



Shenzhen Zhifan Technology FW03 Smartwatch User Manual

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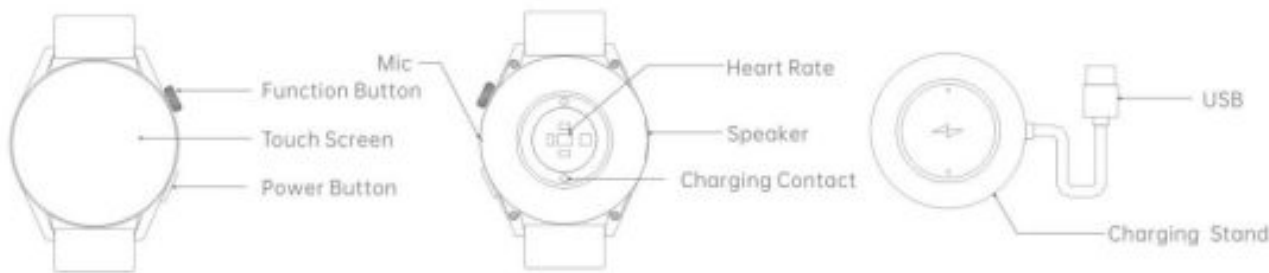
SHENZHEN

Zhifan Technology FW03 Smartwatch User Manual

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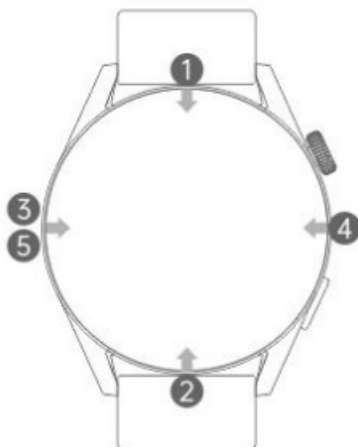
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Product Introduction



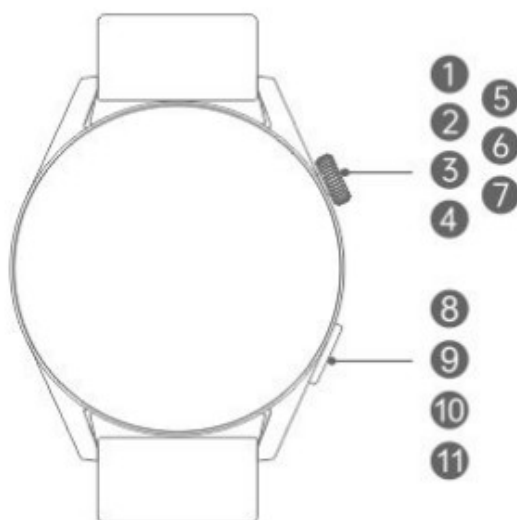
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Operating instructions



Screen Operation

1. Slide down on the main interface to open the control panel
2. Slide up on the main interface to open the message notification
3. Slide right on the main interface to open the side quick entrance
4. Slide left on the main interface to open today's data
5. Slide left on other interfaces to return to the previous level



Key Operation

1. Long press to turn on / off
2. A short press on the main interface to enter the main menu
3. Short press in other interfaces to return to the main interface
4. Press twice in the main menu to switch styles
5. Rotate in the main interface to switch the dial
6. Rotate in the main menu interface to Slide/flip /zoom
7. When the screen is off, short press to light up the screen
8. When the screen is off, short press to light up the screen

9. Short press to enter Multi-Sport mode
10. Short press in the multi motion interface to start the middle motion mode
11. Short press in motion mode to end the movement

Connect App



<http://fitcloud.hetangsmart.com/qrcode/>

1. Scan the QR code on the night with your mobile phone, or download and install the "FitCloudPro" from the mobile application market / APP Store
2. Turn on Bluetooth
3. Open "FitCloudPro"
4. Click "Add Peripheral Now"
5. Click "Search Now"
6. Follow the app's prompt to complete the pairing

TIPS:

- Attention: The connection is successful only when the device is in the "Available Devices" list.
- Watch only the bit of the mobile phone. If you want to connect the mobile phone, please use the "FitCloudPro" app.

