SGNICS F57L

SGNICS F57L Smart Watch User Manual

Model: F57L | Brand: SGNICS

1. Introduction

This manual provides detailed instructions for the setup, operation, and maintenance of your SGNICS F57L Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and longevity.

2. Package Contents

Upon unboxing, please verify that all the following items are included in your package:

- 1 x SGNICS F57L Smart Watch
- 1 x Watch Band
- 1 x Charging Cable
- 1 x User Manual (this document)



Figure 2.1: The SGNICS F57L Smart Watch, featuring a rectangular display and a black silicone band.

3. Setup Guide

3.1. Charging the Device

Before initial use, fully charge your SGNICS F57L Smart Watch. Connect the provided charging cable to the charging port on the back of the watch and plug the other end into a standard USB power adapter (not included) or a computer's USB port.

- A full charge typically takes approximately 2 hours.

- The watch display will indicate charging status.



Figure 3.1: Rear view of the SGNICS F57L Smart Watch, highlighting the heart rate sensor and magnetic charging contacts.

3.2. App Installation and Pairing

To unlock the full functionality of your smart watch, you need to install the companion application on your smartphone and pair the devices.

1. **Download the App:** Search for the official SGNICS companion app in your smartphone's app store (compatible with Android and iOS phones).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed app and follow the on-screen instructions to create an account or log in.

4. **Add Device:** Within the app, navigate to the "Add Device" or "Pair Device" section. The app will search for available Bluetooth devices.
5. **Select Your Watch:** Select "F57L" or a similar identifier from the list of found devices.
6. **Confirm Pairing:** A pairing request may appear on both your phone and watch. Confirm the pairing on both devices.

Once paired, the watch will synchronize data with your phone, and you will receive notifications and access advanced features.

4. Operating Instructions

4.1. Basic Navigation

The SGNICS F57L Smart Watch features a 1.91-inch HD touch screen for intuitive interaction.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different watch faces.
- **Tap:** Select an item or open an application.
- **Side Button:** Typically used to return to the home screen or activate the screen.





Figure 4.1: The 1.91-inch HD display of the SGNICS F57L Smart Watch, showing a typical watch face with health metrics.

4.2. Bluetooth Call Functionality

After connecting to your phone via Bluetooth, you can make and receive calls directly from your watch.

- **Making Calls:** Access the dialer or contact list on your watch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap to answer or decline.

4.3. Notifications

All messages and notifications from your paired smartphone will be displayed on your wrist, accompanied by a vibration alert.

- Ensure app notifications are enabled in both your phone's settings and the SGNICS companion app.

4.4. Health Tracking

The smart watch features advanced sensors for 24/7 automatic tracking of your daily activity and health metrics.

- **Heart Rate:** Monitors your heart rate throughout the day.
- **Sleep Tracking:** Analyzes your sleep patterns.
- **Activity Monitoring:** Tracks steps, calories burned, and distance traveled.

Detailed health data can be viewed and analyzed within the companion app on your smartphone.

4.5. Sports Modes

The F57L Smart Watch offers over 50 sports modes to accurately track your workouts.

- **Available Modes:** Includes running, dancing, yoga, cycling, hiking, and many more.
- **Workout Data:** For each mode, the watch tracks relevant metrics such as duration, calories, distance, and heart rate, helping you adjust training intensity.

4.6. Life Assistant Features

Your smart watch integrates several convenient features to assist with daily tasks:

- **AI Voice Assistant:** Interact with your virtual assistant to ask questions, set reminders, or control smart devices.
- **Music Playback Control:** Manage music playing on your smartphone.
- **Stopwatch & Countdown:** Built-in timing functions.
- **Calculator:** Perform basic calculations.
- **Weather Display:** Get real-time weather updates.
- **Remote Photography:** Use your watch as a remote shutter for your phone's camera.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert sound.

4.7. Customization

Personalize your watch experience with various customization options.

- **DIY UI:** Customize the user interface.
- **Watch Dials:** Choose from hundreds of available watch faces through the companion app.

5. Maintenance

Proper care ensures the longevity and optimal performance of your SGNICS F57L Smart Watch.

- **Cleaning:** Wipe the watch screen and body with a soft, lint-free cloth. For stubborn smudges, slightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.
- **Charging Contacts:** Keep the charging contacts on the back of the watch clean and dry to ensure efficient charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.
- **Battery Care:** Avoid fully discharging the battery frequently. Charge the watch regularly to maintain battery health.

6. Troubleshooting

If you encounter issues with your SGNICS F57L Smart Watch, refer to the following common solutions:

Problem	Solution

Problem	Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with phone	• Ensure Bluetooth is enabled on your phone and the watch. • Restart both your phone and the watch. • Make sure the watch is within Bluetooth range of your phone. • Clear previous pairings from your phone's Bluetooth settings.
Notifications not received	• Check notification settings in the SGNICS companion app. • Verify that app notifications are enabled in your phone's system settings. • Ensure the watch is properly connected via Bluetooth.
Inaccurate health data	• Ensure the watch is worn snugly on your wrist, but not too tight. • Clean the heart rate sensor on the back of the watch. • Consult the app for calibration options if available.
Screen unresponsive	Try restarting the watch by pressing and holding the side button until it powers off, then power it back on.

7. Specifications

Feature	Detail
Brand	SGNICS
Model Name	F57L
Color	Black
Material	Zinc
Screen Size	1.91 inches HD Touch Screen
Connectivity	Bluetooth
Special Features	Activity Tracker, Bluetooth Call, AI Voice Assistant, 50+ Sport Modes
Compatible Devices	Android/iOS Smartphones
Included Components	1 * Band, 1 * Charging Cable, 1 * Smart Watch F57L, 1 * User Manual
Target Audience	Teens, Seniors, Adults

8. Warranty Information

The SGNICS F57L Smart Watch comes with a**60-day warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.
Please retain your proof of purchase for warranty claims.

9. Customer Support

For further assistance, technical support, or warranty inquiries, please contact SGNICS customer service through the contact information provided on the product packaging or the official SGNICS website.
When contacting support, please have your product model (F57L) and purchase details ready.

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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.

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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