

FIRE⚡BOLTT



BSW019

Smart Watch

User Manual

Downloading and connecting of smart watch with WearFit Pro APP

1. Download and install WearFit Pro
2. Scan QR code with mobile phone to download APP.
3. For IOS system, select APP Store, search for WearFit Pro.



WearFit Pro APP Android

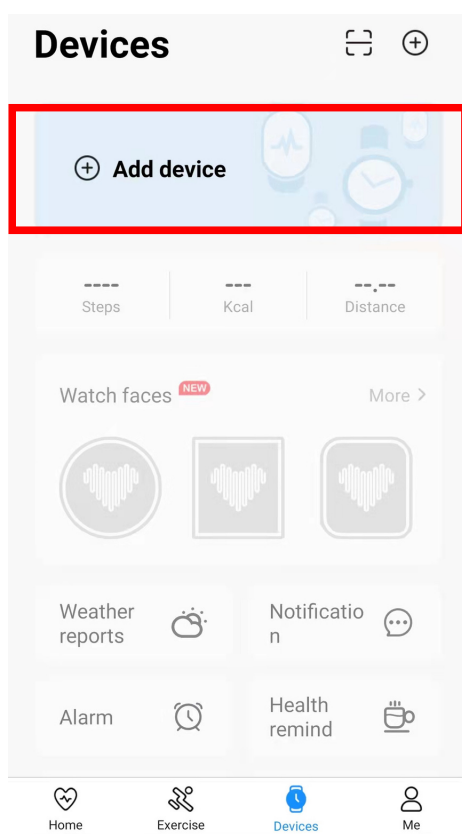
Android system, select Google Play to download and install WearFit Pro App. Or scan QR code to download



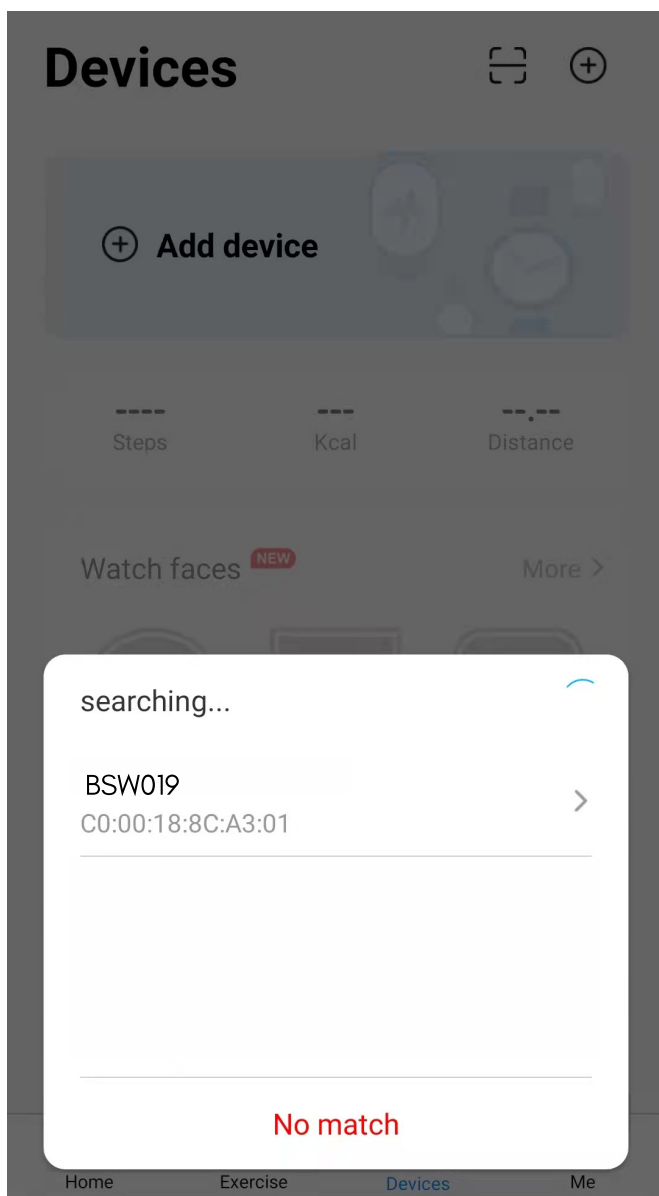
WearFit Pro APP iOS

Note: your mobile phone must support Android 5.0 or IOS 10.0 or above, and Bluetooth 4.0 or above.

Connect smart watch with WearFit Pro APP



Click on "Add Device" to connect the smart watch



Click on your device in the device list scanned

Devices



BSW019

connected



100%

C0:00:18:8C:A3:01

Steps

Kcal

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Distance

Watch faces

NEW

[More >](#)



Green spac...



Advanced ...



Textured bl...

