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> ZL02 C Pro Smart Watch User Manual

## XINDADA ZL02 C Pro

# ZL02 C Pro Smart Watch User Manual

Your Guide to Smart Living

## 1. INTRODUCTION

Welcome to the user manual for your new XINDADA ZL02 C Pro Smart Watch. This guide will help you set up, operate, and maintain your device to get the most out of its features. The ZL02 C Pro is a versatile smartwatch designed to enhance your daily life with comprehensive health monitoring, communication capabilities, and activity tracking.



The ZL02 C Pro Smart Watch features a sleek round display and a comfortable blue strap, designed for daily wear and health monitoring.

## 2. WHAT'S IN THE BOX

Upon unboxing your ZL02 C Pro Smart Watch, please ensure all the following items are present:

- ZL02 C Pro Smart Watch
- Charging Cable
- User Manual (this document)

## 3. SETUP GUIDE

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### 3.1 Charging the Smart Watch

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. The watch has a 230mAh Li-polymer battery.

### 3.2 App Installation

To unlock the full potential of your ZL02 C Pro Smart Watch, you need to install the companion application **Da Fit**, on your smartphone.

- Scan the QR code provided in the quick start guide (if available) or search for "Da Fit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
- Download and install the app.

### 3.3 Pairing with Your Smartphone

Once the Da Fit app is installed, follow these steps to pair your smartwatch:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Da Fit app and follow the on-screen instructions to add a new device.
3. Select "ZL02 C Pro" from the list of available devices.
4. Confirm the pairing request on both your watch and smartphone.
5. The watch is compatible with Android 5.0 & iOS 9.0 and above systems, utilizing Bluetooth 5.2 for a stable connection.

## 4. OPERATING INSTRUCTIONS

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## Heartbeat reason

### 1.28 "narrow border TFT large screen

Proportion of full-color and ultra-high screen



### Bluetooth call

You don't need to pick up your mobile phone, and the watch is accessible at a touch



### 100+Sports mode

Meet the needs of sports



### Dual mode, strong battery life

Typical scene of 7 days  
Long battery life of 15 days



### 38g

Light body



### Multidimensional Health Management

Health advisor on your wrist



This infographic highlights key features of the ZL02 C Pro Smart Watch, including its 1.28-inch narrow border TFT screen, Bluetooth calling capability, support for over 100 sports modes, extended battery life, lightweight design, and comprehensive health management functions.

## 4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and functions. Tap to select.
- **Side Button:** Typically used to wake the screen, return to the home screen, or access the main menu.

# 1.28''

TFT HD color screen  
Various functions at a glance

Feel, look, and feel comfortable. The screen accounts for 85% and is equipped with a 240 \* 240 pixel HD visual experience. Important information such as incoming calls, reminders, and sports can be clearly displayed. Haven't you tried it yet?



1.28''

Large circular  
screen



85%

Screen ratio



240\*240

Pixel



The ZL02 C Pro Smart Watch features a vibrant 1.28-inch TFT HD color screen with a resolution of 240x240 pixels and an 85% screen ratio, providing a clear and immersive visual experience for all functions.

## 4.2 Bluetooth Calling

The ZL02 C Pro Smart Watch supports Bluetooth calls, allowing you to make and receive calls directly from your wrist when connected to your smartphone. This feature is particularly useful for hands-free communication during activities like driving or cycling.

## 4.3 Health Monitoring

Your smartwatch is equipped with advanced sensors to monitor various health metrics:

## All days heart rate detection\* Record every heartbeat

Monitor your heart rate 24 hours,  
It will timely vibrate and remind you, always  
protecting your health.

\*This product is not a medical device. The measurement data and results are for reference only and are not used as a basis for diagnosis and treatment.



