zodvboz ZL54CJ

zodvboz Smart Watch ZL54CJ User Manual

Your guide to setting up, operating, and maintaining your zodvboz Smart Watch.

1. Setup Guide

1.1 Unboxing and Initial Charge

Carefully remove your zodvboz Smart Watch and all accessories from the packaging. Before first use, ensure the watch is fully charged. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).

A full charge typically takes approximately 2 hours. The watch display will indicate charging status.

1.2 App Installation and Pairing

To unlock the full potential of your smart watch, download the **Da Fit** application on your smartphone. The app is available for both iOS and Android devices.

- Scan the QR code provided in the watch's quick start guide or search for "Da Fit" in your phone's app store.
- Install and open the Da Fit app. Follow the on-screen prompts to create an account or log in.
- Ensure Bluetooth is enabled on your smartphone.
- In the Da Fit app, navigate to the "Device" section and tap "Add Device".
- Select "ZL54CJ" or the corresponding device name from the list of discovered Bluetooth devices.
- Confirm the pairing request on both your phone and the smart watch.



Image: The zodvboz Smart Watch ZL54CJ displaying its main interface with health metrics.

2. Operating Instructions

2.1 Basic Navigation

- **Touchscreen:** Swipe left/right to navigate between main functions (e.g., activity, heart rate, weather). Swipe up to access notifications. Swipe down to access quick settings.
- **Side Button:** Press to wake the screen or return to the home screen. Long press to power on/off.
- **Quick View:** Raise your wrist to automatically activate the screen and check time or notifications.

2.2 Bluetooth Calling

Once paired with your smartphone via Bluetooth, the ZL54CJ Smart Watch supports HD voice calls directly from your wrist.

- **Making Calls:** Access the dial pad or contact list on the watch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.



Image: The smart watch showing Bluetooth call and message reminder functionalities.

2.3 Sport Modes

The watch features over 100 sport modes to track your physical activities accurately. These include popular choices like walking, running, cycling, swimming, and more.

- Navigate to the "Sports" section on your watch.
- Select your desired activity from the list.
- Tap to start tracking. The watch will record duration, calories burned, distance, and other relevant metrics.
- Tap again to pause or long press to end the activity.

