IDW20 Smart Watch
Operation Manual

Thanks for purchasing this product.
Please read this Manual carefully before use.

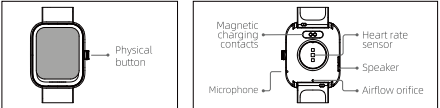| Model	IDW20	Screen Type	1.91"-inch color screen
Battery capacity	3.8V/300mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	5-7 Day
Operating Temperature	-20°C-60°C	Weight of Product	37.6g
Product Frequency	2402-2480MHz	Bluetooth Version	BLE5.3
Max. transmission Power Consumption	3.51dBm		

Scan the QR code
for more function information

Quick start guide (EN)

1. Product overview

- Physical button
- Magnetic charging contacts
- Heart rate sensor
- Speaker
- Microphone
- Airflow orifice

Physical button operation

Short press
1. To return.
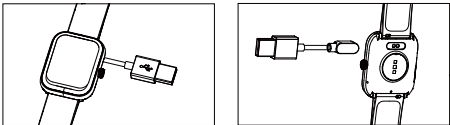2. To wake the screen when it is off.

Long press
1. To turn on the watch.
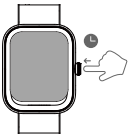2. Under the power on state, long press for 8s to restart.

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2. Turning on/off

Turning on
Whilst the watch is off, it automatically turns on when you put it on charge.

Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Long press the button to turn on the watch.

Turning off
To turn off the watch: go to Settings ->
Turning off menu.

App downloads and pairing

1. App downloads

Download and install the "Fastrack Reflex World" app on the App Store, Google Play or by scanning the QR code below.

2. Pairing

Turn on Fastrack Reflex World app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

Screen operation

Swipe up/down
1. To toggle through menu.
2. To view long text/details.
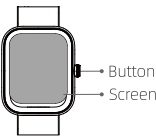
Swipe left/right
1. To toggle through menu.

Tap the screen
1. To enter the menu.
2. To operate according to the prompts.

- Button
- Screen

Tap and hold on the screen
1. To switch between watch faces.

Features

IDW20 has features such as IP68 water resistance, ultra-long battery life, full-screen touch control, low latency, 100 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to "User Guide" section.

Care and maintenance

Three suggestions for use and maintenance:
1. Keep the product clean;

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2. Keep the product dry;
3. Do not wear the product too tight;
 * Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.
 * For stubborn stains, it is recommended to remove by scrubbing with alcohol.
Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.
Caution:
• If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
• If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Wear and Care
Some users may experience skin irritation when using this product. To reduce the potential for irritation,please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists sweat, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and Seek medical advice in time.

名称	IDW20说明书	材质	80G哑粉
尺寸	展开尺寸：420X200mm 成品尺寸：70X100mm	装订方式	6折页
颜色	四色印刷		
版本号	V2-更新说明书二维码		