Weather reports



Notificatio
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Alarm



Health remind



Home



Exercise

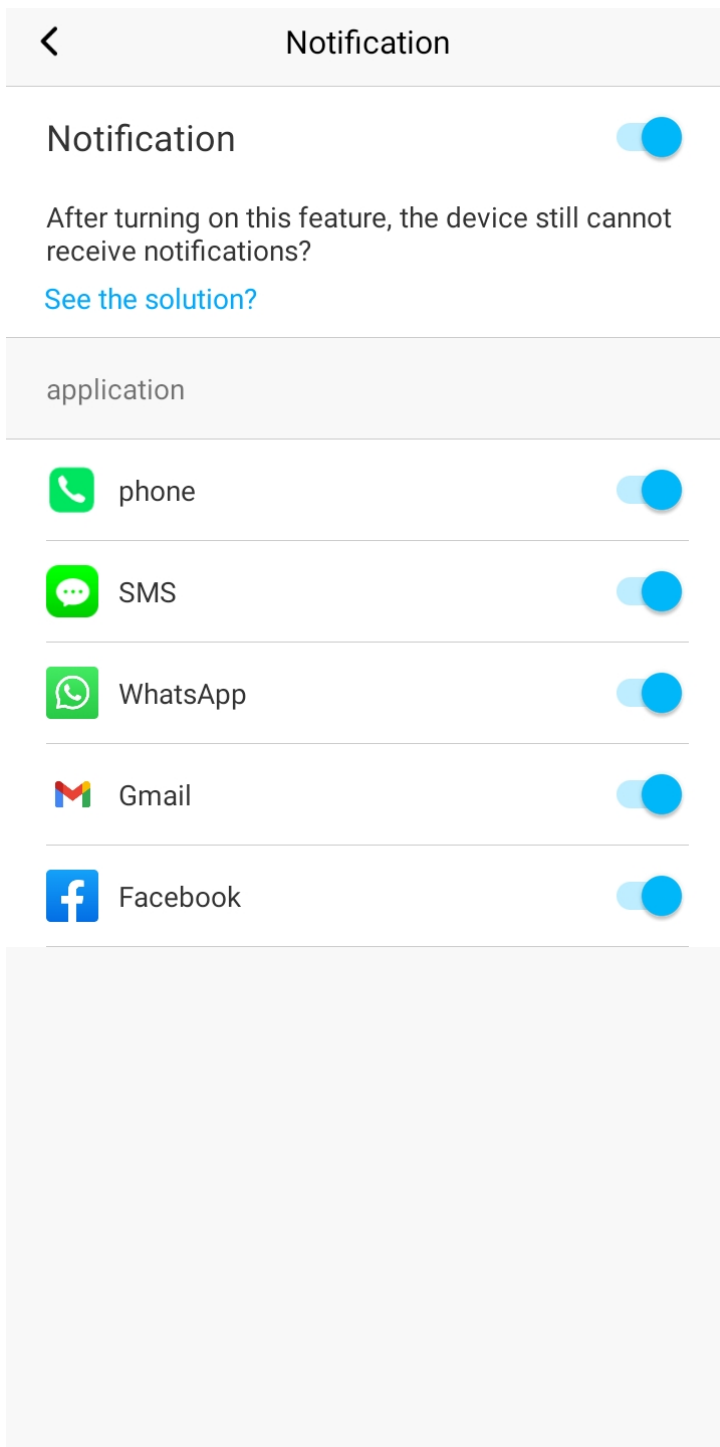


Devices



Me

Successfully conected

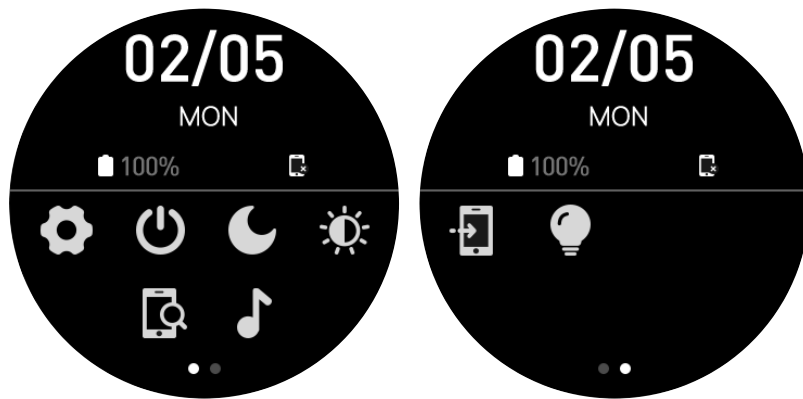


Enable all notifications
for best use

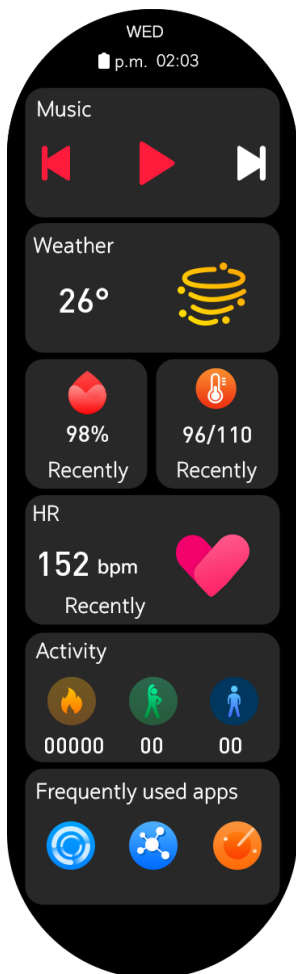
For both android & iOS
click on Notifications
Tab in the Wearfit Pro
app

Functions Navigation

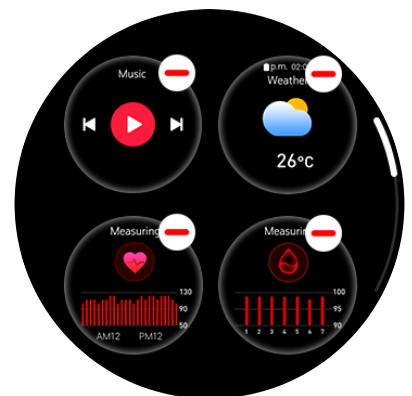
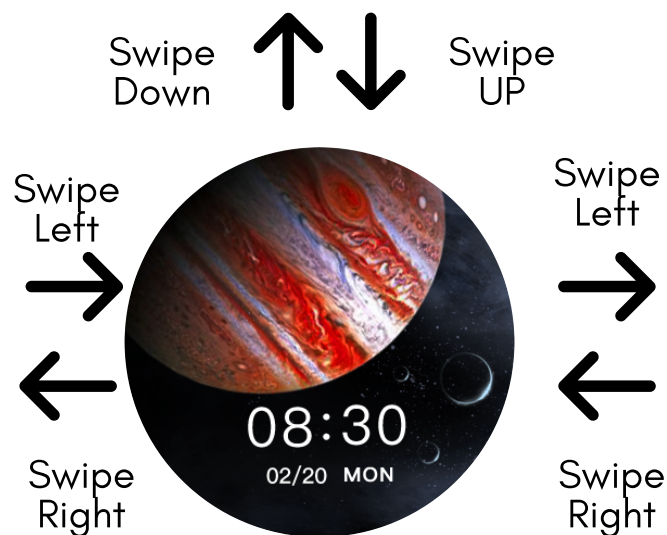
The screen can be navigated by sliding left/right or sliding up/down



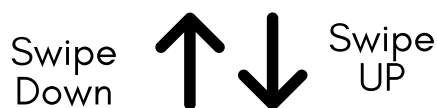
2 scroll Control Center



Scroll Function



Customised Feature Pages



Messages

Watch Face Functions Navigation and Button Instructions

The watch features a full touch control screen with a reflective amoled display.

Functions Navigation

The screen can be navigated by sliding left/right or sliding up/down

By default, the watch face page displays, and on the watch face page, you can:

- Slide down to view 2 scroll watch settings.

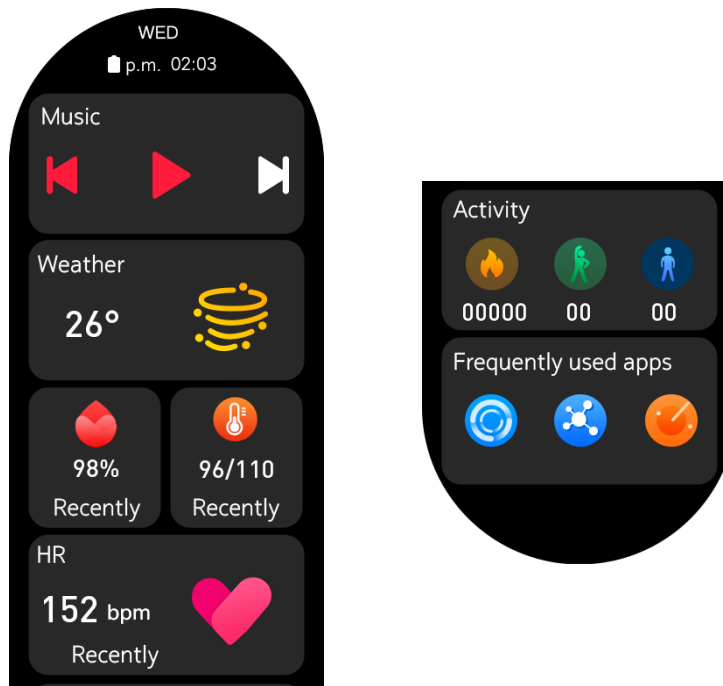


- Setting
- Power Off
- DND
- Brightness
- Find My Phone
- Music
- Connect to Phone
- AOD

