volkano

Serene Series

WATERPROOF
FITNESS WATCH
*WITH **HEART RATE MONITOR***

INSTRUCTION MANUAL
Please read these instructions carefully and retain for future reference.

VK-5072-BK / VK-5072-GD

THE HIGHLIGHTS

• Water and Dust Resistant
• Hypo-Allergenic Strap
• IPS Single Point Color Touch Screen
• Heart Rate Monitor
• IP67 Water Resistant
• Multi-Sport Monitoring
• Pedometer and Calorie Usage
• Missed Call Notification
• Message Notification
• Metal Alloy Casing
• Up to 3 Days Battery Life
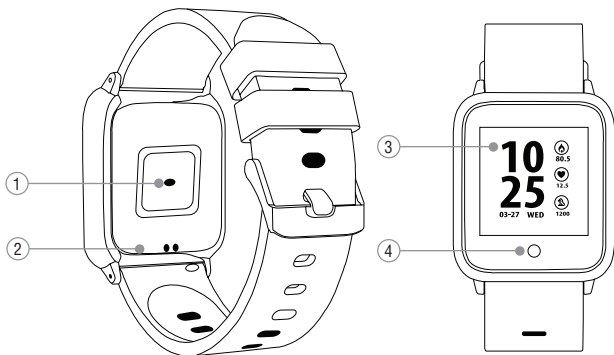• Fully compatible with iOS and Android
• Volkano Active App

PACKAGE CONTENTS

• Volkano Active Tech Serene Series Fitness Watch
• USB Charging Dock with Cable
• Instruction Manual

SPECIFICATIONS

- Heart Rate Monitor: Built-in
- GPS Monitor: Built-in
- Pedometer: Built-in
- Alarm Clock: Yes
- Notification: Yes via smartphone
- IP Rating: IP67 – (Dust tight. Watertight against the effects of immersion in water up to 1.5 meters for up to 30 minutes).
- App: Volkano Active
- Screen Resolution: 240 x 240
- Screen Size: 1.3"
- Bluetooth
     Version: 4.2
     Operating Distance: 10 m
- Battery Capacity: 155 mAh
- Battery Type: Li-Polymer
- Standby Time: 10 Days
- Battery Life: 5 Days
- Charge Time: 3 Hours

1. Heart Rate Sensor
2. Charging Pogo Pins
3. Screen
4. Virtual Key

CHARGING

Please connect the metal pins (2)
of the USB Charging Adaptor with the Charging
Pogo Pins (1) on the back of the watch until
the charging icon appears on the screen,
then close the charging adaptor, making sure the
watch is firmly in place.
To remove the watch from charge, press the clip
release button (3) on the USB Charging Adaptor.
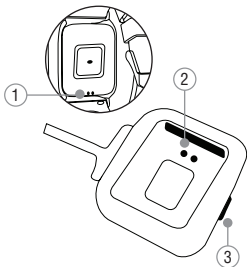
SWITCHING THE DEVICE ON OR OFF

Long press the Virtual Key to turn off your watch when the off option is selected from
the more menu.

INSTALLING THE VOLKANO ACTIVE APP

To download the Volkano Active App, please direct your
browser to the following website: **volkano.co.za/active-app**
or scan the QR code from your phone.

CONNECTING THE WATCH TO A MOBILE PHONE

1. Enable Bluetooth on your smartphone.
2. Pair your smartphone with the watch (see locating the Bluetooth Menu for more details).
3. Open the Volkano Active App on your smartphone and set your profile from the Settings Menu in the My Profile tab.
4. Tap connect on the fitness watch in the Settings Menu.
5. Select "VK-5072" from the list of devices.
6. A success prompt will appear on-screen. Tap next to navigate to the app's dashboard.

UNBIND FROM MOBILE PHONE

1. Open the Volkano Active App on your smartphone.
2. Tap disconnect fitness watch in the app's settings.

LOCATING THE BLUETOOTH MENU

iPhone

a) On your device, go to Settings.
b) Select Bluetooth. If Bluetooth is not on, turn it on.
c) Open the Volkano Active App. Go to Settings, click connect on the fitness watch. You will see different options.
d) Choose "VK-5072" and click connect.

Android™ Phones
a) On your device, go to the Settings Menu.
b) Select Bluetooth (on older Android devices Bluetooth is found in the Wireless & Networks Menu). If Bluetooth is not on, turn it on.
c) Open the Volkano Active App. Go to Settings, click connect the fitness watch. You will see different options.
d) Choose "VK-5072" and click connect.

CONNECTING WITH PAIRED DEVICES

When the Volkano Active Tech Serene Series Fitness Watch is turned on, it will automatically connect with the last paired Bluetooth device that is on and within range. If the Volkano Active Tech Serene Series Fitness Watch does not connect automatically, open the Volkano Active Tech App, and connect again.

CONTROLS

• You can raise your hand or press the Virtual Key to illuminate the screen.
• Long press the Virtual Key to switch the Main Menu interface.
• Long press the Virtual Key to confirm.
• Long press the Virtual Key to switch on the watch from its powered-off state.

