LISKA
IT'S ALL ABOUT TRENDS

1. Equipment maintenance.
   Keep the following tips in mind when maintaining your watch:
   - Periodically clean the watch, especially the inner side, to keep it dry.
   - Adjust the tension of the cuff to ensure air circulation.
   - You should not use an excess of the skin care product on the wrist where the bracelet is worn.
   - Stop wearing it if skin irritation or discomfort appears.

2. Schematic diagram of the main body of the smart watch.

— Heart rate
— Temperature sensor

— Charging contact
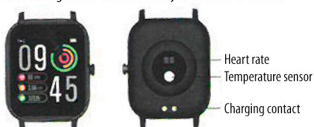
3. Power On.
   Press and hold the side button for 3 seconds or plug in the dock to charge so that it turns on.
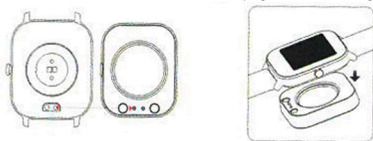
4. Download and link the clock application.
   Use your mobile phone to scan the QR code and download the application.
   For iOS system, select App Store, and for Android system, select Google Play to download and install DaFit.
   The mobile phone must be compatible with Android 5.1 or iOS 8.0 or higher, Bluetooth 4.0 or higher.
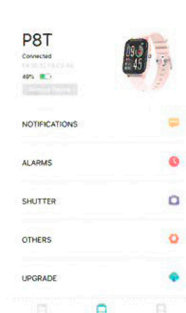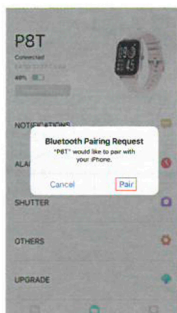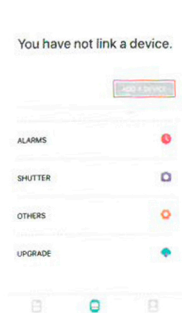

5. Pair the app with the bracelet.
   5.1. Click "Add device".   5.2. Click on your computer in   5.3. The iOS system will display a Bluetooth   5.4. The pairing is successful.
                                      the list of scanned computers.   pairing request, just click on "Pair"
                                                                               Bluetooth to confirm. And the Android
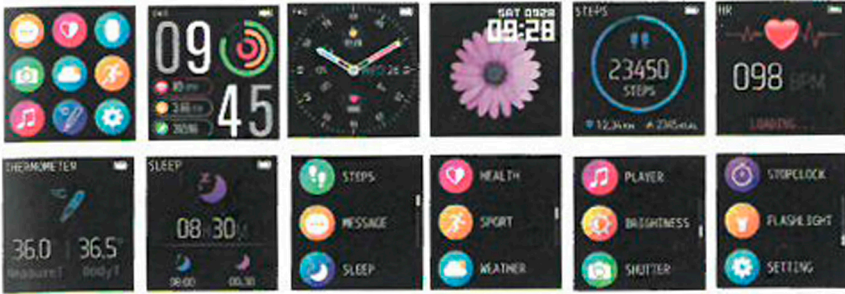   system will be directly connected.

6. Brief introduction of smart bracelet functions.
Power status: Click the touch symbol to switch between main screen menu interfaces, as shown below:

7. Brief introduction of main interface functions.
After the bracelet and the application are paired for connection for the first time, the time and date of the mobile phone will be synchronized.

STEPS: The step counting interface shows the step count, wear the bracelet on your wrist, and the bracelet will automatically record your steps, walking distance and calories consumed.

MESSAGES: You can view the content pushed by messages in the information interface, where a maximum of 3 messages can be saved. After reaching 3 messages, the new messages will replace the previously displayed ones one by one. In the information interface, press and hold for 2 seconds to delete the content.

SLEEP: By wearing the bracelet at night, it can automatically judge whether it enters the sleep state, record deep sleep and light sleep respectively, and summarize the total sleep duration to help the user monitor their sleep quality. The sensor can measure the quality of sleep based on the amplitude and frequency of your wrist movements when sleeping.

Note: The sleep monitoring time is for reference only because each person's sleep duration and habit are different.

HEART: In the heart rate test interface, the motor will vibrate once and the current measurement data will be displayed after "Start measurement" and "Stop".

THERMOMETER.

Boty T: Represents human body temperature, wear the cuff to measure your current body temperature through the temperature sensor on the back. Body T temperature data display range: 30ºC ~ 42ºC.

