

# KW76 智能手表说明书



使用本产品前请参阅本手册  
V1.0

## 01 佩戴

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日常佩戴时将手表佩戴到距离腕骨约一指距离，并调整腕带的松紧到舒适的位置。

提示：佩戴过松可能会影响心率传感器采集数据。



## 02 连接绑定

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1. 长按手表侧按键开机，表盘主页从上向下滑，打开设置—下载二维码，使用手机扫描二维码，下载并安装APP.你也可以扫描下方二维码在手机应用市场下载和安装。



2. 打开Da Fit在设备页选择（添加设备）按照屏幕提示进行操作。



#### 提示：

1. 配对过程中，请确认手机蓝牙处于开启状态，保证手表与手机的正常连接。
2. 如果在添加设备过程中查找不到设备，或者在使用过程中无法连接设备，请尝试长按手表侧按键3秒关机再开机，或在手表系统操作界面选择恢复出厂，然后重新添加该设备。

## 03 使用操作

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- a. 打开控制面板：表盘主页从上向下滑



b.打开信息：表盘主页从下向上滑



c.打开主菜单：表盘主页向右滑动



d.打开快捷界面：表盘主页向左滑动



e.快捷进入表盘更换：长按表盘界面3秒向左滑动切换，点击选中的表盘即可成功设置



f.开机/关机：表盘界面长按侧按键3秒



g.正常操作功能时，点按侧按键返回上一级；处于表盘界面时，点按侧键，亮屏/熄屏

## 04 功能

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A smartwatch screen showing step information. The title is '计步信息' (Step Information). Below it is a green circular progress indicator with a hand icon. At the bottom, it says '20000 步' (20000 steps).	<p>计步信息：详细记录当天步数,距离，卡路里，在APP上可查看详细历史记录。</p>
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 <p>睡眠监测</p> <p>08时30分</p>	<p>睡眠信息：可记录并显示昨夜的睡眠总时长，以及深睡眠，浅睡眠的时长，可查看最近7天的睡眠趋势。更多详细信息分析以及数据记录可以在APP端中查看。</p>
 <p>心率监测</p> <p>80次/分</p>	<p>心率监测：点击心率界面，可测量当前心率值,手表可以记录并显示全天24h心率值，每30min自动监测一次心率。更多详细信息分析以及数据记录可以在APP端中查看。</p>
 <p>锻炼</p> <p>00:30:00</p> <p>2000 80</p> <p>开始新的锻炼</p>	<p>8种运动模式：走路、跑步、骑行、跳绳、羽毛球、登山、瑜伽、仰卧起坐。可查看最近一次运动的时间和消耗,更多详细信息分析以及数据记录可以在APP端中查看。</p>
 <p>血压监测</p> <p>126/80毫米汞柱</p>	<p>血压监测：测试当前血压值，记录最新的7条血压测试记录。更多详细信息分析以及数据记录可以在APP端中查看。(数值仅供参考，不可作为医疗依据)。</p>

 <p>血氧监测</p> <p>98%</p>	<p>血氧监测：测试当前血氧值，记录最新的7条血氧测试记录，更多详细信息分析以及数据记录可以在APP端中查看。(数值仅供参考，不可作为医疗依据)。</p>
 <p>天气信息</p> <p>30°C 20°-30°</p> <p>空气：优</p> <p>06/22 22°C - 30°C</p>	<p>天气：显示当天天气情况和未来6天天气。 天气信息需要连接APP端后才可以获取数据，如果长时间断开连接，天气信息将无法更新。</p>
 <p>相机控制</p> <p>点击拍照</p>	<p>相机控制：连接手机后，手表可以作为手机相机遥控器，在手机上打开相机后，在手表相机控制页面点击/摇一摇手表即可触发手机相机快门。</p>
 <p>富士山下</p> <p>音乐播放控制按钮</p>	<p>音乐：连接手机后，手表可控制手机上的音乐播放/暂停/上一曲/下一曲。</p>

	<p>呼吸训练：可跟随训练提示完成呼吸训练。</p>
	<p>秒表：点击秒表图标，进入秒表功能。</p>
	<p>闹钟：在客户端中可以设置手表的智能闹钟，最多可以设置3个闹钟。在设定时间时，手表将会显示闹钟图标并振动。</p>
	<p>计时器：可选择1/3/5/10/15/30/60/120分钟倒计时。</p>