HOW TO USE

• **Turn on:** Long press the Virtual Key for 3 seconds.
• **Confirm:** Long press the Virtual Key.
• **Enter Main Menu Selection:** Long press the Virtual Key.
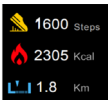• **Exit Main Menu Selection:** Long press the Virtual Key
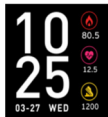
WATCH FACE

If you want to change the watch face of your fitness watch press the virtual key for 3 seconds, tap briefly to switch between different watch faces and long press the virtual key to choose the one you want.
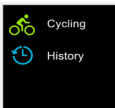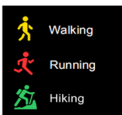
PEDOMETER

The watch will record your daily activity automatically. Long Press the Virtual Key to access the details page where you can check your steps taken, calories and distance data. After synchronizing with the Volkano Active App, you can check your steps taken, calories and distance data on your smartphone.

MULTI-SPORT

Press and hold the Virtual Key when in sport mode to enter the multi-sport function. The fitness watch has four comprehensive sport modes: walking, running, climbing, and cycling. You can choose which mode you want, and the fitness watch will record the motion data.

When you want to complete the sport, press the virtual key to stop and save your exercise data.
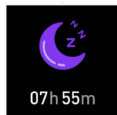
After synchronizing with the Volkano Active App, you can check your sports records.

HEART RATE
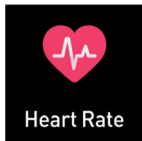
Long press the Virtual Key to monitor your heart rate once it is selected and long press to exit the heart rate monitor. After it syncs with the Volkano Active App, you can check your heart rate data on your smartphone.

SLEEP MONITOR

The Volkano Active Tech Serene will monitor your sleep automatically. When the sleep mode is stopped, the Volkano ActiveTech Serene will show your sleep report with the times of total sleep, light sleep and deep sleep. After synchronizing with the Volkano Active App, you can check a more detailed sleep report.
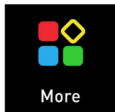
MESSAGE
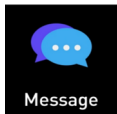
Long press the Virtual Key to check unread notifications such as incoming calls, SMS, QQ, WeChat, WhatsApp, Facebook, and Twitter message notifications.

WEATHER
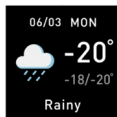
After synchronizing with the Volkano Active App, the watch will show the weather forecast. You can manually set the city required or set up an automatic city in the app.

MORE

Long press the Virtual Key to enter the sub-menu interface to go to Alarm, Find Phone, Stopwatch, Sedentary, Camera, About, Reset, Restart and Power Off.
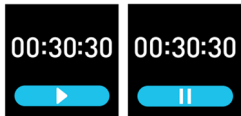
ALARM

Long press the Virtual Key to check the alarm which you set on the Volkano Active App. When the alarm time is reached, its icon will animate and the watch will vibrate.

FIND PHONE

When the fitness watch is connected via Bluetooth, click the icon, and your smartphone will ring. If you use an iPhone, you must keep the display on the screen.

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STOPWATCH

Long press the Virtual Key to enter the sub-menu interface to go to Alarm, Find Phone, Stopwatch, Sedentary, Camera, About, Reset, Restart and Power Off.

SEDENTARY

Long press the Virtual Key to switch this mode On or Off. Long press the Virtual Key to exit.
The device will vibrate to remind the wearer to move after the set conditions are met.

CAMERA
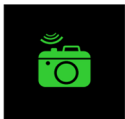
To enjoy this feature, make sure the camera of your smartphone is on. Enabling the remote capture function will let you take pictures on your smartphone remotely from your fitness watch. Please note that this function is phone dependent.

<table>
<tr><td>ℹ️ About</td><td>Long press the Virtual Key, to see the Bluetooth Mac address, device name, and Firmware version of your Volkano Active Tech Serene Series Fitness Watch.</td></tr>
</table>

SETTINGS

VOLKANO ACTIVE APP DASHBOARD: The dashboard displays performance indicators of the day including activity, sleep, and heart rate.

SHARE: This button allows you to share your progress through social media.

ENTRY WEIGHT: This page allows you to enter your current weight, set an ideal weight and the date you want to reach the ideal weight.

CALENDAR: This button displays the calendar.

ACTIVITY: This page displays a log of all the activities recorded while wearing the Volkano Active Tech Serene Series Fitness Watch.

REMINDER: This page allows you to toggle and set reminders.

MY PROFILE: This page allows you to change your profile information.

GOALS: This page allows you to change and set goals for Steps, Distance, Calories, and Sleep. Once you have made changes, tap the save button.

NOTIFICATIONS: This page allows you to toggle which application notifications appear on the Volkano Active Tech Serene Series Fitness Watch.

ADVANCED SETTINGS: This page allows you to toggle settings related to weather, movement, heart rate, drinking water, do not disturb and gesture control.

FIND THE FITNESS WATCH: Tapping this makes the Volkano Active Tech Serene Series Fitness Watch vibrate to allow you to locate it.

