

Thank you for choosing our smart watch .

You can fully understand the use of the device by reading this manual. This device is mainly used by connecting to a mobile phone and provides a variety of practical functions and services to facilitate your operation of the watch.

Our company reserves the right to modify the contents of this manual without any prior notice.

FCC Warning

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE 1: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This app is not a medical device, Data obtained during the use of this app is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.

Charging reminder

Please use the standard charger provided by our company to charge the device. Our company is not responsible for any after-sales service caused by using non-standard chargers.

Operating Instructions

Button function: long press to turn on or off, single press to return to the main interface when in other application interfaces , double press to switch menu styles in the menu interface .

Touch gestures: **swipe** left to enter the menu interface ; swipe down to enter the message interface ; swipe up to enter the application bar ; after entering each function, swipe right to return .

Connecting the watch to the phone

Download the " Fere Fit" app to your phone and install it

1. iOS/Android mobile phone users

Scan the QR code below through your mobile browser, or scan it with WeChat. After the interface opens, select Android/iOS in the interface and open the download using your mobile browser.

The QR code below is for downloading the Fere Fit APP



Android/iOS

2. On Android phones, search for " Fere Fit" in App Store, Google Play, and various mobile app stores to download it. On Apple phones, search for " Fere Fit" in the App Store to download it.

After the download is complete, there will be various permission reminders during the installation process. Click to agree to all of them. The watch and mobile phone must be connected to 3.0 and 5.4 to realize all functions.

5.4 Connection Method

After installation is complete, open " **Fere Fit** " and connect to

your phone . **Fere Fit** will prompt you to enable the notification. Click OK. Click " My" in the lower right corner , enter Scan Devices, search for your watch model , and click Connect. Some Android phones require you to turn on your phone's GPS to search for your watch model .

3.0 Connection Method

1. Open the watch 3.0 connection. 2. Open the mobile phone connection and click the watch model you want to connect . Connect the device according to the prompts and it will display "Connected" on the phone.

How to verify a successful connection

Pull up the status bar on the watch in the standby interface . If the watch 3.0 and 5.4 icons are blue + green, it means the connection is successful. If the connection icon is gray, it means it is not connected.

Function Introduction

Sports : such as running, indoor running, cycling, walking, mountain climbing, yoga, basketball, football, badminton, baseball, table tennis, volleyball, spinning, rowing machine, golf, Tai Chi, skipping rope, elliptical machine, free exercise and other sports .

Exercise records : You can view the recorded data of your exercises .

Activity data : You can view the number of steps taken throughout the day, historical steps, calorie consumption and walking distance .

Music: After connecting the watch , you can control the music played on the phone

Taking photos: After connecting the watch , the watch can be used as a remote control for the phone camera .

Find phone: After connecting to the watch , click Find phone on the watch and the phone ringtone will sound.

Location information : After the APP is connected, enable the phone's location permission and the watch will display the current location information .

Breathing training: You can set your breathing rhythm according to your own situation to exercise your lung capacity .

Business card holder : You can set up QR code business cards for WeChat, QQ, WhatsApp, Twitter, Facebook, etc. through the APP .

Payment code : You can set the payment code for WeChat, Alipay, PayPal, etc. through the APP .

Sleep: will record sleep data from 22:00 on the current day to 9:00 the next morning.

Weather: After connecting to the APP , the watch can display the weather conditions for the next 3 days.

Women's Health : You can set female health reminders after connecting to the APP .

Voice Assistant : After connecting to 3.0/5.4 , you can click the voice assistant on the watch to have a simple conversation .

Telephone : Connect to the APP to synchronize contacts and you can view contacts, dial numbers, call logs, etc. from the APP .

Message: View the messages pushed by your mobile phone.

Thank you for your purchase and reading