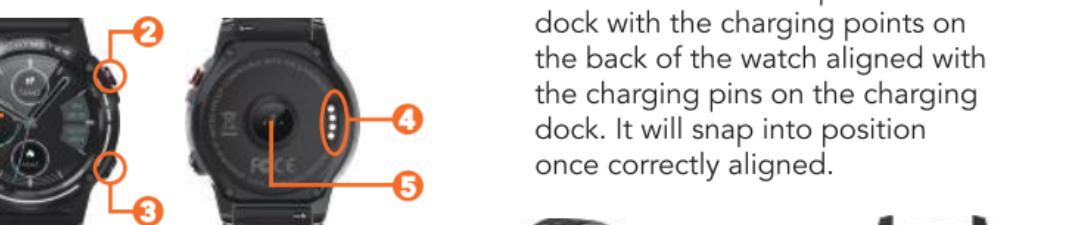


Smart Watch with GPS
User Guide

Parts of the watch



1. Touch screen
2. Power button
3. Side button
4. Charging points
5. Sensor

First Time Use

Charge your watch before using for the first time. You will need to charge it for about 3.5 hours.

Charging steps:

1. Place the watch on top of the dock with the charging points on the back of the watch aligned with the charging pins on the charging dock. It will snap into position once correctly aligned.



2. Plug the USB charging dock into a USB charging adaptor (not included) or a USB port on your computer.
3. Once fully charged (battery icon is full), unplug the charging dock from the charger.

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2

SMART-TIME PRO App

Search for the SMART-TIME PRO app in the app store to download, or scan the QR code below for installation.



[GET IT ON Google Play](#)
[Download on the App Store](#)

The Join Fit app supports Android 5.0+ and iOS 11.0+ devices. The watch can only be paired with one device at a time. To pair to another device, please disconnect the current paired device.

3

Turn on the Watch

Disconnect from the App

Once the watch is fully charged, press and hold the power button for 5 seconds. Select "Device" and select the paired device and tap "Ok" to disconnect the watch. From here, swipe left/right to navigate to different data menu screens.

To turn off the watch, press and hold the power button for 5 seconds.

Swipe right for the notifications screen.

Swipe down for the shortcut menu. From here, swipe up to go back to the home screen.

Swipe up to go to the applications menu. From here, swipe up/down to navigate to the different application menu screens.

Press and hold the screen for the watch face selection page. Swipe left/right quickly/slowly may not turn the screen on.

Raising your arm too quickly/slowly may not turn the screen on. Tap on to confirm pairing and once connection is successful, the Bluetooth® icon will show .

When a sport mode is selected (see next page), the watch will automatically search for the GPS location and display distance, pace and altitude data.

Note: You will need to turn on the "Flip over" function on the SMART-TIME PRO app for the function to work.

Note: There are 3 watch faces available.

4

Functions On Other Screens

Functions On the Home Screen

Press the power button to return to the home screen.

Press the side button to go to the next page and/or confirm the selection.

Swipe left to go to the data menu (pedometer/heart rate/sleep monitor). From here, swipe left/right to navigate to different data menu screens.

Swipe right for the notifications screen.

Swipe down for the shortcut menu. From here, swipe up to go back to the home screen.

Swipe up to go to the applications menu. From here, swipe up/down to navigate to the different application menu screens.

Press and hold the screen for the watch face selection page. Swipe left/right quickly/slowly may not turn the screen on.

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Applications

Sports

The watch has 10 sports modes: running, walking, cycling, climbing, treadmill, yoga, elliptical, basketball, football and badminton. When an activity has been selected, the watch will display exercise data depending on the mode selected.

Tap on the stop/pause icon when you wish to end or pause the activity.

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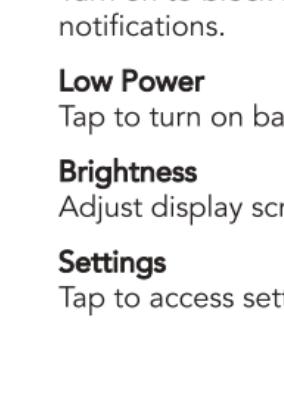
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Heart rate	Alarm Clock	Countdown	Find Phone	Shortcut Menu	Change The Straps	Specifications										
Tap on the heart rate icon to measure your heart rate. You can also set automated monitoring time intervals on the SMART-TIME PRO app.	Tap on the alarm clock icon to view your alarms. You can set the alarms on the SMART-TIME PRO app and sync it to your watch.	Tap on the countdown icon and select the desired time. The watch will light up during the countdown time and once the set time is over, the watch will vibrate.	After connected with the SMART-TIME PRO app, tap on "Find Phone" on the watch; your phone will ring. Tap pause to exit.	Turn the watch over (see below), push the top needle knob to the right to take off the original strap, then fit the new strap.	Turn the watch over (see below), push the top needle knob to the right to take off the original strap, then fit the new strap.	<table border="1"> <tr> <td>Display</td><td>1.3", 240 x 240 pixels</td></tr> <tr> <td>Charging time</td><td>3.5 hrs (approx.)</td></tr> <tr> <td>Charging base input</td><td>5VDC, 200mA</td></tr> <tr> <td>Bluetooth Range</td><td>< 10m</td></tr> <tr> <td>Built-In Battery</td><td>Li-ion 3.7V 360mAh</td></tr> </table>	Display	1.3", 240 x 240 pixels	Charging time	3.5 hrs (approx.)	Charging base input	5VDC, 200mA	Bluetooth Range	< 10m	Built-In Battery	Li-ion 3.7V 360mAh
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Blood Pressure	Music	Remote Capture	Pedometer	Do not disturb	About											
Tap on the blood pressure icon to measure your blood pressure.	After your device is connected to the watch, while your device is playing music, tap on the music icon to control music by playing/pausing and switching songs on the watch.	Tap on the remote capture icon to use the watch as a camera remote for your phone. When the watch is connected with your phone, open the SMART-TIME PRO app and select Device>Take Photo. Once SMART-TIME PRO app is open on your phone, tap the icon on the watch screen to take a photo with your phone.	Track the number of steps taken, distance walked and calories burnt.	Select <input checked="" type="checkbox"/> to shut down your watch.	Display the product name, hardware address and software version.											
NOTE: For accurate measurements for both heart rate and blood pressure functions, ensure the following: <ul style="list-style-type: none">The watch has good contact with your wrist.Check that the sensor is clean and there is no dirt or debris covering it.The results and measurements of heart rate and blood pressure data cannot be used for medical reference and should be used as a guide only.	Stopwatch	Sleep Monitor	Settings	Restore Factory Settings	Low Power											
10	11	12	13	14	15	16										



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Change The Straps
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