Operation Guide

EX series

This user guide is designed for model EX series sport smart watch.
(All illustration used are for reference only, specifications are subject to physical product.)

EX series SportSmartWatch

Dear User:
Thank you for using the EX series sport smart watch!
For better using experience, please read this user guide carefully before.

S1 button
Luminous dial
BT on / off

S3 button
Numerical control
Camera shutter
Timer start / pause

S2 button
Mode / Confirm / Save

S4 button
Setting / Switch
Resetting

Button operation
Press: to press the button once.
Long press: to Press & hold the button for about 3 seconds.
Simultaneous Long Press: to press & hold 2 buttons (or above) for about 3 seconds.

1

Specification config

HDware
Programme: BW03 SI
System: WATCH EX 1.0
BT: BT 4.0
Display: FSTN / full view
Light: EL Cold light panel
Sound: Ceramic buzzing
Sensor: BMA222E (3D)
Battery: CR2032 (Japan)

Performs
BT distance: 8-10m (Open space)
Watch data: Save data for past 21 days
(New data will cover old data cyclically).
Server data: Permanently saved
Very frequent use: Upto 5 months
Normal use: Upto 8 months
Energy saving mode: Upto 12 months
Waterproof level: 5 ATM or IP67
Button life: 100K times

Electrical
Operating voltage: 3.0V
BT current: 0.25mA
Step counting current: 0.025 mA
Sound current: 6 mA (Buzzer)
Luminous current: 12 mA
Standby current: 0.012 mA (All function
turned off.)
Buzzer sound: 40-50 dB
Luminous brightness: 5 LM
RF band: 2379-2496 MHz

Material
Watch Case: Aluminum zinc alloy ZA-8
Button: 316L Stainless steel
Strap: Imported high-tensile silicagel
Strap buckle: 316L Stainless steel
Bottom cover: 316L Stainless steel
Watch case size: 45.5 x 45.5 x 13.0mm
Strap size: International standard
Unit weight: 82.0g
Package weight: 117.0g

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Main functions

Display

1. Full time display
IAlway on display: week, time (H-M-S)
Date: will show when press S3 button.
Time format: 12/24 hours
The watch will automatically sync time & date of phone after BT connection via phone APP.

2. Alarm and Stopwatch
You can set 1 alarm on EX watch and set 3 alarm via phone APP.Stopwatch can support for subsection timer and background running timer.

Sports

3. Walk/sport monitoring
Walking step counting (steps), Energy consumption (calories), walking distance (km).24 hours full time monitoring.

4. Movement data storaging
Movement data can be saved on watch for 21 days, it can be saved on cloud server permanently after uploading, also it could be accessed by phone or tablet APP at any time.

5. Sharing with friends worldwide
The APP and background server support global network, you could share with friends worldwide and check ranking.

Partner

6. Information reminder
After BT connection with phone via APP, the watch will remind you timely about incoming call, SMS, Twitter, Facebook, Whatsapp, Skype etc message in the form of buzzer sound.

7. Remote camera
After BT connection with phone via APP, launch phone camera from APP, and then press S1 button as shutter to take photo.

Others

8 BT on / off shortcuts
Long press S1 botton to turn on /off BT function on watch.

9 luminous dial
Under poor lighting condition, click the S1 button to turn on the luminous dial (which will last for 2 seconds after each click).

10 Low power reminder
When the watch battery is low (Voltage < 2.4V), low power icon will be flickering to remind you to replace new battery timely.It uses standard size CR2032 Battery, easy for buying & changing.

