

User's Guide



Model: SW1305H

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Feature

- 1.3-inch IPS full screen display
- Multi-Sport Mode (Running, Walking, Hiking, Biking, Indoor Run & Trail Run)
- Track your sport performance
- Provide comprehensive GPS location
- Digital Crown integrated, rotate it to change the menu easily
- Built-in HR sensor, monitor your heart rate and set your heart rate zone
- Built-in altimeter, barometer & temperature
- Monitor your daily activity and sleep
- Built-in sedentary reminder
- Synchronize phonebook, answer or reject calls from your wrist
- Display SMS, emails, calendar events and social media activity
- Smart wake-up, raise or shake your arm to wake up the device
- Remote control music playback, remote capture photo on your Smartphone
- Built-in loudspeaker and Microphone
- Built-in 350mAh Li-poly battery, up to 5-7 days standby time/9 hours on GPS mode
- Fully compatible with iOS7 or above and Android 4.4 or above
- Different design styles for your different occasions and preferences

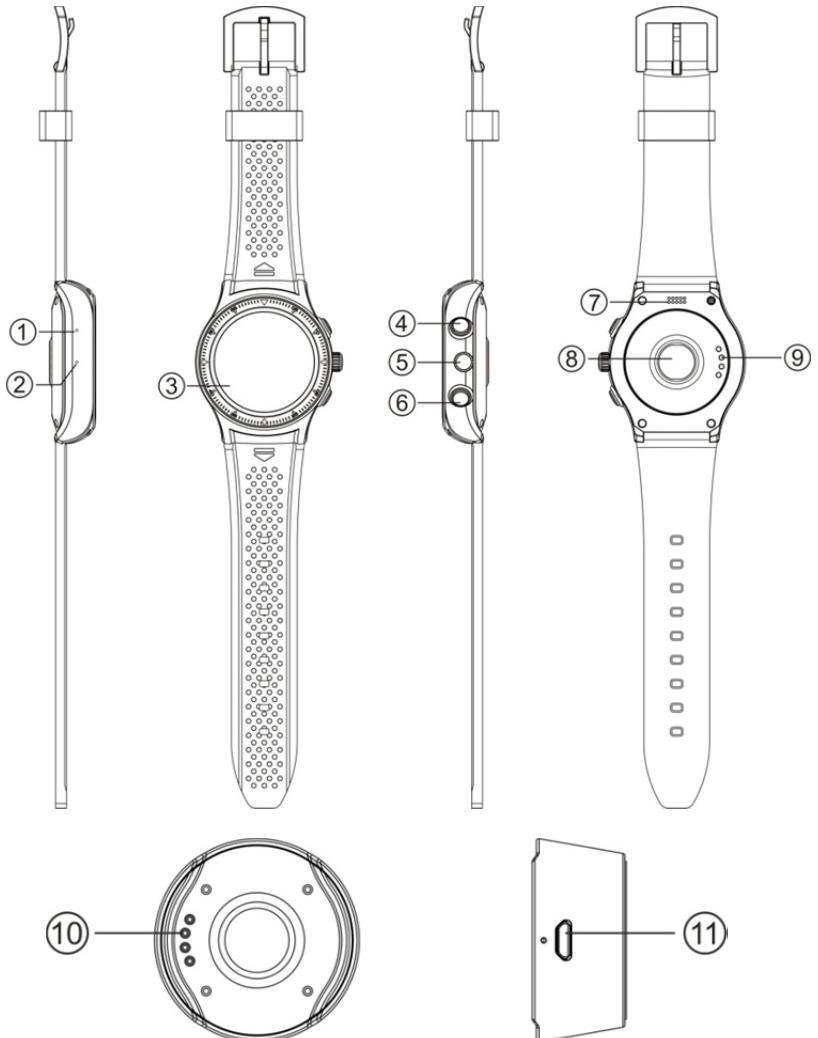
Overview

Smart Watch

1. MIC
2. Barometer sensor
3. Touch screen
4. Shortcut key for Sport mode
5. Digital crown
6. Power button
7. Speaker
8. Heart rate sensor
9. POGO-Pin Charging terminals

POGO-Pin Charger

10. POGO-Pin
11. Micro-USB port



Charging

- If you use a Power Adaptor (Not included), Power Adaptor current is: 5V, 500mA.
- It takes 2-hours to fully charge the smart watch, please follow steps below to charge.

