

# User Manual



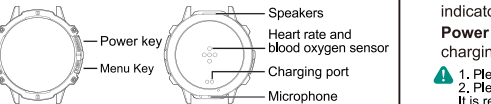
## APP Download

Scan QR code with mobile phone to download App.



## About the Smart Watch

The watch features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.



### Wake up:

- (1) Single press any button to wake up the screen.
- (2) Raise or inwardly flip your wrist to light up the screen.

### Screen off:

- (1) After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.
- (2) Select "setting" > "Display & Brightness" > "Sleep", set screen off time.

## Charging Guide

**Charging:** Align the charging cable with the charging area on the back of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.

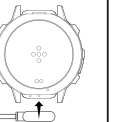
**Power on:** The device will power on automatically when charging, or you can long-press the top button to turn it on.

1. Please do not use high power fast charger;
2. Please keep the charging cable, device, dry when charging. It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

## Paired Device

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.

- ⚠ Please make sure your phone has Bluetooth and location services turned on.



## Harmony OS , Android System Users

In DaFit App, click Add Device, the app will automatically scan for connectable devices.



Click the Bluetooth name X3 to bind or scan the QR code to connect.



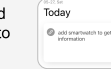
You need to agree to the following permissions before using the Bluetooth call function.



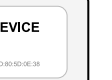
- ⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.

## For iOS Apple Users

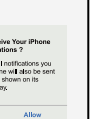
Turn to the DaFit App, click "Add Device", find the "X3" in the list to pair.



Tap the device whose Bluetooth name is X3 on the search device page to bind or connect using code scanning, and you need to confirm twice on your watch when connecting.



You need to agree to the following permission before using the Bluetooth calling function.

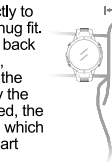


- ⚠ If replacing a paired connected phone, you will need to go to App > Remove Device.

## Watch Wearing

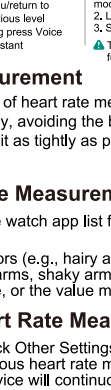
Please wear the watch correctly to maintain a comfortable and snug fit. Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records.

Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.



## Button and Screen Control

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



## Key-POWER:

1. Short press to light up/out/return to dials
2. Long press to turn on/off
3. Double press to enter recent apps

## Key-MENU:

1. Short press function menu/return to previous level
2. Long press Voice Assistant

## Key-SPORT:

1. Short press to enter sport mode/previous level
2. Long press timer
3. Support customized keys

⚠ The button customization function is set in App.

## Heart Rate Measurement

To ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

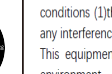
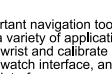
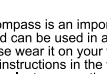
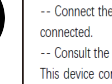
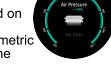
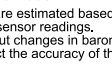
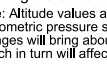
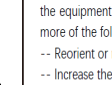
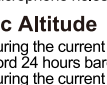
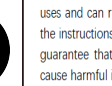
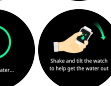
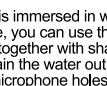
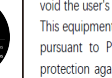
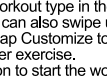
## Single Heart Rate Measurement

Select Heart Rate in the watch app list for a single heart rate measurement.

- ⚠ Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

## Continuous Heart Rate Measurement

Enter the DaFit app, click Other Settings > All-day heart rate, and turn on the Continuous heart rate measurement switch. Once turned on, the device will continuously measure heart rate according to the set time.



## 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.