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Warning and statement

Using warning and statement
1. Keep this product & accessories away from young children to avoid any accident.
2. Only institute or staff authorized by our company is allowed to repair this product. Disassembling or repairing without authorization may bring damage to the product and can be risky, also it will invalidate the warranty.
3. The power efficiency of the built-in battery (standby time and use time) varies depending on the actual use. out actual testing condition and using time data are as following (for your reference only):
1) High frequency use, can last more than 5 months.
Testing condition: pedometer function working 24 hours/day, watch and mobile phone BT connected for average 12 hours/day, alarm clock working once/day, luminous dial working twice/day, calls and information reminder working 40 times/day.
2) Normal use, can last more than 8 months.
Testing condition: pedometer function working 24 hours/day, watch and mobile phone BT connected for 2 hours/day, alarm clock working once/day, luminous dial working twice/day, calls and information reminder working 10 times/day.
3) Energy saving mode, can last more than 12 months.
Testing conditions: pedometer function working 24 hours/day, watch and mobile phone BT connected once/week (only for uploading sports data, single connection < 0.5 hour), alarm clock working once/day, luminous dial working twice/day, no reminder for calls and information.

Waterproof statement
4. This watch is designed according to 3 ATM (or IP67) waterproof standard; please avoid using and storing the watch at place of high temperature & high humidity.
5. the wtach could be washed with clean water, but please avoid using detergent or other corrosive solvent to clean).

Printing statement
6. The images in this user guide are for reference only, some picture may not be exactly the same as the product, please refer to the actual product as final. If you find any mismatch in the user guide, or if you have any questions or comments, feel free to contact our after-sales service center.

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Display content and status icon

Display icon

- ✴ BT on / off icon
- 🔋 Low power icon
- 🔋 Alarm status icon
- Steps Steps icon
- Kcal Kcal icon
- Km Km(distance) icon

Function icon

- 📅 Today's date
- 🏃 Steps counting
- 🔥 Burned calory
- |↔| Walking distance
- 🔔 Alarm setting
- ⏱ Stopwatch function
- 📷 Remote camera
- 📞 Incoming call reminder
- ✉ Information reminder (SMS, QQ, WeChat, Twitter, Facebook, Whatsapp, Skype.)

Week
Minute
Hour
Second
Date

5

Power on / off

Power On
When the watch is switched off, long press S2 and S3 buttons until "ON" shows in the center of dial, then the watch will be switched on.

Power Off
On any mode (or dial interface), long press S2 and S3 buttons (for about 3 seconds) until "OFF" shows in the center of dial, then the watch will be switched off.

S3 button
S2 button

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BT on / off

BT on / off status
—— If the BT icon ✴ shows on top-left corner of the watch dial, it means the watch BT is turned ON; If the icon does not show, then it means watch BT is turned OFF.

BT on / off operation
On any mode (or interface), long press S1 button (for about 3 seconds) until the BT icon shows and flickers on dial, which means BT has been turned on; then if long press S1 button (for about 3 seconds) until BT icon disappears, which means BT has been turned off.

S1 button

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Time and format setting

Time synchronization
If watch BT is turned on and the watch is connected with phone via APP, then the time on watch will be adjusted according to the time on phone automatically (APP pairing operation shall be introduced in detail in following pages). Note: If time is not correct, please adjust time on phone, and then the time on watch will be adjusted automatically after synchronization.

Manual setup
When watch BT is turned off, follow instruction below to adjust or set watch time:
1. Long press S4 button to enter time setting mode.
2. Press S4 button to select from hour, minute, second, format (flickering means selected).
3. Press S3 button to adjust the value (each click will add the value by 1 or switch mode).
4. Press S2 button to confirm the current setting.

S3 button
3
4
1.2
S2 button
S4 button

8

Remark
1. Hour adjustable range 1~12 (12H format) or 1~24 (24H format), press S3 button to adjust cyclically.
2. Minute adjustable range 1~60, press the S3 button to adjust cyclically.
3. Second adjustable range 1~60, press the S3 button to adjust cyclically.
4. Format switch, press the S3 button to switch between "12H format" and "24H format".
5. Press the S4 button to select from "clock, minute, second, format" cyclically, and the current setting value will be saved automatically.
6. During setting, press S3 button to confirm the current setting value, and return to the previous menu.
7. During setting, if S2 button were not pressed for more than 10 seconds to confirm or S4 button were not pressed to switch, then the current operation will be automatically abandoned and return to the dial interface.

