

Thank you for purchasing the Rival Smart Watch and All-in-One Fitness Tracker!

The Rival Smart Watch and All-in-One Fitness Tracker is the ultimate companion for your health and wellness journey. The cutting-edge technology provides features that elevate your fitness experience, keeping you on track and accountable for your own well-being.



About This Item

The Rival Smart Watch and All-in-One Fitness Tracker features a sleek design with seamless functionality. Elevate your health and fitness journey with monitoring, smart notifications, and a modern design. The tracker offers features like:

Health at Your Fingertips

Rival's comprehensive health monitoring features activity trackers, with an automatic, one-tap heart rate monitor. Keep track of vital parameters like blood pressure and oxygen levels, while using the DaFit app available in the Apple Store and Google Play. The smartwatch empowers you with real-time insights, enabling a proactive approach to fitness.

Versatile Tracker

Dive into your fitness journey with a built-in multi-sports mode, calorie counter, and step tracker. The "Get Moving" reminders help people stay motivated and on the right track, ensuring daily activities align with fitness goals.

Uninterrupted Usage

Endurance meets durability, with an exceptional battery life that can last 20 days per charge. The long-lasting battery also has a large capacity, at 220mAh.

Designed for the active lifestyle, the Rival smartwatch is meant to withstand various conditions and environments. The lightweight, aluminum alloy watch is waterproof; it boasts an IP67 water resistance rating, with a sturdy construction. It's built for durability, sustainability, and is your reliable companion in every fitness endeavor.

Seamless Connectivity

Experience seamless connectivity with smartwatch notifications via Bluetooth 4.0 technology. Receive alerts for texts, calls, and social media updates directly, ensuring you stay connected and informed while on the go.

Optimized Sleep

Achieve healthier sleep habits with Rival's health watch. Monitor and analyze sleep stages and quality to gain valuable insights that work to improve your overall well-being.

Holistic Approach

The Rival All-in-One Fitness Tracker offers a versatile fitness journey with 8+ sports modes, a calorie counter, and step tracker. The "Get Moving" notifications provide that extra push, helping you stay motivated and on track to achieve prime fitness goals. Embrace a holistic approach to wellness with a fit watch designed to cater to a more active, and healthier lifestyle.

The Rival All-in-One Fitness Tracker comes with the following:

Alarm Clock, Step Calorie Activity Tracker, Multi-Sport Tracker, iPhone & Android Compatibility, Message Alerts, Bluetooth Call Receive/Dial, Notifications, 100+ Sports Modes, IP67 Waterproof, Heart Rate Blood Oxygen Sleep Stress Monitor, Music Control, Camera Control, Email, Weather, Timers, Drinking Reminder, Sedentary Reminder, and Women's Health Tracker.



Product Specifications and Description

Manufacturer	FREEZE2TRIM
ASIN	B0CNTXC3PK
Model Number	Rival
Screen Display Size	1.28 inches
Item Weight	1.4 ounces
Battery	1 Lithium Ion batteries required. (included)
Package Dimensions	5.94 x 2.87 x 1.14 inches
Connectivity Technology	Bluetooth
Size	Fits a wrist between 5.5 and 7.7 inches
Operating Temperature	14° F to 122° F
Product Type	Smart Watch
Memory	64 MB
Water Resistance	IP67 Waterproof
Compatible Devices	iPhone and Android

What's in the Box

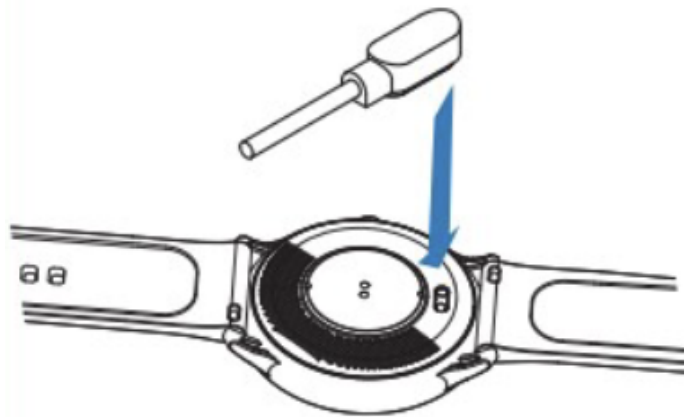
- Smart Watch
- USB charging cable
- Instruction Manual

Getting Started

While the technology might seem complicated, the Rival All-in-One Fitness Tracker is easy to program, manage, and use if you follow these simple instructions:

#1) Prepare the Watch

Charging the Watch



You can use any type of charger, including:

- A phone or tablet USB power adapter
- USB port on a PC (may take a little longer)
- A power bank
- Wall charger, or a power strip with a USB port

The smartwatch comes with its own charger in the box. One end attaches to the magnets on the back of the watch. The other end plugs into any USB port.