	<p>手电筒：点击手电筒图标后，进入手电筒界面。</p>
	<p>设置：菜单视图/亮度/振动/剧院模式/恢复出厂/关机/关于/APP下载。</p>

## 05 其他功能

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久坐提醒、低电提醒、来电提醒、查找手表、查找手机、在线表盘/自定义表盘、12/24时间制、单位设置、翻腕亮屏、喝水提醒、心率预警、生理周期提醒、目标达成提醒。

## 06 充电

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- 1、将手表放置在充电头上，使手表背部的充电触片与充电头上的金属触点完全贴合。
- 2、将充电线连接至正规渠道购买的标准USB充电器，输出电压为5V、输出电流为1A。

若手表长时间放置后无法开机，再次使用时需请将充电线的充电触片擦拭干净，避免汗液或者水分残留。

## 07 保修服务

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1. 本产品在正常使用时，如果出现因制造，材料，设计等原因引起的产品质量问题，自购买之日期起，主板一年内免费保修，电池，充电器保修半年。

2. 因使用者个人原因造成的故障，不提供免费保修，如下：

1)、擅自拆装，改装手表等造成的故障。

2)、在使用过程中不慎跌落而造成的故障。

3)、一切人为损坏或因第三者过失、误用(如：主机进水，外力震裂，外围部件的刮痕的损坏等)，不在保修范围内。

3. 在要求提供免费保修时，请必须提供填有购买日期和购买处印章的保修卡。

4. 用户维修产品时，请把产品拿到本公司或本公司经销点。

5. 产品的所有功能都以实物为主。

# KW76 Smart Watch User Manual



Please refer to this manual before using the product.  
V1.0

**Notes:**

- 1.The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in different software versions.
- 2.Please charge the smart watch with configured charger for no less than 2 hours before use.
- 3.Please install and connect to suggested App and set personal information before use. Please refer to below guidance and use the smart watch properly.

## 01 Wearing method

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Please wear the device on your wrist horizontally, about one finger from the carpal and adjust it to a comfortable position. Below picture as reference.

**Note:** Please wear the device a bit tighter when making heart rate testing.



## 02 App Download and Pairing

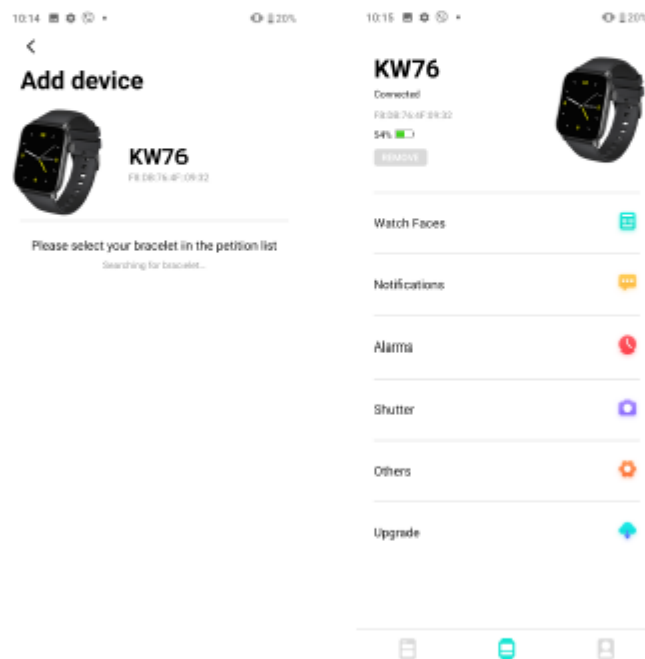
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- 1.Long press the side button to turn on the device, slide down from main interface, open “setting” page —— App QR code, use your mobile phone to scan the code. Or you can also scan

below QR code or search for “Dafit” in App store.



2. Open the App and BT, search and select the corresponding device on App as guided.



**Notes:**

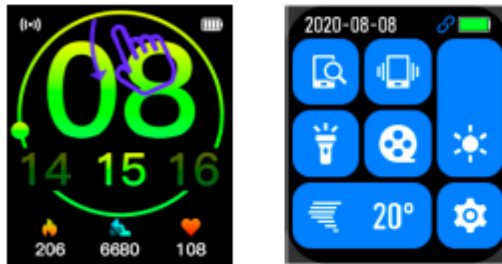
- 1. Please keep BT on during paring to ensure successful connection.
- 2. Please long press side button 3s to reboot the device if couldn't find the device during paring. Or choose reset on

the device and search the device again.

