

[Manuals.plus](#) /

› [Bouncefit](#) /

› Bouncefit D20 Y68 Fitness Band Smart Watch User Manual

Bouncefit D20-JB-10

Bouncefit D20 Y68 Fitness Band Smart Watch User Manual

Model: D20-JB-10

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Bouncefit D20 Y68 Fitness Band Smart Watch. Please read this manual thoroughly before using your device to ensure proper function and longevity.



Image: Front view of the Bouncefit D20 Y68 Smart Watch displaying the time and a butterfly wallpaper.

2. WHAT'S IN THE BOX

Upon opening the package, verify that all the following items are included:

- 1 x Bouncefit D20 Y68 Smart Watch
- 1 x Instructions Manual (this document)
- Customer Care Contact Information

3. SETUP GUIDE

3.1. Initial Charging

The Bouncefit D20 Y68 Smart Watch features an integrated USB charging port. A separate charger is not included.

1. Carefully remove one of the watch straps to reveal the USB charging pin.
2. Plug the exposed USB pin directly into any standard mobile charger, power bank, or laptop USB port.
3. **Important:** Do not use fast chargers, as this may damage the device.
4. Charge the watch for a minimum of 2 hours before its first use. The watch will power on automatically once charging begins.



Image: The Bouncefit D20 Y68 Smart Watch demonstrating its integrated USB charging method by plugging directly into a power source.

3.2. App Download and Pairing

To unlock the full functionality of your smart watch, download and connect to the companion application:

1. Download the **"FitPro"** app from the Google Play Store (for Android devices) or the Apple App Store (for iOS devices).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FitPro app and follow the on-screen instructions to pair your smart watch via Bluetooth.



Image: The FitPro app on a smartphone displaying health summary data, alongside the Bouncefit D20 Y68 Smart Watch, highlighting app integration.

4. OPERATING INSTRUCTIONS

4.1. Single Touch Interface

The Bouncefit D20 Y68 Smart Watch features a single-touch interface. Navigate through menus and select options by tapping the designated touch area on the screen.



4.2. Activity Tracking

The smart watch continuously tracks your daily activities:

- **Steps:** Counts the number of steps taken throughout the day.
- **Distance:** Estimates the total distance covered based on your steps.
- **Calories Burned:** Calculates an estimate of calories expended.
- **Active Minutes:** Records periods of physical activity.

You can view your daily activity data directly on the OLED display or in detail within the FitPro app.



Image: Daily fitness monitoring features of the smart watch, including step counting, distance, and calorie tracking, shown during exercise.

4.3. Health Monitoring

The device includes sensors for basic health monitoring:

- **Heart Rate Monitoring:** Equipped with a wrist optical heart rate sensor. Enter the heart rate test interface on the watch, and it will display current heart rate measurements after a few seconds.
- **Sleep Monitoring:** Tracks your sleep patterns to provide insights into sleep quality.



Image: Heart rate monitoring feature of the smart watch, showing real-time readings on the watch and detailed data in the companion app.

4.4. Notifications

Stay connected by receiving notifications directly on your wrist:

- **Call Notifications:** Receive alerts for incoming calls. You can accept or reject calls from the watch (note: no calling feature, only notification).
- **Message Notifications:** View SMS and social media notifications (Facebook, WhatsApp, LinkedIn, Instagram, Twitter).



Image: The smart watch displaying message and call reminders, along with icons for popular social media applications.

4.5. Workout Modes

The smart watch supports multiple workout modes to accurately track your exercise:

- Walking
- Running
- Cycling
- Skipping
- Badminton
- Basketball
- Football
- Swimming

Smart Sports Watch



Image: Multiple Bouncefit D20 Y68 Smart Watches showcasing various health and fitness tracking icons.

5. MAINTENANCE

5.1. Water Resistance

The Bouncefit D20 Y68 Smart Watch is IP67 dustproof and waterproof, making it suitable for daily wear and worry-free use in various conditions, including splashes and brief immersion.



Image: The smart watch being exposed to water, illustrating its daily waterproof capability.

5.2. Extending Battery Life

To maximize the battery life of your smart watch:

- Disconnect Bluetooth when real-time notifications are not required. The watch will still store steps, time, and activity data, which will sync upon reconnection.
- A 20-minute charge provides approximately 1 day of battery backup.

6. TROUBLESHOOTING

6.1. Watch Not Turning On

- Ensure the watch is charged for a minimum of 2 hours before its first use.
- The watch should power on automatically after charging. If not, ensure the USB connection is secure.

6.2. Connection Issues with FitPro App

- Verify that Bluetooth is active on your smartphone.
- Ensure the FitPro app is installed and open.
- Restart both your smartphone and the smart watch, then attempt to pair again.
- If issues persist, refer to the step-by-step tutorial video provided with the product package or contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Bouncefit

Model Number	D20-JB-10
Color	Jet Black
Item Weight	80 g
Product Dimensions	3.04 x 3.04 x 0.4 cm
Standing Screen Display Size	3.04 Centimetres (approx. 1.2 inches)
Connectivity Type	Bluetooth
Wireless Type	Bluetooth
Operating System	Android, iOS
Battery Type	1 Lithium Ion battery (included)
Battery Charge Time	1 Hour (for full charge)
Average Battery Life	1 Day
Special Features	Activity Tracker, Blood Pressure Monitor, Calorie Tracker, Daily Workout Memory, Sedentary Reminder
Memory Storage Capacity	100 MB
Country of Origin	China

8. WARRANTY AND SUPPORT

For any product issues or assistance, please contact Bouncefit Customer Care.

- **Customer Care Number:** +91-9560335864

Please retain your purchase receipt for warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question