Minute setting
Format switch
Hour setting
Second setting

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Date setting

Date synchronization
If watch BT is turned on and the watch is connected with phone via APP, then the date on watch will be adjusted according to the date on phone automatically (APP pairing operation shall be introduced in detail in following pages). Note: If date is not correct, please adjust date on phone, and then the date on watch will be adjusted automatically after synchronization.

Manual setup
When watch BT is turned off, follow instruction below to adjust or set watch date:
1. Press S2 button to display date (📅 icon will appear on the bottom the dial).
2. Long press S4 button to enter the date setting mode.
3. Press S4 button to select between year, month, day (flickering means selected).
4. Press S3 button to adjust the value (each click will add the value by 1).
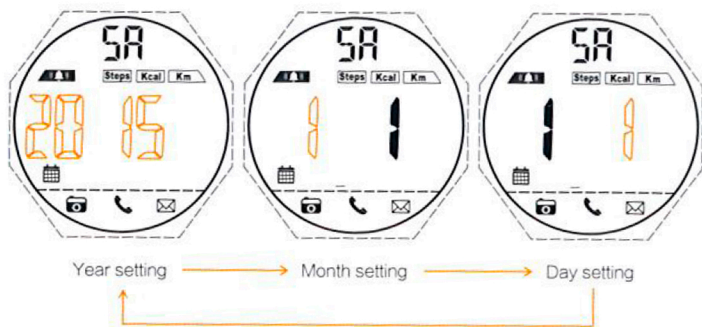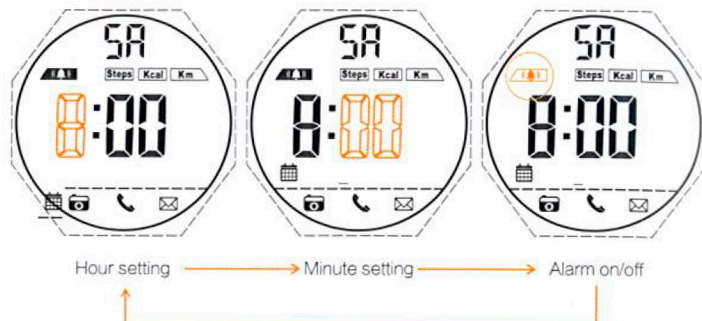5. Press S2 button to confirm the current setting.

S3 button
4
1.5
2.3
S2 button
S4 button

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Year setting → Month setting → Day setting

Remark
1. Year adjustable range 2015~2099, press the S3 button to adjust cyclically.
2. Month adjustable range 1~12, press the S3 button to adjust cyclically.
3. Day adjustable range 1~31, press the S3 button to adjust cyclically.
4. press S4 button to select from "year, month, day" cyclically and the current setting value will be saved automatically.
5. During setting, press S3 button to confirm the current setting value, and return to the previous menu.
6. During setting, if S2 button were not pressed for more than 10 seconds to confirm or S4 button were not pressed to switch, then the current operation will be automatically abandoned and return to the dial interface.

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Alarm setting

APP setting
After pairing Watch and phone via APP, the APP can set 3 sets of alarm to the watch. This setting only works for the watch alarm setting, having no connection to the phone alarm setting.

Watch setting
To set or modify the alarm on your watch, please follow the instruction below:
1. Press S2 button 5 times to enter the alarm mode (🔔 icon appear on the bottom of dial).
2. Long press S4 button to enter the alarm setting mode.
3. Press S4 button to select the hour, minute, on/off (flickering means selected).
4. Press the S3 button to adjust the value (each click will add the value by 1 or switch between on/off).
5. Press the S2 button to confirm the settings.

