



DW-019liteX UM

Please read the manual before use.

- ◆ **The information in this document won't be modified or extended in accordance with any notice.**
- ◆ **The watch should be charging 2 hours at least before use.**

1. Caution:

1.1 Waterproof and dustproof

The watch supports waterproof and dustproof. Please follow below guidelines to maintain the waterproof and dustproof function. Otherwise your device might be damaged.

- Do not use watch under the strong pressure water.
- Do not use watch when diving, snorkeling or other sports in turbulent water.
- Please dry your hands or watch fully before operating.
- If the watch is exposed to water, please dry it fully with soft cloth.

If it is exposed to other liquids (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer) or chemicals (such as cosmetics), please wash it with clean water and dry it fully with soft cloth. Do not follow these instructions may damage its performance and appearance.

- If the watch is dropped or hit, the waterproof and dustproof function may be damaged.

- Do not disassemble your watch. The waterproof and dustproof function may be damaged.
- Do not use watch in extremely high or low temperature environments.
- Do not use blowers and other heated equipment to dry the watch.
- In sauna room, the waterproof function may be damaged.

1.2 Cleaning and management of 019liteX

Follow the below points to ensure that 019liteX is operating normally and looks good. Otherwise, maybe damage 019liteX and cause skin irritation.

- Protect watch from dust, sweat, ink, oil and chemical products (such as cosmetics, antibacterial sprays, hand sanitizers, detergents, and insecticides). Otherwise, the internal and external parts may be damaged or causes performance degradation. If 019liteX is stained with above substances, please clean it with lint-free soft cloth.
- When cleaning 019liteX, do not use soap, detergent, abrasive materials, compressed air, ultrasonic waves or external heat sources. Otherwise, 019liteX may be damaged. Soap, detergent, hand sanitizer, or detergent residue may cause skin irritation.
- After exercising or sweating, please clean your wrist and strap. Use water to clean 019liteX and dip a small amount of alcohol to wipe, then dry it thoroughly.

- If 019liteX is stained or infiltrated with other objects, please use wet soft toothbrush to clean it.

1.3 If you are allergic to material on 019liteX, please pay attention when using

- Manufacturer conducted testing about hazardous materials on 019liteX by internal and external certification agency, including testing of all materials contact skin, skin toxicity testing, and wearing testing.

- 019liteX contains nickel. If your skin is very sensitive or you are allergic to the materials on 019liteX, please take necessary precautions.

- Nickel: 019liteX contains a small amount of nickel. The content is lower than the reference value of European REACH regulations. You will not be exposed to the nickel in 019liteX and our device has passed the international certification test. However, if you are allergic to nickel, please use 019liteX with caution.

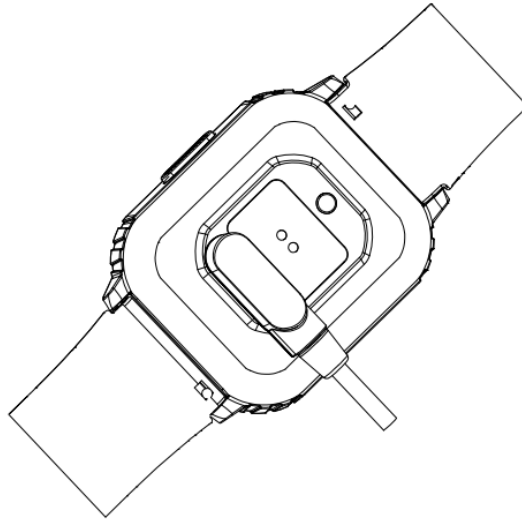
- All materials used on 019liteX comply with relevant inspection standards such as REACH and RoHS.

2. Product specification

Model	DW-019liteX
CPU	RTL8762C
ARM	Cortex-M0 53MHz
Memory	RAM 128KB + ROM 128Mb
Capacitive touch screen	1.4" IPS 240*240 screen 2.5D glass
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/160mAh
Function	IP68 waterproof, 24h Body Temperature, Games, Heart Rate, Sleep, Daily activity, Sports, Stylish Dials Push, DIY favorite dial customized, Notification (Ins/Facebook/Skype/WhatsApp ect)
Other features	Timer, Do not disturb mode, Screen lock, Alarms, multi-Languages supported, changeable strap

3.Product details

3.1 Charge your watch



Connect and charge the watch according to the picture. It needs to be charged to activate the watch when it is started for the first time.

Notice: Do not use a charger exceeding 5V 2A for charging.

3.2 Operate your watch



(1) Power on: When the watch is Off status, press and hold the power button for 5 seconds to turn it on. The home screen of the watch will

be displayed after booting.

(2) Touch screen operation: From the home screen, swipe to the right to the menu screen, then tap the function icon to enter the corresponding sub-menu.

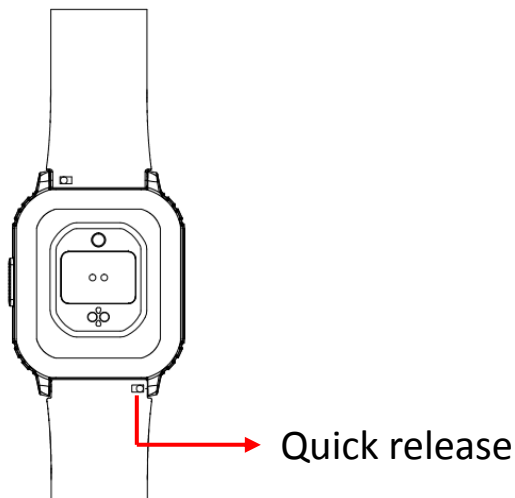
(3) Wake up screen: When the watch screen is Off status, you can press the power button to wake up the screen. If the Gesture control button is turned on in the APP, you can also wake up the screen by turning the wrist.

(4) Shutdown: Click the Setting icon, click System - Shut down, click



to shut down.

3.3 Replace the strap



Remove the strap from the watch by sliding the quick release on the strap.

4. Products quick into

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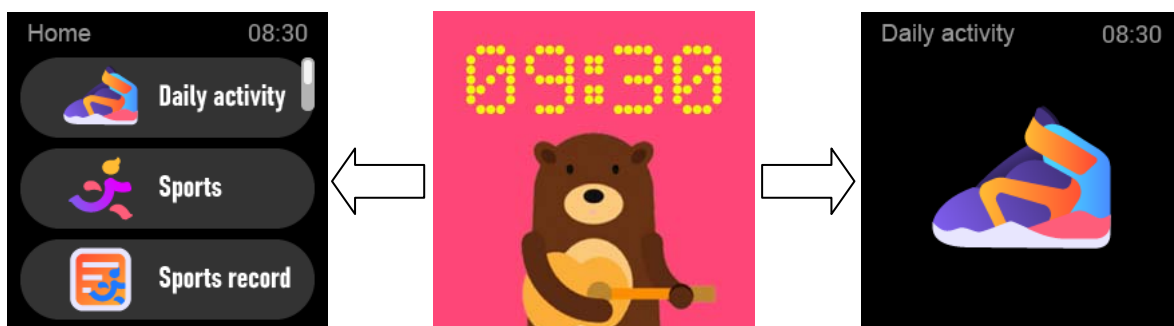
(1) Long press the main interface to enter the home page thumbnail.
You can view it left and right, click touch to switch the home page.

(2) Swipe to the right: Display function list -> Daily activity, Sports, Sports record, Heart rate, Temperature, Games, Sleep, Weather, Style, Timer, Setting. Swipe up and down to navigate the list, and tap a function to select.

(3) Swipe down: Display Battery, Bluetooth, Date, Brightness, Games, Alarms, Setting.

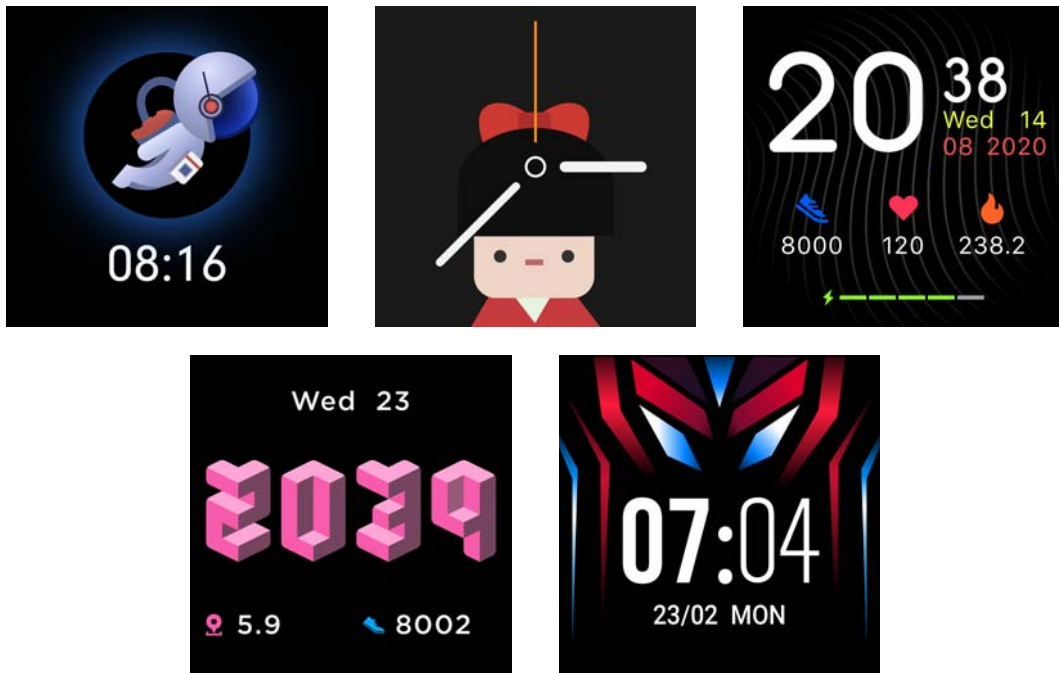
(4) Swipe up: Storage information, Heart rate monitoring, Daily activity.

(5) Swipe to the left: Display the static icon list, click to enter the corresponding function, right stroke to return to the previous level.



4.2 Clock Display



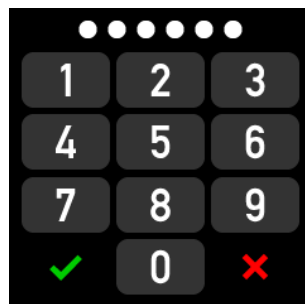


Setting method:

When the watch in clock mode, please long press on the middle screen and set different clock interfaces if you like.

4.3 Screen lock

Setting path: in the APP function list menu, "Device" - "Screen lock". You can turn on the Screen lock after setting a password to prevent your children from overusing. If the Screen lock is turned on, a password is required when using the watch.



5.Product quick use

5.1 Download and install App

You can set up the watch through the "HitFit Pro" App for iOS or Android devices. You need download and install the "HitFit Pro" App from APP Store or Google Play Store:



Or you can scan the following QR code to download the app:



5.2 Bluetooth Connection

Turn on the Bluetooth and GPS on your mobile phone.

Turn on your watch, in the app, search the device, select product mode 019liteX-XXX to bind. You can view more detailed instructions at the link below:



After connected successfully, shown as the icon in the watch status

bar: 

Notice:

* During the process of opening the APP or binding the watch, please agree to all the permission prompt. During binding process, "Hitfit Pro" will prompt you to enable GPS and Bluetooth, and authorize "Hitfit Pro" to get access to the GPS on you mobile phone. If your phone is iOS system, you need agree to pair with you phone and display your iPhone notifications.

* Wrong operation: Pair the watch directly with the Bluetooth in your mobile phone's settings.

* Please don't shut the Bluetooth notify service when you are clearing software by background or close background application software. It will affect the sync function between watch and phone if shut it.

* If you want your watch to receive third-party notifications, you need to turn on the notification permissions.

5.3 Basic functions

5.3.1 Daily activity

The watch will display the user's total number of steps on the day, walking distance, calories burned on the same day, and the data will be cleared at 0 o'clock (midnight) every day.

5.3.2 Sports

In sports mode: the single-point function icon allows you to enter sports modes such as Walking, Running, Climbing, Riding, Basketball and Free sports.

5.3.3 Sports record

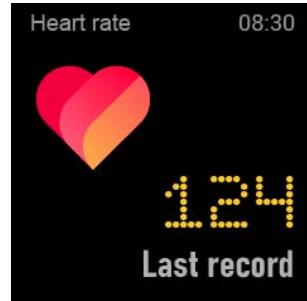
If you have done any sports and saved, in this function will show the information of sports record.

5.3.4 Heart rate

(1) Function introduction: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the vibration will display the result. After no operation, the screen will automatically go out.

(2) Operating instructions: Swipe to the left on the main interface and click the heart rate static icon to switch to the heart rate measurement interface. Once the interface is entered, the

measurement will start. During the measurement, the interface value will be zero. After the measurement is completed, the value will be displayed.

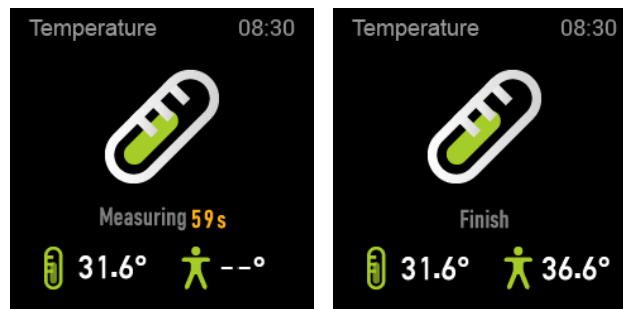


5.3.5 Temperature

(1) Function introduction: The watch will measure the user's temperature under the temperature measurement interface. After the test is completed, the vibration will display the result.

(2) Operating instructions: Swipe to the left on the main interface and click the temperature static icon to switch to the temperature measurement interface. Once the interface is entered, the measurement will start. The left data is for Body surface temperature, it is changed in real time. The right data is for Body temperature, measuring 60s to complete the measurement. During the measurement, the interface value will be show "--". After the measurement is completed, the value will be displayed.

Remark: During testing body temperature, environment temperature requires within 18-30°C.

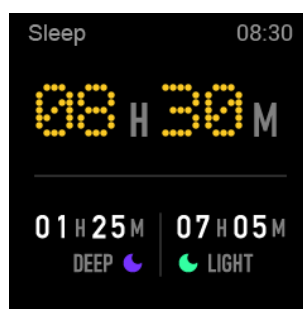


5.3.6 Games

There are many interesting games on the watch, including **Keep a pet**, **2048**, **Candy crush**, **Jigsaw**, **Fly a plane**, **Racing car**, **Maze** and **Basketball**, you can choose one to play.

5.3.7 Sleep

- (1) Function introduction: The watch will display the user's sleep time the night before. (Sleep measurement time 21:30 - 12:00 next day)
- (2) Operation instructions: Swipe the main interface left and right, click sleep to switch to the sleep interface, you can view the sleep time of the previous day.



5.3.8 Weather

After connected with HitFit Pro, the watch will show local weather and the updated time.



5.3.9 Style

The UI include **Layout** style and **Icon** style, you can choose different style to show.

5.3.10 Timer

Swipe left on the main page and click the stop icon static icon to switch to the stopwatch interface. Click to start timing. During the timing, you can pause/start switching with a single touch. Swipe the stopwatch function to the right of the stopwatch interface and return to the static function page.

5.3.11 Setting

-  **Screen display:** Including **Change dial**, **Brightness**, **Screen time**, **Turn wrist wake** setting.
-  **Do not disturb:** Set enter or exit do not disturb mode.
-  **Vibration:** Set vibration intensity.
-  **Alarms:** You can set alarms in the APP, the watch will show the alarms information, when the alarm time is up, the watch will pop up a reminder icon. You can also open or close it in the watch.

-  **System:** Including **Language, System version, Shut down, Reset** settings.

6. Caveat

Please follow the doctor's instructions and measure the results of self-diagnosis and treatment. Users with blood circulation disorders and blood diseases should be treated under the guidance of a doctor. The measurement results of this product are for reference only and are not intended for any medical use or basis.

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

RF Exposure Information

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