TRA X
F I T N E S S

ⓑ SMARTLIFE

USER MANUAL

Please read the manual before use.

Please Note:
Some Android handsets may NOT work with the XFit App
due to certain limitations on the relevant handset manufacturers!
Check that your Smart Phone is Compatible before purchasing!

ANDROID APP ON
Google play

For Android 4.4 & above

Download on the
App Store

For IOS 8.0 & above

1.Smartwatch Device Overview

Power

1.1. Power Button: Power On/Off ; Waken/turn off screen ; Back to main menu.

1.2. **Touch screen**: Swipe any direction to access menu; scroll to

navigate; tap to select.

🖱️	Tap the screen
↕️👆	Swipe up or down
↔️👆	Swipe left or right

2.Pairing your Smartphone to Smartwatch Device:
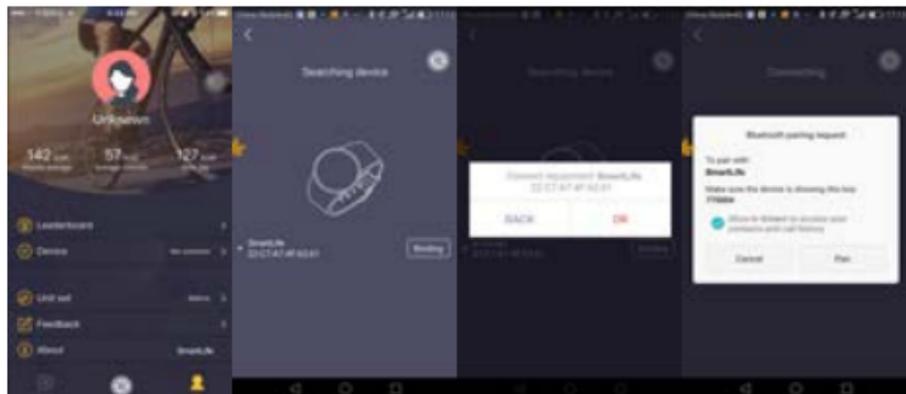
2.1 For Android:

2.1.1 Install "XFit" from the App store and open it.

2.1.2 Turn on the Bluetooth on device and smartphone.

2.1.3 Click "ME" at the bottom right – Click "Add Device" – the app will search for your device

2.1.4 Click "OK" and "Pair" to bind the device.

Note: After connected successfully, the blue and green Bluetooth icon will show on the smart watch.
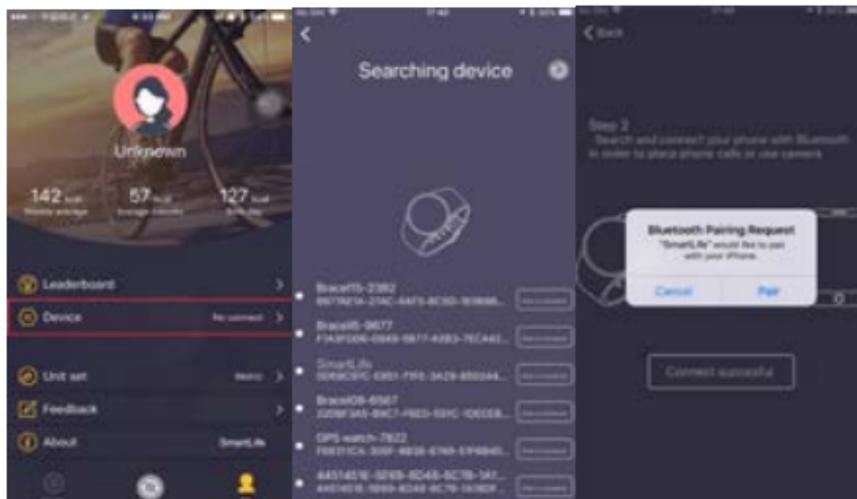

2.2 For IOS:

2.2.1 Install "XFit" from the App store and open it.

2.2.2 Turn on the Bluetooth on device and smartphone.

2.2.3 Click "ME" at the bottom right – Click "Add Device" – the app will search for your device.

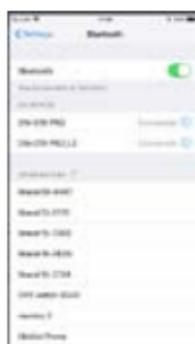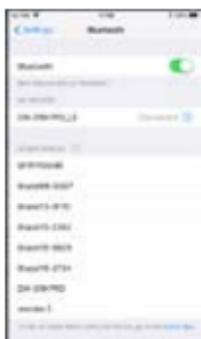2.2.4 Select watch name – SmartLife and pair device in the app.

