

swisstone®

Hergestellt in China

SW 320 HR

Instructions

07-03

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27°

SUN

EN

7. Further information

Areas with explosion risk

Always turn off the unit when you are in an area where there is a risk of explosion. Follow all signs and instructions. There is a risk of explosion in places that include areas where you are normally requested to turn off your car engine. In these areas, sparks can cause explosion or fire which can lead to personal injury or even death.

Turn off the unit at filling stations, and any other place that has fuel pumps and auto repair facilities.

Follow the restrictions that apply to the use of radio equipment near places where fuel is stored and sold, chemical factories and places where blasting is in progress. Areas with risk for explosion are often – but not always – clearly marked. This also applies to below decks on ships; the transport or storage of chemicals; vehicles that use liquid fuel (such as propane or butane); areas where the air contains chemicals or particles, such as grain, dust or metal powder.

Li-ion battery

This product contains a Li-ion battery. There is a risk of fire and burns if the battery pack is handled improperly.

WARNING

Danger of explosion if battery is incorrectly replaced. To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts, expose to temperature above 60° C (140° F), or dispose of in fire or water. Recycle or dispose of used batteries according to the local regulations or reference guide supplied with your product.

1. Wear on your wrist

Wear the wristband about one finger-width away from the wrist with the display facing upwards and adjust the band so that it sits comfortably but firmly.

2. How to charge

While it's possible that your SW 320 HR will already come with enough charge to be powered on right out of the box, we recommend to fully charge it before first use.

Pull the bracelet gently to free the USB charging connector.

Insert the USB charging connector into any USB power adapter that permits charging.

Note!

Generally charging is quicker if plugged in to a USB power supply compared to charging via other hosts such as computers.

Important note for charging

When charging the SW 320 HR, please make sure that the USB plug on the device is correctly inserted into the USB socket of the charger.

The contacts on the USB connector must be physically connected to the contacts in the USB port of the charger during charging.

The display will show a short charge animation as soon as the SW 320 HR is correctly connected to the charger.

3. Install the app to a smartphone or tablet

Download and install the app GetFitPro from Google Play or App Store.

Compatible devices

Android version 6 and later

iOS version 11 and later

Bluetooth 4.0 and later compatible device.

Download on the App Store

GET

GET IT ON Google Play

4. Pair the SW 320 HR to your smartphone

1. Start Bluetooth on your smartphone.

2. Open the app GetFitPro.

3. Tap Register and follow the instructions to create an account.

or (if you already have an account) enter your e-mail address and password and tap Log In.

Note! When you log in using Guest Login, your data will be deleted if you use a different smartphone or uninstall the app.

4. When first opened, the app scans for available devices. Stay with the device near the smartphone. Then tap on the name of the wristband SW 320 HR. If automatic scanning does not occur, tap Device (at the bottom of the screen) and then tap Scan Device.

5. Follow the instructions in the app to pair your SW 320 HR with your smartphone.

6. Make your personal settings in the app.

5. Operating instructions

Tap to skip to the next function.

Press and hold to enter or exit the current function.

The default units are “km” and “°C”. In the app you can switch to “Miles” and “°F”.

6. Features

The illustrations in this manual are symbolic; the indicators on your device may differ.

Time / Date

17

45

Weather forecast

The data is synchronized by the smartphone when the band is connected to the app.

The function requires access to the activated GPS function on the smartphone. The app needs the permission for "Position".

Pedometer

Steps / distance / calories burned

Note: The SW 320 HR does not display the BMR (basal metabolic rate) of calories, but only the active calories consumed by movements. Therefore, these values sometimes are significantly lower.

Heart rate monitor

The heart rate measurement takes place automatically when this function is called up.

SMS and notifications

Tap this feature to view the content.

For this, the app must have access to SMS and notification messages and the app must run in the background.

Other

Tap this function to access the settings.

Call notification

For an incoming call:

Tap to mute the ringer.

Press and hold to reject the call.

Daily goal achieved

Set a daily goal in the app. The band will inform you when you have reached this goal.

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When you fly

It is prohibited to use the unit in flight. Turn off the unit before you board a plane. Using wireless Bluetooth units inside a plane can pose risks to air safety and interfere with telecommunications. It may also be illegal.

Cleaning

Clean the surface with a soft, dry cloth.

Do not use any sprays near the unit. Do not use any solvents, chemicals, or cleaning solutions containing alcohol, ammonia or abrasives.

Do not allow liquids to spill into any openings.

Care and maintenance

Your unit is a technically advanced product and should be treated with the greatest care. Negligence may void the warranty.

Do not use or keep the unit in dusty, dirty environments. The unit's moving parts and electronic components can be damaged.

Do not keep the unit in warm places. High temperatures can reduce the lifespan for electronic equipment, damage batteries and distort or melt certain plastics.

Do not keep the unit in cold places. When the unit warms up to normal temperature, condensation can form on the inside which can damage the electronic circuits.

Do not drop the unit. Do not knock or shake it either. If it is treated roughly the circuits and precision mechanics can be broken.

Do not use strong chemicals to clean the unit.

The advice above applies to the unit, battery and other accessories. If the unit is not working as it should, please contact the place of purchase for service. Don't forget the receipt or a copy of the invoice.

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Correct disposal of this product

(Waste Electrical & Electronic Equipment)

(Applicable in countries with separate collection systems)

This marking on the product, accessories or manual indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal. This product is RoHS compliant.

Correct disposal of batteries in this product

(Applicable in countries with separate collection systems)

The marking on the battery, manual or packaging indicates that the battery in this product should not be disposed of with other household waste. Where marked, the chemical symbols Hg, Cd or Pb indicate that the battery contains mercury, cadmium or lead above the reference levels in EC Directive 2006/66. If batteries are not properly disposed of, these substances can cause harm to human health or the environment.

To protect natural resources and to promote material reuse, please separate batteries from other types of waste and recycle them through your local, free battery return system.

Declaration of Conformity

We hereby declare that the radio equipment type swisstone SW 320 HR is in compliance with Directives:

2014/53/EU and 2011/65/EC (RoHS).

A copy of the Declaration of Conformity is available at [www.swisstone.de](#).

Warranty

In case you need support during setup or usage of your product you will find the relevant contact details on the following website: [www.swisstone.de](#).

If you detect a defect resulting from manufacturing and/or material faults within 24 months from purchase, please contact your dealer. The warranty does not apply for improper treatment or failure to comply with information contained in this user guide, for interference on device executed by dealer or user (e. g. installations, software downloads,...) and for total loss.

Furthermore it does not apply to ingress of liquids, use of force, non-maintenance, improper operation or other circumstances caused by the user. It also does not apply to failure caused by a thunderstorm or any other voltage fluctuations. The manufacturer reserves the right in this case to charge the customer for replacement or repair. For wear parts such as batteries or casing a restricted warranty period of 6 months is valid. Manuals and possibly supplied software are excluded from this warranty. Further or other claims arising from the manufacturer's warranty are excluded. Thus, there is no liability claim for business interruption, loss of profits, loss of data, additionally installed software by user or other information. The receipt with purchase date forms the warranty proof.

Technical Specifications

Bluetooth (MHz)

[maximum radio-frequency power/dBm]

4.0 (2402–2480) [10]

Dimensions

Diameter: 4,2 cm

Height: 1,2 cm

Display

160 x 80 pixels, 0,96“ TFT

Waterproof

IP67

Weight

28 g

Battery

90 mAh Li-ion battery

Operating ambient temperature

-10 ~ +40 °C

Changes and errors excepted.
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