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TAOPON smartwatch steel

TAOPON Smart Watch User Manual

Model: smartwatch steel



Image: TAOPON Smart Watch, Silver Model.

INTRODUCTION

This manual provides comprehensive instructions for the TAOPON Smart Watch, designed for both men and women. It features a 1.83-inch HD screen, Bluetooth call functionality, and various health and fitness tracking capabilities. This guide will help you set up, operate, and maintain your smartwatch to ensure optimal performance.

WHAT'S IN THE BOX

- Smart Watch
- Magnetic USB charging cable
- User manual

- 1 metal watch strap
- 1 silicone watch strap

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic USB charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes 2 hours and provides up to 10 days of use or 30 days of standby time.


2. App Download and Pairing

The TAOPON Smart Watch requires the "Da-Fit" app for full functionality and data synchronization. Follow these steps to download and pair your device:


1. Turn on your phone's Bluetooth.
2. Search for "Da-Fit" in your phone's app store (Apple App Store or Google Play Store) or scan the QR code provided in the manual.
3. Install the app and follow the on-screen instructions to set up your profile.
4. Open the "Da-Fit" app, navigate to the device section, and find your smartwatch (e.g., ZL54) to bind it. Ensure the watch is charged for the first binding.

Tips: Read carefully how to link two bluetooths, divided into two steps: A and B

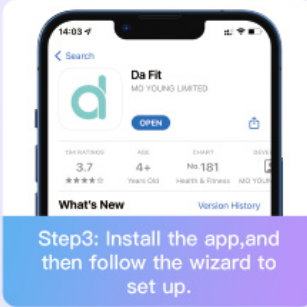
A: The first Bluetooth, App's Bluetooth (Da Fit)



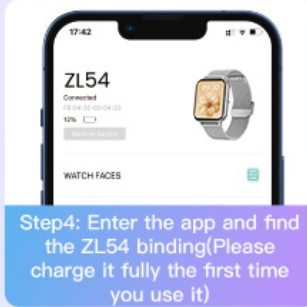
Step1: Turn on the phone's Bluetooth.



Step2: Search "Da Fit" in the store or Scan QR code to download the APP.




Step3: Install the app, and then follow the wizard to set up.




Step4: Enter the app and find the ZL54 binding (Please charge it fully the first time you use it)

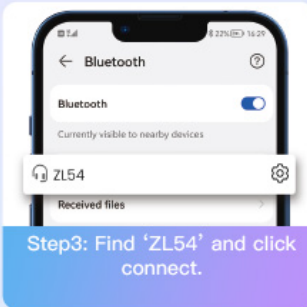
B: *The second Bluetooth, (answer/dial) Bluetooth connection function




Step1: Slide the screen and turn on the "Call" function switch.



Step2: Open the phone "Settings" and enter the "Bluetooth" interface.



Step3: Find 'ZL54' and click connect.



Step4: After connecting, you can use the watch to (receive/make) calls.

Image: Detailed steps for connecting the smartwatch to your phone via the Da-Fit app, including QR code for download.

Download the Da-Fit app: <http://plus.crrepa.com/app-download/dafit>

3. Bluetooth Call Connection

To enable call answering and making directly from your smartwatch, a second Bluetooth connection is required:

1. On your smartwatch, slide the screen down and turn on the "Call" function switch.
2. On your phone, open "Settings" and enter the "Bluetooth" interface.

3. Find "ZL54" (or similar device name) in the list of available devices and click to connect.
4. Once connected, you can use your watch to receive and make calls.



Image: Bluetooth Call & Message Reminder features, showing the watch's call interface and dial pad.

OPERATING INSTRUCTIONS

1. Screen and Watch Face Customization

The smartwatch features a 1.83-inch ultra-clear full-touch color screen with an aluminum alloy metal frame. You can adjust brightness for optimal viewing in various light conditions. Customize your watch face through the "Da-Fit" app, choosing from over 100 options or using your own photos.



