

XINDADA F7 Ultra

XINDADA F7 Ultra Smart Watch User Manual

Model: F7 Ultra

INTRODUCTION

Thank you for choosing the XINDADA F7 Ultra Smart Watch. This manual provides essential information to help you set up, operate, and maintain your device. Please read these instructions carefully before use to ensure optimal performance and longevity of your smartwatch.

1. SETUP

1.1 Package Contents

- 1 x F7 Ultra Smart Watch
- 1 x USB Wireless Magnetic Charging Cable
- 1 x User Manual

1.2 Charging the Smart Watch

Before first use, fully charge your F7 Ultra Smart Watch. Connect the USB wireless magnetic charging cable to a power source and attach the magnetic end to the charging points on the back of the watch. The watch will indicate charging status on its screen.

1.3 App Installation and Pairing

1. Download the **RDFit** application from your smartphone's app store (compatible with Android 4.4 and above, and iOS 9.0 and above).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the RDFit app and follow the on-screen instructions to search for and connect to your F7 Ultra Smart Watch via Bluetooth 5.0.
4. Confirm the pairing request on both your smartphone and the watch.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

- **Raise to Wake:** Lift your wrist to automatically activate the screen.
- **Cover to Turn Off Screen:** Place your palm over the screen to turn it off.
- **Always-On Display (AOD):** Configure this mode in the watch settings for continuous time display.
- **Side Lamp:** Utilize the side lamp feature for illumination in low-light conditions.

2.2 Key Features



This image illustrates several key features of the F7 Ultra Smart Watch, including its Bluetooth call capability, compass function, 1.53-inch HD screen, 300mAh battery, various sports modes, and continuous health monitoring.



The watch provides accurate health data detection, including real-time heart rate, blood oxygen, and blood pressure monitoring, as shown with graphical representations.

More exercise mode, expand yourself

Support mountaineering, basketball, running and other sports mode, each exercise highlight moment, there are precise records of the watch, more personalized sports goals, to help you more scientific and effective exercise.



Expand your exercise routine with multiple sports modes such as mountaineering, basketball, and running, each with precise record-keeping to help achieve fitness goals.

Motion trajectory, accurate recording

The GPS motion track feature ensures that you can accurately record your position at every moment while exercising outdoors, making every adventure safer and more meaningful.



The GPS motion track feature accurately records your position during outdoor activities, enhancing safety and providing meaningful data for your adventures.

Watch smart Island function

The perfect integration of the large screen with the software, pop up displays such as music and information in an eye-catching way, and easily interact with the watch, ensuring that you can easily grasp the information in the busy schedule.



The Smart Island function integrates seamlessly with the large screen, providing eye-catching pop-up displays for new information, music controls, and battery status, allowing easy interaction even during a busy schedule.

- **Bluetooth Calls:** Answer or reject calls directly from your watch when connected to your phone.
- **Compass Function:** Utilize the high-precision compass for accurate direction indication.
- **Health Monitoring:** Track heart rate, blood pressure, blood oxygen, and sleep patterns 24/7.
- **Sports Modes:** Access 156 sports algorithms, including mountaineering, basketball, and running, with GPS motion tracking.
- **Smart Island Function:** Experience dynamic pop-up notifications for calls, music, and other information.
- **NFC Door Access:** Use your watch for convenient NFC-enabled door access.
- **Notifications:** Receive app notifications directly on your wrist.
- **Music & Camera Control:** Remotely control music playback and your smartphone camera.
- **Utilities:** Features include weather updates, 'Find My Phone', password protection, calculator, split screen, quick widgets, Alipay, QR code, Qibla finder, and AI voice assistant.

2.3 Language Support

The F7 Ultra Smart Watch supports multiple languages, including Chinese, English (default), Russian, Spanish, German, Italian, French, Portuguese, Polish, Dutch, Greek, Turkish, Romanian, Japanese, Traditional Chinese, Hebrew, Czech, Slovak, Hungarian, Arabic, Indonesian, Korean, Vietnamese, Thai, Persian, Ukrainian, Malay, and Burmese.

3. MAINTENANCE

3.1 Water Resistance

The watch has an IP67 waterproof rating, meaning it is resistant to splashes and brief immersion in water. It is not suitable for swimming, diving, or high-pressure water activities. Avoid exposing the watch to hot water or steam.

3.2 Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

3.3 Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch using only the provided magnetic charging cable. Do not attempt to replace the battery yourself.

4. TROUBLESHOOTING

- **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:** Make sure Bluetooth is enabled on both devices. Restart both the watch and your phone. Ensure the RDFit app is open and running.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not received:** Check app notification settings on your phone and within the RDFit app to ensure they are enabled for the watch.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and limit background app refresh.

5. SPECIFICATIONS

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| Screen Size | 1.54 inch HD large screen |
| Screen Resolution | 360 x 360 pixels |
| Watch Dimensions | 47 x 45 x 12.5 mm |
| Bluetooth Version | Bluetooth 5.0 |
| Integrated Chip | Jerry 7012F6 |
| Waterproof Level | IP67 |
| Charging Type | Wireless Magnetic Charging |
| Battery Capacity | 300 mAh |
| Menu Styles | 5 types |
| Compatibility | Android 4.4 and above, iOS 9.0 and above |
| Companion App | RDFit |

6. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation provided with your purchase or contact XINDADA customer service. Keep your purchase receipt for any warranty claims. This user manual is included in the product package for your convenience.