LAMAX BCool2 Play Smart Watch Instruction Manual

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Charging the watch

Charge the watch before first use. Plug the end of the supplied power cable into a USB charger or a USB port on your computer, and attach the other end to the pins on the charging pads on the bottom of the watch. The pins attach to the watch using magnets. After connecting the charger, information about the charging status will be displayed on the watch display. The battery will be fully charged in approximately 1.5 hours.

Basic watch control

Turning the watch on/off	Long press the side button
Display lighting	Briefly press the side button or tap the display lightly
Movement in the menu	Swipe left or right, or up or down.
Choice confirmation	Briefly touch the screen.
Step back/return to watch dial	Briefly press the side button.

Watch functions

- BT Calling
- Games
- Notifications from the phone
- Camera remote control
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- Weather forecast
- Changing watch faces (5 different watch faces)
- Find phone feature
- Function to find the watch (from the app on the phone)
- Alarm
- World time
- Stopwatch
- Timer

- Calculator
- Flashlight (display lights up)
- Sports modes (100+)
- Exercise record (steps, distance, calorie calculation)
- Sleep tracking
- Heart rate measurement
- Blood oxygenation measurement
- Blood pressure measurement
- Measuring stress levels
- Relaxation exercise

Installing the mobile application and pairing the watch

The watch is compatible with iOS (8 and higher) and Android (5.1 and higher).
Download the mobile app to control your watch at the link below:

http://plus.crrepa.com/app-download/dafit

Alternatively, download the Da Fit app from the AppStore or Google Play.
The app guides you through installation and registration step by step. Turn on Bluetooth and location services on your phone. Turn on your watch. In the application, click „Add device" Select the watch name „BCool2 Play" from the searched list, then confirm the selection in the dialog box. In mobile phones with the Android operating system, pairing will occur automatically. On iOS mobile phones, pairing will need to be confirmed. After successful pairing, the watch will appear in the list of devices in the app. Once the watch is paired with your phone, the date and time will be synchronized.

Re-pairing

Turn on the Bluetooth function on your mobile phone and turn on the watch.
The phone will automatically find the watch and pair it. Both devices will confirm successful pairing.

Bluetooth calling

Android OS: Some brands of mobile phone models do not require you to enable pairing for Bluetooth calls. After pairing the watch with the app, the call function will also be directly connected. After successful pairing, you can receive and make calls on the watch.
However, if your mobile phone model does not automatically allow calls, you will be prompted to pair, in which case click „Allow".
If you need to remove Bluetooth calls, select „Remove device".
iOS: Go to Settings – Bluetooth. Find your watch and pair it. After successful pairing, you can receive and make calls on the watch.
If you need to remove Bluetooth calls, please remove pairing first, and then enter Settings–Bluetooth. Find the watch and click the icon on the right. Select „Ignore device" and the watch and mobile phone will pair.

Remove the watch from the app

Android OS: For Android mobile phones, click „Remove device" in the app and it will be automatically removed.
iOS: For mobile phones with iOS operating system, you need to select „Remove device", confirm your selection, and then select the device you want to remove. Then in Settings – Bluetooth, select „Ignore device" and then confirm this selection.

Functions

Exercise record

The step counting interface displays the steps taken. By wearing the watch on your wrist, steps, distance, and calories will be counted automatically. You can view the results and the history of the obtained data in the application.

Sleep tracking

The watch itself recognizes the beginning and end of sleep. They record its phases (deep sleep, light sleep, etc.) and provide an overall summary so you can track and evaluate your sleep quality. The sensor can measure the quality of your sleep based on the range and frequency of your wrist movements while you sleep.
Sleep time is only indicative due to individual sleep time and habits.

Heart rate measurement

Enter the heart rate measurement interface, after selecting "Start measurement" and "Stop", the watch will vibrate once and display the current measurement data.

Blood pressure measurement

Enter the blood pressure measurement interface, after selecting "Start measurement" and "Stop", the watch will vibrate once and display the current measurement data. The obtained data serve only as a reference and cannot be considered as a basis for medical purposes.
The environment for blood pressure measurement should be quiet with a suitable temperature. The user should rest for at least 5 minutes before the measurement and avoid tension, anxiety, and emotional excitement. Repeat blood pressure three times at 2-minute intervals. Record the average of the three measurements.

Blood oxygenation measurement

Enter the oxygenation measurement interface, after selecting "Start measurement" and "Stop", the watch will vibrate once and display the current measured data. Blood oxygen saturation (SpO2) is the percentage of oxygenated blood volume to total blood volume. The obtained data serve only as a reference and cannot be considered as a basis for medical purposes.

Sports modes

The sports mode interface contains various sports, walking, running, cycling, jumping rope, badminton, basketball, football, etc.

Weather forecast

The weather forecast for a specific day is displayed here, and by swiping the display, you can see the weather forecast for the next 6 days. Weather forecast requires location services to be turned on, otherwise data cannot be

updated.

Notifications from the phone

You can view the content of received messages in the notification interface.
A maximum of seven messages can be stored here. After saving seven messages, the messages displayed before will be replaced by new messages one by one.

Camera remote control

When paired with a mobile phone, the watch can be used as a remote control for the mobile phone's camera. Open „Photo Control" in the app and shake the watch. Click the icon to take a photo.

Music playback control

After pairing with the mobile phone, you will be able to control the music player of the mobile phone (start/pause playback, skip to the previous/next track, etc.).

Flashlight

After opening, the display will shine at maximum brightness. Swipe the screen to the left to turn off the flashlight.

Games

Enter the interface and play one of your saved games.

Settings

Click on the settings on the display and here you will be able to adjust the parameters of the display, sound, and vibration, „Do not disturb" mode, power saving mode, phone switching, call reset, system etc.

Water and dust resistance

Water and dust resistance

The watch is resistant to the ingress of water according to the degree of protection 1ATM. This means that they can come into short contact with water (short splashes, perspiration, light rain or snow). However, they are not suitable for swimming or diving.

Warning: Never charge a wet watch. The device is not intended for use during water sports, swimming, diving or showering. It must not be exposed to pressurized water or strong water jets, such as rapid immersion or diving.

Box contents

- Watch
- Monochrome strap
- Magnetic charging cable
- Manual

Technical specifications

Bluetooth version	5.1
Display	1.83" TFT colour display
Watch body weight	21 g
Total watch weight	35 g
Watch body dimensions	45 × 36 × 10 mm
Charging	USB 5 V / 0.5–1 A
Battery	300 mAh Lithium-Polymer (approx. 3-5 days of normal use; up to 15 days in standby)
Water resistance	1ATM
Compatibility	Mobile devices with iOS 8+ and Android 5.1+*

*Android skins from some manufacturers may cause problems with connecting Bluetooth devices. Current exceptions can be found at **https://www.lamax-electronics.com/bcool-compatibility/**.

The most current version of the manual can be found under this link:

https://www.lamax-electronics/en/downloads/

Documents / Resources

LAMAX BCool2 Play Smart Watch [pdf] Instruction Manual
BCool2 Play Smart Watch, BCool2 Play, Smart Watch, BCool2 Play Watch

References

- 🌐 **electronics.com**
- 👣 **elem6 s.r.o.**
- Ⓐ **LAMAX Electronics | EN**

- **LAMAX Electronics | EN**
- **BCool compatibility | LAMAX Electronics | EN**
- **User Manual**