Image: Examples of customizable watch faces available for the smartwatch.

2. Health Monitoring

The watch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Tracks your heart rate in real-time.
- **Blood Oxygen Monitor (SpO2):** Measures your blood oxygen levels.
- **Blood Pressure Monitor:** Provides blood pressure readings.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep and light sleep.
- **Female Health Tracking:** Supports tracking of female cycles.

All-Day Health Monitor

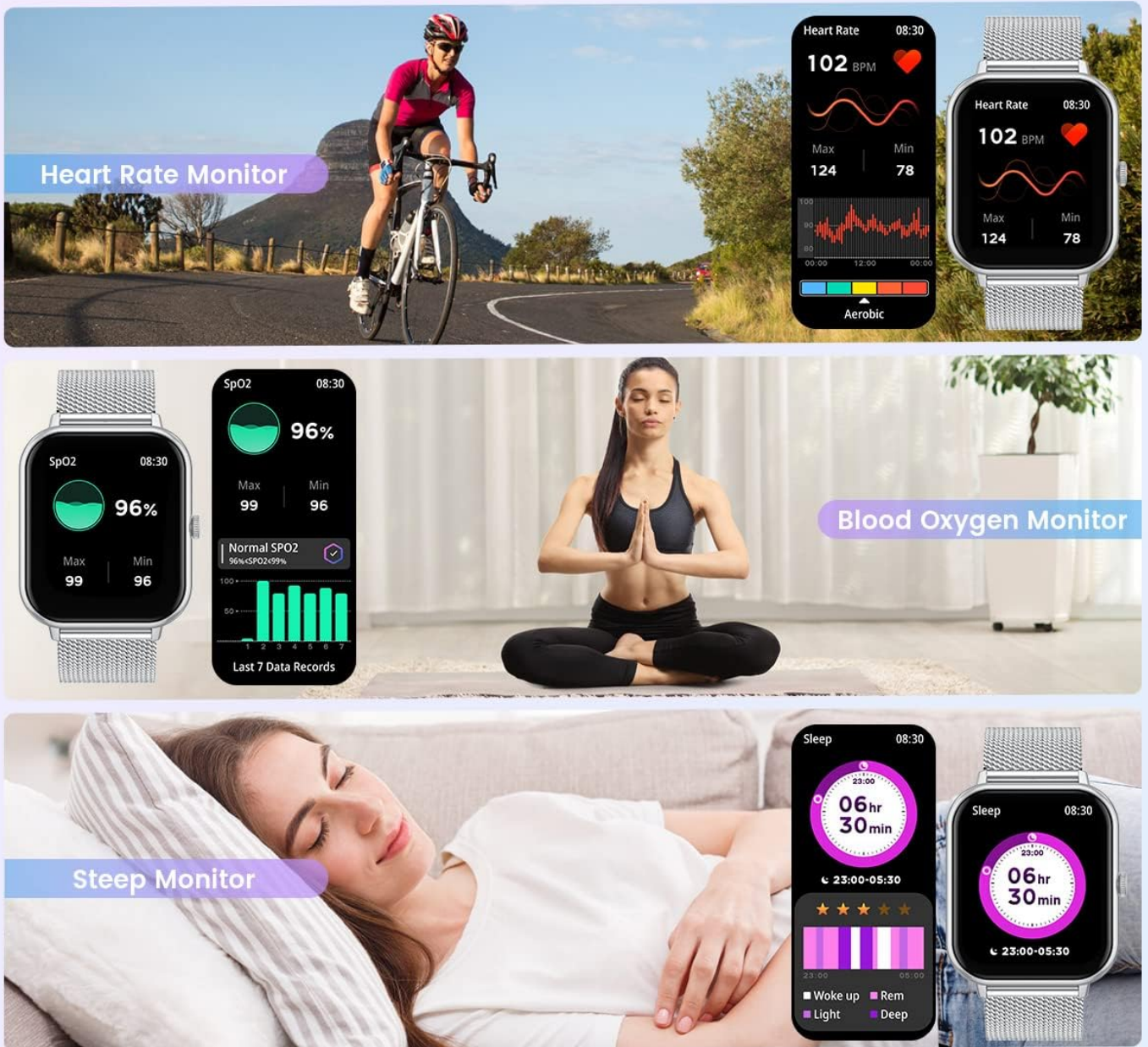


Image: Overview of the smartwatch's all-day health monitoring capabilities.

3. Fitness Tracking and Sports Modes

The smartwatch supports over 100 sports modes, tracking various metrics during your workouts:

- Tracks heart rate, steps, calories burned, distance, and active hours.
- Utilizes your mobile phone's GPS for movement and distance tracking during outdoor activities.
- Includes modes for walking, running, mountaineering, football, yoga, hiking, cycling, and more.

100+ sport modes with GPS connectivity

Daily Activity Tracker



Image: Daily activity tracker and a selection of the 100+ sports modes.

4. Additional Smart Features

The TAOPON Smart Watch offers a variety of practical tools for daily convenience:

- **AI Voice Assistant:** Voice control your phone for calls, information search, music playback, and app access.
- **Music Player Control:** Manage music playback on your connected phone.
- **Weather Forecasts:** Get real-time weather updates.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Calculator:** Perform quick calculations on your wrist.
- **Find Phone/Watch:** Locate your device if misplaced.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Smart Alarm Clock:** Set alarms directly from your watch.
- **Camera Control:** Remotely control your phone's camera shutter.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.

- **Notifications:** Receive alerts for SMS, calls, and SNS (Facebook, Twitter, Whatsapp, Skype, Snapchat, etc.) when connected to the "Da-Fit" app.

