis of your health data and can remind you to take appropriate rest or exercise.



Figure 4: Health tracking interface on the smartwatch, showing real-time heart rate, blood pressure, and blood oxygen levels.

### Sports Modes

With over 120 built-in sports modes (e.g., running, football, swimming, badminton, jump rope), the K56 PRO automatically monitors your performance, including steps, calories burned, distance, and real-time heart rate. Connect to the DaFit app to utilize GPS tracking via your smartphone for pace and movement trajectory.

# 120+ Sports Modes

Multiple sports modes are optional and automatically record sports data to help understand sports performance.



Figure 5: Overview of the 120+ sports modes available on the smartwatch, with examples like running, badminton, and jump rope.

## Message Notifications

Receive real-time notifications from social media apps (Facebook, Twitter, WhatsApp, etc.) and preview messages directly on your watch.

# Message Notification

Receive social media notifications in real time, never miss any important information



Figure 6: Smartwatch receiving notifications from popular messaging and social media applications.

## Customization

The DaFit app offers over 100 dial options, allowing you to customize the watch face to your preference. You can also create custom and dynamic UI dials.

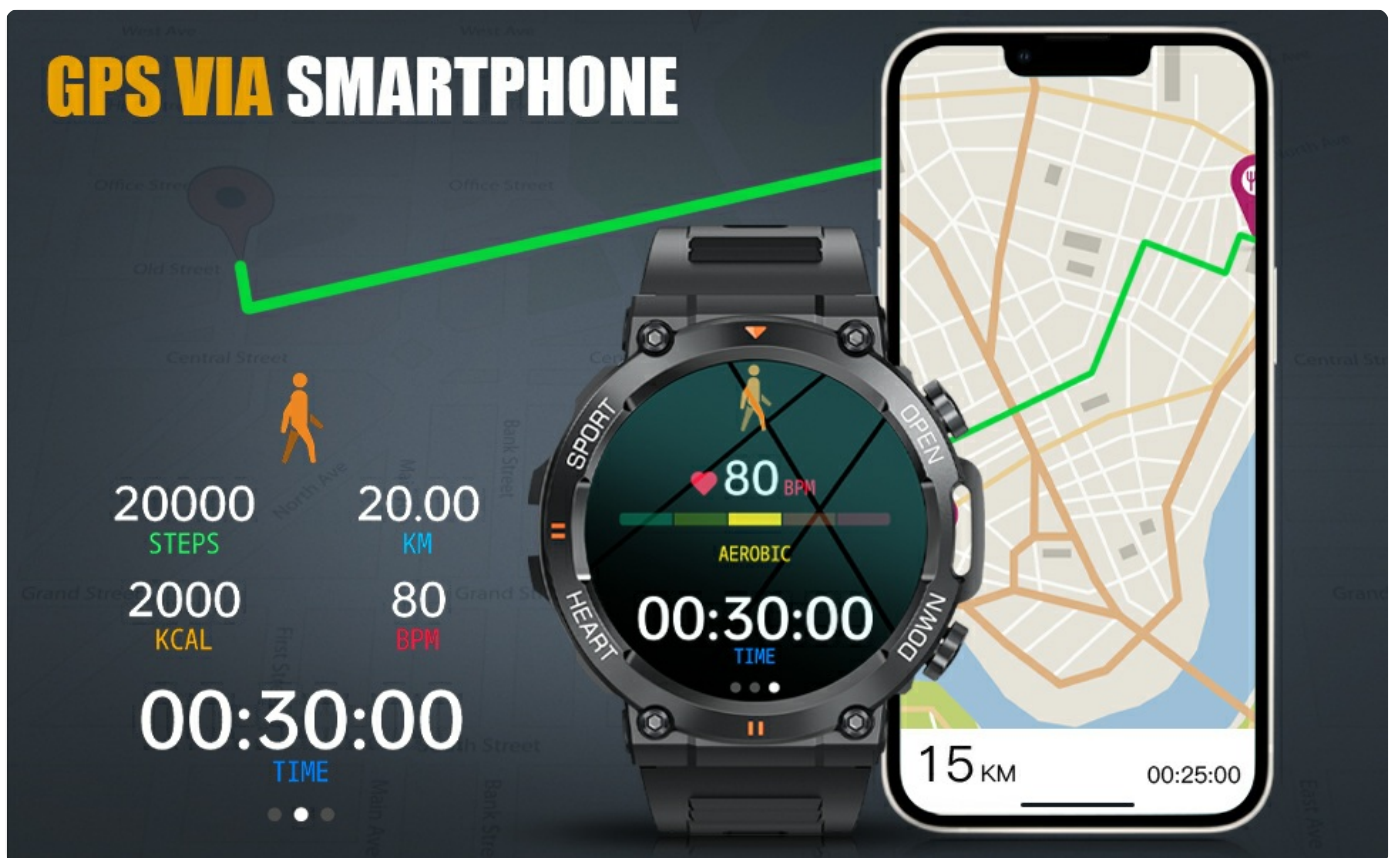


Figure 7: Examples of customizable watch faces available through the DaFit app.

## MAINTENANCE AND CARE

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- **Cleaning:** Wipe the watch and strap regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The K56 PRO is IP68 waterproof, meaning it can withstand submersion up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. However, avoid hot water, steam, or prolonged submersion in deep water. Do not operate buttons underwater.
- **Temperature:** Avoid exposing the watch to extreme temperatures (below  $-20^{\circ}\text{C}$  or above  $60^{\circ}\text{C}$ ) as this can affect battery life and component integrity.
- **Impact:** While designed to be rugged and shockproof, avoid unnecessary drops or strong impacts to prevent damage.
- **Charging:** Use only the provided USB charging cable. Ensure the charging contacts are clean and dry before charging.

# Military-grade Certified Extremely Sturdy



**60°C**  
Heat Resistance

**-20°C**  
Cold Resistance

**Salt**  
Spray Resistant