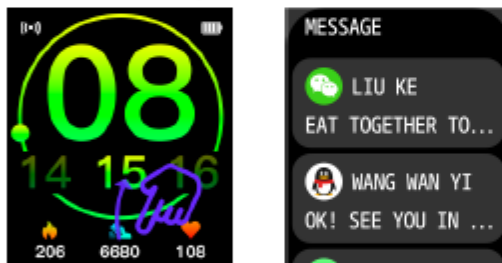
## 03 Operation

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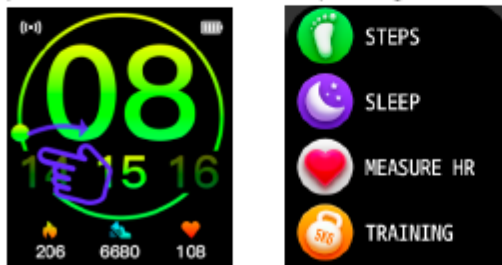
a.Shortcut Setting Page: Swipe down from homepage.



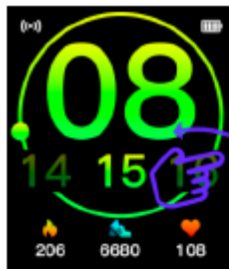
b.Check Message: Swipe up from homepage.



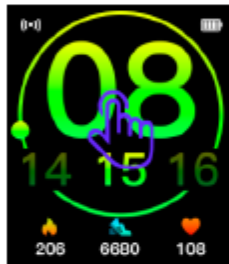
c.Open Main Menu: Swipe right from homepage.



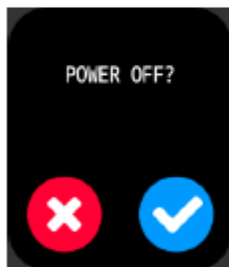
d.Functions Shortcut Interface: Swipe left from homepage.



e. Switch Watch Dials: Long press the dial for 3s and slide left or right to choose.




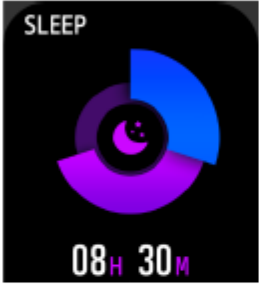


f. Turn ON/OFF: Long press side button 3s to power on; From home page, long press side button 3s, and tap ✓ to power off.




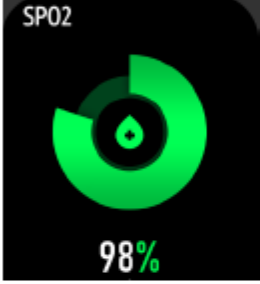


g. Return to Previous Menu/ Screen ON or OFF: Press side button once.

