

EN

User Manual



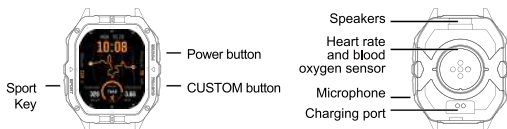
APP Download

Scan QR code with mobile phone to download App.



About the Smart Watch

The watch features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.



Wake up:

1. Single press any button to wake up the screen.
2. Raise or inwardly flip your wrist to light up the screen.

Screen Off:

1. After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.
2. Setting > Display&brightness > Display duration.

Charging and Powering On

Charging: Align the charging cable with the charging area on the CUSTOM of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.



Power on: The device will power on automatically when charging, or you can long-press the top button to turn it on.



Please keep the charging cable, device, etc. dry when charging.

It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

Paired Device

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of DaFit App before pairing.



Please make sure your phone has Bluetooth and location services turned on.

Harmony OS , Android System Users

In DaFit App, click Add Device, the app will automatically scan for connectable devices.



Click the Bluetooth name C32 PRO to bind or scan the QR code to connect.



You need to agree to the following permissions before using the Bluetooth call function.



If replacing a paired connected phone, you will need to go to App > Remove Device.

Bluetooth pairing request

To pair with
C32 PRO

☒ Allow access to your contacts and call history

CANCEL

PAIR

For iOS Apple Users

Turn to the DaFit App, click “Add Device”, find the “C32 PRO” in the list to pair.



Tap the device whose Bluetooth name is C32 PRO on the search device page to bind or connect using code scanning, and you need to confirm twice on your watch when connecting.



You need to agree to the following permission before using the Bluetooth calling function.



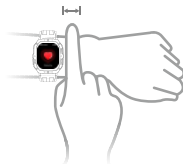
If replacing a paired connected phone, you will need to go to App > Remove Device.

Watch Wearing

Please wear the watch correctly to maintain a comfortable and snug fit.

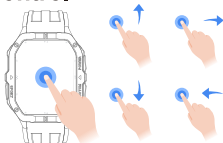
Please tear off the film on the back of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is

blocked, the recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records. Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.



Button and Screen Control

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.



POWER (buttons):

1. Short press: Turn screen on/off 、 Return to watch face 、 Open function menu
2. Long press: Power on/off
3. Double press: Launch recent apps

CUSTOM (buttons):

1. Short press: Access function menu / Return to previous level / Custom button action
2. Long press: Activate voice assistant

SPORT (buttons):

1. Short press: Enter workout mode
2. Long press: Record workout

Heart Rate Measurement

To ensure the accuracy of heart rate measurement, please wear the device normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

Single Heart Rate Measurement

Select Heart Rate in the watch app list for a single heart rate measurement.



Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

Continuous Heart Rate Measurement

Enter the DaFit app, click Other Settings > All-day heart rate, and turn on the Continuous heart rate measurement switch. Once turned on, the device will continuously measure heart rate according to the set time.

Sports Mode

Supports 100+ sports modes, including running, cycling, swimming, hiking, rope skipping, and more.

The watch features a built-in multi-GNSS positioning system for fast location tracking and precise route recording, significantly improving the accuracy of distance, speed, and path measurements during outdoor activities.



If the watch gets submerged in water during exercise, you can use the smart drainage feature by swinging your arm to expel water from the speaker and microphone openings.



Barometric Pressure & Altitude

Supports measuring the current ambient barometric pressure.
Supports recording 24-hour barometric pressure data.
Supports measuring the current altitude.



About the height: The altitude value is estimated based on the watch's barometric sensor readings. Weather changes can affect barometric pressure, which may impact the accuracy of the altitude measurement.

Compass

The electronic compass is a modern navigation tool that can be used in various situations.
Before use, wear the watch on your wrist and follow the on-screen instructions to calibrate, keeping it away from electromagnetic interference.



Frequently Asked Questions

Q1: Why does the watch not switch on?