2.2.5 Once the device is connected it will show in the phone's Bluetooth menu.

2.2.6 In Bluetooth menu under 'Other Device' connect SmartLife again. When both are connected the device is successfully paired.
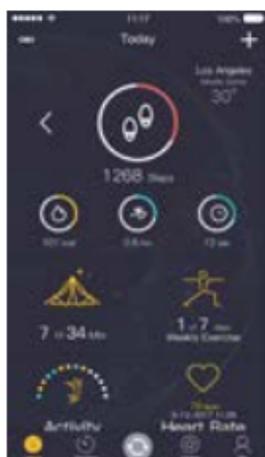
See below images

Note: After connected successfully, the blue and green Bluetooth

icon will show on the smart watch.

3.Synchronising Data

Once connected your smartphone will automatically sync the data. If not

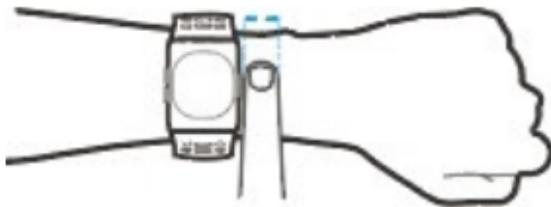tap the circle arrow icon 🔄 at the bottom of the home page.

Notice :

Please don't close the Bluetooth notify service

when you are clearing software in the background

or close background applications as this will affect

the sync functions between watch and phone.

4.Wearing Smartwatch Device

3.1 Wear the smartwatch device above your wrist bone.

3.2 The device should be snug but comfortable.

3.3 The heart rate sensor is located at the back of the device.

5.Charging the Smartwatch Device:

4.1 Attach the USB cable provided to the charging point on the side

of the device (micro USB)

4.2 Connect USB cable to appropriate power source.

4.3 Charge the device until the battery icon on the main menu is full.

Note: charge for at least 1.5 hours before us.

6.Operating Instructions

6.1.1 On the home screen slide finger in any direction to access
the main menu

6.1.2 Tap icon to enter sub-menu

6.1.3 Slide right to return to previous menu.

6.2 **Clock Display Setting**
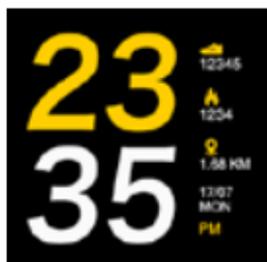
Method 1: Long press in the center of screen and set different clock

interfaces as per your preference.

Method 2: Swipe to main menu – settings – clock -- clock type, choose the

clock display that you prefer.

7. Function Operating Instructions

7.1. Message: Sync phone message. (sms and What's App)

7.2. Call logs: You can check your phone call records after you connect the Bluetooth. Shown all records including missed calls, dialed calls and receive call. You can check the date, time and phone number of the missed call after you select it, however you can only call this number.

7.3. Heart rate: While wearing the watch on wrist, click the heart rate testing interface, during the test the heart rate light will flash and the data will show on your watch after 15-60 seconds.

7.4. BT: Shows pairable devices to smart watch and allows to search for new smartphone.

7.5. Remote notifier: When there is SMS or incoming messages from What's App and other message applications on the connected smartphone, the watch will alert you to read them on the watch screen.

7.6 Remote cameras: You can use the device to take photos remotely on smartphone, however you need to switch on the camera on the phone prior to using this feature.

7.6 Anti-lost: This feature will have your watch find your connected smartphone. (needs to be within the Bluetooth connected radius)

7.7 Pedometer: 🏃 This will help calculate your movements by measuring calories or calorie consumption based on collected data, such as steps, distance, time, etc. Swipe up to access sub-menu: here you can access history and adjust details.

7.8 Sleep monitor: 🌙 Shows your sleep quality base on your sleep times and routines. Swipe up to access sub-menu: here you can access history

6.9 Sedentary remind: 🚶 You can set a determined time to remind you to do exercise or stand up from your seated desk.

7.10 Music: 🎵 You can manipulate your connected smartphone's music player by adjusting volume, play/pause, song select and skipping to next/previous song.