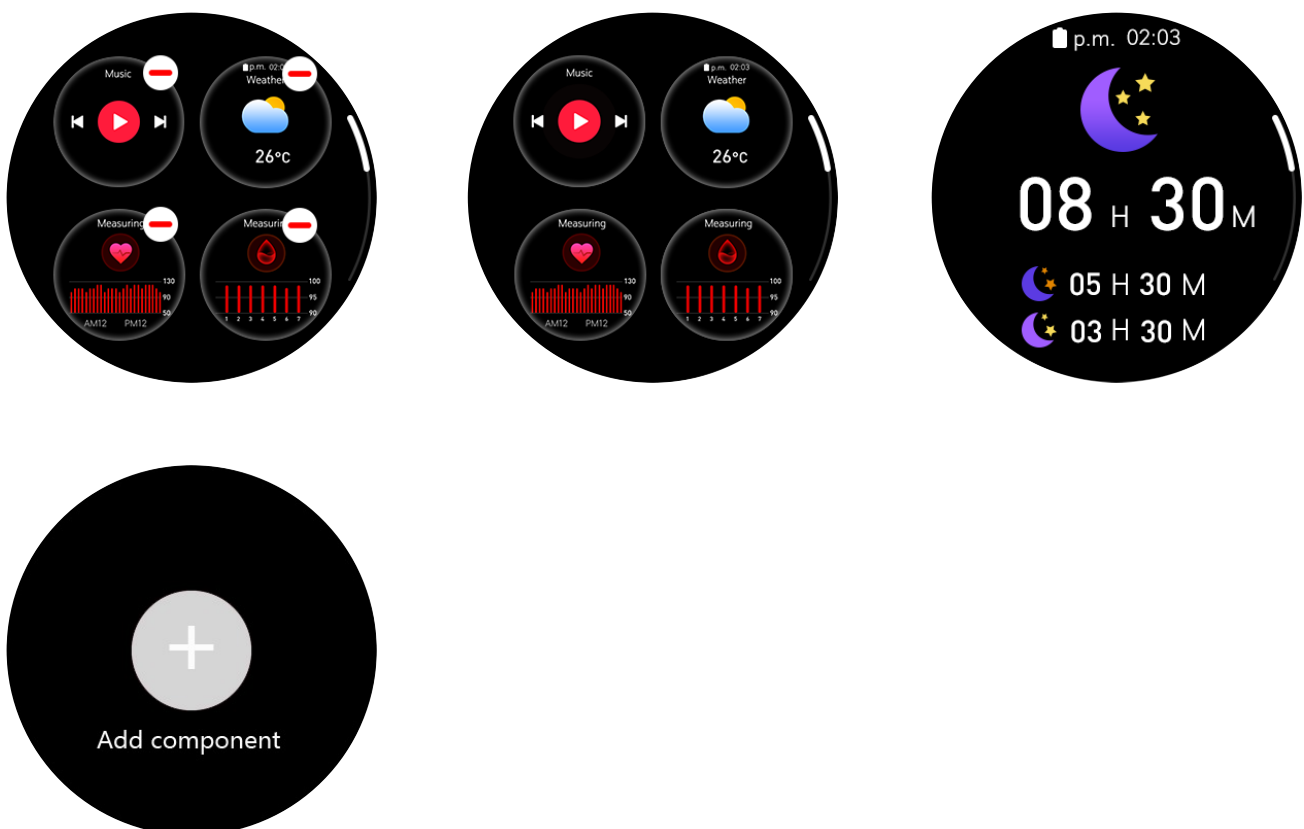
- Slide up to view notifications/messages



- Slide right to view a scroll quick glance which covers music, heart rate, & other frequently used apps

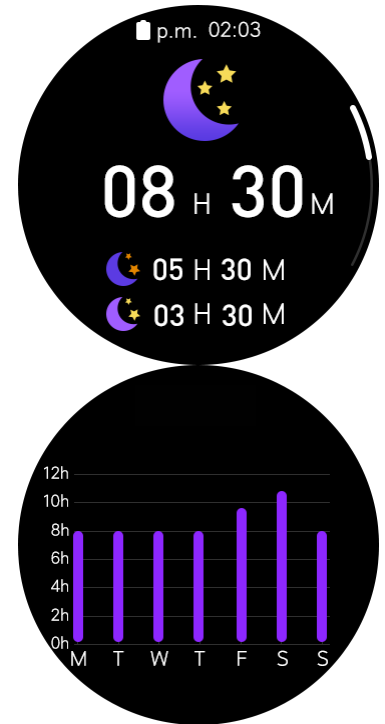


- a) Slide left to customise the activity centre. You can put 5 screens of your choice. To change the screens simply short press on the activity screen and delete the screen

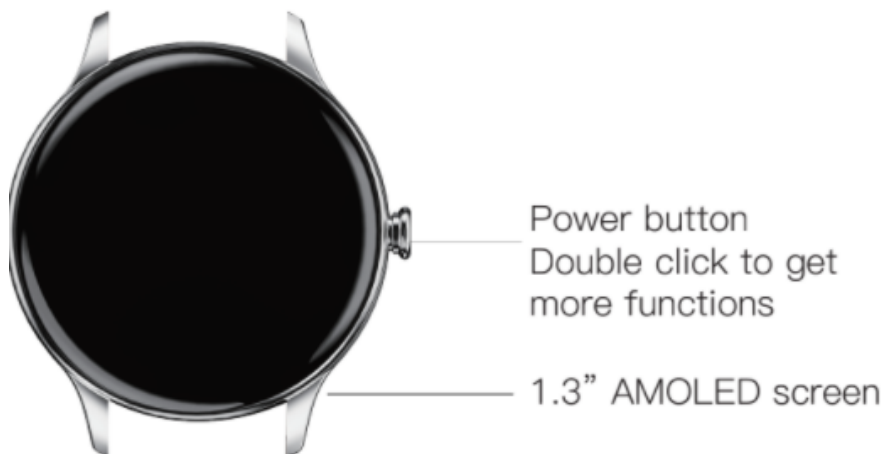


- b) On each function when you slide down you can view details. For example:

- Sleep



- To view full Menu Double Click the power button



Touch Button Operations

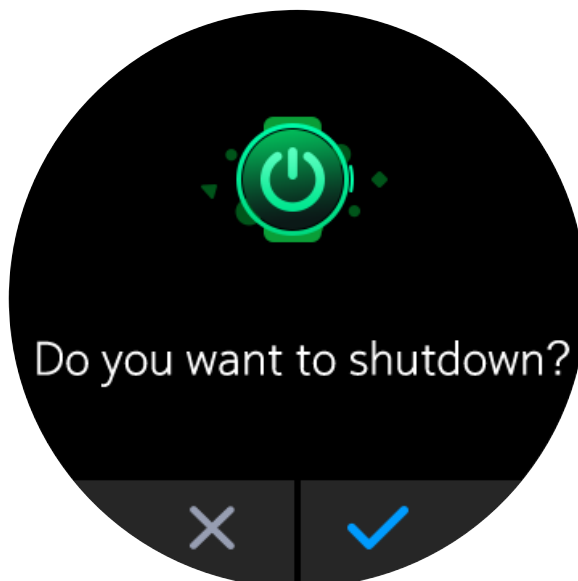
Short press from the side button

To unlock the screen in the lock screen status



Long press from the side button

To turn on the watch in the power off status

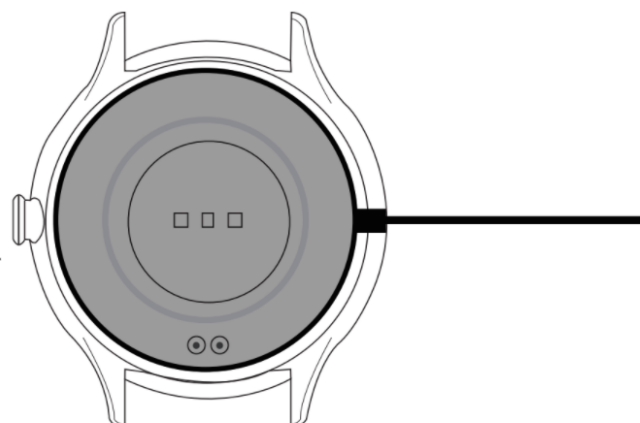
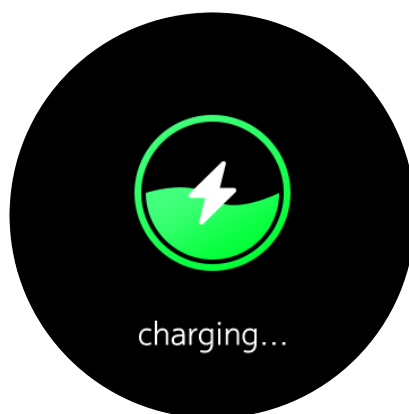
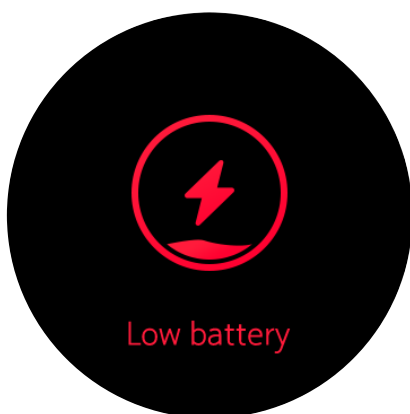


Watch Wearing and Charging

It is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly

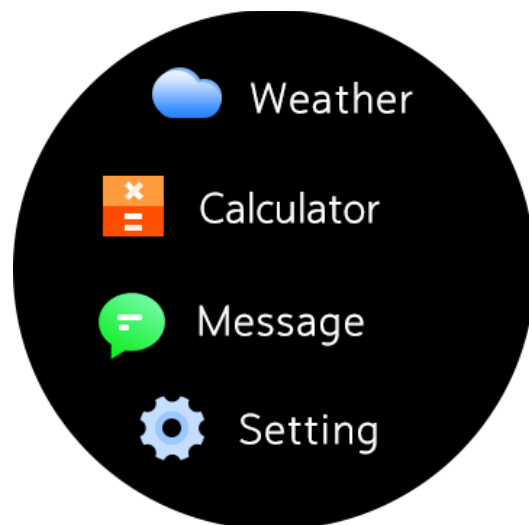
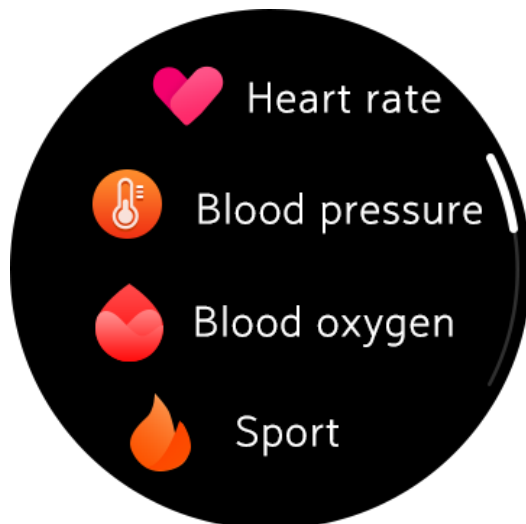
Charging

- Plug the charger's USB port into a mobile phone charger or a computer USB port to charge the watch.
- Attach the charging pin to charge the smart watch.
- The charging icon will appear on the screen, indicating that the watch is being charged.
- It is recommended to use computer USB ports or brand mobile phone chargers to charge the watch.

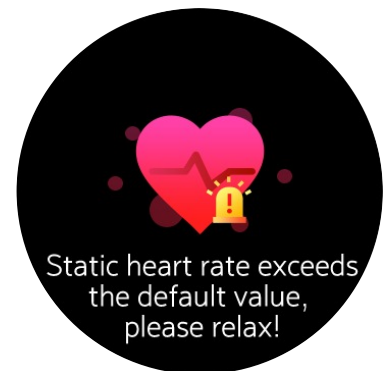
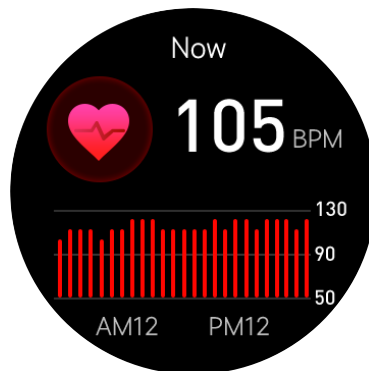
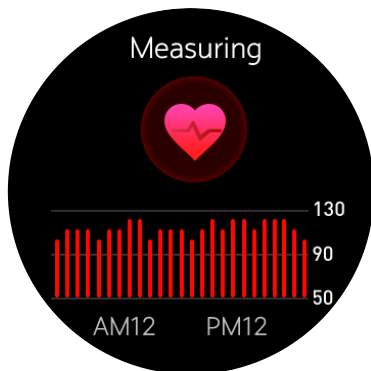


Use of Functions

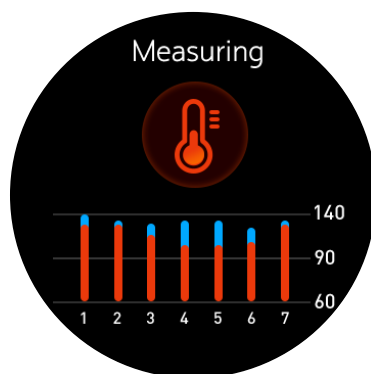
The watch has a lot of functions, these can be accessed by double clicking the side button on the watch. A short brief of the functions are as below:



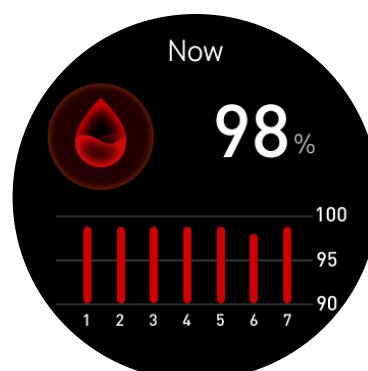
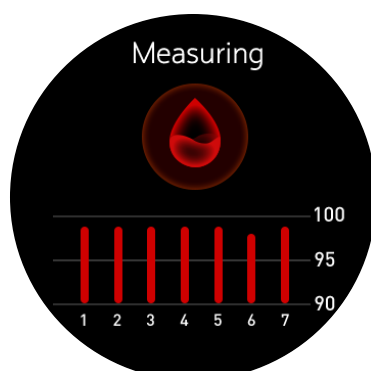
- Heart Rate – The watch will record your heart rate all day. You can also tap on the page to start measuring.



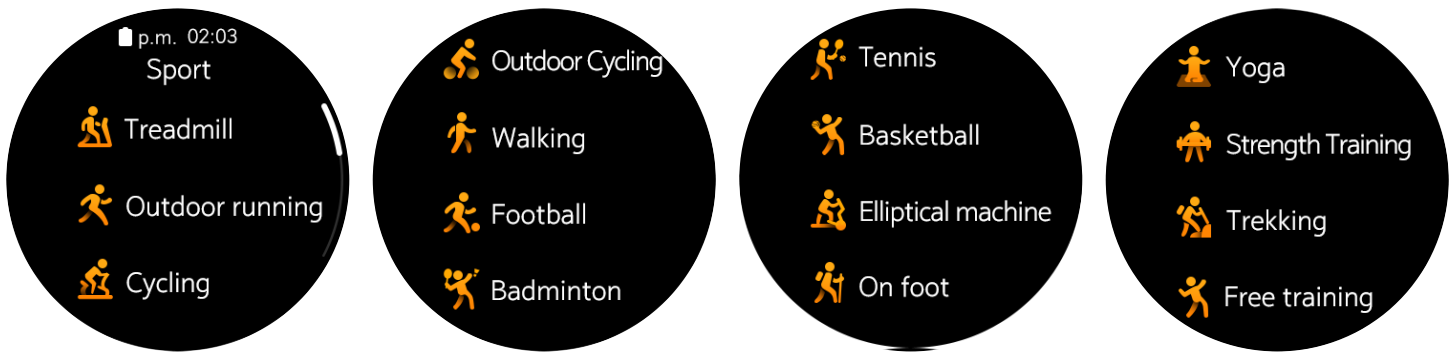
- Blood Pressure– Monitor your blood pressure by accessing this function.