1. Put the charging cradle beneath the watch. Make sure the POGO-pins on the cradle fit correctly onto the charging terminals on the back of smart watch.
2. Connect the charging cradle with the USB cable
3. Plug the big end of the USB cable to a power source



Charging when power off



Charging when power on



How to use

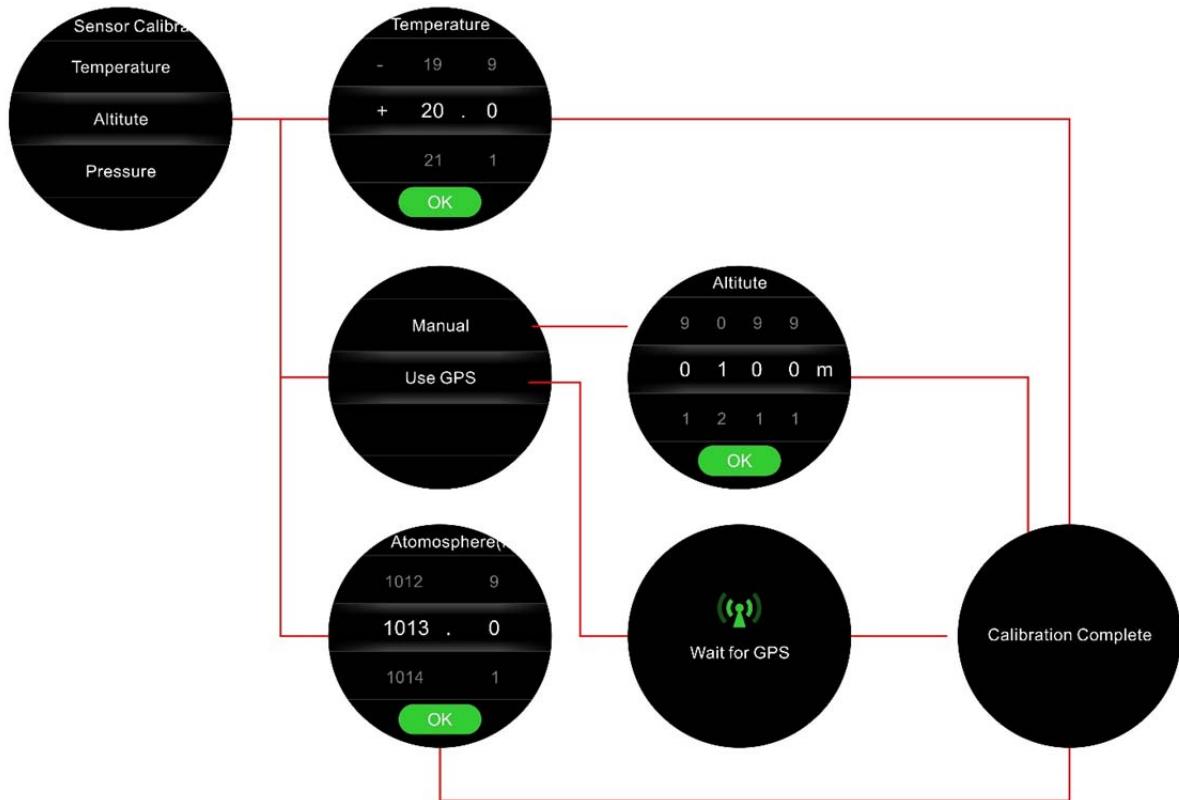
- **Turn on:** Hold press power button in 3 seconds
- **Go to main menu:** Swipe from right to left on watch face interface
- **Switch main menu:** Swipe up/ down
- **Confirm:** Tap the icon or press digital crown
- **Exit:** Swipe from left to right
- **Return to watch face interface:** Short press power button on any interfaces
- **Sport mode shortcuts:** Press the upper button
- **Check notifications:** Swipe from left to right on watch face interface
- **Switch submenu/ shortcuts:** Swipe up/ down or Turn digital crown
- **Turn off:** Hold press power button in 3 seconds



How to calibrate the sensor

In the settings inside, there is a “Sensor calibration” option.