GOOGLE FIT: Toggling this setting "On" will allow the Volkano Active App to send your performance data to Google Fit.

THEME: The theme of the App can be changed from this page.

CONNECT THE FITNESS WATCH: This page allows you to choose which Volkano Active Tech Watch model to connect with. The Serene is model VK-5072.

FIRMWARE UPDATE: From this page, the Firmware of the Volkano Active Tech Serene Series Fitness Watch can be updated.

Please remember to keep the App needs a running and stable internet connection active when updating. Please note that data charges apply to your respective cellular service provider.

RESET: Tapping this clears all the stored performance data from the App.

ABOUT: This page displays the App's version information.

SAFETY PRECAUTIONS

- The product should only be used with the parts provided by the manufacturer.
- The Volkano Active Tech Serene Series Fitness Watch is intended for personal use only.
  Commercial use invalidates the warranty and the supplier cannot be held responsible
  for injury or damage caused when using the device for any other purpose than that which it was intended for.
- This Volkano Active Tech Serene Series Fitness Watch is not intended for use by young children, or persons with reduced physical,
  sensory or mental capabilities, or lack
  of experience and knowledge, unless they have been given supervision or instruction concerning use of the device by a person responsible for their safety.
  Extreme caution must be exercised.
- Children should be supervised to ensure that they do not play with the Volkano Active Tech Serene Series Fitness Watch. Packaging must never be left within reach of children since it is potentially dangerous.

CLEANING & CARE INSTRUCTIONS

- **Before Cleaning:** Ensure that your Volkano Active Tech Serene Series Fitness Watch is switched off, not plugged into any charger or connected to any device before cleaning or maintaining it.
- **Cleaning:** Wipe down the surface of your Volkano Active Tech Serene Series Fitness Watch using a soft, slightly damp cloth.
- Do not use any harsh or abrasive cleaning chemicals or materials on your Volkano Active Tech Serene Series Fitness Watch as doing so may damage or scratch the surface finish.
- Do not expose your Volkano Active Tech Serene Series Fitness Watch to high temperatures for extended periods of time.
- Do not store in temperatures over 60 °C.
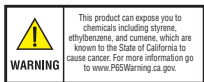
ENVIRONMENTALLY FRIENDLY DISPOSAL

IMPORTANT INFORMATION FOR CORRECT DISPOSAL OF THE PRODUCT IN ACCORDANCE WITH THE EUROPEAN DIRECTIVE ON WASTE ELECTRICAL AND ELECTRONIC EQUIPMENT.

• At the end of its working life, the product must not be disposed of as urban waste. It must be taken to a special local authority differentiated waste collection Centre or to a dealer providing this service. Disposing of a household appliance

separately avoids possible negative consequences for the environment and health deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources.

As a reminder of the need to dispose of household appliances separately, the product is marked with a crossed-out wheeled dustbin.

- Please DO NOT attempt to change the battery yourself. If the battery has died and you do not want us to replace your battery, you should follow the disposal instructions below:

  o Never dispose of used electronics with ordinary solid wastes, since they contain toxic substances.

  o Always dispose of used electronics in accordance with the prevailing community regulations that apply to the disposal of batteries/electronics. If there are no local regulations concerning battery/electronics disposal, please dispose of the device in a waste bin for electronic devices.

WARNING This product can expose you to chemicals including styrene, ethylbenzene, and cumene, which are known to the State of California to cause cancer. For more information go to www.P65Warning.ca.gov.

DISCLAIMER

- All product and company names are trademarks™ or registered® trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.
- While our heart rate monitor technology is very advanced and has been tested by a medical professional, there are limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances. This may include the user's physical characteristics, the fit of the device and the type and intensity of user activity. The heart rate monitor is NOT intended to be used for medical purposes, nor is it intended to diagnose, treat, cure or prevent any disease or condition. You should not rely on the information on the device as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on this device.

WARRANTY

This Volkano Active Tech Serene Series Fitness Watch includes a standard 12-month limited warranty against manufacturing defects and faults. Should your product be unboxed with any faulty parts, poor finishing or visible damage, or fail to perform due to a manufacturing defect or poor workmanship, please return it with your proof of purchase (till slip or invoice) to the store of purchase for an exchange, or repair, depending on the store's returns policy.

This warranty commences from the date of purchase.

Kindly retain your proof of purchase as well as the packaging for your warranty period.

NOTE:

The Warranty does not apply to a Product that:

a) Has failed due to excessive wear and tear beyond what is considered to be reasonable.
b) Has been misused or neglected.
c) Has been damaged accidentally or by Force Majeure including fire and flooding.
d.) Has been used or operated contrary to operating or maintenance instructions outlined in this manual.

The Store of Purchase / Seller cannot accept any returned products that have not been returned in accordance with this warranty or which does not follow their own Returns Policy. Please refer to the Store of Purchase / Sellers Returns Policy for details.

Should you require any further assistance or have any questions on your warranty, please contact the store of purchase.