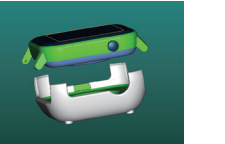
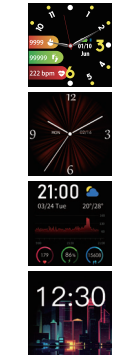
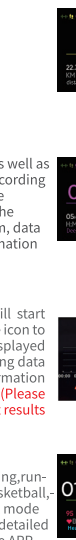
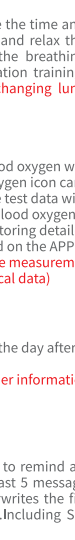
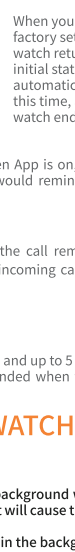


ENGLISH USER MANUAL 1	 1. APP DOWNLOAD: Scan the QR code on the right side to download and install the app to the phone. (Supports IOS9.0 & above ,Android 5.0&above. It does not support all mobile device models) Android 5.0 IOS9.0 BLE4.0 and above  APP Download:YFIT 2	2. SMART WATCH CHARGING AND ACTIVATED First time to use the watch, please make sure the battery is fully charged, It takes 2 hours to be fully charged. Use the charger to connect with watch (as shown on the right), and connect the other end of charger to USB charging Head or computer USB interface (please use 5V / 500mA charging head, do not charge with fast charging device)  3	Note: 1.When using GPS under sports mode, please turn on location services from phone, the watch does not have GPS function,you can open the GPS function in the app. 2.The data of pedometer, sleeping monitor,heart rate, blood pressure, and blood oxygen saturation of the watch will be synchronized to the app. More detailed information analysis and data recording can be viewed from the APP. 4. FEATURES 1.Main interface / dial Built-in dial switch: 1.entry 'Setting' watchface, can change built-in watchface. Switch the customized dial through the APP: Device interface in the APP.Watchface Click[Edit].Select picture.tick in the upper right corner.save. Set more dials through APP: APP device page dial selection find more dials click on your favorite dial picture click to download now. Please do not leave the download page during download.  4	2. Pedometer The watch can record the number of steps taken every day, the walking step data can be synchronized to the APP, the walking steps distance, calories and other data details can be viewed from the APP (the number of steps, distance, calories etc.,recorded in the watch end of the day) The data will be cleared at 00:00 every day) 3.Sleeping Monitor: User wear the watch to sleep can detect the length of sleep, as well as deep sleep and light sleep state, adjust your sleeping time according to the data's reference, improve your body's health index.The defaulted sleep monitoring time is from 22:00 pm to 8:00am,the sleeping data result of last night will be displayed after 8:00am, data can be synchronized to the APP, the sleep data detailed information analysis and data record can be viewed from the APP. 4. Heart Rate: Slide to the heart rate function interface, the heart rate will start automatically after 2 seconds (you can also click the heart rate icon to stop/start during the measurement), the test data will be displayed when the measurement is completed, the heart rate monitoring data can be synchronized to the APP, and the detailed HR information analysis and The data record can be viewed from the APP (Please utilize the correct posture when measuring, the measurement results are for reference only, can not be used as medical data) 5. Sports mode: Click the sport mode icon to enter the Multi-sport mode:walking,running,cycling,mountain climbing,Yoga,skipping,badminton,basketball,football,andswimming.Click right button to pause/stop, sport mode data can be synchronized to the APP, sport mode monitoring detailed information analysis and data records can be viewed from the APP.  5	6. Breathe training Enter the breathing training interface, you can choose the time and rhythm. For example, choose 1 minute for the time and relax the rhythm. Click the breathing training icon to start the breathing training. Follow the prompts for inspiratory / exhalation training. (Psychological stress also has certain benefits for changing lung function) 7. Blood pressure: Sliding to the blood oxygen function interface, the blood oxygen will be automatically measured after 2 seconds (the blood oxygen icon can also be stopped/started during the measurement), the test data will be displayed when measurement is completed, and the blood oxygen monitoring data can be synchronized to the APP. Monitoring detailed information analysis and data recording can be viewed on the APP side (Please utilize the correct posture when measuring, the measurement results are for reference only, can not be used as medical data) 8. Weather forecast: Display current weather information and tomorrow & the day after tomorrow's weather information. Note: it needs to be connected to the APP to get weather information. 9. Notifications remind: When there is a new message, the watch will vibrate to remind and display the message content. The watch stores the last 5 messages received from mobile phone, and automatically overwrites the first stored message when the later message is received.Including SMS and other messages  6	10. Shutter click the camera button to shoot or shake it (Shake the arm) to take photo. 11. Music Control When connected to the APP,open the music player from the mobile phone manually. You can control the previous, next, pause / play of the music from watch end. 12. Find phone When connected with the APP, click the 'Find phone 'function, then the phone will receive a prompt sound 13. Stop watch Click the stopwatch to enter the stopwatch interface, click the red button to pause / start, and click the gray button to reset 14. Setting 14.1 . Screen sleep Click on theScreen sleepfunction, you can adjust the time you need to brighten the screen according to the use situation 14.2. Brightness adjustment Click the brightness adjustment function to adjust the screen brightness you need according to the actual situation  7	14.3. Turn off Click on turn off, the watch will enter the shutdown state. You need to press and hold the touch screen for more than 3-5 seconds to re-starting. 14.4. factory reset When you click Restore factory settings, the watch returns to the initial state and automatically restarts. At this time, all data on the watch end will be cleared. 15. Sedentary reminder: This function need to be activated when App is on,when you sitting for a long time,the watch would remind you every hour to walk around for a break. 16. in-coming call: When connected to the APP, turn on the call reminder function of the APP. When there is an incoming call, the watch will vibrate to remind. 17. Alarm clock: The alarm function can be set in the APP, and up to 5 alarms can be set (the alarm time will be reminded when the set alarm time is over 2 minutes) 5. WHY CAN'T THE WATCH RECEIVE THE MESSAGE PUSH? A: Because the Android mobile phone background will automatically clean up the software which is not commonly used, it will cause the watch to drop and no longer push the message. Solution: Set YFit to start automatically in the background of the phone  8	1: Confirm that the message push switch is enabled on the mobile APP side. 2.To make sure messages could displayed normally in the mobile phone's notification bar. The watch message push is pushed by reading the mobile phone notification bar message; if there is no message in the mobile phone notification bar, the watch will not be able to receive the push. Note: You need to find the notification settings from the phone's settings, Turn on the notification f mobile end such as WeChat, QQ, phone, SMS, etc. (Depending on the area or software version difference, some functions may not support push, such as: QQ only supports the Chinese version's Push) 3. YFit Android background running permission: Open YFit APP, select the device page,click to enter the "Background running permission". The APP automatically recognizes the phone model and follows the prompts to perform the jump operation (iPhone phone does not need this operation) 6: Specific setup steps(for iOS phone): Open the YFit device page message push, and then open the message you want to push as shown in right.  9	Connect to YFit APP, open YFitdevice pageAPP notification message , turn on notification read permissions . select Enable YFit. Then open the messages you want to push as shown right  10	8. WHY CAN'T YOU WEAR WATCH FOR HOT WATER BATHS, HOT SPRINGS, SAUNAS, ETC. The bath water temperature is relatively high, it will produce a lot of water vapor, and the water vapor is gas phase. Its molecular radius is small, it is easy to infiltrate from the shell gap of the watch, and when the temperature drops, it will recondense into a liquid phase. Water droplets can easily cause short circuit inside the watch, damage the circuit board and damage watch 9. DISCLAIMER: It is forbidden to throw this product into the fire to avoid an explosion. The battery life varies according to the environment and usage mode. Warning: This product is not a medical device. The watch and its application should not be used for diagnosis, treatment, or prevention of diseases. If you want to change your habits such as exercise and sleep, please consult qualified medical personnel first. In case suffering serious casualties. Our company reserves the right to modify and improve any of the functions described in this manual without prior notice. At the same time, the company reserves the right to continuously update the contents of the products. All contents are subject to the actual product. SPECIAL ATTENTION: For other issues of watch's usage, you can get detailed answers in the app, suggestion feedback. 11	The products, accessories, user interface and other illustrations in this manual are schematic diagrams and are for reference only. Due to product updates and upgrades, the actual product and illustration may be slightly different. Please refer to the actual product. 12
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