If you find the temperature, altitude, pressure of the watch are wrong, you can calibrate the sensor to make the watch display more accurate. (We will make sensor calibration for each device before packing when mass production)



The steps to calibrate the sensor :

- Temperature: Settings-> Sensor calibration-> Temperature, set up the correct temperature value and click “OK”.
- Pressure: Settings-> Sensor calibration-> Pressure, set up the correct pressure value and click “OK”.
- Altitude: Settings-> Sensor calibration-> Altitude, if you select “Manual”, set up the correct altitude value and click “OK”. If you select “Use GPS”, wait for GPS located successfully, the watch will automatically show the current altitude, then click “OK”.

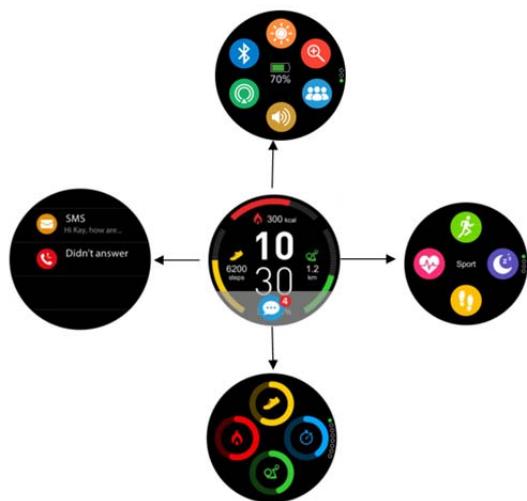
Calibration reference :

- Temperature: You can refer to the thermometer to calibrate the watch's temperature;
- Pressure: If you are using iPhone, you can see the current city pressure in the **Weather** application
- Altitude: You can download an app called "**GPS Recorder**", open your mobile phone location service, and then refer to "Meter" interface "Altimeter" in iOS system.

PS: If you use GPS to calibrate the altitude, please operate in an open area.
If you need to calibrate both altitude and atmospheric pressure, please calibrate the atmospheric pressure first, then calibrate the altitude.
If you go to another city, you need to re-calibrate the pressure and altitude on your watch.

The watch Units you set up	Units of Temperature	Units of Altitude
Metric	Degrees Celsius (°C)	Meter (m)
Imperial	Degrees Fahrenheit (°F)	Feet

Main Menu



When turning on smart watch, you will see the watch face.



From watch face:

1. Go to Main Menu
 - a. Slide from right to left to enter into main menu.
 - b. Swipe up and down (or turn the digital crown) to switch the main menu.
 - c. Click the icon (or press the digital crown) to enter the corresponding menu. Slide from left to right to return to the previous menu.



2. Go to Notification shortcut page
Slide from left to right



3. Go to other shortcuts page
Swipe up and down.

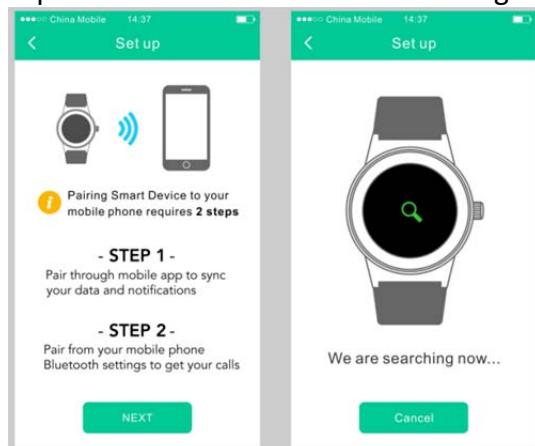
Pair with smart phone

Search and download “Orunning” app from App store or the Google Play Store on your smart phone.

