

## DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

Please read the entire instruction manual carefully before use. We recommend using only the original battery, charger and accessories supplied with the device.

The manufacturer and distributor are not responsible for the use of third party accessories.

(The functions listed in this manual may vary slightly from model to model, as the manual is a general description of the smartwatch, some models may differ from the standard one). The Company reserves the right to change the contents of this manual.

### INTRODUCTION PAGE

1. Download the F Fit app

To sync your smartwatch with your smartphone, you must first install the app.

The application can be installed in two ways:

1. Select the "Quick Reply" icon from the smartwatch menu and use the QR code scanning app to scan the code from the watch. Once the code is recognized, the phone will ask for permission to install the dedicated software.



2. Download it from the official Google Play Store. To do this, log in to the Google Store and search for the "F Fit" app. Then install it.

Before downloading the app, check what operating system your smartphone is using.

Compatibility with iOS 9.0 and above and Android 5.0 and above

### ACTIVATION

Charge the smartwatch before using it for the first time.

### CONNECTION OF DEVICES

Launch the app, search the list of available devices, select your smartwatch and connect it.

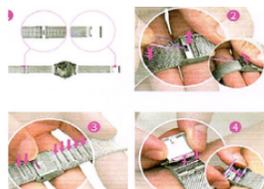
Then turn on Bluetooth on your smartphone and smartwatch (make sure both devices are visible to external devices). Once pairing and syncing is complete, your watch is ready to use.

### BRACELET SETTINGS

A mesh bracelet is a very good solution because it allows you to customize the circumference of the bracelet to your wrist.

Lift the levers using a thin tool from the appropriate side, taking care not to bend any parts.

The position of the buckle in the saddle is aligned with the groove on the opposite side of the strap.



Fully charge your smartwatch before using it for the first time. After charging, touch the display for 3 seconds and the device will turn on, i.e. the home screen will appear.

### FUNCTION

1. Choosing a topic.

Long-press the touch button in the interface to select a topic. To enter topics, touch the screen briefly and you should see what you can choose from. If you decide on a theme, you will need to hold it longer.



2. Pedometer, calorie counter, distance traveled.

When you turn on the device, features such as pedometer, calorie counter and distance traveled are automatically activated. The data is displayed in real time. When the device is paired with the Bluetooth app one by one, the sports functions are synchronized in real time. Data from the device will be sent to the smartwatch app, provided the Bluetooth function is activated on both devices.

2. Notes on water resistance (even if it is a waterproof watch):

pay attention to the following methods, as they weaken the water resistance.

-Please don't wear your watch in the shower.

-Do not wear the watch in a heated swimming pool, sauna or other environment with high temperature and humidity.

-Do not wear the watch if you wash your hands or face or perform activities that use soap or detergents.

-Wash off any salt or dirt from the watch after immersion in the sea.

### PARAMETRE

Display: 0.96" IPS

Waterproof: IP68

Heart rate: optical heart rate

Bluetooth: 4.0

Sensor

Accelerometer, step analysis, seated mode recall, sleep mode recall

Battery: 120 mAh

System Support: Android 5.0+, IOS 9.0+

Port: charging

The data recorded during the day is deleted from the device at 00:00 every day.

3. Heart rate monitor.

Long press the icon on the display to activate the heart rate monitor function.



Press and hold the heart rate interface or press the button briefly to return to the main menu. The measurement history is displayed on the main heart rate interface. The device should be worn firmly on the wrist during heart rate monitoring.

4. Sleep monitoring.

The default time that the device monitors sleep is from 10:00 PM to 8:00 AM.

### BATTERIES (WARNING)

Failure to follow these instructions may shorten battery life or cause equipment damage, fire, chemical burns, electrolyte leakage, or personal injury.

-Do not expose the unit to heat sources or places of high temperature.

-Do not use in extreme environments

-Consult your local waste disposal department in accordance with local regulations.

### WARRANTY

Warranty service:

1. Under normal use of products, if the product is not damaged by inhuman intervention, from the date of purchase, consumers enjoy free warranty service, months.

2. One of the following circumstances where the consumer cannot exercise the rights and interests under the warranty:

A. self-inflicted damage

B. after the expiry of the warranty period

C. failure to follow the instructions for use, maintenance and damage to the product

D. disassemble, repair products, immerse in water without permission,

If you wear a sleep aid, you can check in the morning how long you slept last night.



### SPORTS MODES

- run,  
- walking,  
- climbing,

- cycling,  
- swimming,  
- table tennis



WATCHMARK

www.watchmark.com  
ul. Paprotna 7  
Wrocław  
POLAND

To start the exercise, hold down the touch button until it vibrates. The date, number of steps and heart rate will be displayed when you start the workout.

A long press of the touch button stops the movement and displays the current training data, while a single press turns the sports mode off.

### STOPER

The stopwatch is started by long pressing the touch button on the stopwatch interface. A single touch starts and stops the timer.

The stopwatch interface is exited by long pressing the touch button.

### REMINDER FUNCTION NOTICE

1. Turn on the app to remind you of a previously scheduled event. It shows you the start of the scheduled event and sends you information about when it should end.

## SMARTWATCH FOR WOMEN WKW10 User manual