Measure T: Represents the measured temperature, you can measure the indoor and outdoor ambient temperature and the surface temperature of the human body through the temperature sensor on the back. Measure T temperature data display range: -10ºC ~ 60ºC, Body T temperature will display "-" if it is below 30ºC or above 42ºC.

Note: Open DaFit ---- Other Settings ---- Weather, in which you can switch between degrees Celsius and degrees Fahrenheit.

EXERCISE: In the exercise interface there are 7 types of exercise in total, which are walking, running, cycling, jumping rope, badminton, basketball and soccer.

WEATHER: The weather information page will show today's and tomorrow's weather, swipe right to show the weather forecast for the next 4 days.

The client must be connected to get the weather information data, and the weather information will not be updated if it is disconnected for a long time.

MUSIC: After connecting to the mobile phone, the bracelet can control the music player of the mobile phone. When playing music, you can control the mobile phone with the armband to play / pause, go to the previous and next song.

BRIGHTNESS: Click the icon to select the screen brightness, swipe right to exit and save the record.

CAMERA: After connecting to the mobile phone, the bracelet can serve as a remote control of the mobile phone camera. Open "Take Photo Control" in the app to "Shake" the bracelet and click the icon to take photos.

TIMER: On the stopwatch page, click the "Start" icon below to start timing, click the "Pause" icon to pause timing, and the icon in the upper right corner is for one-click reset.

FLASHLIGHT: After opening, the screen will adjust to the maximum brightness and will always be on, and you can exit the interface after swiping left.

MORE: In the "More" interface, click the icons to enter the functional interfaces.

DIAL: Slide left and right to preview the three spheres, you can select the default image by clicking the icon to confirm the sphere.

OFF: Click "Confirm" to turn off the clock, and the clock will be in the sleep state.

RESET: Click "Confirm" to begin erasing all information from the bracelet and restoring the factory default settings.

REMOVE THE DEVICE: For Android mobile phone, you can disconnect the device from your mobile phone simply by clicking "Remove Device".

For iOS mobile phone, you need to click the right symbol in Settings - Bluetooth and select "Ignore device" after unpairing, as shown:
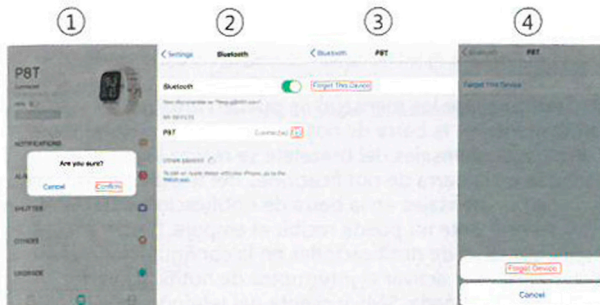
8. FAQ

8.1. Why does the watch automatically disconnect the Bluetooth connection when the Android mobile phone screen turns off?
    1. Lock the app in the background. When the DaFit process is cleared, the watch will disconnect from the mobile phone.
    2. Configure the automatic start of the application.
    3. Do not restrict background operation. When installing the application on Android mobile phone, the default background operation is restricted, you need to manually configure the application without restrictions.

8.2. Why can't the watch receive the message push?
    1. Confirm that the message push switch is on on the mobile phone client.
    2. Confirm that the messages can be displayed normally in the notification bar of the mobile phone. The message push of the bracelet is done by reading the messages in the notification bar of the mobile phone. If no messages are displayed in the notification bar of the mobile phone, the bracelet cannot be pushed.
    (You need to find the notification settings in the mobile phone settings, and turn on the notification switch of WeChat, QQ, call, SMS and mobile phone client.)
    3. Turn on the mobile phone ---- Settings, then enter "Notification use right" in the uppermost search box, and reopen DaFit.

8.3. Why can't the watch be worn when taking a hot bath?
    Bath water has a relatively high temperature and generates a large amount of steam, which is gas phase with small molecular radius, and can easily penetrate from the space of the watch case. When the temperature drops, the vapor will condense back into liquid phase droplets which is easy to short-circuit inside the watch, damage the circuit board and also the bracelet.
    Note: For more frequently asked questions, see the DaFit app feedback.

WARNING: Consult your doctor before doing a new exercise. Although the smart bracelet can detect the dynamic heart rate in real time, it cannot be used for any medical prognosis.

BASIC PARAMETERS:
    Screen: TFT 1.4 inch
    Battery capacity: 170 mAh
    Waterproof: IP67
    System requirements: iOS 8.0 and above / Android 5.1 and above.