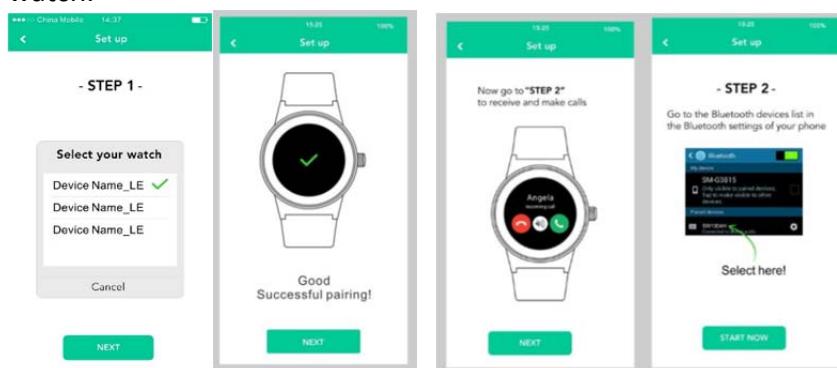
Pair with iPhone

Pairing through the application “Orunning” (Bluetooth Low Energy - BLE) to sync activity data and notifications etc..

1. Search “Orunning” on App Store, download and install “Orunning”.
2. Enable Bluetooth on your iPhone.
3. Open “Orunning” App on your iPhone, set your profile on Settings.
4. Tap “Connect Smart Watch” on Settings.



5. Select “Device name_LE” in the list of devices, tap “Next” to pair with your smart watch.



Pairing through Settings of iPhone to make and receive calls with Device name

Option 1: Go to iPhone “Settings”→“Bluetooth” and select “Device name” in the list of devices for connection.

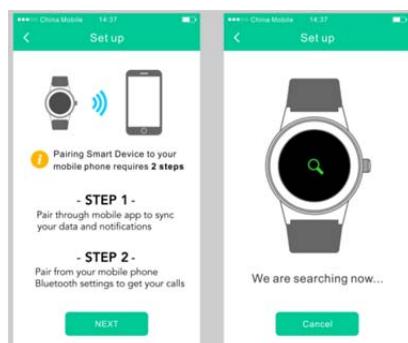
Option 2: Swipe down from watch face interface to go to Shortcut interface to open Bluetooth, tap “Search new device” to find the name of your phone in the list and tap it for connection.

Remark:

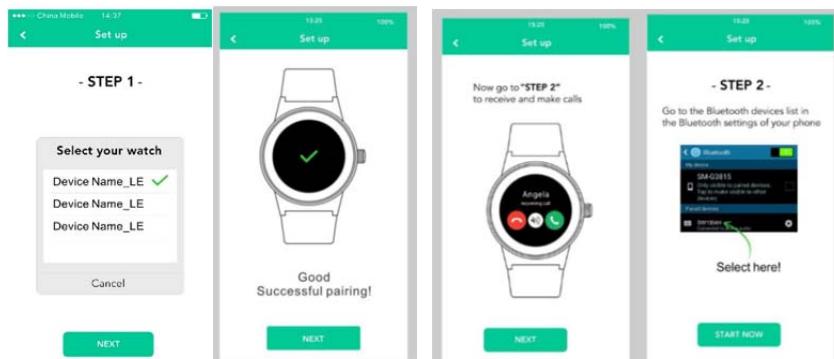
- If the connection is successful, a check mark will appear next to the name of your phone
- Make sure your smart phone is set to be “Visible to all nearby Bluetooth device”.
- The smart watch will automatically pair with your smartphone after the initial pairing is successful.
- The smart watch will auto-sync the date and time with your smartphone.