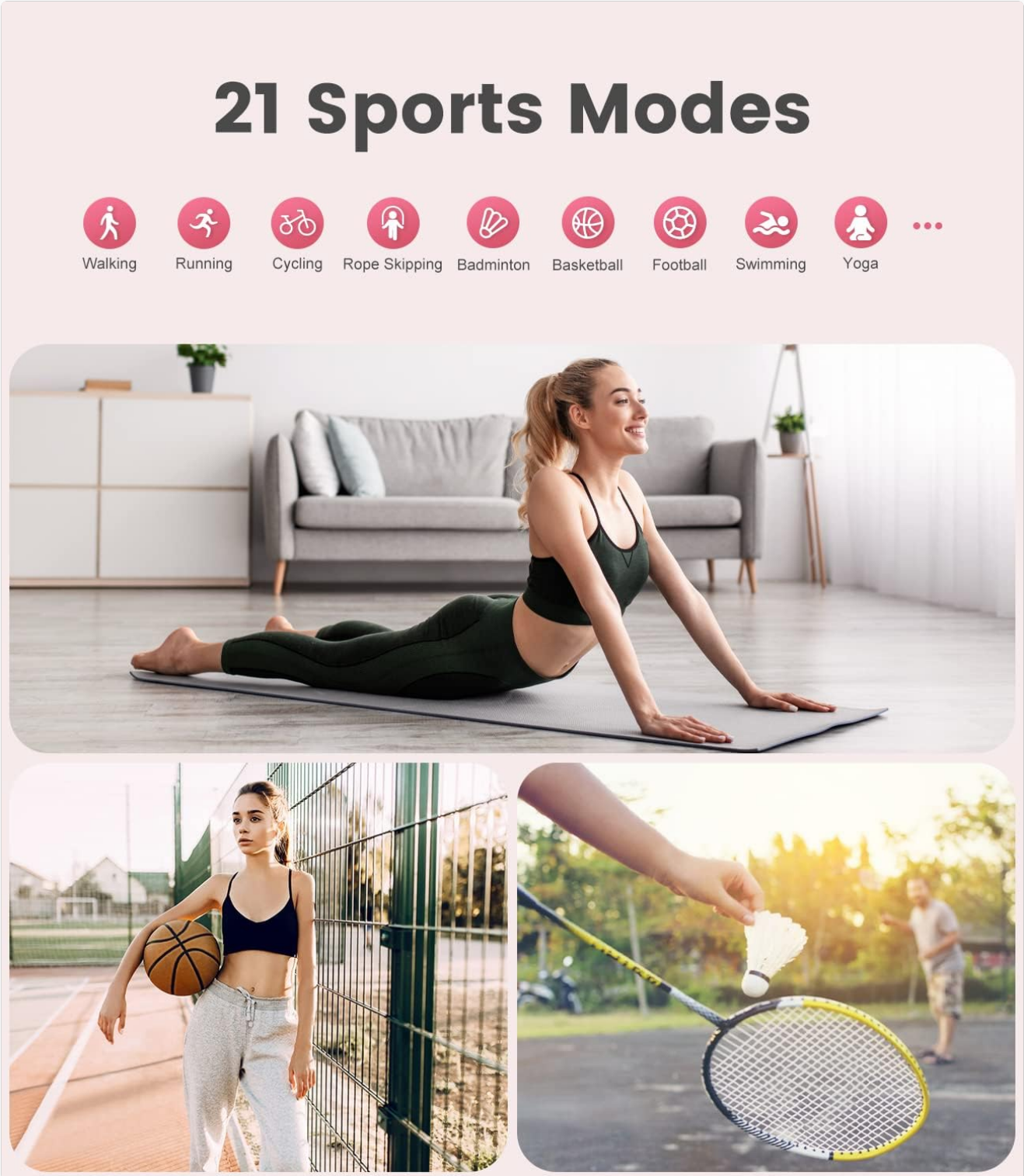


Image: Examples of various sport modes supported by the smart watch, including yoga, basketball, and badminton.

2.4 Health Monitoring

The ZL54CJ Smart Watch provides comprehensive health tracking features:

- **Heart Rate:** Continuous monitoring of your heart rate.
- **Blood Pressure:** Estimates blood pressure levels. (Note: This feature is for reference only and should not be used for medical diagnosis.)

- **Blood Oxygen (SpO2):** Measures blood oxygen saturation.
- **Sleep Quality Analysis:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Women's Health Tracking:** Specialized tracking for menstrual cycles and ovulation.

All health data is synchronized with the Da Fit app for detailed analysis and historical trends.



Image: Overview of the multi-function display, including various health and utility features.

2.5 Notifications and Music Control

- **Smart Notifications:** Receive alerts for calls, messages, and social media apps directly on your watch. Configure which app notifications to receive via the Da Fit app.
- **Music Control:** Control your smartphone's music playback (play, pause, skip tracks) from your watch.

- **Remote Camera:** Use your watch as a remote shutter button for your phone's camera.



Image: The smart watch's capabilities for weather display, music control, and remote camera operation.

2.6 Daily Activity Tracking

The watch continuously tracks your daily activities, including steps taken, calories burned, and distance traveled. This data helps you monitor your progress towards daily fitness goals.

