



**Smart Bracelet  
User Manual  
SW-154**



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## Safety information

Please read the safety instructions carefully before using the product for the first time and keep the instructions for future reference.

- 1.This product is not a toy. Keep it out of reach of children.
- 2.Warning: This product includes lithium polymer battery.
- 3.Keep product out of the reach of children and pets to avoid chewing and swallowing.
- 4.Product operating and storage temperature is from 0 degree Celsius to 40 degree Celsius.  
Under and over this temperature might affect the function.
- 5.Never open the product. Repairs or service should only be performed by qualified personnel.
- 6.Do not use for water depth below 1 meters!
- 7.Please remove the Smart watch from arm in case of any leakage or excessive heat from the product to avoid burns or rash.
- 8.Using other accessories than the ones delivered with the product can cause abnormal functionality.

**IMPORTANT! BPM-Heart Rate-Blood Oxygen app measurements are not intended for medical use, including self diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes. This is not a medical diagnostic device.**

### 1. Compatible System of Phone and BLE Version:

Android 4.2 and above

iOS 8.0 and above

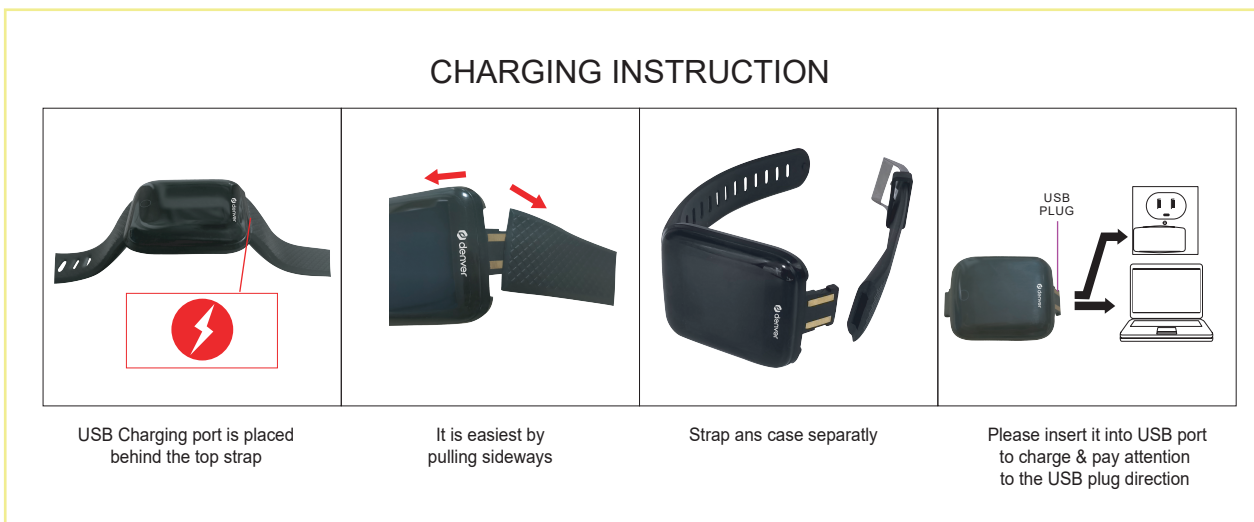
BT4.0

### 2. User Preparation

Please make sure the device is fully charged before using for the first time.

#### IMPORTANT:

If the Smartwatch can not turn on first time automatically, then please charge it 4-5 hours before first use. Please note that it takes minimum 2-2.5 hours of charging to make the smartwatch operational and show display info.



### 3. Download the FitPro App



To access all of the Smart Watch's features, you will need to download and install the FitPro App onto your smart phone or other mobile device.

System requirements to use the app are:

Android Operating System 4.0 or above; Apple ios9.0 or above. The device should also have support for Bluetooth 4.0.



- Scan the FitPro QR code from within your SmartSports Watch (swipe up, then tap QR Code icon).
- Or, download it from the Apple App Store (if you have an iPhone).
- Or, download it from Google Play (if you have an Android phone).

## 4. Bind Your Smart Sports Watch to a Mobile Phone

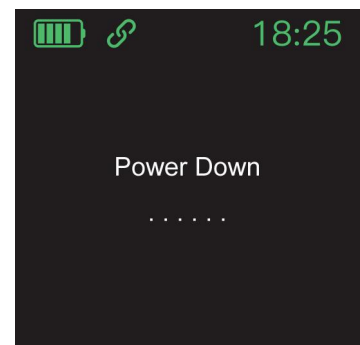
- 4.1 After installing the FitPro App, onto your phone or mobile device, open the app and allow it to access photos, media, and files.
- 4.2 Next, open the app and select "Set" from the icons on the bottom of the screen; this will take you to the screen that allows you to pair/bind your watch to your device.
- 4.3 Tap "Bind devices to experience more features." You will be prompted to allow the app to access location data. Select "Allow" and the app will scan for available Smart Watches to bind to.