Pair with Android Phone

1. Search “Orunning” on the Google Play Store, download and install “Orunning”.
2. Enable Bluetooth on your phone.
3. Open “Orunning” App on your phone, set your profile on Settings.
4. Tap “Connect Smart Watch” on Settings.



5. Select “Device name” in the list of devices, tap “Next” to pair with your smart watch.



Then you can start with your smart watch.

Function

Watch face



You can press the power button to go to the watch face interface quickly.

If you want to change the watch face of your smart watch, press the current watch face for 3 seconds, swipe left or right to go through the different watch faces and tap on the one you want to select and use.

Shortcut



1. Bluetooth

Meaning the status of Bluetooth, when you click the icon, you can search and connect with your smart phone via Bluetooth.

	Means Bluetooth disconnected
	Means Bluetooth 3.0 connected (for making and receiving calls with Device name)

	Means Bluetooth 4.0 connected (for activity data and notifications synchronization)
	Means Bluetooth3.0 & 4.0 connected

2. GPS

Meaning the status of GPS, you can click the icon to switch on/ off the GPS.

	Means GPS is off;
	Means GPS is on;

Sound mode

Meaning the status of Sound mode, you can click the icon to ring, vibration or mute mode;

	Means ring mode
	Means vibration mode
	Means mute mode

3. Scene mode

Showing the current scene mode, you can click the icon to switch different scene mode.

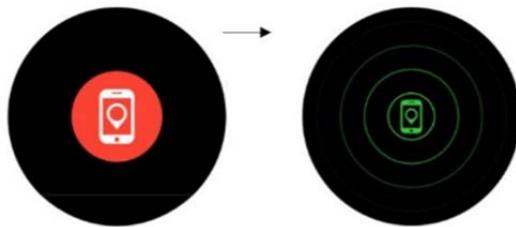
	General mode: smart watch will automatically "Activate on wrist flisk", turn off GPS, set up mid-brightness and ring mode.
	Meeting mode: smart watch will automatically turn on Bluetooth and "Activate on wrist flisk", turn off GPS, set up mid-brightness and vibration mode.
	Airplane mode: smart watch will automatically turn on the "Activate on wrist flisk", turn off Bluetooth and GPS, set up mid-brightness and ring mode.

	Sport mode: smart watch will automatically turn on Bluetooth, "Activate on wrist flisk" and GPS, set up high-brightness and ring mode;
	Power saving mode: smart watch will automatically turn off Bluetooth, "Activate on wrist flisk" and GPS, set up low-brightness and mute mode.

4. Find me



When the icon  turn red, means the smart watch well connected with "Orunning" App. Tap the icon, your phone will ring and vibration to find where your phone is.



5. Brightness

You can click the icon to adjust the display brightness.

	Means high-Brightness
	Means mid-Brightness
	Means low-Brightness

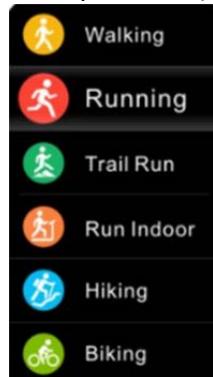
Sport mode

1. You can press the shortcut key of sport mode or tap below icon on main menu to enter sport mode.



2. Multi-Sport mode: with 6 sport mode as below.

Slide up/ down (or turn the digital crown) to select the sport mode you want to start.



3. Activity distance record

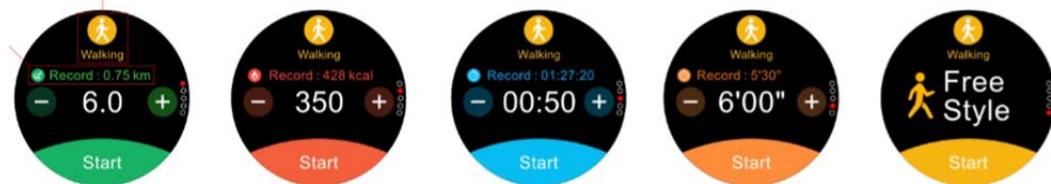
Distance calculation	When turned on GPS	Calculate by GPS (except Run indoor)
	When turned off GPS	Calculate by steps (except Biking)

4. Activity goal

You can set up the following goals before going to activity.