S3 button
4
1.5
S2 button
2.3
S4 button

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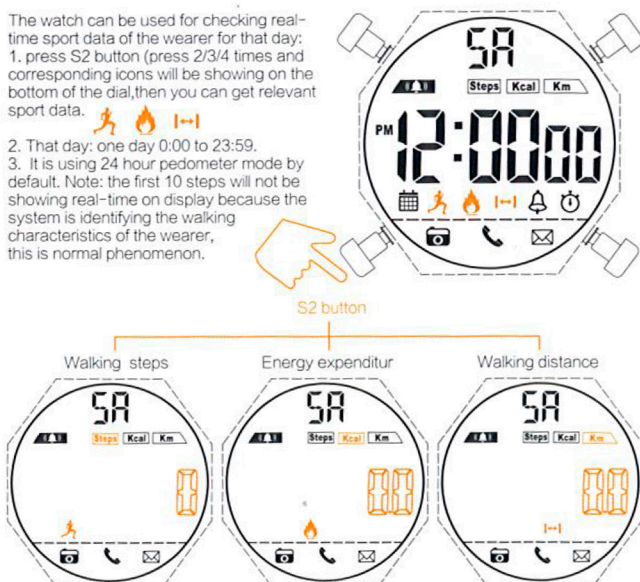Hour setting → Minute setting → Alarm on/off

Remark
1. Hour adjustable range 1~12 (12H Format) or 1~24 (24H format), press S3 button to adjust cyclically.
2. Minute adjustable range 1~60, press S3 button to adjust cyclically.
3. Alarm on/off, press S3 button to switch between on & off.
4. Press S4 button each time to select from"hour, minute, on/off" cyclically , and the current setting value will be saved automatically.
5. During setting, press S3 button to confirm the current setting value and return to the previous menu.
6. During setting, if S2 button were not pressed for more than 10 seconds to confirm or S4 button were not pressed to switch, then the current operation will be automatically abandoned and return to the dial interface.
7. When the alarm takes effect, the watch will make a notification tone of "Tick Tick" and the ringing will last for 18 seconds.

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Stopwatch / Timer

To use stopwatch function, please follow instructions below:
1. Press the S2 button 6 times to enter the stopwatch mode (⏱ icon will appear on the bottom of the dial).
2. Press the S3 button to start, pause.
3. Press the S4 button to reset (press S3 to restart, pause).

S3 button
2
1
S2 button
3
S4 button

Remark
1. The Stopwatch can support longest time counting upto 23 hours 59 minutes and 59.99 seconds; accuracy can be millisecond level within 23 minutes and 59.99 seconds, and second level accurate after that.
2. When the stopwatch reaches the maximum counting figure, it will automatically start counting from zero again.
3. Stopwatch supports background operation: time counting will continue as long as it's not paused or reset.

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Real-time sport data

The watch can be used for checking real-time sport data of the wearer for that day:
1. press S2 button (press 2/3/4 times and corresponding icons will be showing on the bottom of the dial,then you can get relevant sport data. 🏃 🔥 ⊢⊣
2. That day: one day 0:00 to 23:59.
3. It is using 24 hour pedometer mode by default. Note: the first 10 steps will not be showing real-time on display because the system is identifying the walking characteristics of the wearer, this is normal phenomenon.

S2 button

Walking steps   Energy expenditur   Walking distance

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Incoming call and message reminder

Incoming call reminder
After Watch and phone connected by APP: when there's an incoming phone call, the icon 📞 on the bottom of the dial will keep flickering, also the watch will make a notification tone "beep beep" to remind.

Message reminder
After Watch and phone connected by APP: when there's a new message, the ✉ icon on the bottom of the dial will keep flickering, also the watch will make a notification tone "beep beep" to remind.
. Message is including SMS, QQ, WeChat, Twitter, Facebook, WhatsApp, Skype etc message. (if reminder function is turned off for certain application in the APP, then the watch will not give reminder for this application message) .
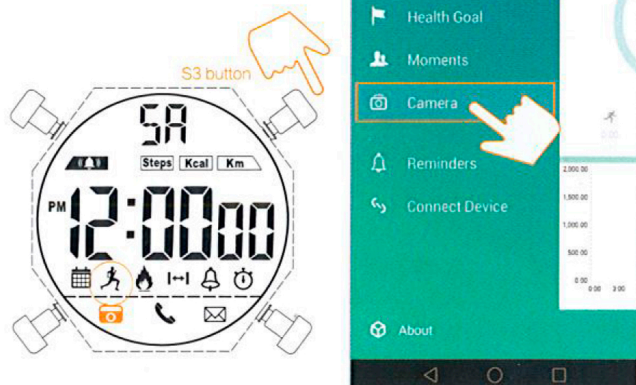

