

# G07

## SMART WATCH

Thank you for choosing the smart watch as your fitness transformation companion.

Allow this manual to guide you through the functioning of your smartwatch.

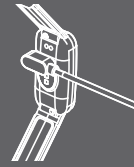
Please read it thoroughly before using your smart watch. Keep this manual for later use as well.



## USER MANUAL

### PACKAGE CONTAINS:

- Smart Watch x1
- USB magnetic charging cable x1
- User Manual x1
- Warranty Card x1



### CHARGING THE WATCH

The smart watch must be charged before initial use. It takes 2 hours to be fully charged.

Connect and charge the watch according to the image at left, using a 5V/2A adapter. Please note that the positive & negative magnets on the charger need to be aligned correctly with the watch for the charger to connect correctly.

*Note:*

Once your watch is at 5% battery, it will automatically switch to power saving mode which will disable all functions.



### TURNING THE WATCH ON/OFF

To turn the watch on/off, press and hold side button for 3–5 seconds.

You can wake up the screen by lifting your wrist.



### CONNECTING TO THE APP

1. Download the Love&Sports app on your phone.

Available on both App Store (iOS 12.0 and above) and Google Play Store (Android 5.0 and above)

OR

Scan [QR CODE] (Also available on the watch)

2. Connect the device directly via the mobile application. Do not connect via the phone's Bluetooth® directly.

3. Select Watch Lite on the home screen of the app and click OK to connect.

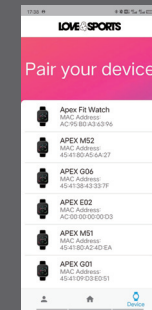
4. To use all features of your smart watch seamlessly, tap on "yes" to the "connection" and "grant access" system prompt.

5. Turn your phone's Bluetooth® on and allow the watch to access phone location.

6. Disable Love&Sports "Manage automatically" and enable the three options of "Manage manually" in phone app launch.

*Note:*

To ensure connectivity throughout your journey, make sure the app is allowed to run in the background of your phone at all times. iPhones will not prompt any information unless you complete Bluetooth® pairing with the smart watch.



### SYNCING YOUR SMARTWATCH TO THE APP

#### Data Synchronization:

- Open the app on your phone.
- Make sure your smart watch is connected; refer to "CONNECTING TO THE APP" section of this manual.
- Synchronization will start automatically once you enter the app interface.

*Note:*

Synchronize data at least once every day to avoid data loss in the watch.

#### NAVIGATING THROUGH THE FUNCTIONS

#### Changing the dial interface

##### Changing the watch face using app

Select Cloud Watch Faces on the app and select your preferred watch face for your smartwatch.

*Note:*

Make sure your watch and phone are connected via Bluetooth. Do not exit the downloading interface until it displays 100% downloaded. It may take up to 60 secs to sync the watch face with the app.

##### Changing the watch face directly on the watch

Swipe left on the main interface of your watch screen to enter the main menu → Scroll down → Select "watch faces" → Tap on your preferred display.

Swipe left for menu

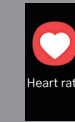
#### Workout Mode

Click the sport mode icon to swipe to select from 13 different sport modes.



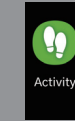
#### Heart Rate

Click this function to enter the heart rate detection interface to perform real-time heart rate detection.



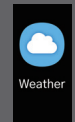
#### Activity

Click the function icon to enter the current day's health goal data achievement progress interface to view the current day's goal progress.



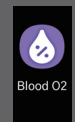
#### Weather

Click this function to enter the view weather interface to view weather information.



#### Blood O2

Click this function to enter the view blood oxygen detection interface to perform real-time blood oxygen detection.



#### Relaxation

Click this function to enter the breathing training interface to help you perform breathing training to relieve stress.



### PRODUCT PARAMETERS:

Model	Love & Sports Fitness Tracker
Screen Type	0.96" HD Display
Battery Capacity	90 mAh
Net weight	18g
Bluetooth version	Bluetooth® 5.1
Working temperature	32°F to 140°F (0°C to 60°C)
Charging time	about 2 hours
Working time	about 7 days
Maximum transmission power	7.5 dBm
Frequency band	2402–2480 MHz

### Maintenance:

Regularly clean your wrist and the strap of the smartwatch, especially after sweating during exercise or being exposed to substances such as soap or detergent, which may get stuck on the other end of the product.

Do not wash the strap with a household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

For spots or stains that are not easy to remove, scrub the area with rubbing alcohol and then follow the above procedure.

#### Charging norms & Precautionary Guidelines: -

- 1) Charger/Brick/Adapter | 5V, 2A
- Any other accessory can be paired up with the product as long as the specifications are as per above norms.

### FCC Warning

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### Sleep

Click this function to enter the sleep details interface to view the sleep details.



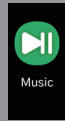
### Stopwatch

Click this function to enter the stopwatch interface to use the stopwatch.



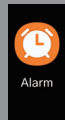
### Music Control

Click this function to enter the music control interface to control the music playback of the mobile phone.



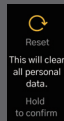
### Alarm

Click this function to enter the alarm clock interface to view the existing alarm clock information.



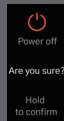
### Reset

Tap on this to reset watch data.  
*Note: All data will be erased if watch is reset.*



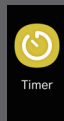
### Power off

Tap on this to switch your watch off.



### Timer

Tap on this to begin countdown.



### TURNING THE WATCH ON/OFF

To turn the watch on/off, press and hold side button for 3–5 seconds.

You can wake up the screen by lifting your wrist.

### Swipe down for shortcut menu

You can access Sports menu, Brightness, DND, Find my phone, Music control, QR code, the About section and settings from the shortcut menu.

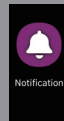
### Swipe up to access all data

You can access daily activity and sports records, heart rate monitor, sleep monitor, weather, and music control from here.

### Swipe right to access all notifications

### Call and Text Notifications

Turn this feature on from your app to receive notifications on your smart watch. It will show 10 new notifications and automatically overwrite the oldest message if there are more than 10.



*Note: The watch can be used to reject calls, but cannot be used to answer calls or messages.*