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SWZEC 7ab8df29-bb30-4a84-8eb7-94b791c70204

SWZEC Sekoda GPS Sports Smartwatch User Manual

Model: 7ab8df29-bb30-4a84-8eb7-94b791c70204

INTRODUCTION

This manual provides essential instructions for the setup, operation, and maintenance of your SWZEC Sekoda GPS Sports Smartwatch. This device is designed to monitor your health, optimize sports performance, and enhance daily life with its blend of technology and functionality.

WHAT'S IN THE BOX

Upon unboxing, please ensure all the following items are present:

- 1 x SWZEC Sekoda GPS Sports Smartwatch
- 1 x Charging Cable
- 1 x User Manual (this document)

SETUP

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the charging cable to the watch's charging port and a USB power source. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

2. Powering On/Off

- **To Power On:** Press and hold the power button (usually the top right button) until the screen illuminates.
- **To Power Off:** Press and hold the power button, then select "Power Off" on the screen.

3. Pairing with Your Smartphone

1. Download the companion app (refer to the watch screen or packaging for the app name) from your smartphone's app store (compatible with iOS and Android).
2. Ensure Bluetooth is enabled on your smartphone.

3. Open the app and follow the on-screen instructions to create an account and pair your smartwatch.
4. Confirm the pairing request on both your phone and the smartwatch.

OPERATING INSTRUCTIONS

Display and Navigation

The smartwatch features a 1.43-inch AMOLED touchscreen display with 390x390 resolution. Navigate by swiping across the screen and tapping icons. Physical buttons provide additional control for specific functions.



Image: The smartwatch display showing time and date, along with a graphic illustrating 6-satellite GPS high precision positioning. This image highlights the AMOLED display and advanced GPS capabilities.

GPS Positioning

The integrated GPS supports GPS, GLONASS, BDS, Galileo, NAVIC, and QZSS for simultaneous joint positioning. This advanced system ensures precise location tracking and accurate route recording for outdoor activities.



Image: A smartwatch displaying a tracked route on a map, alongside a smartphone showing a similar route. Below are smaller displays for compass, altitude, and barometer readings, illustrating the comprehensive outdoor tracking features.

Health Monitoring

The watch provides 24/7 health monitoring, including:

- **Heart Rate Monitor:** Continuous tracking of your heart rate.
- **Blood Oxygen Monitor:** Measures blood oxygen saturation (SpO2).
- **Stress Monitor:** Assesses stress levels throughout the day.
- **Sleep Monitor:** Tracks sleep stages (deep, light, REM) and duration.

500mAh Super Long Battery Life

Using polymer high-capacity and high-voltage pure cobalt soft-packed batteries.

Continuous GPS
22Hours

Always-on screen
4Days

Normal use
5-10Days

Standby
65Days

500MAH

Heart Rate Monitoring

The professional VC30F-S realizes 24 hours continuous heart rate monitoring, guarding your physical and mental health.

102BPM
Just now

▲102 ▼56
Measure ago

96%
Just now

▲98% ▼94%
Measure ago

Heart rate

Current:
84BPM

78BPM, 5day(s) ago

Resting heart rate

Image: A smartwatch displaying heart rate data, showing current heart rate and a graph of historical readings. The upper part of the image illustrates battery life statistics, including continuous GPS usage and normal use duration.



Image: A smartwatch screen displaying detailed sleep stage data, including deep sleep, submerged, rapid eye movement, and awake periods, with total sleep duration and a goal met percentage. A person is shown sleeping in the background.

Sports Modes

The smartwatch supports over 170 sports modes. It automatically recognizes activity to record training data accurately. Access sports modes through the main menu and select your desired activity.



Image: A graphic highlighting the "Outdoor Sports Watch" features, including simultaneous joint positioning of multiple satellites, 1.43" AMOLED screen, ATS3085L chip, 170+ sport modes, 5ATM waterproof rating, and 500mAh battery. Two watches are shown in an outdoor setting.

Bluetooth Calls

With Bluetooth 5.3 connectivity, the watch allows you to make and receive calls directly from your wrist. High-fidelity waterproof speakers ensure clear audio.



Image: A smartwatch displaying an incoming call with the option to answer or decline. The text highlights "Bluetooth Call Chat Simultaneously" and mentions high-fidelity waterproof speakers for hands-free communication.



Image: A close-up of a hand interacting with the smartwatch screen, which displays an incoming call with the number and options to answer or decline. This demonstrates the Bluetooth call feature in action.

MAINTENANCE

Cleaning

Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

Water Resistance

The watch is resistant to water. However, it is not recommended for diving or high-pressure water activities. Avoid prolonged exposure to saltwater. After exposure to water, dry the watch thoroughly.

Durability

Constructed with military-grade durability, including a zinc alloy body and scratch-resistant Panda glass (hardness up to

8H), the watch is designed to withstand daily wear and tear.



Image: A smartwatch shown in a rugged environment, emphasizing its "Military-Grade Durability." The text describes its high-strength, drop-resistant, and scratch-resistant Panda glass with 8H hardness.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try a different charging cable or power adapter.
- **Cannot pair with phone:**
 - 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.
 - Check if the companion app is updated to the latest version.
- **Inaccurate GPS readings:**
 - Ensure you are in an open area with a clear view of the sky for optimal satellite reception.
 - Allow the watch sufficient time to acquire a GPS signal before starting an activity.
- **Short battery life:**

- Frequent GPS usage, continuous heart rate monitoring, and high screen brightness can reduce battery life. Adjust settings as needed.
- Ensure background app refresh for the companion app is optimized on your phone.
- **Screen unresponsive:** Try restarting the watch by pressing and holding the power button. If the issue persists, ensure the screen is clean and dry.

SPECIFICATIONS

Feature	Detail
Brand	SWZEC
Model Number	7ab8df29-bb30-4a84-8eb7-94b791c70204
Display Type	1.43-inch AMOLED Touchscreen
Resolution	390 x 390 pixels
Connectivity	Bluetooth 5.3
GPS	Integrated GPS (GPS, GLONASS, BDS, Galileo, NAVIC, QZSS)
Battery Capacity	380 mAh
Typical Battery Life	Up to 15 days (normal use)
GPS Battery Life	Up to 35 hours (continuous GPS)
Water Resistance	Resistant to water
Health Monitoring	Heart Rate, Blood Oxygen, Stress, Sleep
Sports Modes	Over 170
Compatible Devices	Smartphones (iOS and Android), Laptops, Tablets
Band Material	Silicone
Special Features	Built-in GPS, Bluetooth 5.3, Military-grade durability



Image: Diagrams illustrating the product dimensions (52.2mm watch width, 13.5mm thickness, 260mm total strap length, 235mm cycle).
Below, a graphic highlights the "Powerful Chip, Enhanced Performance" with details on power draw reduction, storage capacity enhancement, and processing speed boost.

WARRANTY

This product comes with a limited warranty. Please refer to the warranty card included in your packaging or contact customer support for detailed information regarding warranty terms and conditions.

SUPPORT

For further assistance, technical support, or inquiries, please visit the official SWZEC website or contact their customer service department. Keep your product model number and purchase details ready when seeking support.

Manufacturer: SWZEC