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Remote camera

Operation steps
1. Make sure the BT connection between watch and phone is normal.
2. Click 'take photo' from the menu bar of the APP.
3. Press the S3 button (camera shutter), then the icon 📷 on the bottom of the dial will keep flickering, which means the remote camera function is ready.

S3 button

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♂ 2.7 m 150 kg

⚑ Health Goal
👥 Moments
📷 Camera
🔔 Reminders
↩ Connect Device
⊗ About

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luminous dial

1. The watch uses FSTN LCD full angle display, ultra-low power consumption.
2. Under poor lighting condition, click the S1 button to turn on the luminous dial (which will last for 2 seconds after each click).
3. In order to save power, please avoid using luminous dial under good lighting condition.

S1 button

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Low power reminder

Low power reminder
When the low power icon [🔋] appears on the right corner of the dial, please replace a new battery in time or within 15 days, otherwise it may affect the normal use of the watch.

Replace battery
This watch uses CR2032 standard button battery (easy to buy); users can replace battery after openning bottom cover.

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APP installation for iPhone

1. If you use iPhone, the operating system need to be iOS 7.0 or above version (ie, iPhone 4S or above model), BT 4.0 or above.
2. To use iPhone (or iPad) to scan the QR code below or search "XWatch" on the APP Store to download & install the APP.

3. When prompted to install the downloaded APP, make sure "allow this APP to keep running at backstage" and "trust this application" is turned ON.
4. During installation, if BT on Phone is OFF, please follow the instruction and turn ON BT on phone.
5. For the convenience of users, same QR codes are appearing on several areas of this user guide, please choose to scan the correct QR from "Android phone(domestic) QR" or "Android phone (Oversea) QR" for APP installation.

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APP installation for Android phone

1. If you use Android phone, the operating system need to be Andriod4.3 or above version, BT version need to be 4.0 or above.

2.1 (for China Users)
Scan the QRCode (below) or Search "XWatch" from 应用宝 to download & install the APP.

2.2 (for Oversea Users)
Scan the QRCode (install Google Play before scanning) to download & install the APP.

3. When prompted to install the downloaded APP, make sure "allow this APP to keep running at backstage" and "trust this application" is turned ON.
4. During installation, if BT on Phone is OFF, please follow the instruction and turn ON BT on phone.
5. For the convenience of users, same QR codes are appearing on several areas of this user guide, please choose to scan the correct QR from "Android phone(domestic) QR" or "Android phone (Oversea) QR" for APP installation.

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APP user registration and login

User registration
1. User account need to be registered before first use.
2. It's suggested for oversea users to use valid Email address to register (system verification code will be sent to the registered Email address).
3 Fill in the registration information, then click "agree the user agreement & register" to complete registration.
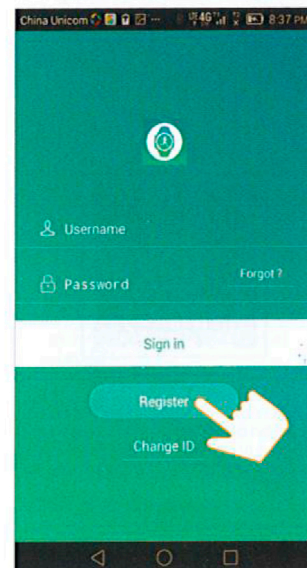
User login
1. Fill in your username and password to login the APP.
2. For the first login, you may be asked to fill in your personal information (gender, birth date, height,weight) and health goals. The more accurate the registration is, the more accurate the movement monitoring data will be.