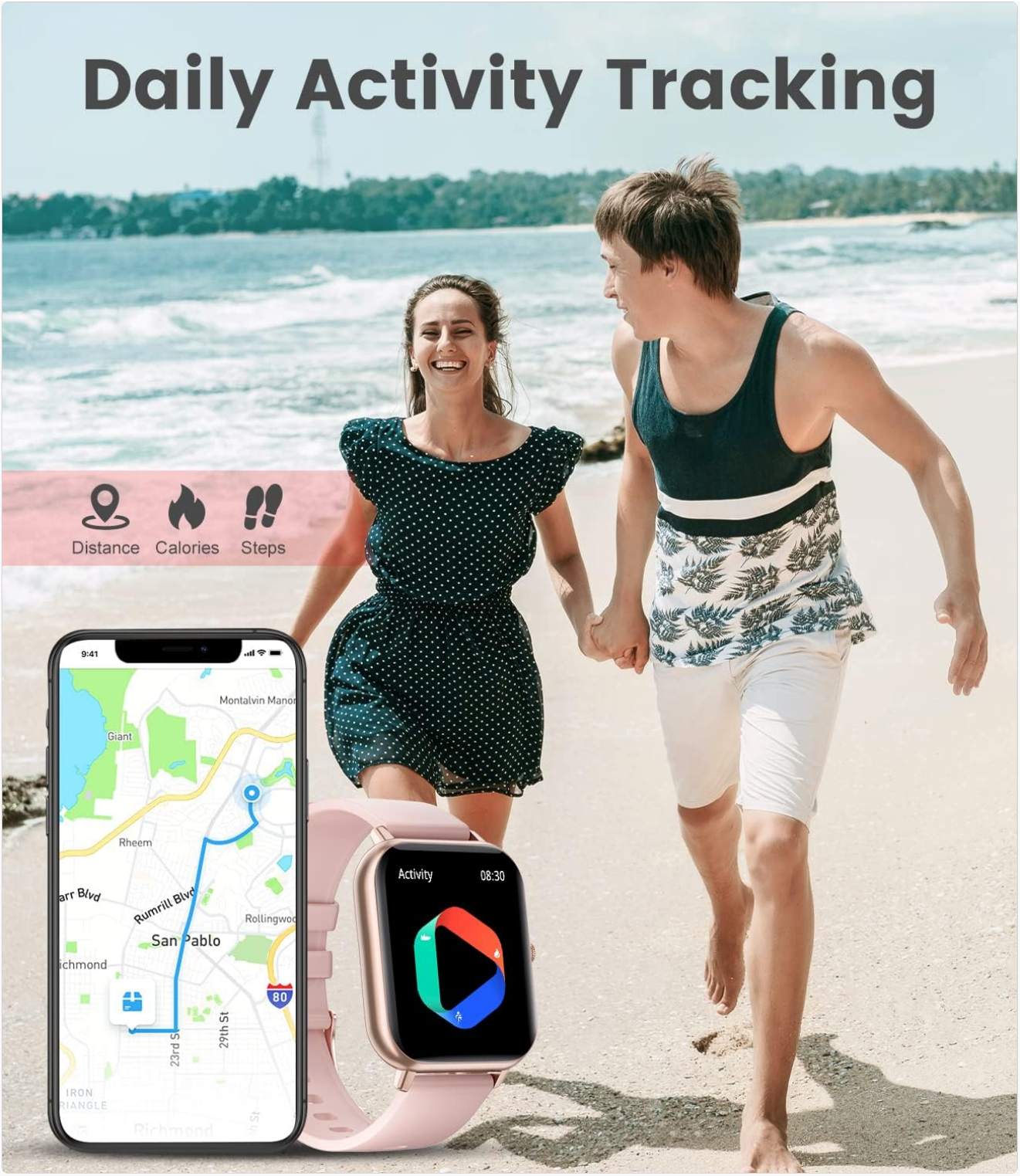


Image: The smart watch tracking daily activity, including distance, calories, and steps, synchronized with the mobile app.

2.7 Customization

Personalize your smart watch with hundreds of available watch faces through the Da Fit app. You can also create custom watch faces using your own photos.