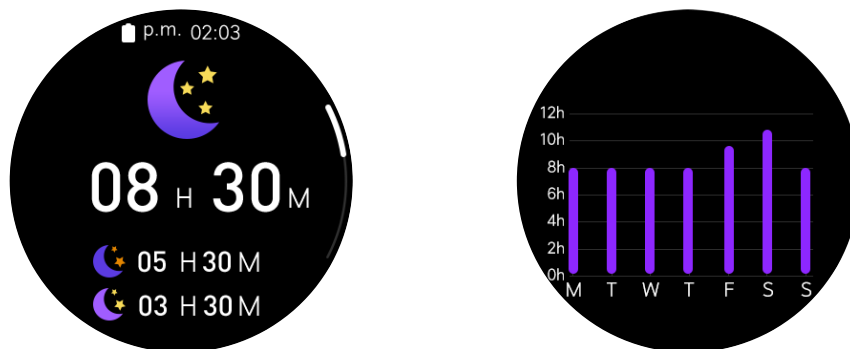
- Oxygen Tracking_(SPO2) – Tap the SPO2 page to start measuring. **When measuring SpO2 a red light will blink and not the usual green light.**



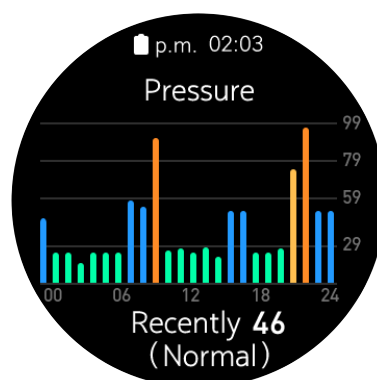
- Sport - This feature comprises of 15 exercise modes. Track your fitness goals in a tap. You can view the following activities: Treadmill, Outdoor Running, Cycling, Outdoor Cycling, Walking, Football, Badminton, Tennis, Basketball, Elliptical Machine, Yoga, Strength Training, Trekking, Free Training.



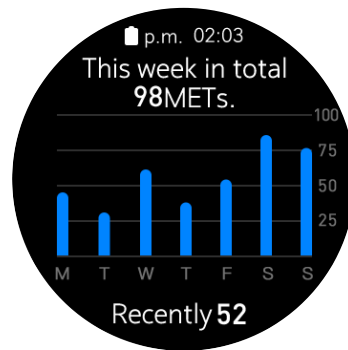
- Sleep - You need to wear the watch while sleeping, it will provide the hours slept and quality of sleep stats.



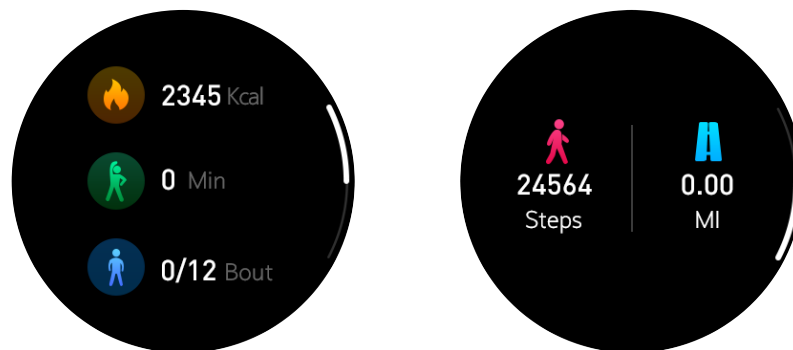
- Pressure - This new feature allows you to check and monitor your stress levels.



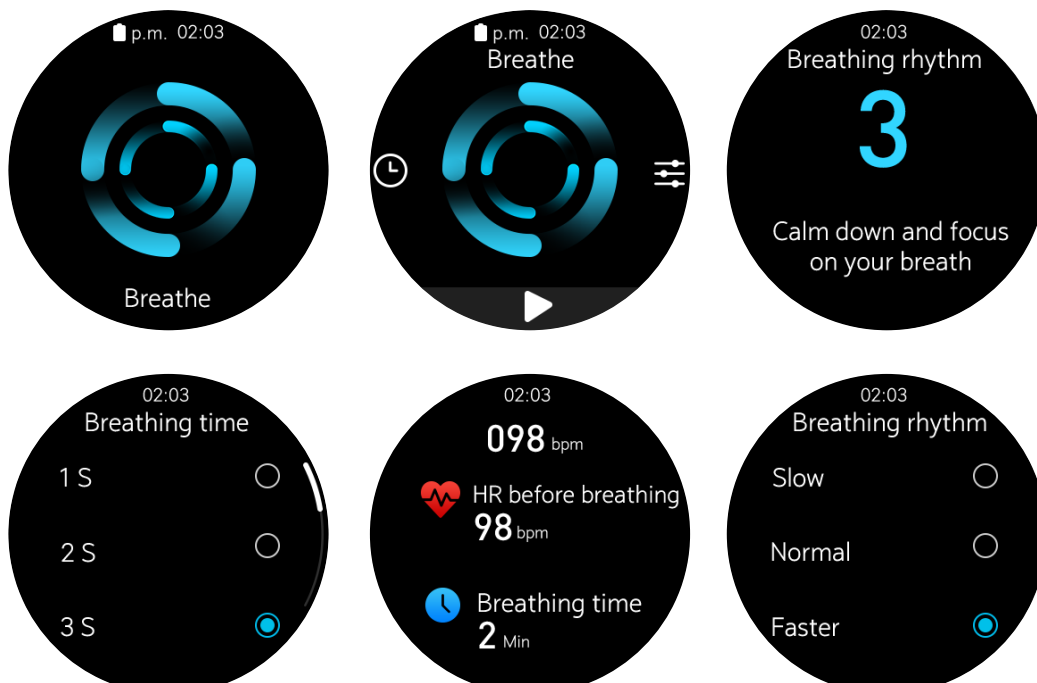
- MET– This feature gives you access to your weekly data of burnt calories and the power you consumed



- Exercise Data – This is a small capture of your fitness, a view in one go. You can scroll down to view the second tab



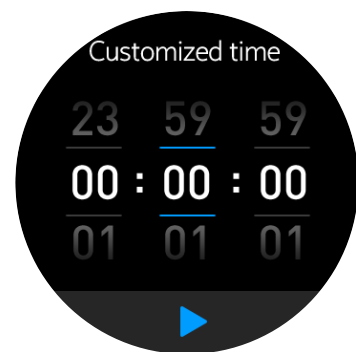
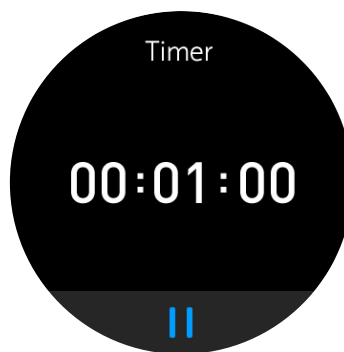
- Breathe – This new feature times your breathing activity. You can select your breathing rythm too



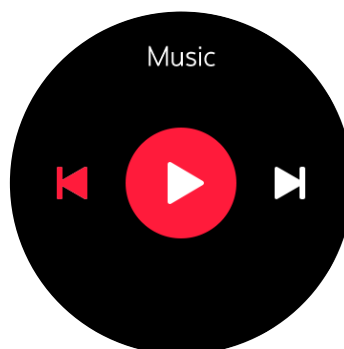
- Stopwatch: You can begin and close any time line and stop the watch.