Distance
Calories
Duration
Pace
Free Style

Remark: The watch will pop up a reminder once you achieve the goal (Pace and Free Style without reminder).





5. Dynamic Heart Rate Tracking

The watch will remind you if you want to track the heart rate or not before starting sport. If you select yes, the watch will track your real-time heart rate and show the heart rate zone.

6. GPS locate

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals.

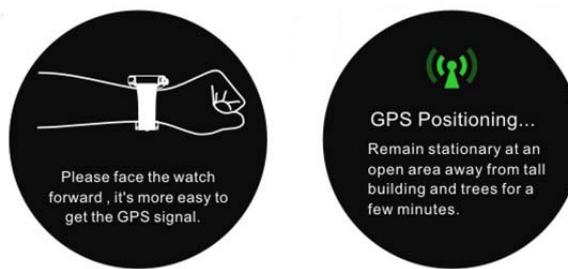
a. Go outdoors to an open area,

The front of the device should be oriented toward the sky.

b. Wait while the device locates satellites.

Improving GPS Satellite Reception

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.



Remarks: The watch will remind you to wait for a few seconds to obtain the first heart rate data before starting sports for better activity experience.

7. Sports tracking



1. Distance	2. Duration	3. Pace	4. Calories
5. Dynamic heart rate value	6. Target progress status	7. Current time	
8. Altitude (works on Trail running, Hiking, Biking mode only)	9. GPS status	10. Heart rate zone	

	GPS off
	Searching GPS signal
	GPS located successfully

Heart rate range: the watch will automatically calculate your heart rate interval according to your age.

- **Warm up** - Help to warm up or help restore, improve metabolism
- **Easy** - Increase metabolism, fat metabolism ... weight control
- **Aerobic** - Medium intensity training to improve aerobic capacity. Help to strengthen the heart and lung and blood vessels
- **Threshold** - Improve lactic acid tolerance, enhance high-speed exercise strength and endurance
- **Maximum** - Show breathing and muscle strength treatment of anaerobic state. It is recommended to reduce heart rate



PS: You can choose to save the sport data or choose to discard to delete the sport data after clicking "STOP".

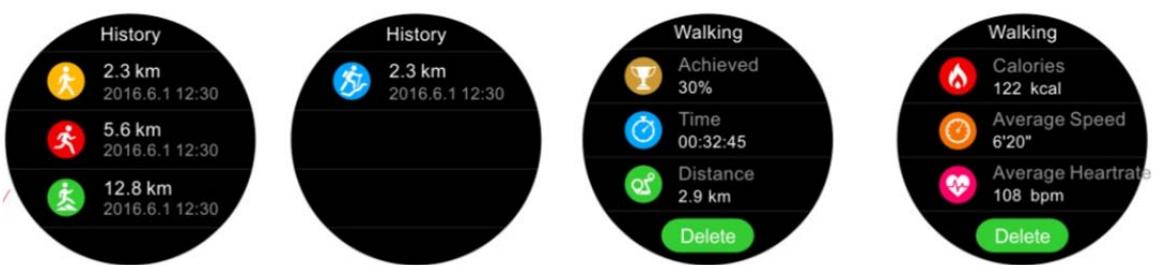


8. History



You can check your sport records at the bottom of the sport mode. Including the percentage of goals, exercise time, movement distance, calories, the average pace, average heart rate value.

Delete record: Check the record, then tap “Delete” or long press the corresponding data.



Heart rate



Fasten the watch, make sure it fits closely on your wrist when measuring your heart rate.

Pedometer

The watch will automatically record your daily number of steps, movement distance, calories and exercise duration. Select the corresponding icon, slide from right to left to check the detailed histogram report of per hour.



