BlitzWolf

User Manual
BW-HL1

EC REP
Company: Lotus NL B.V.
Address: Koningin Julianaplein 10, 1e Verd, 2595AA, The Hague, Netherlands.
E-mail: peter@lotusnl.com
Tel: +31645171870(English)

CE FC RoHS MADE IN CHINA

English

1. APP Download & Smartphone Pairing

a)long press Home to turn on the smartwatch.
b) Scan the following QR code to install Dafit APP , or install Dafit from the App Store or Google Play store.
Compatible Systems: Android4.4+, iOS 9.0+.
c) Pair the smartwatch to your device.

Step1：Enable Bluetooth on the smartphone；
Step2：Open"Da Fit"APP， press" Add a device" to bind.

BW-HL1

- Long press the Home on the Smartwatch clock interface to check the Bluetooth name, this name should appear on the device list on your smartphone.

Notes:

- Please ensure your Smartwatch is not connected to another smartphone before you begin to set up the connection.
- Place the smartwatch and smartphone as close as possible during the connection setup.

Specifications

Bluetooth version	V4.0
Waterproof level	IP68
Working time	7~10 days
Standby time	~15 days
Weight	49g
Nominal Battery Voltage	3.7V
Rated Battery Capacity	180mAh

2. Smartwatch Functions

The interface is navigated by a single home button. Generally, you press to rotate through options and long press to select.

Basic Functions

- Power on: Long press Home to turn on the smartwatch.
- Turn screen on: Press Home Or shake wrist to wake up the screen. (Quick Review must be enabled on the Dafit app settings)
- Power off: Instructions are in the Time Homepage section below.

Time Homepage

This is the default screen when powered on.

- Power off: long press Home for 3 seconds to enter the Bluetooth address page, then long press Home to enter the power settings page, choose "power off" and long press Home；or enter the Smartwatches Other menu, click enter until you select the Power off menu then long press Home to power off.

Pedometer

- Records your steps, calories burnt and distance traveled.

Sleep Monitor

- The default sleep monitor period is from 8:00 PM to 9:00 AM.
- You need to wear the smartwatch overnight to monitor sleep.

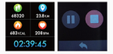
Heart Rate Monitor

- Measures your heart rateYou need to wear the smartwatch

Training

- Long press to enter training mode, you can find multiple sport modes: Walking, Running, Cycling, Skipping, Badminton, Basketball, and Football.

- Tap Home to select the sport mode you want, long press to begin recording exercise data. Data includes distance, calories burnt and heart-rate. long press Home to pause or exit the sport mode.



- All exercise data will sync to the Dafit App in the smartphone
- During training long press to access the pause and stop training commands, press to choose between options and long press to select.

Blood Pressure Test

- This function is to monitor the blood pressure change before & after exercise.

- To ensure the accuracy of blood pressure data, after entering blood pressure monitor mode, please hold the smart band at the same height as your heart, relax and calm down.
- Do not talk when the monitor is working.
- The data is only for reference, and should not be used for medical purposes.

Blood Oxygen Monitor

- Measures the oxygen saturation in your blood

Messages (Push Notifications)

- Open the Dafit app "Notifications" to receive social alerts from Facebook, Twitter, Skype, and other social applications on your smartwatch.
- Android smartphones need to give **Dafit** app permission by going to **Dafit** APP/Notification/Accessibility and turn on **Dafit**.
- Make sure you are only logged in to the communication app on your smartphone, if you are logged in on another device you will not receive the notifications.
- Your smartphone must be connected via Bluetooth to the smartwatch to receive notifications.
- If your smartphone has a Smartphone Manager or other similar App, turn on smartphone notifications and allow permission to run in the background.
- Follow these steps to setup notifications:
  1.Open the APP you want notifications for and check the APP settings to make sure notifications are enabled;

2.Go to the smartphone settings/apps and select the app you want notifications for. Turn on all notification options (eg. allow notifications, badges, and show previews.)
3.For phone call notifications you must pair to the smartwatch using the smartphones Bluetooth settings, not through the Dafit app.

Player

- You can use this to remotely control your smartphones audio playback.
  Enter player, select ⏸ to pause or continue, ⏮ to play last song, ⏭ to play the next song

Shutter

- Use the smartwatch as a remote control to take photos on your smartphone.
  On Android: Open the on Dafit app, on the smartwatch enter "shutter", shake the smartwatch or click to take a photo.
- On iOS: On the smartwatch enter "shutter ", open the camera mode on the smartphone, shake the smartwatch or click Home to take a photo.

Other Modes

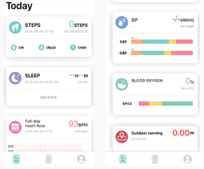
There are additional functions available in the other menu.

- Change interface style
- Stopwatch
- Mute
- Reset
- Brightness
- Power Off

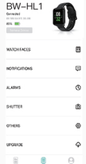
3. Dafit App Functions

Data sync

All measured data from the Smartwatch will be synchronized to the smartphone Dafit app. (If the sport, sleep, or heart rate data has not synchronized to the Dafit app, disconnect and reconnect the Bluetooth connection)



Smartwatch Settings



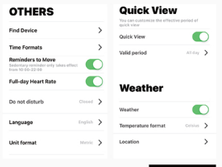
Watch Faces: 3 interface options

Push Notifications: Turn on alerts for Facebook, Whatsapp, Twitter, and other social platforms. Refer to Smartwatch Functions/Messages above for detailed instructions.

Incoming Call Alert: When you receive a call on your smartphone, an incoming call appears on the smartwatch, you can long press Home to reject the call.

Alarms: You can create up to 3 alarms.

Shutter: For taking photos remotely, refer to Smartwatch Functions/Shutter above.
Others: Find my Smartwatch, Time formats, No disturb mode settings, Sedentary reminder, Quick View screen, Weather info.



Power on "Find Device": the smartwatch will vibrate when the Bluetooth connection between the smartphone and smartwatch is active.

Time format: Choose between a 12 & 24hour system.

Do not disturb schedule: Choose a time period when you do not want to receive notifications.

Sedentary reminder: Reminds if you are seated for an extended period of time between 10:00AM~10: 00 PM.

Quick view screen: wake up screen. (turn on it and choose valid time period)

Weather: Turn on the weather mode, choose the city or choose an automatic location. The smartwatch will show the selected city's weather forecast.

Charging the battery:

- Clamp the charging cable to the watch so the two pins touch the two contacts on the back of the watch. Connect the USB end of the charging cable to a USB source.
- The smartwatch requires a USB power source of 5V 0.5~1A.
- If the smartwatch won't be used for a long period, please fully charge it every month and ensure it is powered off after each charge.