Reminder
This user guide mainly uses the Android version APP interface as an example, iPhone version APP interface and function layout might differ slightly, please refer to actual interface & functions.

👤 Username
🔒 Password   Forgot ?

Sign in

Register
Change ID

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Binding watch and phone

Binding steps
1. Turn on BT function on both phone and watch, and make sure the distance between two devices to be less than 5 meters.
2. Run the APP On phone, then click the icon ▤ in the upper left corner of the main interface (to enter the menu bar).
3. click "device binding" on the menu bar.
4. When the phone finds "XWatch", click "XWatch" to complete the pairing and binding.

After binding (when phone & watch connected via BT)
1. Sports data on the watch will be uploaded to server timely, also such data can be checked real-time from the phone APP.
2. Mobile phone related information can be instantly reminded on the watch.
3. Time & date synchronization function will be effective.
4. Remote camera function will be effective.
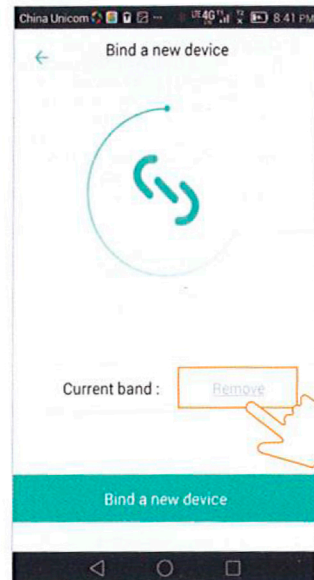5. Watch and phone will connect automatically when BT turned on.

Bind a new device

Search smartband

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Unbinding watch and phone

Cancel reminder function
If you just want to temporarily cancel the reminder etc companion function from the watch, instead of unbinding the watch, you only need to turn off the BT on the watch (press & hold S3 button for 3 seconds to turn off BT). Watch and mobile phone will connect automatically when turning on BT again, and all relevant functions can be resumed immediately. (if binding is removed, then next time you need to do binding again before using).

Remove bounding
1. Click icon ▤ on the upper left corner of the APP main interface (to enter the menu bar).
2. Click "device unbinding" on the menu bar to "remove the current binding".
3. Note: Unbinding watch and iPhone will require one more step:To cancel the BT connection between watch and iPhone. Take iPhone6 for example, find the XWatch in the device list of "Setting—BT" and click "ignore this device".
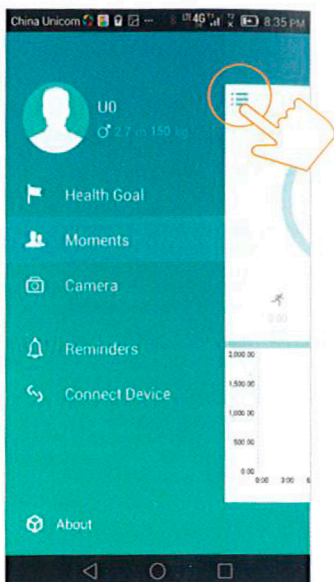
Bind a new device

Current band : Remove

Bind a new device

APP operation

Basic instructions
1. After initial installation of the APP, system will introduce the basic operation of the APP immediately.
2. Click ▤ icon on the upper left corner of APP main interface to enter the APP menu bar, click on the icon again to return to the main interface (Note: see the right picture).
3. Click ⬆ icon on the upper right corner of APP main interface to share the homepage information to you friends (via WeChat friends, WeChat Moments, Facebook, Twitter).

Menu description
1. Health goals: the ideal weight user hopes to achieve through exercise and the amount of exercise that user expect each day.
2. Circle of friends: User could add other user of the system / the watch as sports friend, also could access "Friends' Sports Ranking".
3. Take photo: can take photo directly in the APP, also user can use the watch S3 button as the shutter button for taking photo remotely.
4. Alarm clock: user can set phone alarm clock from watch directly.
5. Reminder: users can choose to turn on or off the reminder of relevant information.
6. Device binding: binding or unbinding between phone and watch.
7. About: click on "help" to help you understand the basic operation of APP.

