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Fila SW70

Fila Smart Watch SW70 User Manual

Model: SW70 | Brand: Fila

Introduction

Welcome to the user manual for your new Fila Smart Watch SW70. This guide provides comprehensive instructions on setting up, operating, and maintaining your device. The Fila Smart Watch SW70 is designed to enhance your daily life with features such as Bluetooth calling, message notifications, and extensive fitness tracking capabilities, including heart rate monitoring, sleep tracking, and over 100 sports modes. Please read this manual carefully to ensure optimal performance and longevity of your smartwatch.

What's in the Box

- Fila Smart Watch SW70 (Black)
- Charging Cable
- Watch Band
- User Manual (this document)

Setup

1. Charging Your Smart Watch

Before first use, fully charge your Fila Smart Watch. 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 display will indicate charging status. A full charge typically takes approximately 2 hours.

2. App Installation

To unlock the full potential of your smartwatch, download and install the "FILA S-WATCH" app on your smartphone. The app is compatible with both iOS and Android devices.

- **For iOS:** Search for "FILA S-WATCH" in the Apple App Store.
- **For Android:** Search for "FILA S-WATCH" in the Google Play Store.

Alternatively, you may find a QR code on the watch screen or in the quick start guide to directly download the app.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "FILA S-WATCH" app on your smartphone.
3. Follow the on-screen instructions within the app to add a new device.
4. The app will search for available devices. Select "Fila SW70" from the list.
5. Confirm the pairing request on both your watch and smartphone.
6. Once paired, the watch will synchronize data with the app.

Operating Your Smart Watch

1. Basic Navigation

The Fila Smart Watch SW70 features a 1.95" HD TFT full-touch color screen. Navigate through menus and functions by swiping across the screen and tapping icons.

- **Swipe Down:** Access quick settings (e.g., brightness, do not disturb).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Cycle through widgets and main functions (e.g., activity, heart rate, weather).
- **Press Side Button:** Return to the watch face or access the app list.

2. Bluetooth Calling

With its built-in HD microphone and speaker, the Fila Smart Watch allows you to make and receive calls directly from your wrist after connecting to your phone via Bluetooth.

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

3. Messages Notification

The smartwatch can synchronize contact information and display notifications from various apps (WhatsApp, Facebook, Instagram, Twitter, Skype, Line, etc.) directly on your wrist. All notifications are accompanied by a vibration alert.

- Ensure app notifications are enabled in your smartphone's settings and within the "FILA S-WATCH" app.
- Swipe up on the watch face to view your notification history.

4. Fitness Tracking

The Fila Smart Watch SW70 is equipped with comprehensive fitness tracking features to help you monitor your health and activity.

- **100+ Sports Modes:** Select from a wide range of activities including walking, running, cycling, football, and more. The watch records real-time data such as steps, calories burned, distance, and activity time.
- **Heart Rate Monitoring:** The watch continuously monitors your heart rate. You can view your current heart rate and historical data on the watch or in the app.
- **Sleep Tracking:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Step Counter:** Records your daily steps and calculates distance covered.

Heart Rate Monitoring Example


Heart Rate
10:09
128
BPM
Click To Measure
Max
168
Min
58
200
100
0
00:00
12:00
00:00
Aerobic



Image Description: This image shows the Fila Smart Watch screen displaying heart rate information. The current heart rate is shown as 128 BPM. Below this, it indicates "Click To Measure". The screen also displays the maximum heart rate recorded as 168 and the minimum as 58. A graph illustrates the heart rate trend over a 24-hour period, with time markers at 00:00 and 12:00. Below the graph, there are colored bars indicating different heart rate zones (e.g., Aerobic). This interface allows users to quickly check their heart rate and review their heart rate history.

Maintenance

1. Water Resistance (IP67)

The Fila Smart Watch SW70 is IP67 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as hand washing or light rain. However, it is not recommended for swimming, diving, or showering with hot water, as steam and high pressure can damage the device.

2. Cleaning

To clean your smartwatch, gently wipe the screen and body with a soft, lint-free cloth. If necessary, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and components. Ensure the charging contacts are clean and dry before charging.

3. Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the watch regularly, but avoid leaving it fully discharged for extended periods. If storing the watch for a long time, charge it to about 50% before storage.

Troubleshooting

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range of your phone. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again.
Notifications not appearing	Check notification permissions for the "FILA S-WATCH" app on your phone. Ensure notifications are enabled within the "FILA S-WATCH" app settings. Verify that "Do Not Disturb" mode is not active on the watch.
Inaccurate heart rate readings	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.

Specifications

Feature	Detail
Model	SW70
Screen Size	1.95 Inches HD TFT Full-Touch
Resolution	410*502
Connectivity	Bluetooth
Battery Capacity	210 Milliamp Hours
Operating System	Wear OS 3.0
Memory Storage Capacity	128 MB
RAM Memory Installed Size	128 MB
Water Resistance	IP67
Special Features	Touchscreen, Multisport Tracker, Activity Tracker, Phone Call, Notifications
Compatible Devices	iOS, Android
Item Weight	3.52 ounces
Manufacturer	FILA
Country of Origin	China

Warranty and Support

For warranty information and technical support, please contact FILA-US, the authorized seller. Refer to your purchase documentation for specific warranty terms and conditions. For further assistance, you may also visit the official Fila website or contact their customer service.
Seller: FILA-US
Amazon Seller Link: FILA-US Seller Profile

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