

SW 650 Pro

SWISS+one

Instructions

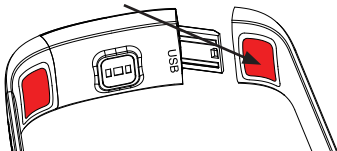


EN

1. How to charge

While it's possible that your SW 650 Pro will already come with enough charge to be powered on right out of the box, we recommend to fully charge it before first use.

Press the red buttons to release and gently pull the wristbands from the watch to free the USB charging connector. The side with charging contacts is labeled USB.



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.

2. Install the app to a smartphone or tablet

Download and install the app **LinkSmart HC** from Google Play or App Store.

Compatible devices

- Android version 4.4 and later
- IOS version 8.0 and later
- Bluetooth 4.2 and later compatible device



3. Pair the SW 650 Pro to your smartphone

1. Start Bluetooth on your smartphone.
2. If not already started, turn on your **SW 650 Pro** by touching the middle of the display until it vibrates. You will see the 4-digit ID (-XXXX) number of your watch.
3. Open the app **LinkSmart HC** and tap **Device**, then tap **Binding device**.
4. When found, tap to pair your **SW 650 Pro** to your smartphone.

4. Function icons



Time and date



Watchface/dial design menu



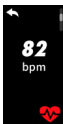
Turn off



Alarm clock



Function setting



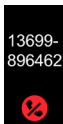
Heart rate



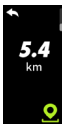
Training



Information



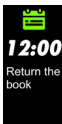
Call ID



Distance



Sedentary reminder



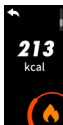
Schedule



Steps



Notifications



Calories



Restore factory defaults



GPS search

5. Change/select mode

Once the watch is connected to the app, it will start recording and analyzing your activities and sleep automatically. The following modes are available:



Functions	Instructions
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Turn on	
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By long press on the display.

Turn off	
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Swipe until you see the square icon  and tap on it. Swipe until the power off button appears . Touch and hold it until it vibrates.

Touch mode	
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Swipe up/down to view or select the different screens.












Confirm	
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Tap and hold (until vibrates).

Heart Rate	
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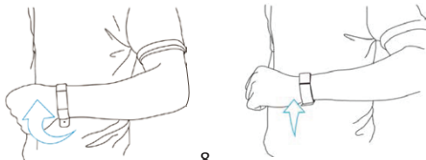
Tap on the screen to measure your heart rate. Wait about 10 s for the current heart rate to be displayed.

Functions	Instructions
View data	Swipe up on the home screen, then tap on Steps menu to see additional infos like  calories  , distance  , heart rate  .
Functions	Swipe until you see the square icon  and tap on it. Swipe until the dial button appears  , tap to select the watchface you want. Touch and hold to confirm.
Restore settings	Swipe until you see the square icon  and tap on it. Swipe until the restore button appears  . Touch and hold to reset settings. The reset function of the bracelet doesn't change the activity data, resets the watchface, wrist raise, time format. Timer / alarm clock, etc. set in the app are not affected.
View and delete message	Swipe until you see the message icon  and tap on it. Tap a message to read it. Tap on the bin at left corner top to delete the notifications at the SW 650 Pro.

Functions	Instructions
Exercise mode	Swipe until you see the training icon  and tap on it. Swipe down until you reach the wanted activity and tap on it. Tap to start/stop the exercise.
GPS search info screen	Firstly after the GPS connection is established, can an activity including GPS tracking start. Depending on the environment, it may take a while for the GPS connection to be active. The icon  is visible during GPS search.
Check the sports data	Swipe until you see the sports icon  and tap on it. Swipe to view steps, calories, distance. Touch and hold to see all sports data.

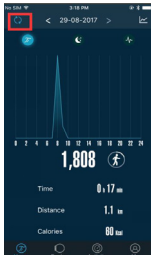
6. Gesture Control

Turn on the display by a simple twist of your wrist. Make sure that the feature is enabled in the app **LinkSmart HC**.



7. Synchronise the device

SW 650 Pro automatically synchronises the data after the first pairing. Also at first, there is an AGPS synchronization. Steps, active calories, distance, date and time is included in the synchronisation. View the available information daily, weekly or monthly. Synchronisation will normally take 1-2 minutes. If synchronisation fails, disconnect and reconnect the Bluetooth connection.



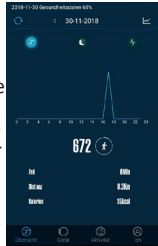
What's AGPS?

AGPS (Assisted Global Positioning System) is a GPS operation mode. It can use the information of the mobile base station to match the traditional GPS satellites, so that positioning speed is faster.

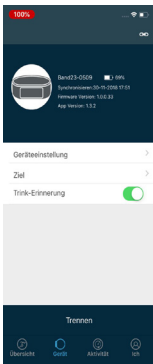
AGPS download tips:

When SW 650 Pro is connected, the App downloads AGPS data which requires the mobile phone network and active Bluetooth connection, please wait until the App home page top progress bar shows 100% completion until automatically disappears when downloading AGPS.


AGPS will be updated automatically in 24h and AGPS function has a valid for around 3 days until renewed sync.



The effect of the GPS positioning of the SW 650 Pro is related to the environment. Indoor, high-rise blockage, signal reflection, metal object interference, surface reflection interference (lakeside, seaside), etc. will affect the positioning success rate and accuracy. It is recommended that there be less occlusion and empty environment activity to ensure that the bracelet has a good GPS signal.