Goals

Set daily pedometer goals, including steps, distance, calories, exercise duration.



If you achieve the goal you set up, the watch will pop up a reminder.



Notification

See app notifications from a connected smart phone, including notifications of incoming and missed calls, SMS, email, social media activity, etc..



SETTING UP NOTIFICATIONS FOR ANDROID USERS

Go to the Settings of your Android device:

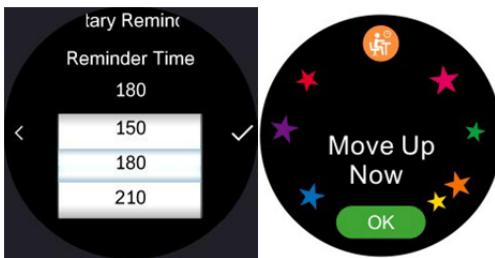
Tap Notifications in Settings.

Select which type of notifications you want to receive on Smart Watch

Enable Show in Notifications to receive the notification on Smart Watch

Sedentary reminder

When you set up the sedentary reminder, the watch will automatically detect whether you are sedentary and pop up "Move up now" with ring and vibration if yes.



Sleep monitor

Slide from right to left to set up the bed time and wake time. When the sleep switch is ON, the watch will automatically monitor your sleep quality (light sleep and deep sleep) during the period which you set up. When the sleep switch is OFF, the watch will not monitor your sleep.



Your sleep data will be synchronized to APP once you paired the watch with your smart phone. You can check your sleep data of last night as well.

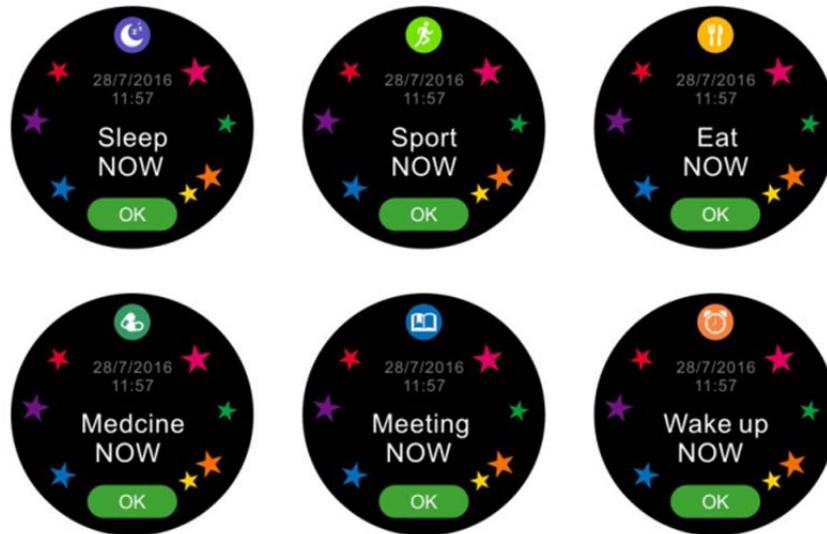


Reminder

Support multiple reminders.



With 6 different interfaces to remind you.

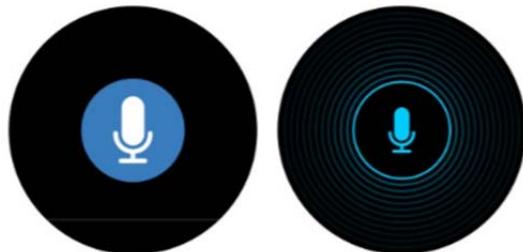


You can check and turn/ off your next reminder on shortcut menu (from watch face interface, slide from down to up).



Voice

Trigger the Siri assistant/ Google Talk when connected to your iPhone/ Android phone.



Examples of what you can ask or do:

- Call (name of your contact)
- Send a SMS to (name of your contact)
- What's the weather like?
- Set an alarm for tomorrow 5 am

Weather

When you paring the watch with your smart phone in the case of your phone have

Internet, the watch will sync your local weather forecast (Max/ Min temperature of the day) as below.