Powering On/Off

The function button is located on the right-hand side of the screen interface and is represented with a single, silver button.

Wearing the Tracker

The fitness tracker should be placed on the wrist, below the main wrist bones. This allows the sensors to get the closest to your skin, enabling more accurate readings.

Make sure the band is snug, but not too tight, as you might cut off circulation. If the band is too loose, it may not give you accurate readings.

Using in Wet Conditions

This device is water-resistant, meaning it is rain-proof and splash-proof, standing up to even the sweatiest workout. Whenever you get the bracelet wet, be sure to dry it off before putting it back on.

*Note: Do not swim with your smartwatch. It is also not a good idea to shower with it. Although the water won't hurt the device, we recommend giving time for your skin to breathe.

Quick View

The Quick View enables you to check the time or messages on your smartwatch, without tapping. Simply turn your wrist towards you, and the time screen will appear for a few seconds.

#2) Install the App

The name of the app that pairs with the Rival All-in-One Fitness Tracker is called Da Fit.

Downloading the App

Scan the following QR code, download and install the App.



Scan QR Code and Download

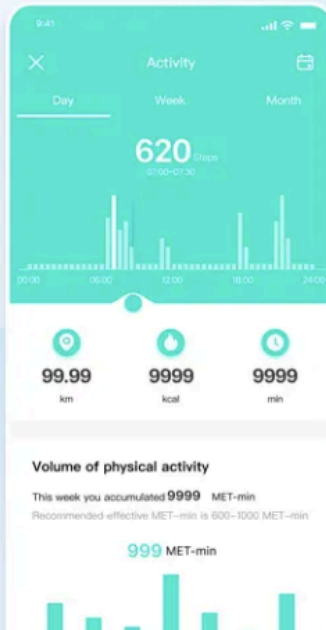
Today

Quick View The Date



Step

Record Your Daily Step Count



Sleep

Record Your Daily Sleep



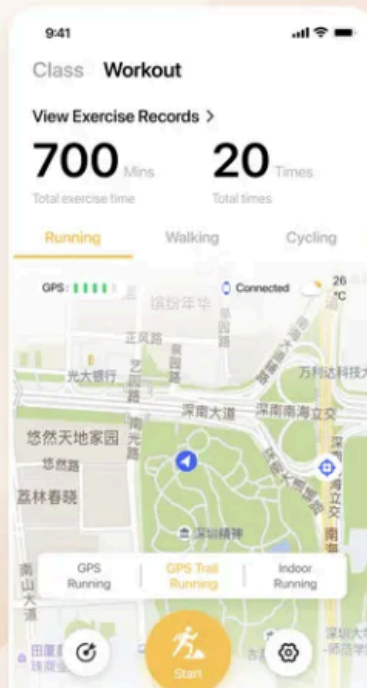
Heart Rate

Check Your Heart Rate Data



Workout

Show Your Route



Da Fit provides you with accurate motion recording, focused sleep details, and an extensive exercise analysis. It encourages people to love sports and enjoy a positive, healthier lifestyle.

App features include:

- Connect with multiple smart devices
- Accurate recording for each movement
- In-depth sleep analysis
- Comprehensive assessment of body condition
- Multifunction personal reminder

#3) Changing the Watch Face

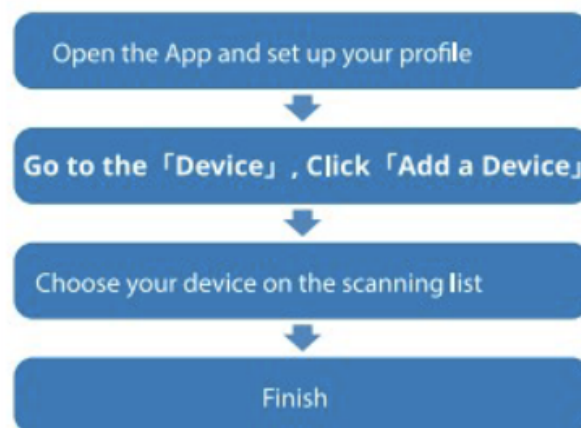
You can also change the interface appearance of the watch. This can be done from the app. After you open the app, at the bottom, you will see three icons. Tap the watch icon, and you can change between interface designs.

#4) Pairing the Device

Once the app is downloaded, you are required to complete a profile before you can access the dashboard.

