



## Operation Guide



iPhone  
(Whole world)



Android phone  
(in China)



Android phone  
(Google Play)



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.

Dear User:  
Thank you for using this smart sport watch! For better use of it, please read this guide carefully before use.

## Specification config

### Hardware

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)

### Performs

Watch data: Save data for past 15 days (New data will cover old data cyclically).  
Waterproof level: 5 ATM  
Button life: 100K times  
Strap size: International standard

### 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

Related data, please refer to the label of box outside (or other places)

## Main functions

### Display

- Full time display**  
Always 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.
- Alarm and Stopwatch**  
You can set 1 alarm on X watch and set 3 alarm via phone APP. Stopwatch can support for subsection timer and background running timer.

### Sports

- Walk/sport monitoring**  
Walking step counting (steps), Energy consumption (calories), walking distance (km). 24 hours full time monitoring.
- Movement data storing**  
Watch sports data saved for 15 days, Bluetooth connected to the phone, the data is automatically uploaded to the phone (Note: "two upload data interval of not more than 15 days, or more than 15 days before the data is automatically cleared").
- Sharing with friends worldwide**  
The APP and background server support global network, you could share with friends worldwide and check ranking.

### Partner

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

- BT on / off shortcuts**  
Long press S1 button to turn on/off BT function on watch.
- 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).
- 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.

## Warning and statement



### Using warning and statement

- Keep this product & accessories away from young children to avoid any accident.
- 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.
- The power efficiency of the built-in battery (standby time and use time) varies depending on the actual use and battery mode (variety). Theoretical and measured data are as follows (for your reference only):  
1) High frequency using: CR2032 can last 5 months, CR2430 can last 6.5 months, CR2450 can last 14 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 using: CR2032 can last 8 months, CR2430 can last 11 months, CR2450 can last 22 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: CR2032 can last 12 months, CR2430 can last 16 months, CR2450 can last 33 months.

Testing conditions: pedometer function working 24 hours/day, watch and mobile phone BT connected once/week (only for uploading sports data, single connection < 0.5hour), alarm clock working once/day, luminous dial working twice/day, no reminder for calls and information.  
Note: The Battery, CR2032 capacity 220mAh, CR2430 capacity 290mAh, CR2450 capacity 610mAh, you can check the Watch's battery model on the box label (or other places).

### Waterproof statement

- This watch is designed according to 5 ATM waterproof standard; please avoid using and storing the watch at place of high temperature & high humidity. Please do not press the keys in the water.
- The watch could be washed with clean water, but please avoid using detergent or other corrosive solvent to clean).

### Printing statement

- 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.

## Display content and status icon

### Display icon

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

### Function icon

- Today's date
- Steps counting
- Burned calorie
- Walking distance
- Alarm setting
- Stopwatch function
- Remote camera
- Incoming call reminder
- Information reminder SMS, QQ, WeChat, Twitter, Facebook, Whatsapp, Skype.



## Power on / off

### Power On

When the watch is switched off, long press S2 and S3 buttons (for about 3 seconds) 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.



## BT on / off

### BT on / off status

—If the BT icon (BT) 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.



## Time and format setting

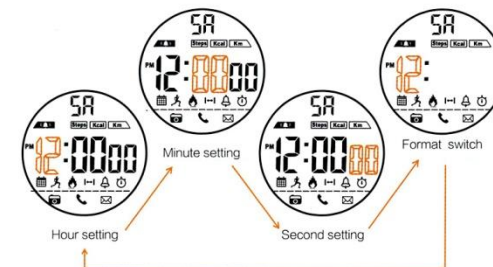
### Time synchronization

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.



### 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.

## Date setting

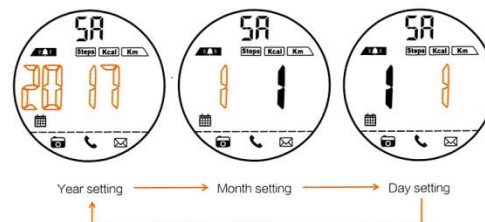
### Date synchronization

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.



### 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.



## 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 the 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.



### 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 8 seconds.





## 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).
4. Press S2 button to exit stopwatch function (otherwise, the stopwatch function will continue; User could check the stopwatch records if re-enter stopwatch function after exiting .working)



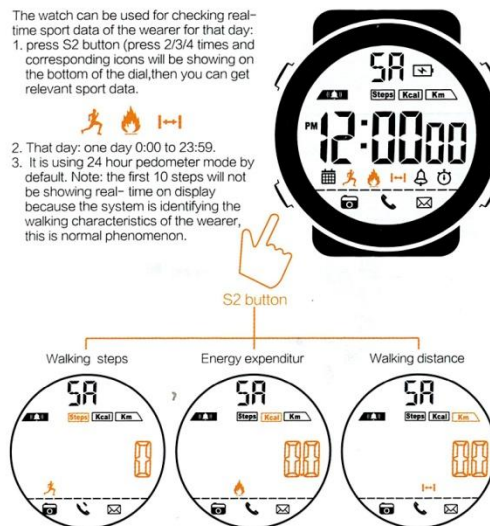
### Remark

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.

## 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.



## 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).



## 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.



## 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.



## 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

The machine uses a standard button battery, the user can purchase their own, and then open the watch bottom cover to replace.



## 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 "sports+" 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.

## APP installation for Android phone

1. If you use Android phone, the operating system need to be Android 4.3 or above version, BT version need to be 4.0 or above.

2.1 (for China Users) Scan the QRCode (below) or Search "sportplus" from Application treasure 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.



## APP User login


### User login

1. Download APP and log in directly.
2. For the first time, click on the picture to fill in the user Person information (sex, date of birth, body High, weight).
3. Set the target number of steps and distance in the setup menu Unit (the system defaults to 10,000 steps)



## 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 "Equipment management" 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.




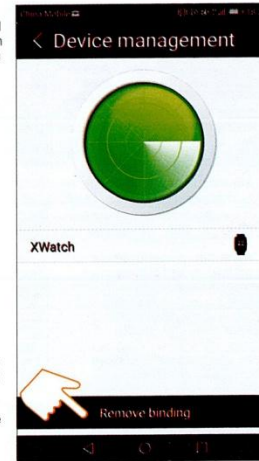
## Unbinding watch and phone

### Cancel reminder function

If you just want to temporarily cancel the reminder etc. comparison 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 "Equipment management" 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".



## 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. Device management: mobile phone and watch binding or remove binding.
2. Reminder: Alarm clock and information reminder, users can choose to turn on or off the reminder of relevant information.
3. Operation manual: APP basic operation.
4. Settings
  - Target steps: the user sets the amount of movement per day (steps).
  - Distance unit: kilometre, or mile.
5. Other

Circle of friends: User could add other user of the system / the watch as sports friend, also could access "Friends' Sports Ranking" (on APP home page)  
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 (on APP home page)



## 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.

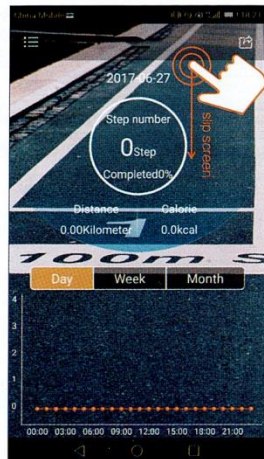
### Sport data refresh

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.



## 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, Sportplus etc APP status are all turned ON.
2. in the Settings, enter "Protected apps", make sure QQ, WeChat, Sportplus etc APP status are all turned ON.
3. in the Settings, enter "Permission manager", make sure "Trust this Application" option for QQ, WeChat, Sportplus etc APP are turned ON.

Mobile phone configuration requirements for the APP:

iPhone: IOS 7.0 or above, BT4.0 or above.

Android phone: Android4.3 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)