- Charge the watch for more than 30 minutes using the original charger.
- Charge your watch with a high power charger (e.g. 9V/2A) and other fast chargers.
- Please contact customer service for a replacement data cable.

Q2: Why can't the watch go through the app?

- Unpair all Bluetooth devices on the phone, delete the app and reconnect according to the user manual.

- b. Reset the watch and restart your phone.
- c. Switch to another phone to reconnect the watch.

Q3: Why is the watch collecting inaccurate data?

- a. Enter your actual personal information in the app, such as gender, age, height, weight, and other details.
- b. Ensure the protective film on the back of the watch has been removed.
- c. Make sure the watch is worn neither too loose nor too tight.
- d. Reset the watch to recheck data accuracy.
- e. Note that different brands use different software algorithms.
Data collection methods vary by device (e.g., smartwatches, smartphones, treadmills, etc.).

Q4: Why can't the watch sync WhatsApp or Facebook?

- a. Ensure the app is allowed to access notifications on the phone.
- b. Make sure WhatsApp or Facebook notifications are enabled on the phone.
- c. Ensure WhatsApp or Facebook notifications are turned on in the app.
- d. Disconnect and reconnect the watch.

Q5: Why is the battery life too short?

- a. Reduce screen brightness and set the screen timeout to five seconds.
- b. Turn off 24-hour heart rate monitoring and unnecessary notifications.

Q6: Touchscreen is unresponsive?

Try restoring factory settings through the app and see if the touch function returns to normal.

Q7: Why doesn't the watch vibrate?

- a. Check if Do Not Disturb or Power Saving mode is enabled on the watch.
- b. Check if Silent mode is turned on.

Q8: Why doesn't the watch display contact information during incoming calls?

Go to phone settings -> Bluetooth -> Find the watch name -> Tap the icon on the right -> Enable Contact Sharing and Call Log.

Q9: If I start an outdoor workout on the watch, why isn't the activity track synced to the app?

- a. If your device does not support independent GPS, use the phone's GPS for assisted tracking and sync with the app to record the workout route.
- b. When using the phone's GPS for assisted tracking, ensure mobile data is enabled, and the mobile data network is functioning properly.

Q10: Why is the outdoor workout route on the watch inaccurate, slow to locate, or unable to locate?

- a. Please keep your watch's ephemeris data updated.
Update method:
Before starting an outdoor activity, ensure your watch is successfully paired and connected to the app for 5-10 minutes under stable mobile network conditions. The watch's GPS ephemeris data will update automatically during this time.

What is Ephemeris Data? Why Should You Keep It Updated on Your Watch?

Ephemeris data contains critical satellite information for GPS positioning, including orbital parameters and satellite status. With accurate satellite data, your watch can achieve better positioning and track recording performance.

However, satellite data is continuously updated in real-time. If not refreshed periodically, your device's positioning speed and accuracy may degrade. We recommend keeping your watch's ephemeris data updated for optimal performance.

- b. For optimal GPS accuracy, please allow sufficient time for positioning initialization. We recommend enabling the workout interface 5-10 minutes before actual exercise (e.g., during warm-up or before arriving at your workout location). Begin your activity only after the watch confirms successful GPS positioning, as this ensures more accurate trajectory recording.
- c. GPS signals are significantly affected by environmental factors. Obstructions like tall buildings, signal reflections, metal interference, and water surface reflections (near lakes or seas) may degrade GPS performance, resulting in slower positioning or inaccurate activity tracking.
For optimal performance:
 - Conduct outdoor activities in open areas with minimal obstructions to allow your watch to provide the best tracking service.
 - Note that GPS positioning will not work in environments without satellite signals (e.g., indoors, tunnels, etc.).
- d. Start the outdoor workout from the App and carry your phone during the activity – This will utilize your phone's GPS for positioning and track recording, improving the accuracy of your workout route.

FCC Statement

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

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

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.