## All days blood oxygen detection\* Keep track of your physical condition

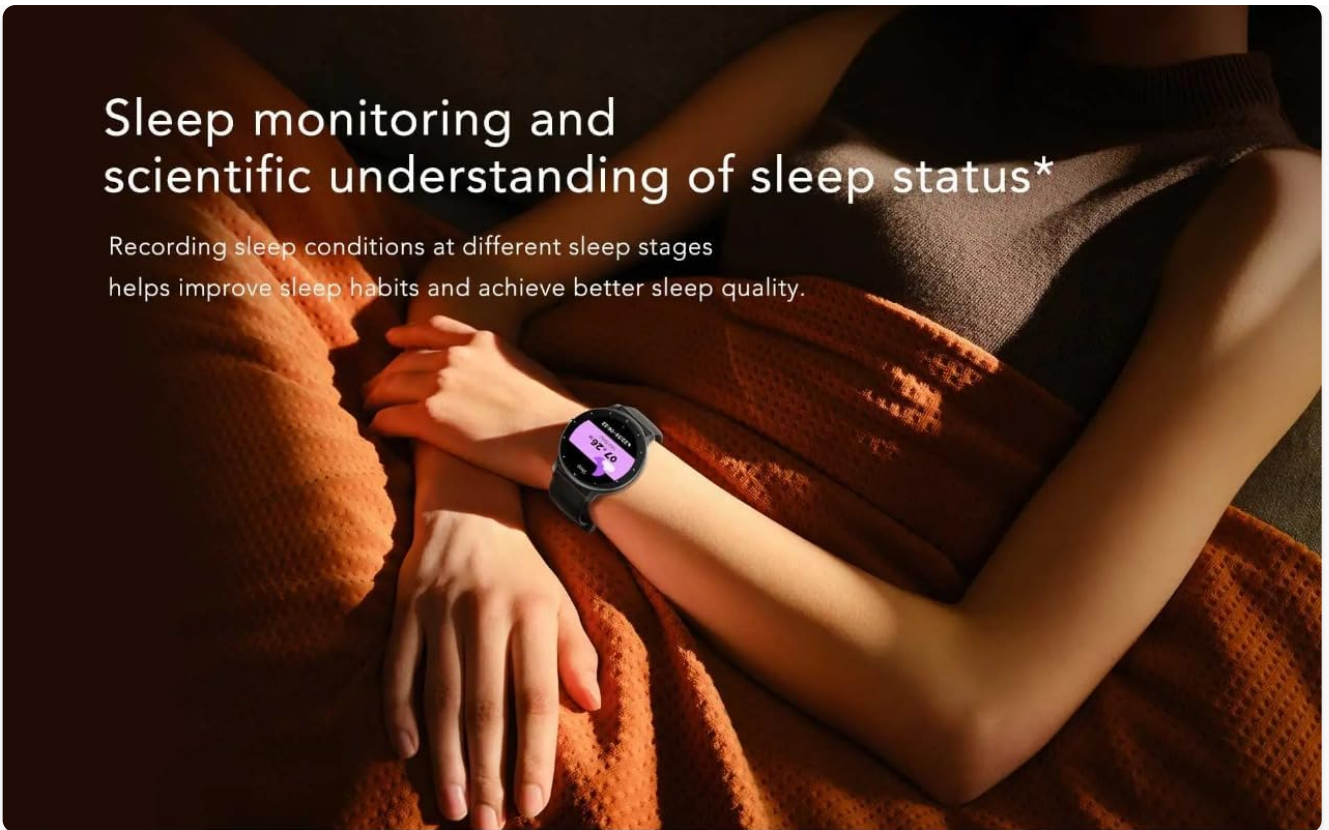
The measurement interval can be  
independently selected for whole-day blood  
oxygen detection,  
Protect your blood and oxygen health around  
the clock.

The smartwatch provides continuous 24-hour heart rate detection and all-day blood oxygen (SpO2) monitoring, allowing users to track their physical condition and protect their health around the clock. *Note: This product is not a medical device.*

- **Heart Rate Monitoring:** Continuously monitors your heart rate 24 hours a day, providing real-time data and alerts for abnormal readings.
- **Blood Pressure Monitoring:** Measures your blood pressure to help you keep track of your cardiovascular health.
- **Blood Oxygen (SpO2) Detection:** Tracks your blood oxygen saturation levels throughout the day.
- **Sleep Monitoring:** Records sleep conditions at different stages (deep sleep, light sleep, awake time) to help you understand and improve your sleep habits.

# Sleep monitoring and scientific understanding of sleep status\*

Recording sleep conditions at different sleep stages helps improve sleep habits and achieve better sleep quality.



The ZL02 C Pro Smart Watch offers advanced sleep monitoring, recording sleep conditions at different stages to help users understand and improve their sleep habits for better quality rest.

- **Respiratory Training:** Guided breathing exercises to help you relax and manage stress.

## 4.4 Activity Tracking & Sports Modes

The smartwatch tracks your daily activity and supports various sports modes:

- **Daily Activity:** Monitors step count, distance traveled, and calories burned.
- **GPS Exercise Trajectory:** When connected to your phone's GPS, it can record your exercise routes.
- **Multiple Sports Modes:** Supports over 100 sports modes for comprehensive tracking of movement data, including exercise time and heart rate during workouts.

