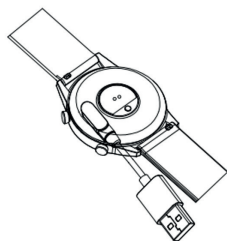


GETTING STARTED

CHARGE YOUR SMARTWATCH

- Charge your smartwatch by connecting the magnetic USB cable provided and charge your watch for at least two hours before first use.



TURN ON YOUR SMARTWATCH



- Remove the printed screen protector; below this is another clear screen protector which we advise you to keep on your watch to protect it from wear and tear.
- Press and hold the power button (as shown on the diagram) for 5 seconds to turn your watch on, when switched on the home screen will appear.
- To access the menu from the home screen swipe right. From here you can access the function icons to enter their menus.

- When not in use, your screen will go into sleep mode. To wake up the screen press the power button. Or enable gesture control to wake up the screen with a turn of your wrist.

DOWNLOAD AND INSTALL THE APP

- To download the app, please search "HitFit Pro" in your smartphone app store.
- Or scan the appropriate QR code using your smartphone camera or QR code reader app.

The HitFit Pro app will work on the following smartphones:
Android (version 5.1 and above)
Apple iOS (version 10.0 and above)



App store



Google Play

CONNECT YOUR SMARTWATCH TO THE APP

- Open the HitFit Pro app and open the menu. Make sure your smartphone has Bluetooth enabled and tap "Device" to search for nearby devices.
- Your smartwatch will have a unique Bluetooth name beginning with "Sekonda" followed by letters and/or numbers. You can find your watch's Bluetooth name by swiping down on the watch home screen and tapping on the ⓘ symbol.
- Select the correct Bluetooth name from the list to connect to your smartwatch.

SYNCHRONISE DATA WITH THE APP

- Once your watch is paired with the HitFit Pro app you can synchronise the data your watch records. We recommend syncing your data daily to avoid loss of data. Data on your smartwatch is reset at midnight every day.

- Syncing your data is simple. Just connect to the app and swipe downwards on the home screen and "syncing" will be displayed at the top of the page.

SET UP

Open the HitFit Pro app and open the menu.

Set which notifications you would like to receive on your watch.

- Under "Device" select "Message push" to set which notifications you would like to be displayed on your smartwatch.

OTHER SETTINGS:

Expand the menu below "Device" to view more settings.

- Watch alarm - you can set up to five alarms.
- Find watch - tap this and your watch will vibrate to help you find it.
- Drink water reminder - Set up your watch to give you reminders at set intervals.
- Sedentary reminder - Set up your watch to give you reminders at set intervals.
- Camera - use your watch as a remote shutter for taking photographs.
- Heart rate monitoring - Turn on to allow your watch to monitor your heart rate at all times
- Gesture control - With this on, the screen of your watch will wake up when you turn your wrist.
- Left hand or right hand - select which wrist you wear your watch on.

FOR THE APP TO FUNCTION CORRECTLY PLEASE TAKE NOTICE OF THE FOLLOWING:

- Do not pair the watch directly with the Bluetooth in your phone's settings. Always pair the watch through the app.
- Do not turn off Bluetooth in your phone's settings.
- If you would like to receive notifications from the app, you must accept the app's permissions.

USING YOUR SMARTWATCH

THE SMARTWATCH INTERFACE

- Swipe right to display the function list – daily activity, temperature, sports, heart rate, sleep, countdown, timer, music, weather, message, find phone, relax, settings. Swipe up and down to scroll through the list and tap a function to select it.
- Swipe left to display daily activity – steps, distance, and active calories burned. Continue swiping left to show heart rate, sleep data, and weather.
- Swipe down to display symbols showing Bluetooth connectivity and battery level. You can also access do not disturb mode, settings, find phone, system info and brightness settings.
- Swipe up to view new messages/notifications.

BUTTONS

- Press the top button to wake up the screen.
- Within any menu, press the top button to return to the home screen.
- Press the lower button to enter the sports menu. To turn your smartwatch off, swipe up from the home screen, tap the settings option and select "System", then "Shut down".

CHANGING YOUR WATCH DIAL STYLE

- On the home screen (the screen displaying the clock) of your watch, press and hold on the middle of the screen.
- Swipe left or right to choose a dial style and tap to select it.

DOWNLOADING MORE DIAL STYLES:

- Open the app and tap the watch face icon in the bottom right of the screen. Here you can browse different dial designs.
- To select a dial and add it to your watch, tap it and then tap "Push". Make sure your watch is close to your phone. The app will display "Syncing..." for a few seconds while data is transferred.
- The new dial will then be displayed on your watch.

ADDING A PHOTO TO YOUR WATCH DIAL:

- Open the app and tap the watch face icon in the bottom right of the screen and tap the "DIY" option.
- Tap on the watch face at the top of the page. You will be given the option to take a photo or access the album within your phone to select an existing photo.
- Under "Colour" you can select white or black to change the time/date colour.
- Select whether you would like the time/date to be positioned at the top, bottom, or center of the dial.
- Tap "Push" to add the dial to your watch.

FUNCTIONS

Swipe right to access the menu. The watch will display a list of the below functions. Scroll up or down and tap to select an option.

DAILY ACTIVITY:

- The watch will display your total number of steps, the distance walked, and active calories burned for the current day. The data will be cleared at midnight every day.
- You can also access the daily activity screen by swiping left from the home screen.

