

## Generic cn101

# Dafit Cross-Border Burst ZL02CPRO Smart Watch User Manual

Model: cn101

## INTRODUCTION

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Thank you for choosing the Dafit Cross-Border Burst ZL02CPRO Smart Watch. This device is designed to assist you in monitoring your health, tracking your fitness activities, and staying connected. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your smartwatch to ensure optimal performance.



Image: The Dafit ZL02CPRO Smart Watch featuring a round display and a yellow silicone strap. The watch face shows a step counter and other activity metrics.

## WHAT'S IN THE BOX

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Please check the package contents upon opening:

- Dafit Cross-Border Burst ZL02CPRO Smart Watch

- User Manual (this document)
- Wristbands (silicone or steel, depending on model)
- Charging Cable

## SETUP

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### 1. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. A full charge takes approximately 2 hours.

### 2. Installing the Companion Application

To unlock the full functionality of your smartwatch, download and install the official companion application on your smartphone. Search for "Dafit" or the specified app name in your device's app store (Google Play Store for Android, Apple App Store for iOS).

- **Compatibility:** Android 5.0 or later; Apple iOS 9.0 or later.

### 3. Pairing with Your Smartphone

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the companion application on your smartphone.
4. Follow the in-app instructions to search for and connect to your smartwatch. The watch will typically appear as "ZL02CPRO" or a similar device name.
5. Confirm the pairing request on both your phone and the smartwatch if prompted.

Maintain a Bluetooth distance within 10 meters for stable connection and notification reception.

### 4. Language Settings

The smartwatch supports multiple languages. You can typically adjust the language settings through the companion application or directly on the watch's settings menu. Supported languages include Chinese, English, German, Spanish, French, Russian, Arabic, Ukrainian, Italian, and Portuguese.

## OPERATING THE SMARTWATCH

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### Basic Navigation

The smartwatch features a 1.28-inch round TFT full touch screen. Swipe left, right, up, or down to navigate through menus, access quick settings, and view different functions. Tap to select items.

100+ stylish dial



Image: A display showing various customizable watch faces available for the ZL02CPRO Smart Watch, alongside an image of the watch being worn on a wrist.

## Key Features

- **Activity Tracking:** The watch tracks your daily steps, calories burned, and distance traveled. This data is displayed on the watch and synchronized with the companion app for detailed analysis.
- **Heart Rate Monitoring:** Monitor your heart rate throughout the day. Access real-time heart rate data on the watch or view historical trends in the app.
- **Sleep Monitoring:** The smartwatch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality in the app.
- **Multi-Sport Modes:** Select from various sport modes to track specific activities such as walking, running, cycling, and more. The watch records exercise time, calories, and other relevant metrics.
- **Notifications:** Receive notifications for incoming calls, SMS messages, and alerts from various applications directly

on your wrist. Manage notification settings via the companion app.

- **Bluetooth Call Functionality:** Make and receive calls directly from your smartwatch when connected to your phone via Bluetooth.
- **Remote Control:** Control your smartphone's music playback and camera shutter remotely from your watch.
- **Weather Report:** Get real-time weather updates displayed on your watch (requires connection to the companion app and internet access).
- **Sedentary Reminder:** Set reminders to encourage movement after periods of inactivity.
- **Alarm Clock & Stopwatch:** Utilize the built-in alarm clock and stopwatch functions for daily convenience.
- **Brightness Adjustment:** Adjust the screen brightness to suit your environment.
- **Power-Saving Mode:** Activate power-saving mode to extend battery life when needed.

## Water Resistance (IP68)

The smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use such as washing hands or wearing in the rain. **Important:** Do not use the watch in hot water, showers, saunas, or during diving, as steam and high pressure can compromise the waterproof seals.

## MAINTENANCE

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### Cleaning the Smartwatch

Regularly clean your smartwatch to maintain its appearance and functionality:

- Wipe the screen and watch body with a soft, lint-free cloth.
- For stubborn smudges, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

### Strap Care

Keep the watch strap clean and dry, especially if it's silicone. If you have a steel mesh strap, ensure it is free from debris. Avoid prolonged exposure to direct sunlight or extreme temperatures, which can degrade strap materials.



Image: The Dafit ZL02CPRO Smart Watch in a rose gold finish with a matching pink mesh strap, displaying the time and date.

## Battery Care

To maximize battery lifespan:

- Avoid completely draining the battery frequently.
- Store the watch in a cool, dry place if not used for extended periods, with the battery charged to about 50%.
- Use only the provided charging cable.

## TROUBLESHOOTING

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If you encounter issues with your smartwatch, refer to the following common solutions:

- **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 again.
- **Cannot Pair with Phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within 10 meters of your phone.
  - Restart both your phone and the smartwatch.
  - Clear the Bluetooth cache on your phone (if applicable) and try pairing again.
  - Ensure the companion app is updated to the latest version.
- **Inaccurate Data (Steps, Heart Rate):**
  - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
  - Clean the sensor on the back of the watch.
  - Update the watch firmware via the companion app if an update is available.
- **Notifications Not Received:**
  - Check notification permissions for the companion app in your phone's settings.

- Ensure the watch is connected via Bluetooth.
- Verify notification settings within the companion app.

- **Short Battery Life:**

- Reduce screen brightness.
- Disable continuous heart rate monitoring if not needed.
- Limit the number of apps sending notifications to the watch.
- Activate power-saving mode.

If issues persist, please contact customer support for further assistance.

## SPECIFICATIONS

Feature	Detail
Model Name	cn101
Brand	Generic
Display Screen Type	TFT Screen
Screen Size	1.28 Inches (Round)
Case Material	Plastic PC
Strap Material	Anti-static Silicone or Steel
Water Resistance	IP68
Battery Capacity	230 Milliamp Hours
Battery Life	5-7 days (typical use)
Charging Time	Approx. 2 hours
Connectivity	Bluetooth
Compatibility	Android 5.0+ / iOS 9.0+
Item Weight	80 Grams (2.82 ounces)
Memory Storage Capacity	640 GB
GPS	Yes (for movement track)

## WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation provided with your purchase or contact the retailer/manufacturer directly. If you have any questions or encounter issues not covered in this manual, do not hesitate to reach out to customer service.