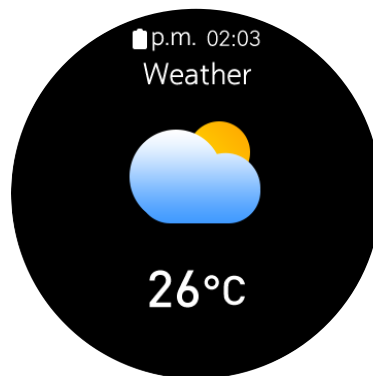
- Timer– A countdown timer lets you count the time forward and allows the user to set goals and finish a particular event on time.



- Music – You can remote control the music player of your phone once the watch is connected to the device



- Weather – You can know the current weather, this information is synced from your app.



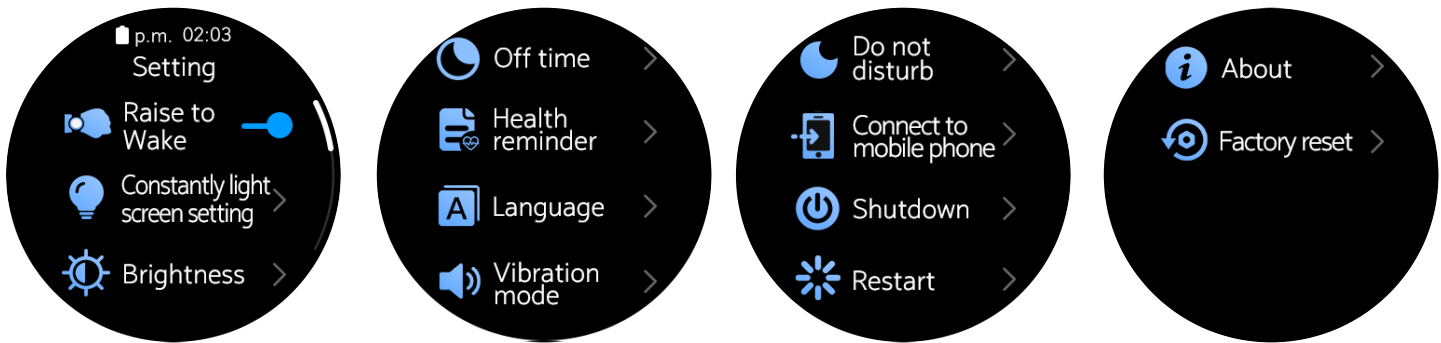
- Calculator – This new feature helps you to calculate your caculations on the wrist itself.



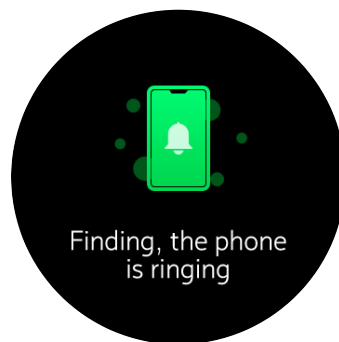
- Message – Check your notifications and messages through this tab



- Setting – Check out other features through this tab. Scroll down to view the other settings



- Find My Device – This feature is helping you to search for your smartphone once you have paired the smartphone with the watch with an active bluetooth connection



Other Settings

Watch Face

Replace the Watch Face on the Watch:

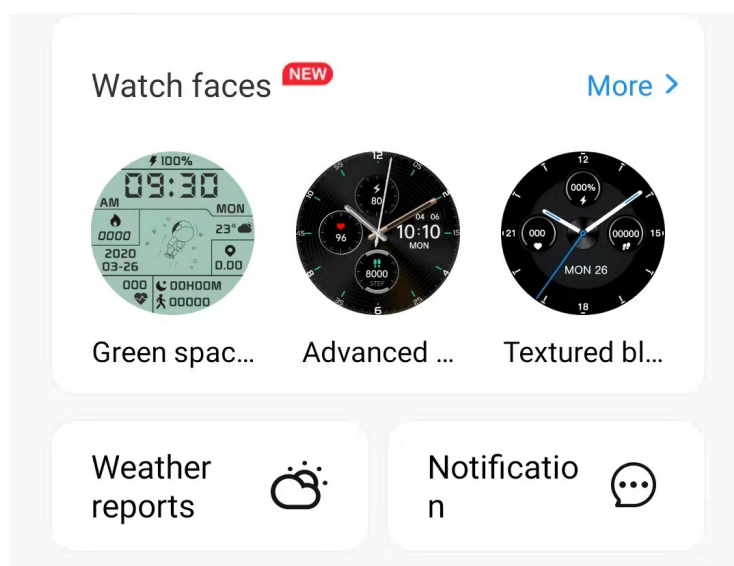
Long Press the screen, you shall get the options to change the watch face, scroll left and click on the watch face you want to select. The watch face will set.

Slide left and go to Watch Face and swipe left and click to select the watch face.



Replace the Watch Face on the App:

Tap the Watch face settings entry in the "Device" -> "Watch Face" page, and then download and sync watch faces on the Watch Face Store. After that, the replacement is done



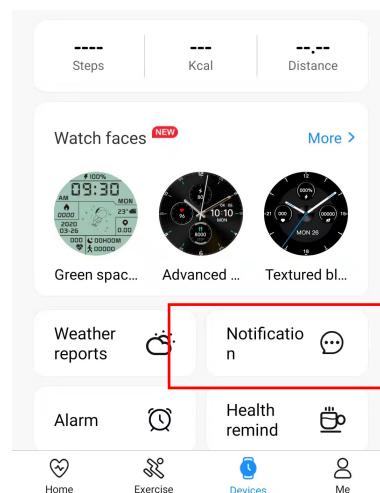
Notifications

Enable Notifications

During use, you need to enable the corresponding "Notifications" on the WearFit Pro App, and keep the watch and the mobile phone connected.

If you are using an iOS device, you need to pair the watch with the Bluetooth of the mobile phone before use.

If you are using an Android device, you need to include the App into the whitelist or self-starting list of the mobile phone in background settings and keep the App running in the background to protect it from being detected and killed by the mobile phone's background processes. Such background processes could disconnect the watch and the App, and as a result no reminder will be received. See "Device" -> "BSW019" - > "Run in background" settings for different mobile phone systems



View Notifications

When the watch receives a notification alert, it will vibrate to remind you and automatically display the notification content. If you do not view the notification immediately, you may slide up in the watch face page to go to messages and check the notification

Exercise

From the menu in the watch you can go to the exercise function. For more information, see the "Introduction to the Workout Function" section below.

Weather

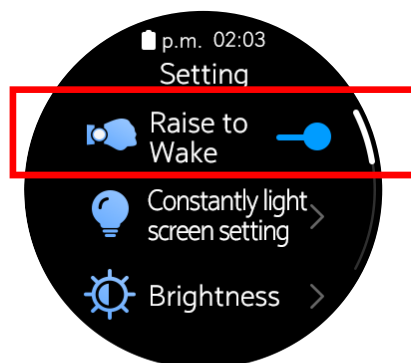
In the weather page, you can view the weather for the day. The weather displayed by the watch comes from the server. Therefore, you need to keep the Bluetooth of your mobile phone on and connect it with the watch to keep abreast of the latest weather information changes.