**Anti-impact**



**Anti-scratch**



**Water resistant**

Figure 8: The K56 PRO Smartwatch is military-grade certified, demonstrating resistance to heat, cold, salt spray, impact, scratches, and water.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not turn on.	Low battery.	Charge the watch for at least 30 minutes.
Cannot pair with phone.	Bluetooth off; App not running; Watch not discoverable; Interference.	<p>Ensure phone Bluetooth is on.</p> <p>Restart the DaFit app.</p> <p>Restart the watch and phone.</p> <p>Ensure watch is close to phone.</p> <p>Forget previous pairings on phone Bluetooth settings and try again.</p>
Notifications not received.	App permissions; Notification settings in app; Bluetooth disconnected.	<p>Check DaFit app notification settings.</p> <p>Ensure app has necessary phone permissions.</p> <p>Verify Bluetooth connection.</p> <p>Ensure phone's notification access is granted to DaFit app.</p>
Inaccurate health data.	Improper fit; Sensor obstruction; Movement during measurement.	<p>Ensure watch is snug on wrist (not too tight or loose).</p> <p>Clean the sensor on the back of the watch.</p> <p>Remain still during measurements.</p>
Short battery life.	Frequent use of power-intensive features (calls, GPS); High screen brightness.	<p>Reduce screen brightness.</p> <p>Limit continuous heart rate monitoring.</p> <p>Disable unnecessary notifications.</p> <p>Ensure background app refresh is optimized.</p>

## SPECIFICATIONS

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Feature	Detail
Model Number	K56 PRO
Brand	AVUMDA
Screen Size	1.39 Inches
Display Resolution	360*360 HD
Battery Capacity	400 mAh Lithium Polymer
Typical Usage Time	Up to 10 days
Standby Time	Up to 30 days
Memory Storage Capacity	128 MB
Connectivity	Bluetooth 5.0
Water Resistance	IP68 (50-meter drop resistance, shockproof)
Compatibility	iOS, Android (DaFit App)
Dimensions	6.69 x 2.76 x 1.42 inches
Item Weight	1.94 ounces (55 Grams)

## WARRANTY AND SUPPORT

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Specific warranty information for the AVUMDA K56 PRO Smartwatch is typically provided with the product packaging or on the manufacturer's official website. Please refer to these sources for details regarding warranty coverage, duration, and terms.

For technical support, product inquiries, or warranty claims, please contact AVUMDA customer service through the contact information provided in your product documentation or on the official AVUMDA website.

You can also visit the [AVUMDA Store on Amazon](#) for more product information and updates.

