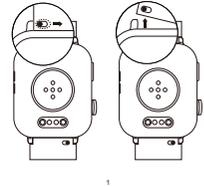


# Quick Start Guide (EN)

R30Pro Smart Watch

## Disassemble/assemble watchband

Please refer to the following figures, disassemble the watchband to remove it, and then release the pin button. And you can assemble a new watchband by operating in reverse procedures.



- Charging voltage: 5V
- Screen Size: 1.85 inch
- Charging time: 2 hours
- Battery capacity: 280 mAh
- Battery life: 5-6 days
- Waterproof: 10M
- Bluetooth version: BLE5.2
- Screen material: B2E Glass
- Strap width: 20mm
- Operating temperature: -10°C-40°C

## Control Your Watch

### Power Button

- Press
  - Wake the screen
  - Return to the home screen
  - Enter the menu interface

### Sport Button

- Press
  - Wake the screen
  - Enter/Exit the sport interface
  - Pause/resume the sport
- Hold
  - Power on / off the watch

### Touch Screen

- Hold the home screen to change the watch face
- Swipe to go to different interfaces
- Tap to enter the function
- Swipe the screen to the right to return to the previous interface

### Note:

The distance between the mobile phone and the watch shall be kept less than 10 meters please. And please refresh the interface of the APP if disconnection.

## Using Your Watch

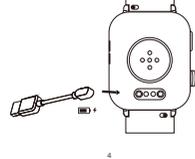
### Charging

Before using your R30Pro for the first time, charge the battery to its full capacity. It is recommended to use a conventional charger above 5V for charging, not the USB interface at the computer terminal.

Place the magnetic charger on the magnetic charging points of the watch.

While your watch is charging, the screen will show its progress.

Once the battery is fully charged, remove the charger.



### Install Da Fit App on your smartphone

You can download Da Fit App from Apple Store/Google Play or scan the QR codes Right to download

### Device Binding



### Open the app and click on "ADD A Device"



Select "pair" for pairing, and bind successfully

Scan the QR code Right and follow the video instructions to connect the watch

video guide connection

Note:  
Only when your watch is connected to the Da Fit App, the App is running on your phone, and "Notification Alerts" is enabled in the app, will messages be notified.

### Settings

#### Display

- 1) Brightness adjustment  
You can set the brightness of the watch.
- 2) Screen-off time  
You can set up the screen-on duration subject to your preferences.

### Dial switching

You can set up the dial display subject to your preferences. There are 6 built-in dial options in total (of course, you can also customize the dial on the app).

### View of master menu

You can set up the display style of the master menu subject to your preferences. There are 8 options in total available.

### Screen-on switch with wrist turning

You can choose to turn wrist and wake up the watch.

### Vibrate & Ring

- 1) Vibration only  
You can choose to set up the alarm mode for any notification to vibration only, and return to the previous interface to set up the vibration level.
- 2) Vibrate & ring  
You can choose to set up the alarm mode for any notification to vibration & ringing, and return to the previous interface to set up the vibration level.
- 3) Mute  
You can choose to set up the alarm mode for any notification to mute.

### DND Mode

You can choose to enable the No-disturb mode, which will disable notifications of message and incoming calls.

### Low Power mode

You can choose to enable the power-saving mode, which will disable the functions of vibration and turn wrist to bright screen, and reduce the brightness of screen.

### Phone

You can choose to enable or disable the function of answering calls on the watch.

### Phone Reset

You can choose to reset up the watch calls, including deleting call logs and contacts

### System

- 1) restart  
You can choose to restart your watch.
- 2) shut down  
You can choose to turn off your watch.
- 3) Restore factory  
You can choose to reset. Note that if you choose to reset, all your data and settings will be deleted.

### About

- 1) About interface  
You will find all information related to the device here, including device name, Bluetooth name and version.
- 2) App download QR code  
Scan the QR code to download the Da Fit app.

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.

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

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.