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**LINCE LSWUQPM003**

# Lince Fit 3 Smartwatch LSWUQPM003 User Manual

Your guide to setting up, operating, and maintaining your Lince Fit 3 Smartwatch.

## 1. INTRODUCTION

The Lince Fit 3 Smartwatch LSWUQPM003 is designed to enhance your daily life by combining advanced health and fitness tracking with convenient communication features. This manual provides essential information to help you get the most out of your device, from initial setup to advanced functionalities.

# LINCE FIT3 SMARTWATCH



7-10 DIAS DE VIDA  
ÚTIL DA BATERIA\*



ASSISTENTE  
DE VOZ



LIGAÇÕES E  
NOTIFICAÇÕES



MAIS DE 100  
TIPOS DE TREINO



MONITORAMENTO  
DE SONO



PERSONALIZAR  
MOSTRADORES



MONITORAÇÃO  
DO CORPO\*\*



RESISTÊNCIA  
IP68



ACESSO REMOTO  
À CÂMERA



SAÚDE E FITNESS  
EM UM TOQUE



DETECÇÃO DE  
FREQUÊNCIA  
RESPIRATÓRIA



DESENHO ELEGANTE  
E HARMONIOSO

\* A VIDA ÚTIL DA BATERIA VARIA DE ACORDO COM O USO E A CONFIGURAÇÃO; OS RESULTADOS REAIS PODEM SER DIFERENTES;

\*\* MONITORAMENTO DE FREQUÊNCIA CARDÍACA, OXIGENAÇÃO E TEMPERATURA DA PELE; NÃO SE DESTINA A USO MÉDICO, INCLUINDO AUTODIAGNÓSTICO OU CONSULTA MÉDICA, E É DESENVOLVIDO APENAS PARA FINS DE CONDICIONAMENTO DÍSICO E BEM-ESTAR GERAL

Image 1.1: Overview of Lince Fit 3 Smartwatch key features, including 7-10 day battery life, voice assistant, calls and notifications, over 100 workout types, sleep monitoring, customizable watch faces, body monitoring, respiratory rate detection, IP68 water resistance, and elegant design.

## 2. SETUP

### 2.1 Unboxing and Initial Charge

Upon unboxing your Lince Fit 3 Smartwatch, ensure all components are present. It is recommended to fully charge the device before first use.



Image 2.1: The Lince Fit 3 Smartwatch, its retail packaging, and a display cushion, indicating the product's presentation.

- Connect the charging cable to the smartwatch's charging port.
- Plug the other end into a USB power adapter (not included).
- A full charge typically takes approximately 2 hours.
- The battery can last up to 10 days on a single charge, depending on usage.

## 2.2 App Installation and Pairing

To unlock the full potential of your Lince Fit 3 Smartwatch, download and install the companion application on your smartphone. The smartwatch is compatible with both Android and iOS devices.

1. Scan the QR code in the smartwatch's quick start guide or search for the official Lince Fit app in your smartphone's app store.
2. Install the application and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the Lince Fit app and follow the on-screen instructions to pair your smartwatch via Bluetooth BLE 5.2.
5. Confirm the pairing request on both your smartphone and smartwatch.

## 3. OPERATING INSTRUCTIONS

### 3.1 Basic Navigation

The Lince Fit 3 features a 1.96-inch TFT curved mineral crystal display with full touch functionality. Navigate through menus by swiping left, right, up, or down, and tap to select options.



Image 3.1: The Lince Fit 3 Smartwatch display showing the time (10:08) and date (05-26 MON) with a digital watch face.

### 3.2 Calls and Notifications

Once paired, your smartwatch can receive notifications and manage calls directly from your wrist.

- **Receiving Calls:** When a call comes in, the smartwatch will display the caller ID. You can answer or reject calls directly from the watch.
- **Making Calls:** Use the dialer, recent calls list, or up to 100 contacts synchronized from your phone to make calls. The improved Bluetooth 5.2 ensures efficient transmission and lower battery consumption.
- **Notifications:** Receive alerts for messages, emails, and app notifications from your smartphone.
- **Voice Assistant:** Utilize the integrated voice assistant for hands-free control and information retrieval.

### 3.3 Health and Fitness Monitoring

The Lince Fit 3 is equipped with various sensors to help you monitor your health and fitness.

- **Heart Rate:** Continuous heart rate monitoring using PPG sensors.
- **SpO2 Levels:** Measure your blood oxygen saturation.
- **Respiratory Rate:** Track your breathing frequency.
- **Skin Temperature:** Monitor your skin temperature.
- **Sleep Monitoring:** Analyze your sleep patterns to improve rest quality.
- **Menstrual Cycle Tracking:** A dedicated feature for tracking menstrual cycles.
- **Workout Modes:** Choose from over 100 types of workouts to track your activities accurately.

## 3.4 Customization and Additional Features

Personalize your smartwatch experience and explore its additional functionalities.