In addition, when a weather alert is received, the watch will receive the alert as well.

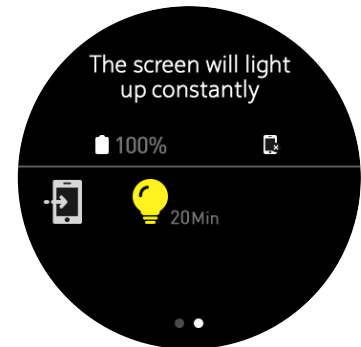
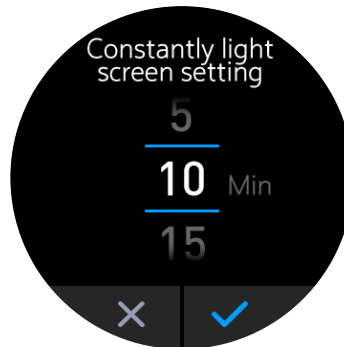
Settings

In the settings page, the settings items of raise to wake, constantly light screen, brightness, off time, health reminder, language, vibration, do not disturb, connect to phone, shut down, restart, about and factory reset are provided.

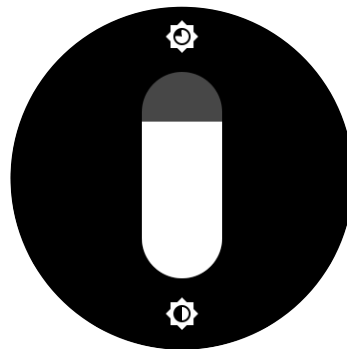
Raise To Wake: This features enables the function of gesture control where you can lift your wrist and the watch display will light.



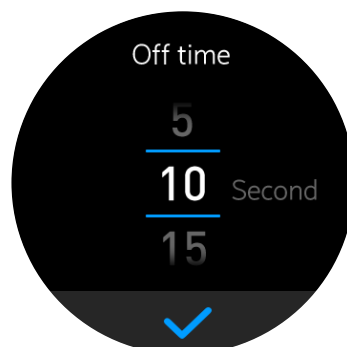
- **Constantly Light Screen** – This ALWAYS ON feature allows you keep the screen light always on for upto 20 mins. Once you stop using the watch, the screen will still stay active showing time.



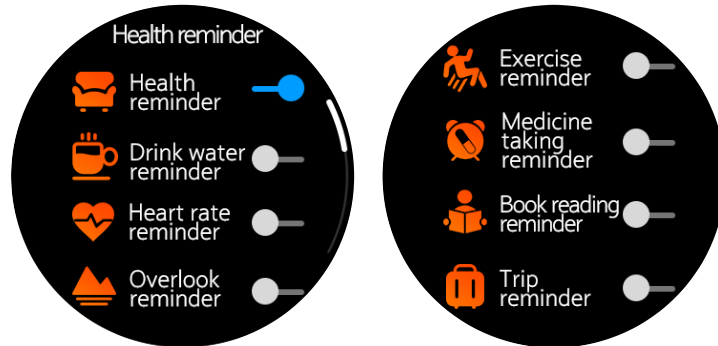
- **Brightness**– The brightness is a bar that you may click to adjust



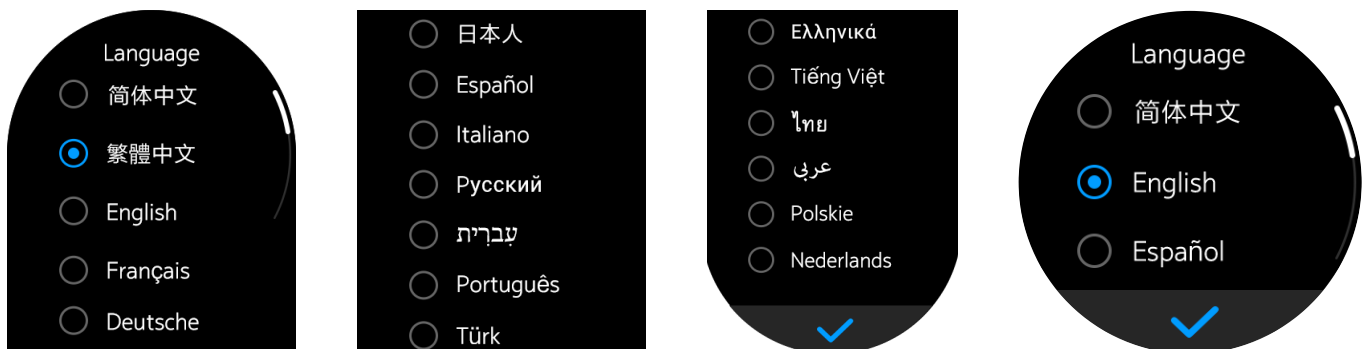
- **Off Time** – This feature is for the user to decide when the watch light can go off.



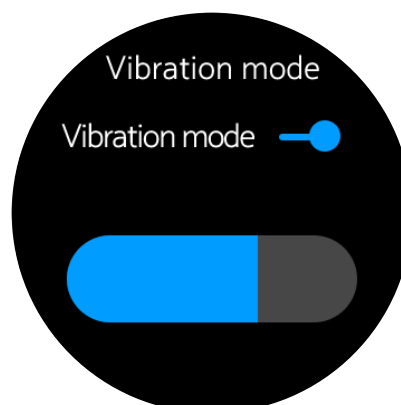
- Health Reminder – Here the user can set all the health reminders the user wants the watch to alert. The time can be set via the app. You can scroll down to view all the reminders.



- Language – The watch supports multiple languages. The user can choose the best suitable language for use.



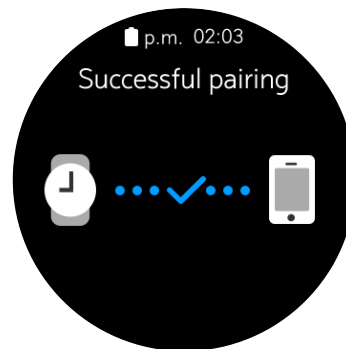
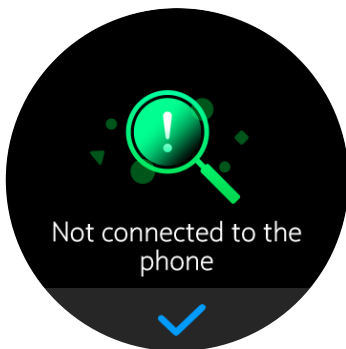
- Vibrate – Turn the watch in vibrate mode. User can also choose the level of vibration of the watch under this feature



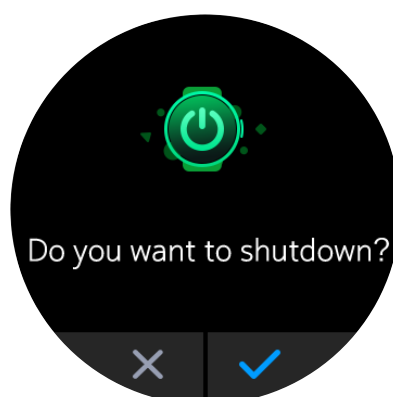
- Do Not Disturb – This shall put the watch into a DND status where no vibration or sound shall happen. The user can even customise a time when the watch can go into DND mode.