Your personal information (like age, weight, and height) will help to improve the accuracy of data. All data is safe and securely stored locally, under your profile, with no one else being able to access it. You can also customize your goals, exercises, and notifications as well.

Next, you need to pair the device to the app. Follow these instructions:



The MAC address on the "Setting"- "About" page could help you identify your device on the scanning list.

Features of the Rival Smart Watch and All-in-One Fitness Tracker

Using the Touchscreen

You can navigate between functions on the Rival All-in-One Fitness Tracker by swiping up or down, left and right.

Swiping up leads you to the control center, while **swiping down** allows you to check your messages. **Swiping left** gives you access to the sports modes, while **swiping right** brings up the features pages.

Here are the functions of the main screen:

Main Interface

When the tracker and app are paired for the first time, it will automatically synchronize the time, date, and week. The main interface displays all your essential data in one spot, including steps, calories, heart rate, activity, and weather.

Activities Menu (Swipe Left)

When you swipe right on the main interface, it takes you to the activities menu. Here you will find the following features:

Sports (feet icon)

This feature tracks the steps for the day, current calories burned, distance traveled (in miles), a 24-hour graph of your steps, and step analytics from the last 7 days.

Training (weight icon)

This screen tracks activities like walking, running, cycling, badminton, basketball, football, and swimming.

Tapping any activity starts a three-second countdown, at which point the watch starts tracking calories, time, heart rate, and steps. You can start and stop the time as you go, or cancel out and start over.

Games (controller icon)

The game's feature has a mini-game you can play on the watch, called Young Bird. It saves you a high score in between games, so you can compete with yourself. There is also a block game called 2048, which involves adding blocks of numbers.

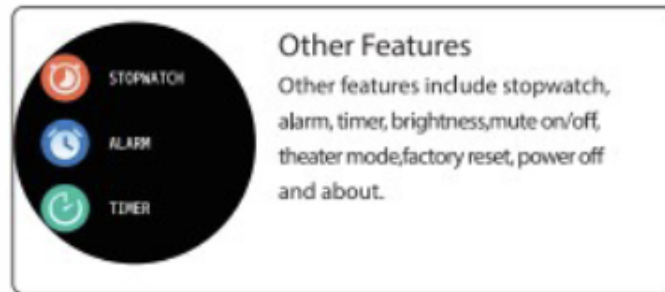
Settings (gear icon)

Tap the middle settings gear; this gives you access to the main settings of the watch, which includes:



Stopwatch

Starts the timer and resets.



Alarm

Set alarms for the am/pm, time, or day of the week. Then tap the blue dot. This means the alarm is set.

Timer

Tap the timer. The default is 20.00 minutes, but you can swipe up or down to adjust the time. Hit the start button for countdown, and the pause button to reset.

Menu View

This allows you to view the main menu screen in a grid circle or list format.

Brightness

Tap the brightness icon and slide up for a brighter view, or swipe down, to dim the interface.

Vibration (on/off)

This turns the vibration feature on and off, in case you need your watch to alert you.

Theater

This adjusts vibration and brightness at the same time.



Reset

This will switch the watch back to factory reset. Tap reset, and the blue check will show up. Press "X" to cancel.

Power Off

This feature enables you to power your watch on and off.

About

This contains all software and model numbers, as well as your battery life.

QR Code

You can scan this with your phone to download the app.

Breathing (swirl icon)

This feature helps you navigate your breathing exercises. Tap the button for an 8-second-count breathing exercise. This is good for relieving stress and bringing fresh oxygen to the blood.

Music (note icon)

Once your phone is paired to the smartwatch, any music played on your phone will be displayed on the watch. On this screen, you can play, pause, rewind, or fast forward to the next song.

Camera (camera icon)

Once paired, you can use the shutter function to control the camera on your phone.

Weather (cloud icon)

This displays the temperatures for the day and week.



Blood Pressure Test

Tap on the blood pressure page to start measuring your blood pressure.

On the blood pressure page, It can show the blood pressure measured data of the last times.



SpO2 Test

Tap the SpO2 page to start measuring your SpO2.

On the SpO2 page, It can show the SpO2 measured data of the last times.

Blood Pressure Test (thermometer icon)

Tap the button, and it takes about 15 seconds to test your blood pressure.

Blood Oxygen Test (drop icon)

Tap the button, and it takes about 15 seconds to test your blood oxygen levels.

Heart Rate (heart icon)

This takes your heart rate, tracking beats per minute. Tap the screen to restart (it takes about 10 seconds) and swipe down for your weekly chart.



Sleep

If you keep wearing Smart Watch in your sleep, it can provide the hours slept and quality of sleep stats on both the screen and the APP.