- **Watch Faces:** Access hundreds of watch faces through the companion app to match your style. You can quickly customize the dial with more than 14 different modules.
- **Remote Camera Control:** Use your smartwatch as a remote shutter for your smartphone's camera.

## 4. MAINTENANCE

### 4.1 Water Resistance (IP68)

The Lince Fit 3 Smartwatch has an IP68 water resistance rating. This means it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, including hand washing, rain, and showering, but not recommended for swimming or diving.



Image 4.1: The Lince Fit 3 Smartwatch partially submerged in water, illustrating its 20M water resistance capability, suitable for daily activities.

### 4.2 Cleaning

To maintain the appearance and functionality of your smartwatch:

- Wipe the screen and body with a soft, damp, lint-free cloth.
- Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts regularly to ensure proper charging.
- The silicone strap is interchangeable and can be cleaned with mild soap and water.

## 5. TROUBLESHOOTING

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If you encounter issues with your Lince Fit 3 Smartwatch, refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on both devices. Restart both the smartwatch and smartphone. Ensure the Lince Fit app is updated to the latest version.
- **Inaccurate health data:** Ensure the smartwatch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area on the back of the watch.
- **Notifications not received:** Check app permissions on your smartphone to ensure the Lince Fit app has access to notifications. Verify that notifications are enabled within the Lince Fit app settings.
- **Short battery life:** Reduce screen brightness, disable unnecessary features like continuous heart rate monitoring if not needed, and ensure background app usage is optimized on your phone.

For further assistance, please contact Lince customer support.

## 6. SPECIFICATIONS

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Feature	Specification
Brand	LINCE
Model Reference	LSWUQPM003
Display	1.96" TFT Curved Mineral Crystal (356x400 px), Full Touch
Dimensions (Watch)	44.5 x 37 x 10.5 mm
Weight	39g
Case Material	Metal
Strap Material	Silicone (Interchangeable), 22 mm
Color	Black and Gold
Compatibility	Android and iOS
Connectivity	Bluetooth BLE 5.2

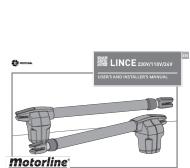
Feature	Specification
Platform	RTOS
Battery Capacity	260mAh
Charging Time	Approx. 2 hours
Battery Life	Up to 10 days
Water Resistance	IP68
Sensors	Accelerometer, PPG sensors (Heart Rate, SpO2, Respiratory Rate), Skin Temperature Sensor
Features	Voice Assistant, Bluetooth Calls, Notifications, Menstrual Cycle Tracking, 100+ Workout Types, Remote Camera Control, Customizable Watch Faces

## 7. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the official Lince website or the warranty card included with your product. Standard manufacturer warranties typically cover defects in materials and workmanship for a specified period from the date of purchase.

If you require technical support or have questions not covered in this manual, please contact Lince customer service through their official channels.

### Related Documents - LSWUQPM003

	<p><a href="#">Motorline LINCE Automatic Gate Opener System - Installation and User Manual</a></p> <p>Comprehensive installation and user manual for the Motorline LINCE series automatic gate openers (LINCE 300, 400, 600) covering safety, installation steps, technical specifications, troubleshooting, and maintenance. Supports 230V, 110V, and 24V models.</p>
	<p><a href="#">Motorline LINCE 230V/110V/24V User and Installer's Manual</a></p> <p>Comprehensive user and installer's manual for the Motorline LINCE automatic gate operator system, detailing installation, operation, technical specifications, troubleshooting, and maintenance for 230V, 110V, and 24V models.</p>
	<p><a href="#">Motorline LINCE Automatic Gate Operator User &amp; Installer Manual</a></p> <p>Comprehensive user and installer manual for the Motorline LINCE automatic gate operator, covering installation, operation, maintenance, troubleshooting, and technical specifications for LINCE300, LINCE400, and LINCE600 models.</p>

	<p><a href="#"><b>Motorline LINCE 230V/110V/24V Automatic Gate Opener User and Installer Manual</b></a></p> <p>This manual provides comprehensive instructions for the installation, operation, and maintenance of the Motorline LINCE series automatic gate openers (models LINCE300, LINCE400, LINCE600) for 230V, 110V, and 24V systems. It includes safety guidelines, technical specifications, troubleshooting, and control board wiring diagrams.</p>
	<p><a href="#"><b>Olva Store and Agent Hours - August 6th</b></a></p> <p>A comprehensive list of Olva store and agent operating hours in various districts for Wednesday, August 6th. Includes addresses and specific opening and closing times.</p>
	<p><a href="#"><b>Scimagic Auto Scan RF Multi Frequency Universal Remote Control Duplicator Guide</b></a></p> <p>Comprehensive guide to programming and using the Scimagic Auto Scan RF Multi Frequency Universal Remote Control Duplicator. Includes features, standard and automatic programming methods for various brands like BFT, FAAC, GENIUS, V2, and a detailed compatibility list of remote brands and models.</p>