

Know your Smartwatch

Please read the instructions before use:

The company reserves the right to modify the contents of this manual without notice. According to normal circumstances some functions are different in a specific software version.

The product should be charged for more than 2 hours before use but avoid prolonged charging.

Please attach the magnetic charging cable to the charging port of the watch correctly for charging.

Please use a: 5V/1A or 5V/2A rated charger, with the original charging cable provided in the box.

Before using the product, please download the Boult Fit application to your mobile phone, log in, and enter the required information.

Car chargers are not recommended for charging your device (the voltage of the car is unstable when the car is turned on and turned off).

What's in the box ?

Boult Smartwatch

User manual

Magnetic charging cable

Warranty card

Strap Adjustment Tool

Product specification

Bluetooth Pairing Name – Boulton Watch RQ

Screen Size – 1.43 inches

IP Rating – 3ATM

Bluetooth Range – 10m

Sensors – HR, SpO2, Pedometer

How to wear

Please wear the device on your wrist correctly, about one finger from the carpal, and adjust it to a comfortable position.

Tip: Please wear the device a little tighter for accurate functioning of the heart rate monitor



How to download & connect to 'Boul't Fit' App

"Boul'tFit" App download method

1. For iOS users, the App can be downloaded from the App store.
2. For Android users, the App can be downloaded from Google play store.

To Install the App, please register and log in according to the interface prompts, and make sure that the Bluetooth and is turned ON.

In the device interface, select the Bluetooth name "Boul't Watch RQ" for connecting, and the watch can be used normally.

Tips

1. For a first-time connection with Android, "Permissions" reminder will pop-up. Please follow the guidance and allow permissions to ensure all functions work properly.
2. Mobile phone system of Android 5.0 or iOS 9.0 or above is recommended.
3. Please upgrade the app to the latest version to get a better experience.
4. For a first-time connection with an iPhone, "Pair" reminder will pop-up. Click on Pair, for incoming calls and instant messages to be pushed.



Scan and download the Boul'tfit App

5. To connect successfully, please turn on the mobile phone's Bluetooth, GPS and mobile network.

6. If the device cannot be searched or connected during use, please reset or turn off the watch and try again.

Operating Instructions

(A). **Quick settings:** Slide down from main page to go to quick settings.

(B). **Notification:** Slide up from the watch face main page to see the notifications.

(C). **Go to menu:** Slide from left to right from the watch face main page to enter the menu list.

(D). **Activities Tracker:** Slide from right to left to see the function's shortcuts.



Function introduction



Phone Calling: Keep a record of your phone calls, add contacts synchronously, and use the watch to make calls. More details can be viewed in the app.



Heart rate monitoring: Click on the heart rate page to measure your heart rate. More App monitor operations and test data can be viewed in the App.



Sports Mode: Enjoy multiple sports modes like Running, Rock Climbing, Skipping, and many more. More details can be viewed in the App.



Sleep: Records and displays the total sleep time (deep sleep and light sleep) of the previous night. More detailed Information analysis and data records can be viewed in the App.



Music: Access the Play/Pause/Previous/Next and volume controls on the phone when connected to the App.



Activity Data: Record the number of steps, distance & calories of the day. More detailed information analysis and data records can be viewed in the App.



Message: Get message reminders, sync notification push from your phone. It saves Multiple latest messages reminders.



Weather: Displays the current weather status as well as the forecast for the next 6 days. Make sure Bluetooth is connected.



Remind to Drink: The device will remind you to drink water at scheduled time intervals. More details can be viewed in the app.



Remind to Move: The device will remind you to move after one hour of resting. More details can be viewed on the app.



Other functions: Find watch, 12/24h time system, sedentary reminder, low battery reminder, incoming call reminder, online dial/custom dial, unit setting, female menstrual tracking, and raise to wake, world clock.



Other settings: : Dial/Menu view/Brightness/Sound settings/About/Power, Reset/App Download/ AOD clock



Blood Oxygen: Record your Blood Oxygen status. The watch can record and display blood oxygen levels 24 hours a day. More detailed information analysis and data records can be viewed In the App. The values are for reference only and cannot be used for medical purposes.



Blood Pressure: Measure the current blood pressure. The watch can record and display the pressure value. More information analysis and data records can be viewed in the App. The values are for reference only and cannot be used for medical purpose.

Brightness adjustment: Brightness or darkness can be adjusted.

Power on/off: Press and hold the side button for 5 seconds on the dial page

Power saving mode: When turned on, the brightness drops to the lowest level, the incoming message does not vibrate to remind and raise to wake will be disabled.

Do not disturb: After turning it on, the watch will silence all the recieved notifications.

Restart: : Restart the watch in settings or hold the power button for 5 seconds to get the restart option.

Version: Displays the watch Bluetooth name and version number.

Reset: Restores factory settings.

Using Quick View: With Quick View, you can view the time or a message from your phone on your smartwatch without tapping. Simply turn your wrist in your direction, and the time screen will appear for a brief period of time.

Using in wet conditions: Your gadget is water-resistant, which means It can withstand even the sweatiest workout while remaining splash and rain-proof.

NOTE:

Do not wear your Smartwatch when swimming. Additionally, even while bathing with your wristband won't harm It, wearing it constantly prevents your skin from getting enough oxygen. When your wristband gets wet, properly dry it before re-putting it on.

Warranty

1. One-year warranty for default hardware defects, charging cable.

2. Below reasons for defects are not included in free warranty service:

(1) Personal assembling or disassembling

(2) Damage due to dropping the product during use.

(3) All man-made damages or due to the third party's fault, Improper use (such as: water in the smartwatch, external force shattering, scratches during use, etc.)

3. Please provide the warranty card and contact direct dealers for the warranty service.

4. Please note that all the functions of the product are based on physical objects.

Notes:

1. To ensure water resistance works right, please DO NOT:

(1) Wear the watch while swimming, hot shower, or drop hot tea and other corrosive liquids.

(2) Remove any screws or buttons.

How to use Watch strap adjuster?

Step 1: Identify the metal links to remove

Turn the watch upside down and locate the metal pins that hold the links together. These pins will be found on the side of the metal links and marked with an arrow indicating the direction to remove them.

Step 2: Position the tool

Insert the tool tip into the small hole on the link's pin head. Make sure the tool is positioned perpendicular to the link.

Step 3: Push out the pin

Apply gentle pressure on the tool to push the pin out of the link. The pin should come out partially from the other side.

Step 4: Remove the pin

Once the pin is partially out, use your fingers to pull it out completely.

Step 5: Re-attach the clasp

After removing the desired links, insert back the link pin to fix it properly and reattach the watch strap clasp.

Step 6: Check the fit

Try on the watch to see if it fits comfortably. If it's still too loose, you may need to remove more links. If it's too tight, you might need to add one or more links back.

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