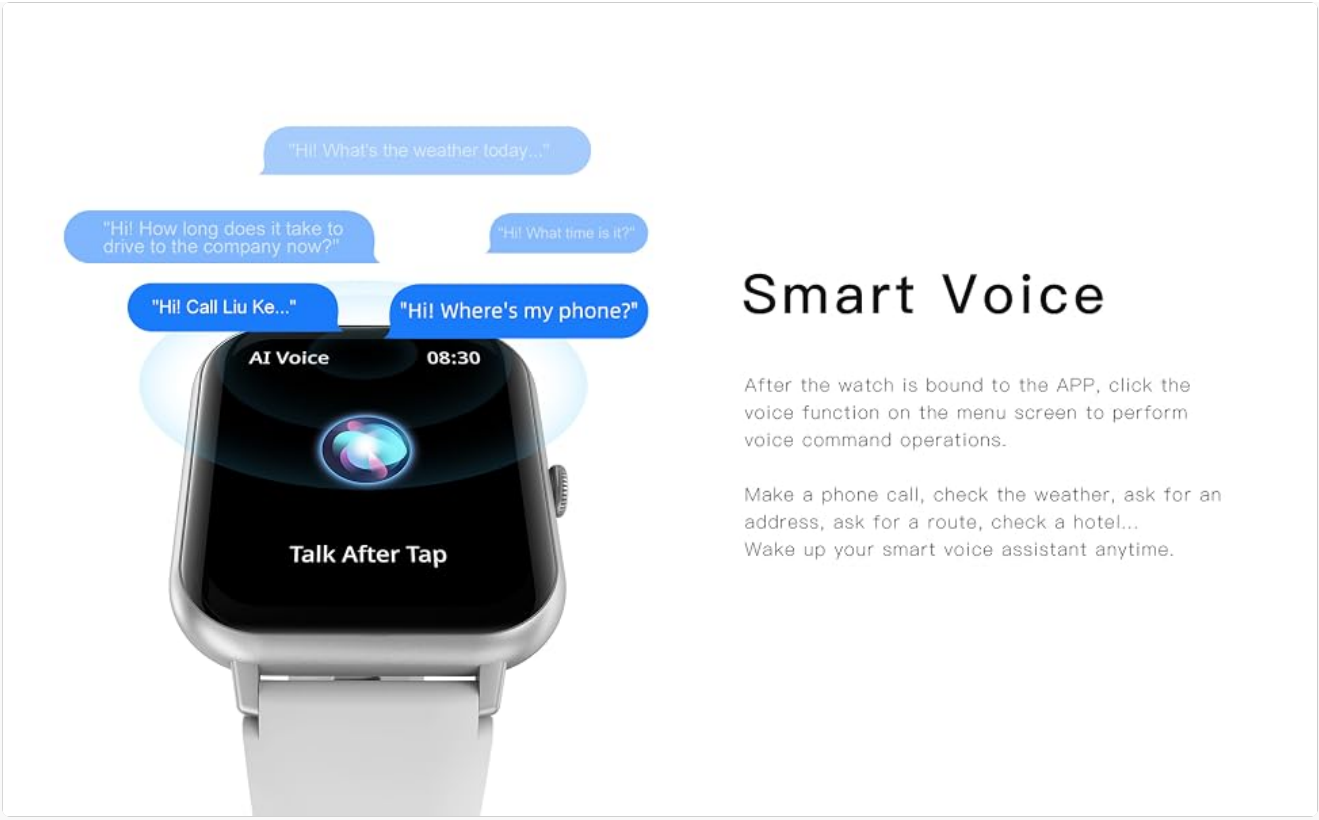


Image: The smart watch available in multiple colors, showcasing various customizable watch faces.

3. Maintenance

3.1 Cleaning

To keep your smart watch clean and functioning optimally, wipe the screen and strap regularly with a soft, dry, lint-free cloth. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

3.2 Waterproofing Guidelines (IP67)

The zodvboz ZL54CJ Smart Watch is IP67 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use, hand washing, and light rain.

- **Do NOT** use the watch in hot water, saunas, or steam rooms, as steam can penetrate the seals.
- **Do NOT** press any buttons while the watch is submerged in water.
- After contact with water, especially saltwater, wipe the watch dry thoroughly to prevent corrosion.