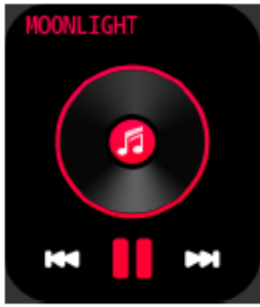

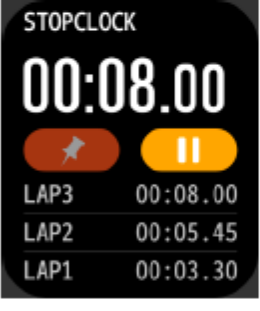

## 04 Functions

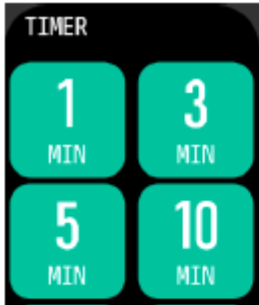

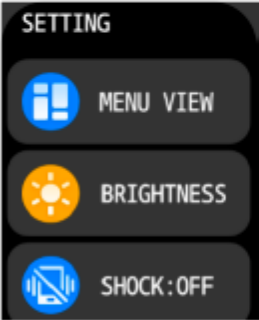
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 <p>The image shows a pedometer app interface. At the top, the word "STEPS" is written in white. Below it is a green circular progress indicator with a white footprint icon in the center. At the bottom, the number "20000" is displayed in white, followed by "STEPS" in green.</p>	<p>Pedometer: Record daily steps and details. Historical data are visible on the App.</p>
 <p>The image shows a sleep monitor app interface. At the top, the word "SLEEP" is written in white. Below it is a circular sleep cycle diagram with a moon icon in the center. At the bottom, the time "08 H 30 M" is displayed in white.</p>	<p>Sleep Monitor: Record daily sleep time, statuses and changes. Historical data of the past 7 days are visible on the App.</p>
 <p>The image shows a heart rate monitor app interface. At the top, the text "MEASURE HR" is written in white. Below it is a red heart icon and a red ECG line. At the bottom, the number "80" is displayed in white, followed by "BPM" in red.</p>	<p>Heart Rate Monitor: 24H real-time heart rate monitor/ automatic heart rate detection per 30 minutes. Historical data are visible on the App.</p>
 <p>The image shows a training app interface. At the top, the word "TRAINING" is written in white. Below it is a green running icon, a timer showing "00:30:00", a small orange flame icon with "2000", and a red heart icon with "80". At the bottom, there is a green button with a white plus sign and the text "START TRAINING".</p>	<p>8 sports modes: Walking, Running, Cycling, Skipping, Badminton, Mountaineering, Yoga, and Sit-ups. Latest one exercising data showed on the watch and more analysis information and records are visible on the App.</p>



 <p>MEASURE BP</p> <p>126/80 mmHg</p>	<p>Blood Pressure Monitor: Blood pressure testing; the latest 7 records and more analysis testing data are visible on App. (Data cannot be used for medical purpose)</p>
 <p>SPO2</p> <p>98%</p>	<p>Blood Oxygen Monitor: Blood oxygen testing; the latest 7 records and more analysis testing data are visible on App. (Data cannot be used for medical purpose)</p>
 <p>WEATHER</p> <p>30°C 20°-30°</p> <p>06/22 22°C-30°C</p>	<p>Weather Data: After connected with App, show daily weather and next 6 days' weather forecast.</p>
 <p>SHUTTER</p> <p>CLICK TO TAKE PHOTOS</p>	<p>BT Camera control: Remote control the mobile phone to take and save photos via App.</p>

	<p>Music Control: Remote control the music player of mobile phone, Play/ Pause/ Switch to previous or next song.</p>
	<p>Breathe traing: The watch can offer exercise guidance for breathe training.</p>
	<p>Stopwatch: Tap the stopwatch icon to enter the interface.</p>
	<p>Alarm: You can set three alarms on the App. The watch would vibrate at the setting time.</p>

	<p>Countdown Timer: 1/3/5/10/15/30/60/120 minutes countdown available.</p>
	<p>Flashlight: Tap the flashlight icon to turn it on.</p>
	<p>Settings: Shortcut interface style/ Brightness/ Vibration switch/ Theater mode/ Reset/ Power off/ About the watch/ App download</p>

## 05 Other functions

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Sedentary Reminder, Low Battery Alert, Call Reminder, Find

The Device, Find The Phone, Online DIY Watch Faces, 12/24 Time Format, Unit Set, Wake-up Gesture, Water-Drinking Reminder, Heart Rate Alert, Female Period Reminder, Sport Goal Reminder.

## 06 Charging

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Attach the charging cable to the watch charging port, ensuring the metal pins fully connected.

Please use the correct charging adapters which are 5V 1A.

Note: If smart watch can not be powered on after being left unused for long time, please clean up the charging metal pins to make sure connecting well.

## 07 Warranty

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1. One year warranty for default hardware defectives, half of year for battery and charging cable.

2. Below reasons cause to defectives are not included in free warranty service:

1) Personal assemble or disassemble.

2) Falling damage during use.

3) All man-made damage or due to the third party's fault, improper use(such as: water in the smart watch, external force shattering, scratch during use etc).

3. Please provide a warranty card with the details filled when request for after selling service.

4. Please contact with direct dealers for warranty service.

5. Please note all functions of the product are based on

physical objects.

Notes: Products with batteries cannot be disposed with household waste. Please send this product to WEEE collecting points near you.



Warranty Certificate			
Client Info			
Product Type		Vendor	(Stamp)
Client Name		Contact Info	
Vendor's Contact		Purchase Date	
Product IMEI Code			
Client's Address			
Vendor's Address			
Warranty Record			
Date	Problems	Diagnosis	More Info

## **FCC Statement**

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

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