TEMPERATURE:

- When this is turned on, the watch will begin to measure your temperature.
- The top measurement shows your surface skin temperature and the bottom measurement shows your body temperature. Your watch will take 60 seconds to measure this.



• Please note that to accurately measure body temperature the room temperature must be between 18-30°C

SPORTS:

- In this mode you can select from walking, running, climbing, riding or basketball, to record data during the activity.
- Data that is recorded can include time, heart rate, steps and active calories burned, depending on which activity is selected.
- Press the bottom button to end the recording of data.

HEART RATE:

- When this is selected, the watch will begin to measure your heart rate.
- The watch will vibrate when it has finished measuring.

SLEEP MONITOR:

- The watch will display your total sleep time for the previous night, including the total time of deep sleep and light sleep.
- The watch will measure sleep times between 21:30-12:00 the next day.

COUNTDOWN:

- Choose 1 minute, 5 minutes, 10 minutes, or set your own length of time to countdown.

TIMER:

- Tap to start the timer.
- Tap again to pause the timer.

MUSIC:

- With your phone connected via Bluetooth, music can be selected through the watch interface. Skip, pause, play and adjust the volume through the watch interface.

WEATHER:

- After your watch has been connected to the HitFit Pro app, it will display local weather information.
- Scroll down to see weather for the upcoming week.
- To update the weather information, synchronise the watch with the app. Please make sure location permissions are turned on within your phone's settings.

MESSAGE:

- When connected to your phone via Bluetooth, notifications from your phone will be sent to your watch. You can view new messages/notifications on your watch.
- Make sure to accept the permissions for push notifications on your phone for this to function correctly.

FIND PHONE:

- After the watch has been connected to your phone via Bluetooth, selecting this option will cause the phone to vibrate and beep so that it can be easily located.
- You can also access this option by swiping down from the home screen.

RELAX:

- Select one minute or two minutes. Tap to start.
- The watch will guide your breathing for the duration of the time selected.

SETTINGS

SCREEN DISPLAY:

- Change dial.
- Brightness – set the brightness of the watch screen.
- Screen time – set how long the screen stays awake for.
- Turn wrist wake – set how long the screen stays awake for when you turn your wrist. This setting must be turned on within the app (gesture control).

VIBRATE:

- Set the vibration level.

LANGUAGE:

- Set your language preference.

SYSTEM:

- System version – view Bluetooth name, software and UI version.
- Shut down.
- Reset – clear all data from the watch.

CHANGING THE STRAP

- The strap on your smartwatch is removable and interchangeable with other 22mm watch straps.
- Turn the watch over and locate the quick release as pictured.
- Slide the quick release across to separate the strap from the watch.



SAFETY AND CARE INSTRUCTIONS

INTERNATIONAL PROTECTION RATING (WATER RESISTANCE):

Your smartwatch is IP68 rated, meaning it has complete protection from the ingress of dust, and is protected from continuous immersion in water up to a depth of 1.5metres for a maximum of 30 minutes. Please note that salt water or certain chemicals in water may damage or weaken the watch seals, especially with repeated exposure.

To ensure your watch stays in good functioning condition it is recommended that you:

- Do not press the buttons while your watch is submerged.
- Do not use the watch when diving or snorkelling.
- Do not attempt to charge the watch while it is wet.

Please note that the watch's touch screen will not function while submerged in water.

If your watch is exposed to water, always dry it fully with a soft cloth.

If your watch is exposed to any other liquids such as salt water, swimming pool water, soapy water, perfume, sunscreen, hand sanitiser, cosmetics, or other chemical products; wash it with clean water and dry it fully with a soft cloth.

The watch's functionality may be affected if these instructions are not followed.

- Do not attempt to disassemble your smartwatch. This may cause a safety hazard, could damage your watch, and/or affect the water resistance.
- Do not use hair dryers, blowers, or any other heated equipment to dry your watch. Don't operate your watch near radiators or heat sources. This could cause damage to your watch.
- Do not place heavy objects or exert strong pressure on your smartwatch.
- Avoid using the watch in extremely high or low temperature environments.
- Avoid using the watch in high humidity environments. This could affect the water resistance of the watch.
- Protect your smartwatch from long exposure to direct sunlight.

Please note that the measurement results of this device are for reference only and are not intended for medical use. Users should always follow the advice of their doctor or other trusted medical professional.

When using your smartwatch on aeroplanes, in hospitals, or near medical electronic systems please follow the authority standards and be aware that wireless signals transmitted could impact the functionality of sensitive electronics.

PRODUCT SPECIFICATION

Model	Sekonda 1909/1910/1911/1912
CPU	RTL8762C
ARM	Cortex-M0 53MHz
Memory	RAM 128KB + ROM 64Mb
Capacitive touch screen	1.3" IPS • 240*240 screen • 2.5D glass
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/240mAh

HOW TO UNPAIR YOUR SMARTWATCH FROM YOUR PHONE

- Open the app and navigate to the menu by tapping on the icon in the top left of the screen.
- Tap on "Device" then "Unpair". The app will ask if you wish to unpair the watch. Tap "Action" to do so.

HOW TO RESTORE YOUR WATCH TO FACTORY SETTINGS

- To clear all data from your watch and restore it to factory settings please swipe right on the home screen of your watch and navigate to "Setting".
- In this menu select "System", then "Reset".

If for any reason you need to return your watch to us, please restore your smartwatch to factory settings before sending it.