Remark: it's better to turn on your smart phone GPS function when pushing weather forecast.

(**Shortcuts:** from watch face interface, slide from up to down)



Barometer

With the smart watch, you can check the current atmospheric pressure and temperature.

If you need to calibrate the temperature and pressure, please follow "The steps to calibrate the sensor" above.

(**Shortcuts:** from watch face interface, slide from down to up)



Altitude

With the smart watch, you can check the current altitude.

If you need to calibrate altitude, please click "CAL" and follow "The steps to calibrate the sensor" above.

(**Shortcuts:** from watch face interface, slide from down to up)



Location

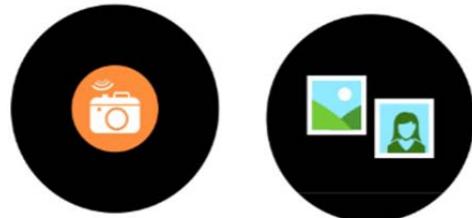
If you turned on GPS of your smart watch and located your position successfully, there will show the current latitude and longitude. When you turn off the GPS or position failure, the watch will keep the last latitude and longitude.

(Shortcuts: from watch face interface, slide from down to up)



Remote capture

To enjoy this feature, make sure the camera of your smart phone is on. Enabling Remote capture function will let you take pictures remotely from your Smart Watch.



Dialer

The watch allows you to make and receive calls in case of connected smart watch with your phone via Bluetooth)

<p>Making a call</p> <p>FROM THE PHONE MENU</p> <p>Go to the Phone menu, enter a number with the dialer pad and tap </p> <p>INCOMING CALL OPTIONS</p>  <p>1.REJECT</p>	<p>Receive call</p> <p>When your phone receive a call, the watch will pop up.</p> <p>INCOMING-CALL OPTIONS</p>  <p>1. ANSWER 2. REJECT 3. MUTE</p>
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During the call, you can select hang up, mute and enter the dial.



SMS

View SMS messages from a connected Android phone.

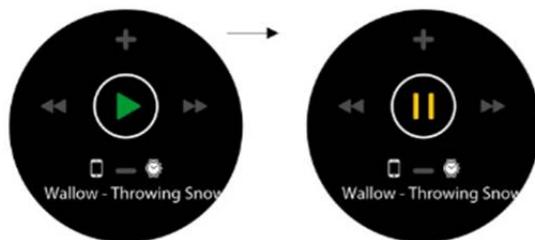


QUICK REPLY

You can reply through the SMS template (Android only)
The SMS of iPhone will be displayed in Notification menu.

BT music

Control the music player app of a connected smart phone.



Settings

Use the Settings panel to configure the settings of your Smart Watch

- | Profile : Set up Gender, Height, Weight, Birthday
- | Bluetooth : Turn Bluetooth on/off and visibility on/off
- | GPS : Turn GPS on / off
- | Sensor Calibration: You can manually calibrate the watch's temperature, altitude, and atmospheric pressure
- | Sleep Monitor : You can turn on / off sleep monitor and set up the time of monitor sleep.
- | Time and date : Set up the clock type on the display screen and set the time
- | Units : Set units of measurement to metric or imperial
- | Heart rate: Set the time for automatic heart rate test
- | Activate on wrist flick : Turn on/ off the function of "lifting your arm to wake up the Smart Watch display"
- | Sound : Set up the ringtones and sound mode, as well as the volume level
- | Display : Set up the brightness of the screen and the standby time
- | Watch info : Displays the provider, device name, model, and firmware version
- | Language : Multi-languages: English (default), Chinese, Spanish, Portuguese, Italian, French, German, Dutch, Polish, Russian, Thai, Traditional Chinese
(You can turn "Auto sync" off to select the languages you need)
- | Power display: Displays the current power status
- | Restore to Factory: Reset to factory default

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

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