More Powerful Features



Image: Overview of the smartwatch's powerful multi-functions.

MAINTENANCE

Water Resistance

The TAOPON Smart Watch is IP67 waterproof. This means it is resistant to splashes, rain, and can withstand brief immersion in water. You can wear it during outdoor activities, on rainy days, and while washing your hands. However, it is not recommended for swimming, showering with hot water, or diving.

Cleaning and Care

To maintain your smartwatch, regularly clean the device and straps with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

TROUBLESHOOTING

If you encounter issues with your TAOPON Smart Watch, try the following steps:

- **Connectivity Issues:** Ensure Bluetooth is enabled on both your phone and watch. Restart both devices. Check that the "Da-Fit" app has all necessary permissions enabled on your phone. If issues persist, try unpairing and re-pairing the watch through the app and phone's Bluetooth settings.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensor on the back of the watch. Note that health monitoring features are for reference only and should not replace professional medical advice.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed. Ensure background app refresh for "Da-Fit" is optimized on your phone.
- **Watch Not Turning On/Charging:** Ensure the magnetic charging cable is correctly aligned with the charging points. Try a different USB power adapter. If the watch has been completely drained, it may take a few minutes for the charging indicator to appear.

For further assistance, please refer to the official TAOPON support channels.

SPECIFICATIONS

Feature	Detail
Model Number	smartwatch steel
Screen Size	1.83 Inches
Display Technology	LCD (240 x 284 resolution)
Connectivity	Bluetooth 5.1, USB
Battery Capacity	230 Milliamp Hours (Lithium Polymer)
Battery Life	Up to 10 days (usage), 30 days (standby)
Water Resistance	IP67
Compatibility	Android 5.0 or above, iOS 9.0 or above
Item Weight	5.6 ounces
Package Dimensions	10.87 x 3.58 x 0.75 inches