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♂ 27 m 150 kg

🏳 Health Goal
👥 Moments
📷 Camera
🔔 Reminders
↪ Connect Device

🌐 About

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Data upload and refresh

Sport data upload
When the APP is normally connected to the watch, the watch sport data will be automatically uploaded to the cloud server.
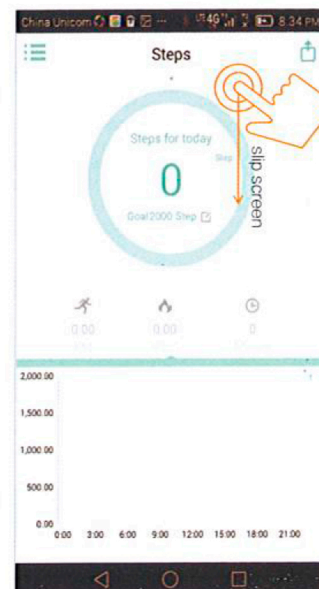
Sport data refresh
on APP main interface: Swipe down from top of the screen (see right picture), you can get (refresh) the latest data of the watch, and upload it to the cloud server.

Attention:
Before using Pedometer function, please set /sync the date and time on the watch accurately, otherwise the statistics may be inaccurate due to date & time mismatch between watch and cloud server.

Sport data of the watch is transferred to the phone via APP, which will then be uploaded to the cloud server via mobile phone network (3G/4G or WIFI) or GPRS. So to ensure data upload is successful, please make sure BT connection between phone & watch is normal, and make sure the mobile phone network is normal.

Steps

Steps for today

0

Goal:2000 Step

slip screen

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Connection instruction
for some specific mobile phone

⚠

Due to default setting and permission reason, some Android phones may not support BT background data refresh and notification. Then the user may need to activate relevant permission manually. Take HUAWEI Honor X4 phone as an example:
1 in the phone Settings, enter the "Notification center", make sure QQ, WeChat, Xwatch etc APP status are all turned ON.
2 in the Settings, enter "Protected apps", make sure QQ, WeChat, Xwatch etc APP status are all turned ON.
3 in the Settings, enter "Permission manager", make sure 'Trust this Application' option for QQ, WeChat, Xwatch etc APP are turned ON.

Mobile phone configuration requirements for the APP:
iPhone: IOS 7.0 or above, BT4.0 or above.
Android phone: Andriod4.3 or above, BT4.0 or above (the user outside China, please install Google Play before scanning).

iPhone
(Whole world)

Android phone
(in China)

Android phone
(outside China)

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Warranty Card

1. Warranty service content.
1.1 Product warranty period of 12 months from the date of purchase (packaging materials do not belong to the scope of warranty).
1.2 When the product is in trouble, we will arrange the after sales service for you.

2. The following conditions are not included in the scope of the warranty.
2.1 Products beyond the warranty period.
2.2 Failed to issue a purchase certificate or the company can not verify the date of purchase.
2.3 External causes the product of breaking and grinding, scratch, and fracture caused by non normal wear watchband.
2.4 Products due to the failure and damage caused by water.
2.5 Other non product design, manufacturing defects resulting in quality problems.

3. Maintenance instructions.
3.1 Repair when I ask you to show the warranty card and proof of purchase, and attach the product fault (and ultimately prevail in the maintenance of the company).
3.2 After the maintenance of products continue to enjoy the warranty period of the after-sales service.

Warranty Card

Program: BW03 SI
System: WATCH EX 1.0
BT: 4.0
Display: FSTN / full view
Light: EL Cold light tablets
Sound: Ceramic buzzing
Sensor: BMA222E (3D)
Battery: CR2032 (Japan)

iPhone
(Whole world)

Android phone
(in China)

Android phone
(Google Play)