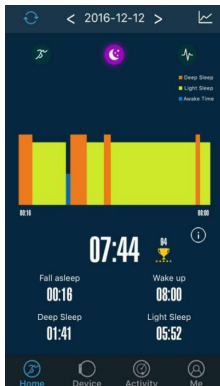


8. Update your personal profile

If you haven't already entered your personal data when you installed the app: Open the app **LinkSmart HC** and tap the **Me** tab and then the settings cogwheel  in the upper right corner to do it.

9. Sleep monitor

Wear SW 650 Pro at all times, also at night, to analyze your sleep quality according to your nocturnal movements and to monitor your entire sleep schedule. By default, your SW 650 Pro goes to sleep mode at 21.30, the following day the device will show your sleep duration. View the available information daily, weekly or monthly.



10. Heart rate monitor

The dynamic heart rate monitor shows your heart rate status throughout the day. The horizontal bar shows the exercise time for aerobic, anaerobic and cardiopulmonary exercise.



The lights at the back of the watch will flash to indicate that measurement is ongoing.

After approximately 1-2 minutes of measuring, the watch will vibrate and the result is displayed.

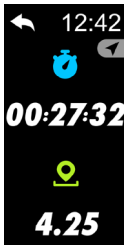
11. Exercise mode

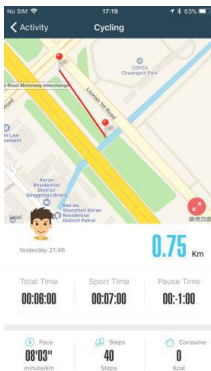
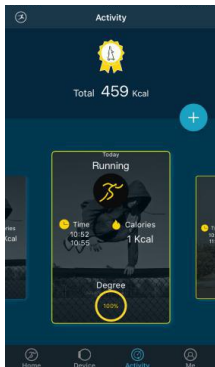
Select the sport you like for the best tracking during the activity and real-time stats on display.

You can **Start/Pause/Stop** an activity in the app as well as on the watch. When you have finished, synchronise the data with the app. Tap **Activity** to see your recorded activities. Tap a specific activity to see detailed information about the exercise.

If GPS tracking was included in the activity you can also see a map to follow your exercise.

The small grey arrow on right side of the watch display shows active GPS.



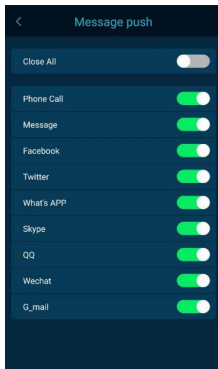


12. Call and message notifications

Tap the **Device** tab, then tap **Device setting**. Tap **Message Push** to select all or individual apps/features that should be able to send notifications to the watch.

For Android smartphones, you need to allow **LinkSmart HC** to send you notifications.

In Android, you can also add support for other apps by tapping **Software Add**.

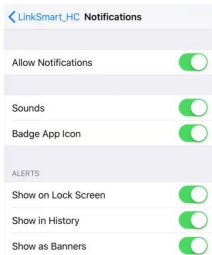


For iOS smartphones, you need to allow **LinkSmart HC** to send you notifications, once you download the app or go to phone **Settings** to allow the notifications.

Incoming call/messages (WhatsApp, SMS, etc.) will be displayed on the watch and it will vibrate.

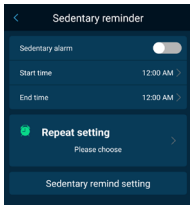
If it's a known caller the name will be displayed, otherwise the number.

For messages, you will see the sender and the content of the messages.



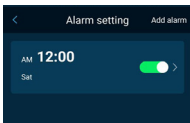
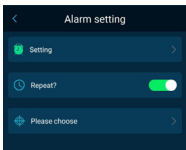
13. Idle alert/Sedentary reminder

Tap the **Device** tab, then tap **Device setting**. Tap **Sedentary reminder** to select to be notified when you have been inactive for a set time. The watch will vibrate to remind you to be active.



14. Wake up alarm

Tap the **Device** tab, then tap **Device setting**. Tap **Alarm setting** to set an alarm. The alarm can be set once or repeatedly, you may set multiple alarms.




15. Other Device settings

Tap the **Device** tab, then tap **Device setting** for more settings on your watch.

16. Firmware update

If a new firmware is available, the app will notify you to upgrade the watch. Follow on the instructions and make sure the app is running on the screen and the screen is lit up during the entire upgrade process.

17. Send feedback

Tap the **Me** tab and then the settings cogwheel  and tap **Feedback** to send suggestions and feedback at any time to help us to improve the product.

18. Other information

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.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Sport Watch optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes, and are not medical purposes and not intended to diagnose, monitor, treat, cure, or prevent a disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous reading.
- While the device optical wrist heart rate monitor technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity trackers rely on sensors that track your movement and other metrics. The data and information provided by the device is intended to be close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

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 650 Pro 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]	4.2 (2402 - 2480) [10]
Dimensions	37 x 20 x 12 mm
Display	160 x 80 pixels, 0,96" TFT
Waterproof	IP67
Weight	30 g
Battery	75 mAh Li-ion battery
Operating ambient temperature	Min: 0°C (32°F) Max: 40°C (104°F)
Working temperature	Temperature: 0° C ~ 40° C Humidity: 0% ~ 85% RH
Storage temperature	Temperature: -10° C ~ 40° C Humidity: 0% ~ 90% RH

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