Dimensions

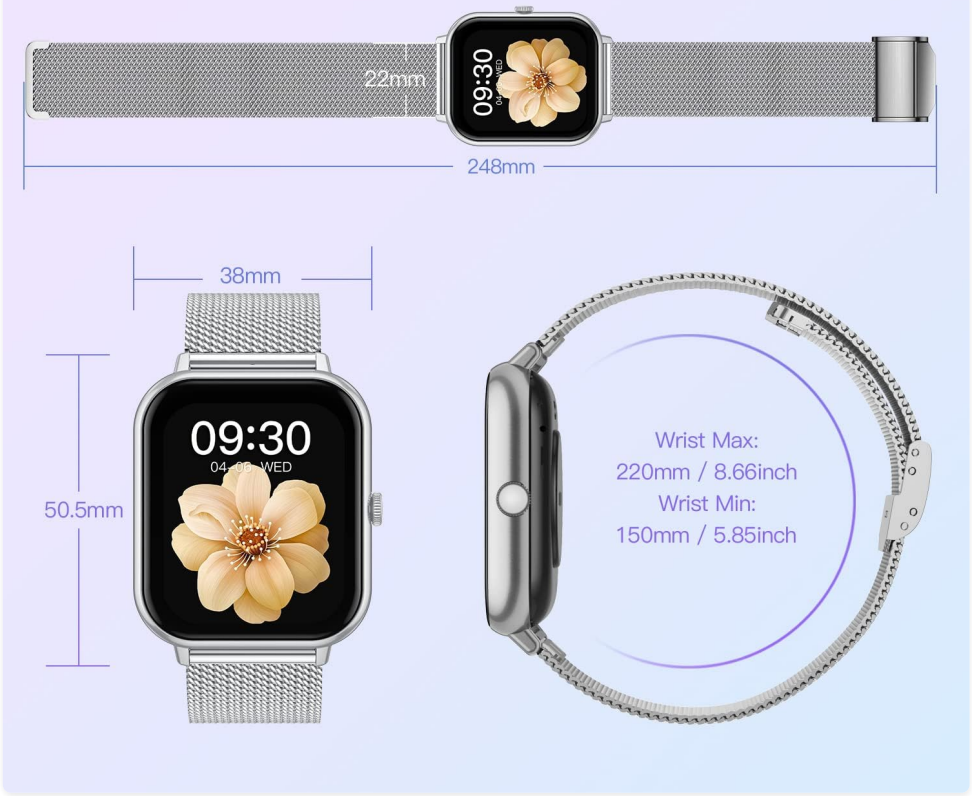


Image: Smartwatch dimensions and strap measurements.

WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For any product-related inquiries, technical support, or warranty claims, please contact TAOPON customer service directly through their official website or the retailer where the product was purchased.



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Related Documents - smartwatch steel

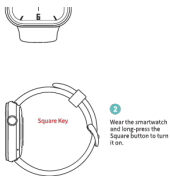
INSTRUCTION MANUAL
SMART WATCH



* Please read this manual carefully before using this product



Open the package and take out the watch.



Watch Client Download and Connect



1. Open the device on a mobile phone to ensure the QR code with your phone.

Open the QR code to download the client

1. Download the ASWEE APP
The app can be downloaded and installed on your mobile phone in several ways. You can either scan the QR code in the user manual, scan the bottom QR code on the watch, or directly search for "ASWEE" in the APP store.
2. Connect the Watch
2.1 Scan QR Code: After the ASWEE app is installed on the mobile phone, click the QR Code in the APP to scan the QR code. After scanning the QR code, the app will automatically connect to the watch. If the connection fails, you can click the "Scan QR Code" button in the app to scan the QR code again. 2.2 Manual Connection: You can also connect the watch to the app manually. After the ASWEE app is installed on the mobile phone, click the "Scan QR Code" button in the app to scan the QR code. After scanning the QR code, the app will automatically connect to the watch. If the connection fails, you can click the "Scan QR Code" button in the app to scan the QR code again.
3. Manual Connection: You can also connect the watch to the app manually. After the ASWEE app is installed on the mobile phone, click the "Scan QR Code" button in the app to scan the QR code. After scanning the QR code, the app will automatically connect to the watch. If the connection fails, you can click the "Scan QR Code" button in the app to scan the QR code again.