- Connect to phone – This feature has the app QR code which helps the user to connect the watch to the phone instantly by downloading the app



- Shut Down – This is a feature to shut down the device when not in use or as per the users convenience



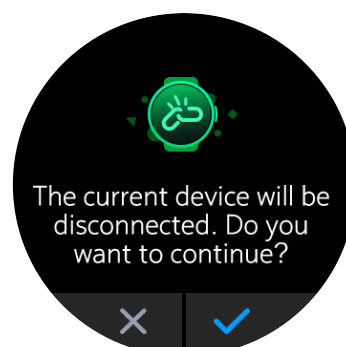
- Restart – This feature enables the watch to reboot or restart and function smoothly.



- About – You can view the firmware version and Bluetooth address of the watch in the about page.



- Factory Reset– This is a feature to reset all data, and you can press and hold the touch button to reset, you shall get a confirmation dialogue box after that. After a reset, you need to re-connect the watch before use.



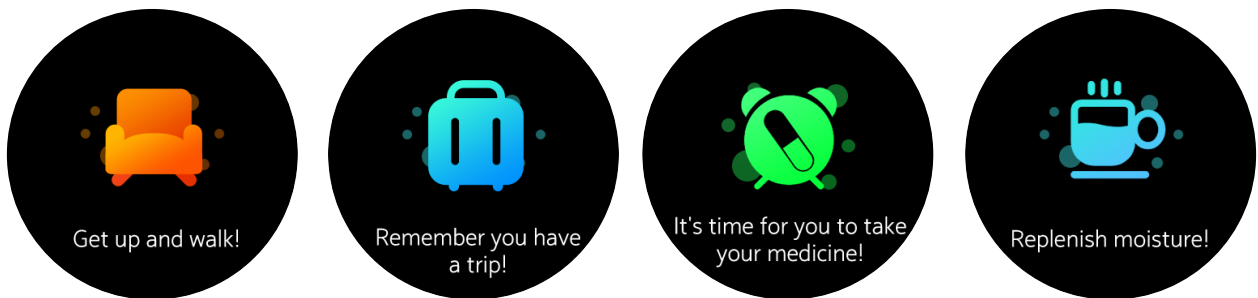
Watch Status Reminder

Incoming Call

When the watch receives incoming calls, it will vibrate to remind you.

Idle alerts

When you are sitting for a long time, the watch will vibrate to remind you to get up for a while. Before using this function, you need to enable Idle alerts by tapping "Device" -> "Other Settings" and turning on Idle alerts on the WearFit Pro App



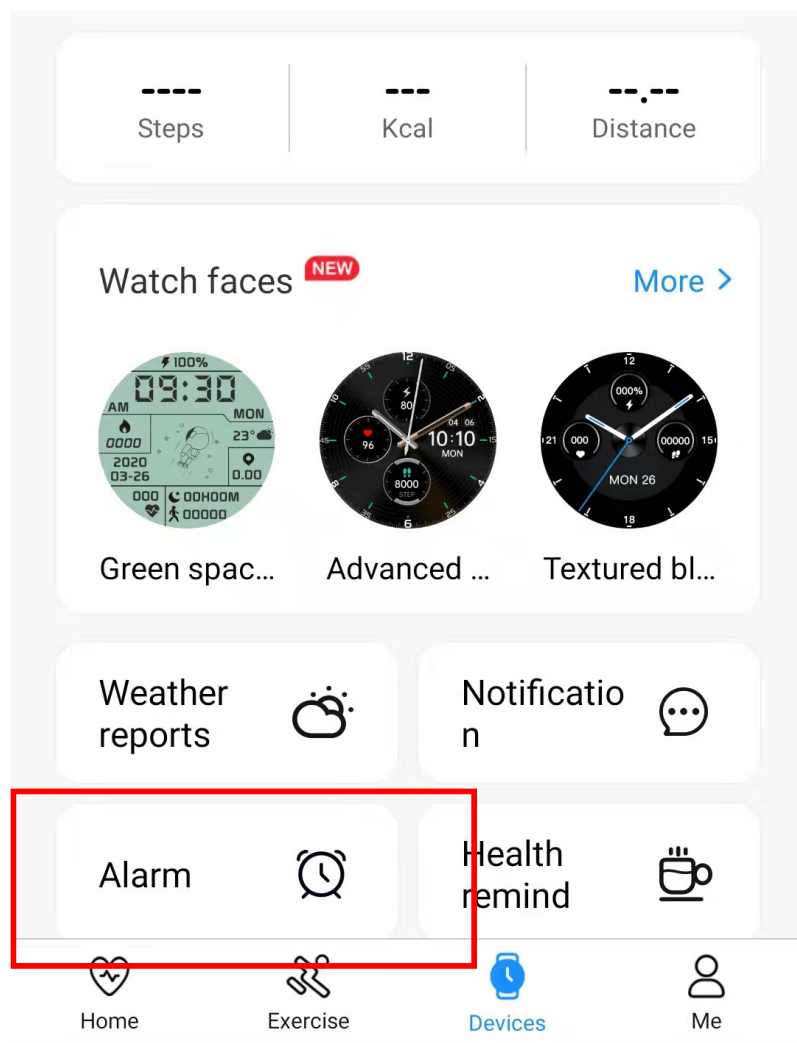
Goal Notifications

When the number of steps reaches the set goal, the watch will vibrate to remind you. Before using this function, you need to enable Goal notifications by tapping "Device" -> "Other Settings" and turning on Goal notifications on the WearFit Pro App



Watch Alarm Alert

When the alarm on the mobile phone rings, the watch will vibrate to remind you that the alarm is ringing. Before using this function, you need to enable Watch alarm alert by tapping "Device" -> "Alarm" and turning on Watch alarm on the WearFit Pro App



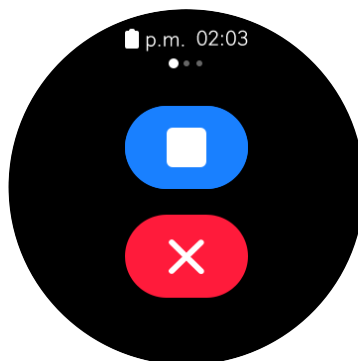
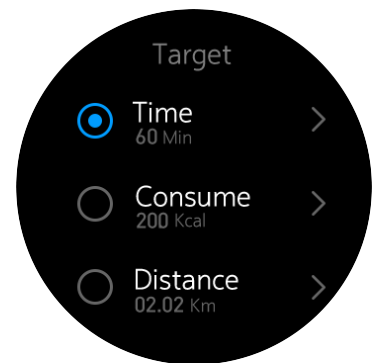
Introduction to the Workout Function

Start Workouts

This is the approach to start a workout:

- Select a workout type in the Activity entry and enable it;

The watch currently supports the following workout modes: Treadmill, Outdoor Running, Cycling, Outdoor Cycling, Walking, Football, Badminton, Tennis, Basketball, Elliptical Machine, Yoga, Strength Training, Trekking, Free Training.



Daily Maintenance of the Watch

1. The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty
2. Don't use detergents such as soap, hand sanitizer, or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the device.
3. Don't swim with your smartwatch, we also don't recommend showering with your smartwatch.

Precautions

- The watch has an **IP67** water resistant and dustproof rating, but it is not suitable for swimming or bathing.
- Do not operate the watch underwater. After touching water, do not operate the touch screen or charge the watch until the watch is wiped by using a soft cloth.
- The watch is not resistant to erosive liquids such as seawater, acidic and alkaline solutions and chemical reagents. Damages or defects caused by misuse or improper use are not covered under warranty.