Connect Mobile Bluetooth

Operation steps on Android:

1. Open "Bluetooth interface" on your phone
2. Select TV103 in the "AVAILABLE DEVICES" list
3. The "Bluetooth pairing request" page will pop up
4. Click "PAIR" to connect successfully

Operation steps on Apple:

1. Open "Bluetooth interface" on your phone
2. Select TV103 in the "OTHER DEVICES" list

3. Connection succeeded

Charging, Wearing, and Maintenance

Charging

1. Before charging, please wipe the charging contact to avoid sweat and moisture.
2. If the watch cannot be turned on, the charging icon will be displayed only after charging for about 30 seconds.
3. The watch can be fully charged about two hours later. When the charging indication shows 100%, it indicates that the battery is fully charged.

Wearing

1. Please adjust the watchband tightness to ensure that the heart rate sensor can collect data normally.
2. Place the watch on the charger so that the charging contacts on the back of the watch fully fit the metal contacts on the charging stand. Connect the charging stand to the regular channel purchase of a standard USB charger with an output voltage of 5V and an output current of 0.5A and above.

Maintenance

1. Please clean the equipment regularly to avoid fouling and breeding bacteria.
2. The watch display does not support underwater operation. When it is stained with water, type water with a soft cloth and then operate.
3. Watches are waterproof in daily life and can be worn when washing hands and swimming in shallow water, but they are not suitable for hot air, high-speed water, and deepwater environments such as hot water showers, diving, and diving.

Safety and Precautions

- Please keep the equipment dry, and do not use external heating equipment such as oven or blower for drying.
- Do not use chemical products, detergents, or strong detergent cleaning equipment or accessories.
- Do not store or transport watches and flammable liquids or gases in the same box.
- Using the watch in the temperature range of -10 °C to 45°C, when the ambient temperature is too high or too low, will cause watch failure.
- Put the watch where children are not exposed to avoid danger or use it under adult guardianship.
- Keep your ears still while measuring heart rate on your watch.
- Watches are not medical equipment and any data provided should not be used as a basis for diagnosis, treatment, and prevention of diseases.
- Keep the contact area dry and clean the watchband regularly. If it appears red swelling, please stop using and consult the doctor.
- Please use the charging stand attached to the watch, and select the adapters produced by regular manufacturers.
- When the watch is charged, do not touch the water. Please keep the charger, charging stand, and watch dry.
- The built-in battery of the watch cannot be disassembled by itself, and improper replacement may cause an

explosion risk. If you need to replace it, please contact the original factory. The battery shall not be exposed to such conditions as sunshine, fire baking, or similar overheating.

- Do not disassemble, impact, squeeze or throw into fire. If the battery is severely inflated, do not continue to use it.
- It is forbidden to throw watches or batteries into the fire to avoid explosion.

Environmental protection

Please do not dispose of this device and its accessories as ordinary household waste. It is recommended to comply with local laws and regulations and support recycling actions.

Name and content of hazardous substances

Part name	Hazardous substances					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Watch cases	X	0	0	0	0	0
Battery	X	0	0	0	0	0
Watch strap	0	0	0	0	0	0
Desktop charger	X	0	0	0	0	0

0: It means that the content of this hazardous substance in all homogeneous materials of this part is under the limit requirements stipulated in GB/T26572. x: It means that the content of the hazardous substance in at least one homogeneous material of the component exceeds the limit requirements stipulated in GB/T26572, and there is currently no mature alternative in the industry, which meets the environmental protection requirements of the EU RoHS directive.

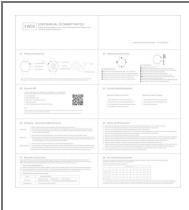
FCC Statement

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

Documents / Resources

	<p>Shenzhen Zhifan Technology FW03 Smartwatch [pdf] User Manual FW03, 2A5BU-FW03, 2A5BUFW03, FW03 Smartwatch, Smartwatch</p>
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