Bind devices to experience more features >

- 4.4 Tap SW-154 from the list of devices. Once pairing/binding is complete your watch will show accurate date and time and you will be able to adjust watch settings from within the FitPro App.

## 5. Bracelet Operation

When the bracelet is successfully connected with the phone, the bracelet will synchronize the phone's time and date. And the APP will synchronize the bracelet's sports data, heart rate monitoring data, blood pressure data, etc. Short press the bracelet touch button to switch the functions, long press the touch button for entering the functions. To switch the watch off, enter the "OFF" menu and hold down the touch button for 3 seconds. To turn the watch on, press the touch button for 3 seconds.



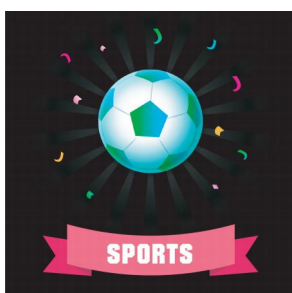
## 6. Function Instruction



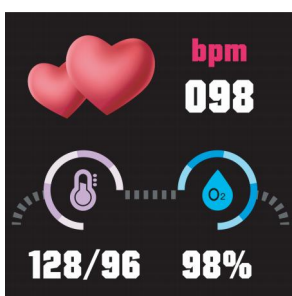
- Home Display: show Time, Date, Battery Level, etc;



- Pedometer: 24 hours recording on the bracelet; clear bracelet data at 24:00; view history in the APP.



- Exercise: counts your daily exercise time; Clear data at 24:00; view history in the APP.



- Heart Rate Monitor: automatically measures the heart rate when the function is turned on, and the heart rate data will be saved in the APP.
- SPO2Test: automatically measures the SPO2 rate when the function is turned on, and the SPO2 rate data will be saved in the APP
- Blood Pressure: automatically measures blood pressure when the function is turned on, and the blood pressure data will be saved in the APP.

- Smart Clock: find “Smart Clock” in the APP and set the time. Tap the time, you can set the repeat mode, and tap Complete to save the settings. The bracelet will vibrate when the set time is reached.
  - Sleep Monitor: automatically records your sleep status and analyzes your deep sleep and light sleep hours. The data will be saved in the APP.
  - Sedentary Reminder: open the function in the APP and set the time duration. The bracelet will vibrate when the set time is reached.
  - Reminder for Drinking: open the function in the APP and set the time duration. The bracelet will vibrate when the set time is reached
  - Anti-lost-: open the function in the APP. The bracelet will vibrate when the phone is taken away
  - Message Reminder: open the function in the APP. The bracelet will vibrate when the phone receives a new message (SMS, QQ Facebook, Twitter, Whatsapp, Wechat).
  - Call Reminder: Open the function in the APP, the bracelet will vibrate during incoming call.
  - Weather: It could show the weather info of current and tomorrow on the weather page. Weather info is synced after connecting with the APP, it will not be updated after a long Disconnection.
  - Music: After Connecting the smart watch, you can remote Control the music player on your phone.
  - Shake the Bracelet to Take Photos: open the function in the APP. Enter into the camera by tapping “Shake the Bracelet to Take Photos” in the Function List. (Make sure the mobile phone setting is enabled: Allow the APP to take photos and save the photos)
  - Find Bracelet: Tap “Find Bracelet” in the Function List in the APP and the bracelet will vibrate.
  - Restore Factory Settings: The data of the smart watch will be cleared after restore.
- \* The company reserves the right to make changes to the contents of the specifications without notice.

Please notice - All products are subject to change without any notice. We take reservations for errors and omissions in the manual.

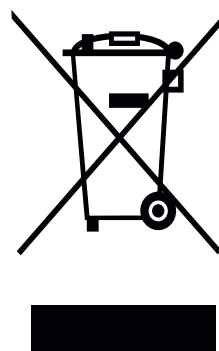
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UK  
CA

CE



Electric and electronic equipment and included batteries contains materials, components and substances that can be hazardous to your health and the environment, if the waste material (discarded electric and electronic equipment and batteries) is not handled correctly.

Electric and electronic equipment and batteries is marked with the crossed out trash can symbol, seen above. This symbol signifies that electric and electronic equipment and batteries should not be disposed of with other household waste, but should be disposed of separately.

As the end user it is important that you submit your used batteries to the appropriate and designated facility. In this manner you make sure that the batteries are recycled in accordance with legislature and will not harm the environment.

All cities have established collection points, where electric and electronic equipment and batteries can either be submitted free of charge at recycling stations and other collection sites, or be collected from the households. Additional information is available at the technical department of your city.

Hereby, Denver A/S declares that the radio equipment type SW-154 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [denver.eu](http://denver.eu) and then click the search ICON on topline of website.

Write model number: SW-154. Now enter product page, and RED directive is found under downloads/other downloads.

Operating Frequency Range: 2412-2484 MHz

Max Output Power: 0.555W

Denver A/S

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