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› BWOO WA-05 Smart Watch User Manual

BWOO SYNC WA-05

BWOO WA-05 Smart Watch User Manual

Model: WA-05

Brand: BWOO SYNC

1. INTRODUCTION

The BWOO WA-05 Smart Watch is a wearable device designed to integrate health monitoring, fitness tracking, and communication features. This manual provides instructions for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance.



Image 1.1: BWOO WA-05 Smart Watch with included 3.5mm jack headphones.

2. WHAT'S IN THE BOX

Verify that all items are present in the package:

- BWOO WA-05 Smart Watch
- Charging Cable
- 3.5mm Jack Headphones
- User Manual (this document)



Image 2.1: Included 3.5mm jack headphones.

3. SETUP

3.1 Initial Charging

Before first use, fully charge the smart watch. Connect the provided charging cable to the watch's charging port and a compatible USB power source. A full charge typically provides 5-7 days of active use or up to 30 days on standby.

3.2 App Installation

Download and install the "Da Fit" application on your smartphone. The app is available for devices running iOS 9.0 / Android 6.0 or later versions.

3.3 Device Pairing

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 the BWOO WA-05 from the list of available devices.
4. Confirm the pairing request on both your smartphone and the smart watch.

Once paired, the watch will synchronize data with the app and enable Bluetooth calling features.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The WA-05 features a 1.83-inch HD touchscreen with five adjustable brightness levels. Swipe across the screen to navigate through menus and tap to select options.

1.83-INCH TFT SCREEN

Narrow bezel high screen ratio
TFT screen, full screen touch



240*284
LCD Resolution

TFT
LCD style

IP67
Water proof

TOUCH
Operating mode

1.83"
Screen Size

BT5.2
BT Version

Image 4.1: 1.83-inch HD TFT Screen.

4.2 Bluetooth Calling and Message Alerts

After connecting to the "Da Fit" app, the watch allows you to make and receive calls directly from your wrist using its built-in microphone and speaker. You can also store contacts and view call logs. Real-time text messages and notifications from various social media platforms will be displayed on the watch screen.

VOICE ASSISTANT

After binding the watch to the app, voice assistant are used to make phone calls and view the weather



Image 4.2: Call function display on the smart watch.

4.3 Health Monitoring

The WA-05 smart watch provides continuous health monitoring features:

- **Heart Rate:** Monitors heart rate throughout the day.
- **Sleep Tracking:** Records sleep patterns.
- **SpO2:** Measures blood oxygen levels.
- **Blood Pressure:** Monitors blood pressure health status.

Note: Health monitoring data is for reference only and should not be used for medical diagnosis or treatment.

BLOOD PRESSURE & BLOOD OXYGEN

Monitor blood pressure and blood oxygen health status through sensors at all times



Image 4.3: Full-day heart rate monitoring.

123 KINDS OF FITNESS MODELS

Cover multiple daily sports occasions



Image 4.4: Blood pressure and blood oxygen monitoring.

4.4 Sport Modes and Pedometer

The watch offers over 120 built-in exercise modes. You can customize and add preferred activities through the Da Fit app. It also includes a pedometer to track your daily steps.

CALL FUNCTION

After connecting the smartwatch to your phone, you can use the watch to dial and control the phone to make and answer calls



Image 4.5: Display of various fitness models.

4.5 Music Playback Control

Control music playback on your connected smartphone directly from the watch, including play, pause, skip tracks, and volume adjustment.

4.6 Watch Faces

Choose from over 100 cloud-based watch faces to personalize your device. You can also customize dials to match your preferences via the Da Fit app.

4.7 Voice Assistant

After binding the watch to the Da Fit app, the voice assistant feature can be used to initiate phone calls and check weather information.

FULL DAY HEART RATE MONITORING

The Smart Watch could record your heart rate all day



Image 4.6: Voice assistant functionality.

4.8 Additional Features

The WA-05 includes a chronograph, calendar, alarm clock, countdown timer, sedentary reminder, and menstrual management functions.

5. MAINTENANCE

5.1 Water Resistance

The WA-05 Smart Watch has an IP67 waterproof rating. This means it is resistant to splashes, rain, and can be worn during handwashing and daily workouts. It is **not** suitable for swimming, bathing, saunas, or hot springs, as these activities may cause water damage.

5.2 Cleaning

To clean your smart watch, gently wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

5.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge the device using only the provided charging cable. Store the watch in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone and the watch.
 - b. Verify the "Da Fit" app is installed and running.
 - c. Check if your phone meets the compatibility requirements (iOS 9.0 / Android 6.0 or later).
 - d. Restart both the watch and your smartphone, then attempt pairing again.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements. Remember that data is for reference only.
- **Charging issues:** Check if the charging cable is securely connected to both the watch and the power source. Ensure the charging contacts on the watch are clean and free of debris. Try a different USB power adapter.
- **Notifications not appearing:** Verify that app notifications are enabled in the "Da Fit" app settings and in your smartphone's system settings for the relevant applications.
- **Watch requires a smartphone to function fully:** The BWOO WA-05 Smart Watch is designed as a companion device and requires a smartphone with the "Da Fit" app for full functionality, including data synchronization, call features, and advanced settings.

7. SPECIFICATIONS

Feature	Detail
Model	WA-05
Brand	BWOO SYNC
Screen Size	1.83 Inches

Display Type	Digital, TFT LCD
Resolution	240 x 284
Operating Mode	Touchscreen
Connectivity	Bluetooth (BT5.2)
Compatible Devices	Smartphone (iOS 9.0 / Android 6.0 or later)
Battery Capacity	230 mAh
Battery Life	5-7 days (active use), up to 30 days (standby)
Waterproof Rating	IP67
Special Features	Bluetooth Call, Multisport Tracker, Heart Rate Monitor, SpO2 Monitor, Blood Pressure Monitor, Sleep Monitor, Notifications, Music Player Control, Voice Assistant, Chronograph, Alarm Clock, Sedentary Reminder, Menstrual Management
GPS	No GPS
Color	Black

8. WARRANTY AND SUPPORT

Specific warranty details are not provided in this manual. For warranty information, please refer to the product packaging, the official BWOO SYNC website, or contact your retailer. For technical support, please visit the BWOO SYNC support page or contact their customer service.