Media Audio Streaming Method

1. Click the music icon on the watch face (Music Control Center).
Click the music icon on the watch face to enter the music control center.

Charging and Activation

1. Align the magnetic charger and the magnetic induction hole on the back of the watch to use the charging magnet on the cover of the watch.



Watch Operation Instructions

1. Start Page
Long press the crown to enter the start selection page.
Click the crown to select the start page.
The start page includes the start page, the start page, and the start page. The start page is the start page, the start page, and the start page.
2. Home Page
Click the crown to enter the home page.
The home page includes the home page, the home page, and the home page. The home page is the home page, the home page, and the home page.
3. Settings Page
Click the crown to enter the settings page.
The settings page includes the settings page, the settings page, and the settings page. The settings page is the settings page, the settings page, and the settings page.

Buttons and Touch Controls

1. Square Key
Click the square key to enter the start selection page.
Click the square key to enter the start selection page.
2. Crown
Click the crown to select the start page.
Click the crown to select the start page.
3. Touchscreen
Click the touchscreen to enter the start selection page.
Click the touchscreen to enter the start selection page.

UP: Message Notification

1. Switch Left Measurement data
Click the left button to switch the measurement data.
2. Switch Right Side to the Watch
Click the right button to switch the measurement data.

Down: Control Center

Watch Function Introduction

1. Alarm
After the watch is connected to the APP, you can set a single alarm clock, a cycle alarm clock, and up to 10 alarm clocks in the APP terminal.
2. Stopwatch
Click the Start button to start the timing.
Click the Pause button to stop the timing.
Click the Reset button to reset the timing to zero.

1. Breathing Training
During breathing exercises, there are a minute and a minute rest.
Click the Start button to start the timing.
Click the Pause button to stop the timing.

1. Blood Pressure
When entering the Blood Pressure Measurement interface, the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

1. Female
After the watch is connected to the APP, a women's health test can be enabled on the APP to view women's health information on the watch.

1. Heart Rate
When you enter the Heart Rate Measurement interface, the green light at the bottom will start the measurement. When the measurement is completed in about 40 seconds, there will be a vibration reminder. If the message "Please wear the watch correctly" is displayed, you need to wear the watch again.

1. Blood oxygen
When entering the Blood Oxygen Measurement interface, the red light at the bottom will start the test and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

1. Movement
Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Basketball, Basketball, etc. Click the icon to start Sports.

1. Weather
When the watch is connected to the APP, the weather interface will display real-time weather temperature and weather type.

1. Messages
After the watch is connected to the APP, you can view the push of relevant information on the APP terminal. The watch terminal can receive the corresponding push message and view up to 10 latest messages. For example, after receiving a WeChat message, enter the WeChat function interface to view the message. After receiving a short message, enter the information interface to view the message.

1. Set Up
The Settings function includes screen display (Switching Day, On-Screen Duration, Brightness Adjustment, Window On-Screen Duration, and Touchscreen Click), language, vibration intensity, menu style, battery, password, two-dimensional code, and system.



1. Music
When the watch is connected to the APP, you can control the Pause and Start of the mobile music player, adjust the volume and switch songs.

1. Timer
In the timing function, the system provides the common timing duration. You can click the corresponding duration to time quickly or click the custom button to set the time.
Click the Start button to start the timing.
Click the Pause button to pause the timing.
Click the Reset button to reset the timing to zero.

1. Sleep
The watch displays the total sleep duration as well as light and deep sleep duration. In the sleep screen, the sleep screen slides up to show sleep data generated in the last seven days.

ASWEE Smart Watch Instruction Manual: Setup, Features & Operation Guide

Learn how to set up and use your ASWEE Smart Watch. This guide covers connecting to your phone, using health monitoring features, sports modes, and troubleshooting.