7.11 Alarm: set multiple alarms and customize alarm tone. Tap screen to add alarms. Swipe up/down to view set alarms. Tap alarm to edit settings. Long press alarm to delete.

7.12 Calendar: Scroll through days or tap calendar icon to view different months.

7.13 bfit: Shows barcode that will open bfit website when scanned.

Note: can be scanned with IOS camera and Android QR Scanner app.

7.14 Settings: access various smartwatch settings.

7.14.1 Bluetooth – switch on/off.

7.14.2 Clock – adjust clock face, set date and time, set time format.

7.14.3 Sound – set different watch tones.

7.14.4 Volume – adjust watch volume.

7.14.5 Display – set style, brightness and time out.

7.14.6 International – language preference.

7.14.7 Units – choose metric or imperial preference.

7.14.8 Motion – assign watch motion to specific watch functions

7.14.9 Apps – Shows installed apps

7.14.10 Reset – Erases all data on the watch.

7.14.11 About – information about your Smartwatch

Note: When in any of the above sub-menus you can scroll down to access Bluetooth and sound setting, date, time and battery life.

8. Smartwatch App Instructions

8.1 Select **HOME** or **ME** at the bottom of the opening page.

8.2 If device is connected, it will automatically synchronize data from the smartwatch. If the sync hasn't worked select the circle arrows at the bottom of the opening page. If this doesn't work, try reconnecting your device through the app.

8.3 Home page

  8.3.1 After synchronizing, your Steps, kCAl, distance, sleep, heart rate and activity data for the 24-hour period will reflect on the app.

  8.3.2 By tapping on the appropriate section you will be given full details of the activity. When in detail page you can view history by scrolling through the dates at the top of the page

8.4 Me Page

  8.4.1 Tap on icon: Set picture, name and personal information.

  8.4.2 Device Settings: allows you to find your watch (the device will make an alert sound), edit Bluetooth setting and set which message app can access your device.

  8.4.3 Unit: select metric or imperial according to your preference.

  8.4.4 Feedback: Send your feedback on the Smartwatch device.

  8.4.5 About: shows the app name and version.

9. Notice

9.1 Fully charge before use, the charge time needed is 1.5 hours.

9.2 Use the accessories cable and charger, or your wall charger with micro USB cable.

9.3 Bluetooth will disconnect when distance is exceeded, to reconnect open the APP and refresh screen by tapping the circle arrow icon 🔄

9.4 If the Bluetooth disconnected for more than 5 minutes reconnect manually through the app. Allow Sync phone book otherwise there is no calling phone book option.

9.5 When playing the music, some music titles can be displayed and some can't, this is due to the way it has been stored and is normal.

10. Common trouble shooting

Please refer below key function for any problems with the watch, if the problem persists, please contact the retail dealer or www.trax-fitness.com

10.1 Unable to switch on

Long press the power button, please keep it in for more than 3 seconds. If low power, please charge for at least 1.5 hours

10.2 Shut down automatically

Low power, please charge the watch.

10.3 Standby time too short.

Battery is not full, make sure the device is fully charged to get maximum standby time. Some function reduce the standby time for example 24-hour hear rate monitoring

10.4 Unable to charge.

The battery's life will be reduced after few years, please check if the battery still works by taking it to your nearest store. Try another charger to see if his is not the cause of the problem. Please check the USB slot is connecting properly.

10.5 No caller's name when incoming call

You might have forgotten to choose upload the phone book when pairing. Try reconnecting the device to our smartphone.

10.6 Bad phone call voice.

Watch and phone are too far apart or the Bluetooth signal is bad.

11. Product specification

- ◆ Model:DW-019Pro

- ◆ CPU MTK2502   ARM7 260MHz

- ◆ Memory:RAM 32Mb+ ROM 32Mb,

- ◆ Capacitive touch screen 1.54" 240*240 pixel

- ◆ Bluetooth version 4.0

- ◆ Function: Heart Rate，BT Call , BT SMS, Anti-lost, Alarm, Pedometer, Sleep monitor, Sedentary reminder, Information notification (G-mail, Facebook, and so on)

- ◆ Battery Lithium-ion 3.7V 230mAh

For more information visit: