Sports smart watch

Thank you for choosing our smart watch. You can read this manual to fully understand how to use the device. This device is mainly connected to the mobile phone through Bluetooth for adaptation and use. It provides a variety of practical functions and services to facilitate your operation of the mobile phone. Human movement and health functions. The company reserves the right to modify the contents of this manual without any prior notice without notice

This product supports IP68 waterproof, the application scenario supports rain, hand washing and other daily waterproof, swimming is not recommended to wear, hot shower or sauna, etc., can not prevent water vapor. If the watch is damaged due to water ingress due to failure to follow the instructions, our company will not provide free warranty.

Operating instructions:

Side button function：

1. Up button: Function button: Single press to enter Gypsophila; when in other application interface, single press to return to the upper level interface; Double-press to switch menu style on menu interface;

2. Down button: long press to switch the machine; single press on the dial interface to turn on and off the screen, other interfaces return to the dial interface with one key;

Touch gesture: Double-click on the dial interface to enter the SIRI interface; swipe left to switch to the component interface; swipe right to enter the split-screen UI; swipe down to enter the control center; swipe up to enter information; after entering each function, swipe right to return.

Dial switch: The rotary encoder switches the dial.

Strap replacement: Pull forward with one hand, and push forward with the other hand at the same time, the strap can be easily disassembled;

Charging instructions:

It supports wireless charging.

Horizontal and vertical charging screen: When connected to the power supply and placed horizontally or vertically, the bedside clock interface will be displayed.

Connection between watch and mobile phone:

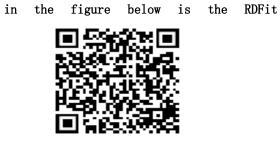First, the mobile phone must download the APP "RDFit" to the mobile phone and install it in two ways。

1. IOS/Android phone user：

Scan the QR code below through the mobile browser, or scan it with WeChat. When the interface is opened, click the Android/iOS download option and choose to open the download with the mobile browser.

The   QR   code   in   the   figure   below   is   the   RDFit   APP   download

Android/iOS

2. For Android phones, search for "RDFit" and download in App Store, Google Play, and various mobile app stores, and for Apple phones, search for "RDFit" and download on the App Store.

Bluetooth 5.0 connection method: After the installation is completed, open "RDFit" and turn on the mobile phone Bluetooth. The RDFit will be prompted with an activation notification. Click OK. Click more in the lower right corner, enter the scanning device, search the M13 Bluetooth address and click Connect. Some Android phones need to turn on the mobile GPS to find the watch Bluetooth name.

How to verify that the Bluetooth connection is successful:

The watch pulls down the status bar on the standby interface. When the Bluetooth of the watch 3.0 and 5.0 are blue + green, it means that the Bluetooth connection is successful. When the color of the Bluetooth logo is grayed out, it means that

the Bluetooth is not connected.

Simple handling methods for common problems:

Since the Bluetooth protocol of each mobile phone brand is not uniform, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or restore the watch to the factory settings.

How to set the notifications:

Mobile phone enters settings-application management, find "RDFit"-permission management, open all. Then enter the notification management-find all the permissions of "RDFit" to open.

Open "RDFit"-more-application push-open the background running permission, enter the option without restrictions. When you return, you will be prompted to open the auto-start again and enter the open. Go back, select the APP for synchronization information notification, such as QQ WeChat, and select Open.

What should I do if I do not receive the notification?

 First of all, the notification function of the watch is only to synchronize the notification function of the mobile phone, such as incoming call and letter, QQ WeChat letter reminder, if your mobile phone does not receive the notification, then the watch will not receive it. You should find the corresponding APP in the phone settings-notification function , Turn on the permission notification.

Main function introduction:

Encoder: The dial button on the standby interface can switch the dial, and it can slide up and down in the secondary menu; the gypsophila style menu can be zoomed in and out，After the interface is maximized, you can enter the application in the middle of the interface.

Split Screen: Swipe right on the dial interface to enter the split screen function, and you can quickly enter the corresponding function;

Watch face push: It can push APP-side pointer dials, digital dials and custom dials.

Alipay: Follow the prompts to use Android or Apple mobile phones, open Alipay and scan the QR code to bind

Dialpad: Connect the mobile phone to make a call, and the call can be realized on the watch side.

call records: It can synchronize the call records of the mobile phone.

Phone book: You can add 20 contacts to the phone book of the watch through the APP

Pedometer: You can view the number of steps in a day, historical steps, calorie consumption and walking distance of the day. After 24 o'clock every night, the data of the day will be stored as historical data, and the interface data will be reset to 0.

information: View the messages pushed on the mobile terminal, support facebook, twitter, whatsapp, qq, WeChat, etc.

music: Can control to play music in the phone. Connect 5.0 Bluetooth, only support the mobile phone to play songs

Heart rate: Put the watch close to your wrist, and the best place to wear it is the wrist bone above your arm. The real-time heart rate can be measured. The normal range is 60-90 beats/min.

Blood oxygen: The measurement starts when you enter it. Please keep your arm at rest during measurement, and the value will be measured after about 20 seconds.

blood pressure: The monitoring starts when you enter it. When monitoring, please lay your hands flat, and the value will be measured after about 12 seconds.

Alarm: Five alarm clocks can be synchronized through the APP; The watch can also set an alarm clock.

Voice (Siri): After connecting to Bluetooth 3.0/5.0, tap Siri on the watch to chat

Sleep monitoring: The sleep duration and sleep quality from 21:00 on the same day to 9 a.m. the next day will be recorded to help better adjust personal work and rest time and improve sleep quality. Sleep data can be viewed simultaneously by connecting to the APP.

sports: The watch has a variety of special sports: such as running, walking, football, badminton, tennis, basketball, table tennis, cycling, yoga, rope skipping, mountain climbing; it can be connected to the APP to view the sports data of the watch.

Remote photo: When the phone is not locked, the watch enters the Bluetooth camera, the phone enters the camera interface, tap the watch to take a photo, and the photo will be stored in the mobile phone album.

Find phone: Connect to Bluetooth, click to find the phone on the watch, and the phone's ringtone will ring until canceled.

Find device: Tap the search device on the APP side, and the watch side will continue to vibrate until canceled.

weather: After connecting to Bluetooth, the watch terminal can display the weather conditions for the next 3 days.

Stopwatch: Turn on this function to perform single or multiple timing.

breathe: The length of exercise and breathing rate can be set.

Calculator: Simple calculation can be performed after entering.

Menu style: You can choose starry style, straight list style, rotating style, roulette style, arc list style, etc. according to your own preferences..

set up: System settings can be made

calendar: Can view the current month's calendar

Movement track: The watch is connected to the APP, and the APP terminal enters the special sports: running, walking, cycling, and climbing can be synchronized to the watch terminal and displayed at the same time

QR code: The watch is connected to the APP and can be pushed through the APP: WeChat, QQ, Alipay, others, whasapp, Twitter, linkedin, Instagram, Facebook, weibo, line, Tim, Snapchat, Viber, PayPal, and the QR code of third-party applications can be sent to the watch. Scan QR code to add friends

Component function: Swipe right on the dial interface and click the plus sign to start adding components. The components include: heart rate, blood pressure, blood oxygen, sleep, breathing, step counting, weather, and music; up to 5 components can be added, and long press the component to click the minus sign. Remove components.

Lock dial: In the dial drop-down menu bar, click the lock dial switch to lock the current dial; then click the lock dial switch to unlock it; after the dial is locked, turning the encoder cannot switch the dial

Douyin: In the drop-down menu bar of the dial, click the middle button to enter the Douyin interface: you can choose to switch videos up and down, play/pause videos, like videos, and increase or decrease the volume.

Always on: When the screen is turned off, there will be a pointer display when the bracelet is turned off.

Bedside lamp: It can be displayed vertically and horizontally during charging, and the horizontal screen can be constantly on

Compass: Real time positioning of your location and direction when traveling

Lingdong Island: Turn on the Lingdong Island switch in the settings, and when opening the specified application, it can be displayed at the top of the dial and can be clicked to enter (currently only supports message push, timer, and charging display functions)

Blood sugar: real-time monitoring of your blood sugar values

Settings: Various local settings can be made.

Screen off time: Enter to set the screen on time；

Always on time: You can set the time that the pointer is always on

Gesture: Turn it on or off according to your needs.

Connect APP: Use your mobile phone to scan the two-dimensional code, you will be redirected to the RDFit APP download

Brightness: enter the adjustable screen brightness

NFC：This function has been turned on and can be used directly

Do not disturb mode: can be set to do not disturb all day or regularly；

Vibration intensity: the vibration mode can be turned on to adjust the vibration feeling；

Language: Support multiple languages, choose according to your needs

Power off: Enter to power off the watch.

Restart: Enter to restart the watch.

Restore factory settings: Generally, when some software problems occur, restore factory settings can solve it.

About: You can view the watch model, software version and watch Mac address.

Warranty description:

1. During normal use of this product, if there are product quality problems caused by manufacturing, material, design and other reasons, the motherboard will be guaranteed for free within one year, and the battery and charger will be guaranteed for half a year from the date of purchase.

2. Free warranty is not provided for failures caused by users, as follows:

1）Failure caused by unauthorized disassembly or modification of the watch.

2）Failure caused by accidental fall during use.

3）All man-made damage or misuse due to the fault of a third party (such as: water in the main unit, external force cracking, damage to the scratches of peripheral components, etc.) are not covered by the warranty.

3. When requesting free warranty, please provide the warranty card with the date of purchase and the stamp of the place of purchase.

4. When the user repairs the product, please take the product to our company or our company's sales office.

5. All functions of the product are based on physical objects.

Attention:

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy

and, if not installed and used in accordance with the

instructions, may cause harmful interference to radio communications. However,

there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception,

which can be determined by turning the equipment off and on, the user is encouraged

to try to correct the interference by one or more of the following measures:

—— Reorient or relocate the receiving antenna.

—— Increase the separation between the equipment and receiver.

—— Connect the equipment into an outlet on a circuit different from that to which

the receiver is connected.

—— Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the

following two conditions (1)this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that

may cause undesired operation。