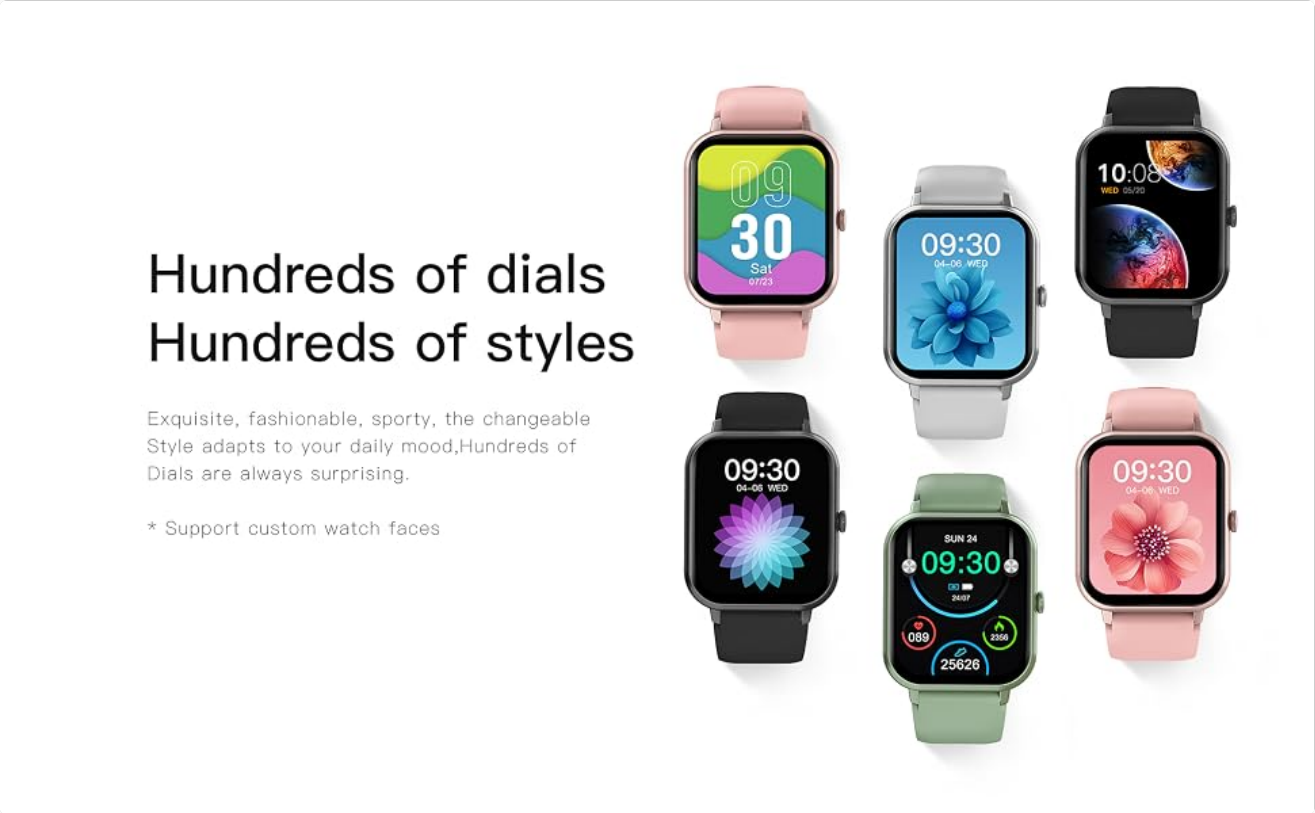


Image: The smart watch highlighting its IP67 waterproof rating and battery performance.

3.3 Battery Care

The watch is equipped with a 300mAh polymer battery, offering prolonged usage. To maximize battery lifespan:

- Avoid extreme temperatures.
- Charge the watch before the battery is completely depleted.
- If storing the watch for an extended period, charge it to about 50% and store in a cool, dry place.

4. Troubleshooting

Common Issues and Solutions:

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try long-pressing the side button for 10-15 seconds.
- **Bluetooth connection issues:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within the Bluetooth range of your phone.
  - Restart both your phone and the watch.
  - Unpair the watch from your phone's Bluetooth settings and re-pair through the Da Fit app.
- **Notifications not appearing:**
  - Check notification settings within the Da Fit app to ensure desired apps are enabled.
  - Ensure your phone's notification settings allow Da Fit to display notifications.

- Keep the Da Fit app running in the background on your phone.

- **Inaccurate health readings:**
  - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
  - Clean the sensors on the back of the watch.
  - Remember that health tracking features are for reference and not medical devices.
- **Battery drains quickly:**
  - Reduce screen brightness.
  - Disable continuous heart rate monitoring if not needed.
  - Limit the number of apps sending notifications to the watch.

5. Technical Specifications

Feature	Specification
Model Number	ZL54CJ
Display	1.83" IPS Full Touch Screen
Visible Screen Diagonal	2" / 5 cm
Waterproof Rating	IP67
Battery	300mAh Lithium Polymer (included)
Bluetooth Version	5.2
Product Dimensions	24 x 3.97 x 2 cm
Weight	60 g
Manufacturer	zodvboz
Country of Origin	China
Compatible App	Da Fit (iOS & Android)

6. Warranty and Support

6.1 Warranty Information

The zodvboz ZL54CJ Smart Watch comes with a**3-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

Please retain your proof of purchase for warranty claims.

6.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact zodvboz customer support. Refer to the contact information provided with your product packaging or visit the official zodvboz website for support details.

We are committed to providing excellent service and support for your zodvboz Smart Watch.

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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.

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