



SMART
Make Life Better



English 01-10

Spanish 11-20

German 21-30

French 31-40

Italian 41-50



STEP COUNT



ALARM CLOCK



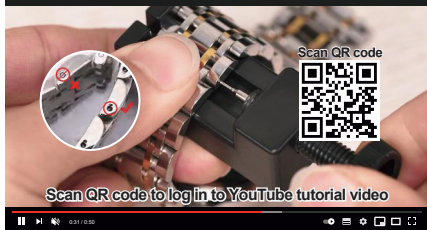
CALORIES



MESSAGE



How To Adjust The Size of LIGE Watch Strap Band?



If the steel belt is too short, we can provide free strap accessories for extending the strap, which will arrive in 1-3 days! please contact the customer service or the email address. Thank you !

For information on service:

please contact Amazon Seller customer service for regarding repairs and warranty.

You can also contact us by email: service2023@126.com

The authorizing European Representative information:

Name: APEX CE SPECIALISTS LIMITED

Add: UNIT 3D NORTH POINT HOUSE, NORTH POINT
BUSINESS PARK, NEW MALLOW ROAD, CORK, T23AT2P,
IRELAND

Contact: Wells

E-Mail: info@apex-ce.com

CE Report NO : LST210475014ER



WEEE-Reg.-Nr.
DE 38635-473

RoHS
CE

APP download

- ① Search “**Da Fit**” in the APP store (Apple store/Google store).
- ② Scan QR code to download.



Long press 5 seconds turn on/off, Short press back.

Take exercise

Charging and Active

Use the **ST1** charging cable, then insert the USB to your laptop or any USB port with 5V 1A to charge the Watch before use to ensure that the Watch is fully charged. The charging time is about 2 hours. Make ensure the charging connect.

NOTE: If the watch battery runs out, It may enter a silent protection state, The watch needs to be charged for 5-10 minutes to activate . If the device is not used for a long time, please be sure to replenish it every one month.



Pairing

Open the APP and set up your profile



Go to the [Device], Click [APP a Device]



Choose your device on the scanning list



Finish

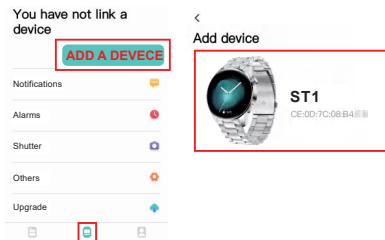
The MAC address on the "Setting"- "About" page could help you identify your device on the scanning list.

Use the Touch Screen



*****This bracelet must be connected to the phone twice*****

Step 1: Open "Da Fit "APP--"OK, Allow"--"Add A DEVICE"--Find **ST1** and choose---"Pair"-- "Allow"--Done



During this connection process, there will be a prompt to ask whether to open the notification and open permission request confirmation. Please make sure to confirm the open notification reminder and allow all permissions. (If not authorized, it will affect the information reminder and address book and other functions)



Step 2. Connect the Bluetooth Call function



Note: Only after this connection can you play music and answer calls

1. Swipe left on the standby interface of the bracelet, the first item. As shown in the picture below left. Turn on the Bluetooth play & call switch



Turn on the switch on the wristband
The bracelet enters the state to be connected

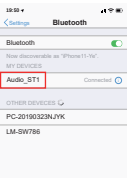
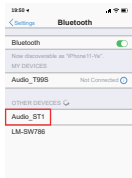


Click to turn on the Bluetooth playback and Bluetooth call switch

Show not connected

To be connected, the interface is grayed out

2. After confirming that the call function is turned on, After connecting to the device with the bluetooth of "Audio_ST1" on the phone-Settings-Bluetooth-(At this time, the communication interface of the left swipe on the standby interface of the bracelet shows green), you can make calls and play music through this bracelet's Bluetooth.



Connected state
The interface is displayed in green

1. If you don't want to connect through call audio bluetooth due to environment or power saving, please pull down the main page - - turn off call audio,as shown in the picture.
(This switch only turns off Bluetooth call and Bluetooth playback)

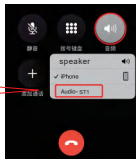
Can be closed
manually
Call icon is gray



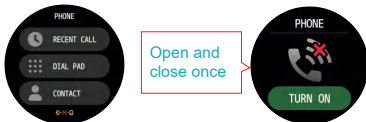
****Every time the bracelet is turned off/restarted or restored to factory settings, the call function is turned off by default. Please turn it on manually in the drop-down menu.

2. If you answer or make a call on the mobile phone, if you need to return to the bracelet, you must manually switch to the bracelet on the mobile phone
As shown in the picture below right.

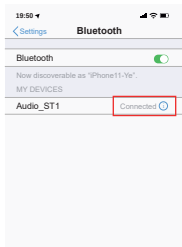
Switch back to
Audio_ST1 on
the bracelet



3. If the wristband is disconnected from the phone for more than 2 minutes due to the distance, in order to ensure the battery life, the wristband will automatically close the connection with the phone. At this time, please open the DAFIT APP on the mobile phone, and the bracelet will automatically connect again.



To be connected, the interface is grayed out



Due to different phone models, you may need to manually click connect in the phone. settings-Bluetooth

Why the watch can't receive the message notification?

Please make sure that the mobile phone Bluetooth is turned on, the DAFIT APP is turned on, and the bracelet is always connecting to the mobile phone Bluetooth !

NOTE:

If the phone is not locking or the software (whatapp, SMS, facebook...) is logging in the computer, the smart watch will not push messages for reduce power consumption and disturbing. Please allow all the notification permission(WhatsApp, Facebook, Twitter, Phone, SMS.) at the DAFIT APP

Since Android mobile phone background will automatically clean up the App which not commonly used, it will cause the watch connection to drop and no longer push the message.

- 1.Make sure turn on message push in Dafit setting.
- 2.Make sure the message can be displayed in mobile phone's notification bar,message notification is pushed by reading the phone notification bar,the watch can't get notification if the message push closed in mobile phone setting .

XIAOMI

Setting-apps-permissions-Autostart-open the Da Fit

HUAWEI

Setting-apps&services-app launch-open the Da Fit

SAMSUNG

"Smart Manager "- find the "Auto-Run Application" option, --enter the "Auto-Start Application" setting interface - open the auto-start setting program.



****If the notification still cannot be displayed, please try to reset the watch, or reinstall the APP.**



Smart Watch Features



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.



Steps

Smart Watch automatically tracks Steps taken on the screen.
Note: Your movement stats reset to zero at midnight.



Training

Tap the training icon on the menu to start a new training measure recording, there are 7 sport modes to be chosen.
The last training recording will be shown on the training page.



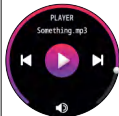
Sleep

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 8:00pm.



Remote Shutter

After connecting the device, you can remote control the camera on your phone. Note: some phones need to be turned on DAFIT APP realizes this function.



Player Shutter

After connecting the device, you can remote control the music player on your phone.



Other Features

Other features include stopwatch, alarm, timer, brightness, mute on/off, theater mode, factory reset, power off and about.



Messages Reminder

The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.

Recently 5 messages can be stored.

Note: you can switch on/off the incoming notification in the APP.