<p>Computer On the Menu screen, click Calculator to enter the Function Screen of Calculator. On this screen, you can calculate addition, subtraction, multiplication, and division.</p> <p>Movement Data Display the number of steps, distance, and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in the recent seven days, and set the target number of steps, distance, and calories in the APP.</p> <p>Bluetooth Phone When the watch is connected to the Bluetooth of the mobile phone, it can synchronize with the watch after adding the common contacts in the APP. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.</p> <p>Looking for Mobile Phone After the watch is connected to the APP, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the APP are not connected, the sides of the watch will prompt to show Bluetooth? disconnected.</p> <p>The Control Center Function Description: Screen Brightness Adjustment, Do Not Disturb Mode, Flashlight, Audio Bluetooth, Settings, System Information, Phone Search, Music Playback.</p> <p>Q&A</p> <p>1. The watch isn't starting. What to do? Ans: Press the Power button for more than 5 seconds. Or, the battery may be low. Charge it in time. 2. Bluetooth is not connected or cannot be reconnected. Ans: You can try the following ways: ① Please try to restart the watch and re-link. ② Please try to restart Bluetooth and connect again. ③ Don't connect your phone to other Bluetooth devices at the same time. 3. Watch is measuring the heart rate, blood pressure, and blood oxygen data abnormally. Possible reasons? Ans: There could be several reasons for that. Here are a few of them: ① Generally for measurement, the watch sensor and the human body might be in poor contact. Please check and wear on tight. ② Please pay attention to full contact between the sensor and the wrist during measurement. ③ For people with darker skin color and hairy arms, please avoid enhanced measurement in App (Device > Enhanced measurement). 4. Abnormal sleep data is showing. Possible reasons? Ans: Sleep monitoring requires people's self-reported state of falling asleep and waking up, which needs to be worn correctly. ① If you wear it for too long or when you fall asleep, errors may occur. ② Sleep data is not monitored during the day, and the default sleep monitoring is from 12:00 PM to 12:00 noon the next day. For more frequently asked questions, please check the App [My >FAQ]</p> <p>Bluetooth data transmission</p> <p>When connected to a mobile phone, the watch synchronizes some data, including weather, notifications, apps, and health data, with the phone via Bluetooth. When the connection is disconnected or Bluetooth is turned off, the data will not be synchronized.</p> <p>Note:</p> <p>① Do not charge in a humid environment. ② Please use a clean facewipes to clean the magnetic induction charging base on the back of the watch. This will ensure that the magnetic induction charging port and magnetic charger fit well conforming normal charging. ③ This product is not equipped with a power adapter to ensure the safety of the body and property. While charging, you can use the computer USB interface or choose a power adapter whose output is not more than 5V/2A. Please pay the power adapter through the regular channel, and avoid using the bottom quality and fake power adapter to avoid burning or fire. Matters Needing Attention 1. The measurement results of this product are only for industrial examination and are not used for any medical use or basis. Please follow the doctor's guidance and do not use the measurement results for self-diagnosis and treatment. 2. This product is waterproof grade is IP68, so, it cannot be used for deep diving and a long time in the water. In addition, this product does not put hot water, because the steam will affect the watch. 3. The Company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version. This is normal.</p>	
	<p>D26 Smartwatch User Manual - Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the D26 smartwatch, covering product overview, charging, wearing instructions, touchscreen operations, health and sports features, app integration, device pairing, settings, and troubleshooting.</p>
	<p>MorePro HM57 Smart Sports Watch User Manual - Setup, Features & Maintenance</p> <p>Comprehensive user manual for the MorePro HM57 Smart Sports Watch. Covers package contents, charging, power operations, touch screen usage, app connection, watch functions like heart rate, blood oxygen, sleep tracking, sports modes, and maintenance.</p>

