



## SPORT THE ACTIVE LOOK



USER MANUAL

# boat

## Xtend Sport

Thank you for choosing the boAt Xtend Sport as your fitness transformation companion.

Allow this manual to guide you through the functioning of your smartwatch. Please read it thoroughly before using it for a smooth sail. You may refer to these instructions for later use as well.



**PACKAGE CONTAINS:**  
• boAt Xtend Sport x1 • USB magnetic charging cable x1  
• User Manual x1 • Warranty Card x1

## CHARGING THE WATCH

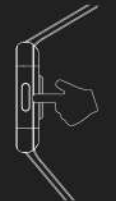
The smartwatch must be charged before initial use. It takes 30 mins to be fully charged. Connect and charge the watch with the image below as a reference, using a 5V/2A adapter. *Note: Once your watch is at 10% battery, it will automatically switch to power saving mode which will disable all functions.*



## TURNING THE WATCH ON/OFF

To turn the watch on/off, long-press the side button for 3-5 seconds.

You can wake the screen by lifting your wrist. Enable on the shortcut menu of the watch to use.



## CONNECTING TO THE APP

1. Download the boAt Crest app on your phone.

Available on both App Store (iOS 13.0 and above) and Google Play Store (Android 7.0 and above) OR

Scan [QR CODE] (Also available on the watch)



Google Play App Store

2. Connect the device directly via the mobile application. Do not connect via the phone's Bluetooth directly.

3. Select Xtend Sport on the home screen of the app and click OK to connect.

4. To use all features of your Xtend Sport seamlessly, tap on 'yes' to the 'connection' and 'grant access' system prompt.

5. Turn your phone's Bluetooth and GPS on.

6. Disable battery optimization

*Note:*

To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times.

iPhones will not prompt any information unless you complete Bluetooth pairing with Xtend Sport.

## SYNCING YOUR SMARTWATCH TO THE APP

## Data Synchronization

- Open the app on your phone.
- Make sure your Xtend Sport is connected to the app.
- Synchronization will start automatically once you enter the app interface.

*Note:*

Synchronize data at least once every day to avoid data loss in the watch.



## NAVIGATING THROUGH THE FUNCTIONS

## Changing the dial interface Using the app

Select cloud watch faces on the app and push your preferred watch face for your smartwatch.

*Note:*

Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 secs to sync the watch face with the app.

## Using the Xtend Sport

Go to settings in the main menu of the watch -> Scroll down ->

Select 'watch faces' -> Tap on your preferred display.

## Swipe down for shortcut menu

You can access DND, find my phone, screen on gesture, alarms, brightness and settings.

## Swipe right to see the notifications

## Swipe left to access records and monitors

You can access daily activity and sports records, heart rate monitor, blood oxygen monitor, temperature monitor, sleep monitor, music control and notifications from here.



## Swipe up to view live cricket scores.

Enable this feature from the app to use.

Go to the home page -> tap on the cricket icon on the top right corner -> Select the match and time intervals to receive notifications on the watch.

## PRODUCT PARAMETERS:

|                            |                            |
|----------------------------|----------------------------|
| Model                      | boAt Xtend Sport           |
| Screen Type                | 1.69" (4.29 cm) HD Display |
| Battery Capacity           | 200 mAh                    |
| Net weight                 | 46g                        |
| Bluetooth version          | Bluetooth 5.0              |
| Working temperature        | -20 ~ 60 degree            |
| Charging time              | about 30 mins              |
| Working time               | about 7 days               |
| Maximum transmission power | 8dBm                       |
| Frequency band             | 2402 - 2480 MHz            |

## Short press the side button once to enter the main menu



## Activities

Your watch is equipped with 20 default activities from Walking, Treadmill, Running, Badminton, Football, Basketball, Tennis, Yoga, Dancing, Indoor Cycling, Cricket, Boxing, Karate, Table Tennis & Pilates.

You also get an array of activity mode options on the app which you can select and push to the watch.

The steps to use them are as follows

1. Make sure your watch and app are connected. Also ensure any existing activity record on the watch is already synced to the app.
2. Select the activity category of interest
3. The screen will show you the list of activities within the category. Further select the activity within this category which you want to push to the watch.
4. You can also search for an activity from the search box.
5. Next, select the activity you want to replace.
6. Once you confirm, it will be available on your watch for use!

To pause or stop the exercise, press the home button.

*Notes:*

\*All records will be available on the app if you keep it synchronized.

## Maintenance:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the Product.

Do not wash the strap with a household cleanser. Please use soap less detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

## FAQs

## Search for the app to connect keeps failing

1. Keep the boAt Crest app updated to the latest version
2. Close all the Programs on the watch -> Stop and restart Bluetooth and GPS -> Connect again
3. Check and enable notification functions of your phone and keep the phone and watch in close contact.

*Note: Make sure your phone system meets Android 7.0 and above and iOS 13.0 and above.*

## My Xtend Sport is receiving no alerts, texts, or phone calls

Make sure smart reminders on the app are on and synced to the Xtend Sport.

Also make sure your notification centre of the phone is displaying messages. Only then will your smartwatch also display those notifications.

## My Bluetooth keeps getting disconnected

1. Make sure there is not more than 7m distance between Bluetooth on the phone and the watch.

2. There is no obstacle in between the watch and the phone.

## Which functions of the Xtend Sport need Bluetooth to work?

Call & Text Notifications, Find My Phone, music control, cloud and custom watch faces need Bluetooth connectivity to work.

## Activity Records

Tap on this icon to check sports records.



## Heart Rate Monitor

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

*Note: Measurements are for reference only and not for medical purposes.*

*Note: Resting heart rate will be calculated between 6AM to 7AM.*

## Blood Oxygen Level Monitor

Wear the watch on your wrist, then click on the icon to start measurements. You can also view the data on the app.

*Note: Measurements are for reference only and not for medical purposes.*

*Notes:*

\*All records will be available on the app if you keep it synchronized.

## The time displayed on my phone and on the Xtend Sport are inconsistent

Make sure your watch Xtend Sport is connected to your phone through the app and not your phone's Bluetooth feature itself.

## The calculated number of steps on the app and on the Xtend Sport are inconsistent

Ensure that your app and the watch Xtend Sport are synchronized.

## Will it be okay to take a bath wearing the Xtend Sport?

The IP67 water resistance will only work under the following conditions:

(1) Maximum depth of water: 1m (2) Maximum time for exposure to water: 30 minutes

The watch isn't suitable for hot baths, hot springs, saunas, snorkeling, diving, water skiing and other wading or deep-water activities with high-speed water flow.

## Why is my blood oxygen level measurement not accurate?

The measurements are for reference only because there is a different way to measure your blood oxygen levels on your watch and a different way when medical equipment is used.

## Why is my temperature monitoring not accurate?

The measurements are for reference only because there is a different way to measure your temperature on your watch and a different way when medical equipment is used.

## How do I receive live cricket scores?

Go to app home page -> click on the cricket icon top right corner -> select the match for which you want to receive notifications -> Select the time interval.

*Note: Notifications can be received for 1 match at a time.*

## What is the average rate of fast charging?

Watch will be fully charged in 30 minutes.

## Sleep Monitor

Tap on the icon to review the sleep data of the previous night.

Once the asleep criteria is met, your Xtend Sport will start recording from 8 pm at night to 10 am in the morning the next day.



Once you lie down and watch detects no movement for 30 minutes, it will start recording, and will stop recording if it detects excessive movement.

You can check the data on the app only after the awake criteria is met.

*Note: \*For accurate sleep data recording, the asleep criteria has to be met which includes limited movement, wrist positions and angles, and more. \*The awake criteria will be met only after it records some noticeable movement.*

## Temperature Monitor

Tap on this icon to measure your body temperature. A considerably cold ambience can affect a difference in temperature between the skin surface and the core body, due to which the app may show inconsistent readings.

*Note: Measurements are for reference only and not for medical purposes. Data may vary from 0.1 to 0.6 degrees in case of temperature measurements. Wear the watch atleast 1 hour before taking the measurements in order for sensor to calibrate with the skin temperature.*



## SAFETY &amp; PRODUCT INFORMATION

## Battery

- Do not disassemble, bore or damage the battery.
- Do not disassemble the built in batteries of non-replaceable battery devices.
- Do not use sharp objects to remove the battery.

## Health Warning

- If you are wearing a pacemaker or other implanted electronic devices, please consult your doctor before using the heart rate monitor of the watch.
- The optical heart rate sensor will glow green and flash. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician before wearing this device.
- The device tracks your daily activities through sensors. This data is intended to tell you about your daily activities such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.
- The device accessories, heart rate sensor, blood oxygen level monitor, and other relevant data is designed for fitness and not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate and blood oxygen data is for reference only. We're not responsible for any deviation in data.
- Avoid wearing the watch too tightly. Make sure you keep your skin dry - the area that comes in contact with the watch. If symptoms such as redness or swelling appear on your skin, immediately stop using the watch and consult the doctor.

## Things to keep in mind

- Sync data everyday to avoid data loss.
- Water Resistance will not work for seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquid. The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports modes support up to 6 hours of exercise at a time.
- Avoid wearing the watch too tight in daily use. Keep the parts of skin touching the watch dry.
- Keep your arm still while measuring data for accurate measurement.

**Disclaimer:** This Product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content.

## Guided Breathing Mode

Click on the breath training icon to regulate your breathing with the instructions given to relax.



## Notifications

Turn this feature on from your app to receive notifications on your watch.

*Note: The watch can be used to reject calls only.*



## Charging norms &amp; Precautionary Guidelines: -

1) Charger/Brick/Adapter : 5V 2A

Any other accessory can be paired up with the Product as long as the specifications are as per above norms.

