

DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

Please read the entire user manual carefully before use. We recommend that you use only the original battery, charger and accessories supplied with your device.

Neither the manufacturer nor the distributor is responsible for the use of third party accessories. (Features mentioned 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).

The device should be charged for at least 2 hours before first use.

Before using the device, you must download the application, install it and accept all permissions, otherwise all functions will not be available.

The company reserves the right to change the content of this manual.

APPLICATIONS

1. Scan the QR code on the watch display with your mobile phone (app download: Settings->Apps) and then install the Only Fit app. You can also install the Only Fit app from the mobile app shop.
2. Once Bluetooth is enabled and the app is installed, open and sign in to the Only Fit app, then select (G1 device to add) on the device page and connect to it.
3. If the watch does not connect to the app, find the settings on the watch and then press the "reset" button. Then try connecting to the app again. Important: For the watch to be paired correctly with your phone, it must be connected directly from within the Bluetooth-enabled app, not in your phone's settings.

PARAMETERS

Display: Touch screen
Bluetooth: BT5.0
Material finish: Zinc alloy with vacuum coating
Strap material: silicone rubber
Battery : 340 mAh lithium polymer
Battery and battery life: standby time > 30 days
Battery life: up to 7 days (all functions on)
Button : Side power button
Charging mode: Magnetic charging
Waterproof : Waterproof class IP68

TOUCH FUNCTIONS

1. Open Control Panel: swipe from top to bottom on the screen in the main interface.
2. Open Messages/News: swipe across the screen in the main interface from bottom to top.
3. To open the main menu: swipe across the screen in the main interface from left to right (Note: in other interfaces, swiping from left to right will return to the previous interface). You can select a sport and view watch functions such as heart rate monitor, status, sleep, stopwatch, messages, settings.
5. Status interface: slide your finger across the screen from right to left to read the current data (e.g. number of steps, heart rate, kcal).
6. Changing the watch face: press and hold the home interface screen for 3 seconds and the watch will vibrate; you can then swipe left or right to select the watch face.
7. Turn on: turn on your device by pressing and holding the power button for 5 seconds.
8. Fast pause/resume sport: press the power button. Press the power button to return to the home page. If you are on the second level of the interface, return to the first level).

PRECAUTIONS

1. Low battery: If the battery is low, please charge the device immediately to protect the battery life.
2. Charging: do not use the watch while charging.
3. Ambient temperature during charging above 50 degrees C may lead to overheating, deformation and burning of the device.
4. Do not swim, dive or use the device under water.
5. The device uses a built-in battery and it is forbidden to remove it separately.
6. Avoid contact with eyes and skin in case of battery rupture and leakage.

FUNCTIONS

1. Sport:
 - * 13 sport modes are available (running, walking, cycling, climbing, yoga, jumping, tennis, baseball, basketball, badminton, football, rugby, table tennis).
 - * For running, walking, climbing and other sports modes, you can click on the screen to view sports data (steps, pace, calories, distance and duration).
 - * Status: steps, distance and calories are recorded in detail and displayed on the watch each day.
2. Heart rate monitor: the watch will continuously monitor your heart rate for 24 hours (you must first enable the "Heart Rate Monitor" function in the app), you can also view historical heart rate data in the app.
Note: If this function is enabled, the power consumption will increase and the battery life will be reduced.
3. Sleep: the watch will monitor your sleep status from 18:00 to 11:59 the next day.

IMPORTANT INFORMATION

1. Safety:
 - Clean the watch and strap with a soft cloth (use clean water or sea water).
 - Make sure the heart rate lens on the watch is close to your skin.
 - The skin temperature on the wrist is too low due to the weather, which affects the heart rate regulation.
2. Notes on water resistance (even if it is a waterproof watch):
Pay attention to the following methods, because they deteriorate the quality of waterproofing.
 - Do not wear the watch in the shower.
 - Do not wear the watch in a heated swimming pool, sauna or other high temperature/humidity area.
 - Do not wear your watch while washing your hands or face or working with soap or detergent.
 - Make sure to wash salt or dirt off the watch after immersion in the sea.

- Note: the sleep data on the watch will be deleted every day at 6pm but you can still check historical sleep data in the app.
4. Music: The watch can be used to control the music player on your mobile phone, you can use it to play / pause or skip songs (it is only compatible with the built-in music player on your mobile phone, it may not be compatible with a third-party player and you cannot adjust the volume on the watch).
 5. Stopwatch: The watch can be used to count time
 6. Message: The watch will receive and display SMS / messages / social media notifications from your phone.
 7. Settings: You can turn off or reset the watch, as well as check the watch information and QR code to download the app.

WARRANTY

- Warranty service:
1. In case of normal use of the products, as long as the product does not show mechanical damage due to misuse, consumers can enjoy free warranty service for 24 months from the date of purchase.
 2. Consumers cannot benefit from the warranty if:
 - A. the damage is self-inflicted,
 - B. the warranty period has expired,
 - C. they have not used the product in accordance with the instructions for use and maintenance,
 - D. the products have been disassembled, repaired by themselves or immersed in water.

QR CODE FOR APPLICATIONS



CHARGING

1. Place the watch on the magnetic charger and ensure that the charging contacts on the back of the watch are fully engaged with the metal contacts on the charger. A full charge takes approximately 3.5 hours.
2. Connect the charging cable to a standard USB charger. The output voltage is 5 V and the output current is 1 A. If the watch cannot be turned on after extended periods of non-use, next time you use it, wipe the contacts of the charging cable to remove any sweat or moisture residue.
Note: (If you do not use your watch often, charge it once a month).



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User instruction