NOTE: Sleep stats reset to zero at 8:00 pm.



Heart Rate Test

The Smart Watch could record your heart rate all day.

You also could tap on the page to start measuring heart rate.

Sleep (moon icon)

This tracks your sleep, including different stages like deep sleep, REM, and light sleep. It tracks your sleep over a period of 24 hours, hourly goals, and 7-day trends.

Daily Metrics Menu (Swipe Right)

Swiping right brings you to a menu that lists all of your daily metrics. This lists your daily steps, sleep, and activity. Swipe right again for your heart rate, blood pressure, and oxygen levels.

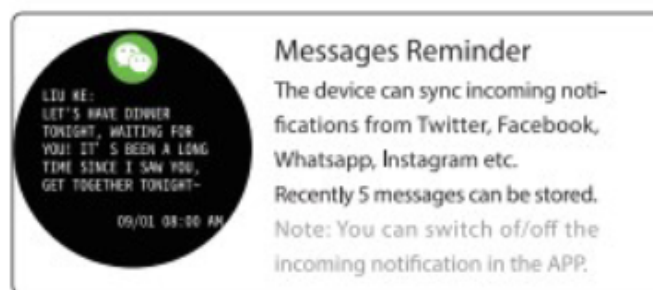
Swipe right again for the weather, camera shutter, and breathing exercises.

Settings Menu (Swipe Up)

This takes you to a mini menu for settings. Here you can adjust brightness and vibration (reel icon), turn on your phone's flashlight, check the battery level, and access the bigger settings menu (gear icon).

Messages (Swipe Down)

If you need to quickly check your messages, swipe down from the main interface.



Common Issues

Bluetooth is Not Connecting

First, confirm that your device is iOS 9.0 and Android 5.0 or higher. If your Bluetooth is not connecting, it could be a few different things.

1. There may be an interference in the wireless connection. This can happen with multiple Bluetooth devices in the same room. Make sure the tracker is the only device within range.
2. You may need to turn Bluetooth off and on again to joggle the connection. (wait 20 seconds)
3. You may need to restart the application on your mobile phone, or even the phone itself.
4. Ensure the tracker is powered on, with enough battery, and not bound to another phone.

Measurements are Inaccurate

The tracker works with light reflection. After the light source penetrates the skin, the signal reflected to the sensor is collected to calculate your heart rate and other metrics. If the bracelet is not worn tightly, there will be ambient light entering the sensor, which will affect accurate measurements.

FAQs

Does the Rival Tracker monitor your heart rate or blood pressure?

Yes, you can monitor your heart rate, blood pressure, blood oxygen levels, and sleep. All the stats are available on your wrist.

How easy is the setup?

While the technology is quite complex, the device itself is rather easy to use. Even those less technologically savvy will be able to set up and use the Rival All-in-One Fitness Tracker.

Does the watch track steps?

See your steps, flights of stairs, and walking or running distance. Then, track your calories and analyze your workout. You can even receive notifications when you've been inactive for too long!

How do you view your fitness data?

Your own health data is sent directly to your smartphone. You can then easily view all your data and charts in the Da Fit app.

Is the Rival All-in-One Fitness Tracker waterproof?

The IP67 waterproof standard lets you keep the tracker underwater for up to 50 meters.

How big is the Vital Tech Fitness Tracker?

The weight is 21.4 ounces, and the display screen is 1.28 inches.

Does the tracker receive messages and notifications?

Yes, once your phone is paired, you can receive calls, see missed calls, get SMS, and receive social media notifications; right on your wrist!

Safety Instructions

This product is not a medical device, and the collected data should not be used for medical purposes.

- Avoid strong impact or extreme heat
- Do not disassemble, repair, or modify the tracker by yourself
- Do not use an over-voltage load supply
- Dry the bracelet with a soft cloth before charging, or it may corrode the contact points
- Do not put chemicals on the tracker like gasoline, alcohol, or insect repellent
- Do not use the product in a high magnetic environment, as it may damage the tech
- It may cause discomfort if you wear your tracker too tight, and that is bad for circulation
- Clean the bracelet weekly and keep your wrist dry to avoid any rash or allergic reaction
- Do not wear the bracelet in a hot bath or shower
- After swimming, always wipe the tracker down

Disposal and Recycling

It is the consumer's responsibility to properly dispose of and recycle the Rival Tracker Watch and accompanying components.

Do not dispose of this watch with common waste, as it is considered electronic waste. It must be disposed of at your local electronic equipment collection facility. For more information, please contact your local electronic equipment waste management authority.