## 4.5 Notifications & Reminders

Stay connected with timely alerts:

- **Caller Reminder:** Displays incoming call numbers/names.
- **Information Reminder:** Notifies you of messages from various apps.
- **Alarm Clock Reminder:** Set alarms directly from the watch or app.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Heart Rate Alarm Reminder:** Alerts you if your heart rate exceeds predefined limits.
- **Bluetooth Disconnection Reminder:** Notifies you if the watch loses connection with your phone (requires app to be open).

## 4.6 Other Features

The ZL02 C Pro Smart Watch offers additional convenient functions:



## High fidelity 3D sound quality



Using a polymer vibrating film, coupled with a low-power decoding chip, Open spaces can also provide a deep representation of stereo scenes, restoring high fidelity 3D sound quality.

The smartwatch supports high-fidelity 3D sound quality for music playback, allowing users to control their audio directly from their wrist. It utilizes a polymer vibrating film and a low-power decoding chip to restore rich stereo sound.

- **Music Playback Control:** Control music on your phone (play, pause, skip tracks).
- **Stopwatch & Countdown:** Built-in timing functions.
- **Calculator:** Basic calculations on your wrist.
- **Weather Display:** Get real-time weather updates.
- **Female Physiological Period Function:** Track and predict menstrual cycles.
- **Remote Photography:** Use your watch as a remote shutter for your phone's camera.
- **Wrist Lifting and Screen Lighting:** Automatically lights up the screen when you raise your wrist.
- **Searching for Mobile Phones:** Helps locate your paired smartphone.

## 5. MAINTENANCE

To ensure the longevity and optimal performance of your ZL02 C Pro Smart Watch, follow these maintenance guidelines:

- **Water Resistance:** The watch has an IP67 waterproof rating, meaning it is resistant to sweat and rain. However, it is not suitable for swimming or showering with hot water. Avoid prolonged submersion.
- **Cleaning:** Regularly clean the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Charging:** Use only the provided charging cable. Avoid overcharging the battery.

## 6. TROUBLESHOOTING

If you encounter issues with your ZL02 C Pro Smart Watch, try the following solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
  - Ensure Bluetooth is enabled on your phone and the watch.

- Make sure the Da Fit app is open and running in the background.
- Restart both your phone and the watch.
- Ensure the watch is within Bluetooth range of your phone.

- **Inaccurate health data:**

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Clean the sensors on the back of the watch.
- Note that environmental factors and individual physiology can affect readings.

- **Notifications not appearing:**

- Check notification permissions for the Da Fit app in your phone's settings.
- Ensure the app is running in the background and not being closed by your phone's power-saving features.
- Verify that notifications are enabled within the Da Fit app for specific applications.

- **Short battery life:**

- Reduce screen brightness.
- Disable continuous heart rate monitoring if not needed 24/7.
- Limit the number of apps sending notifications to the watch.

If problems persist, please refer to the support section or contact customer service.

## 7. SPECIFICATIONS

| Feature           | Specification                                             |
|-------------------|-----------------------------------------------------------|
| Model Number      | ZL02 C Pro                                                |
| Chipset           | JL7012F6                                                  |
| LCD Style         | TFT                                                       |
| LCD Resolution    | 240*240                                                   |
| Screen Size       | 1.28 inches (1.39 inches in some specifications)          |
| Bluetooth Version | 5.2                                                       |
| Battery Capacity  | 230mAh                                                    |
| Companion APP     | Da Fit                                                    |
| Operating System  | Android (compatible with Android 5.0 & iOS 9.0 and Above) |

| Feature                      | Specification                                                                                                                                                                                                                                                             |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Water Resistance             | IP67                                                                                                                                                                                                                                                                      |
| Shape                        | Round                                                                                                                                                                                                                                                                     |
| Color                        | Blue                                                                                                                                                                                                                                                                      |
| Watch Multi-Language Support | Chinese, English, German, Spanish, French, Russian, Arabic, Ukrainian, Italian, Portuguese                                                                                                                                                                                |
| APP Multi-Language Support   | Arabic, Bulgarian, Czech, Danish, German, Spanish, Finnish, French, Hindi, Croatian, Indonesian, Italian, Japanese, Korean, Norwegian, Dutch, Polish, Pashto, Portuguese, Russian, Swedish, Thai, Ukrainian, Vietnamese, Simplified Chinese, English, Traditional Chinese |

## 8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the seller/manufacturer directly. Keep your proof of purchase for any warranty claims.

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### 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