

SW 750 Pro

swisstone®

Hergestellt in China

Instructions



EN

1. Overview front



1. Microphone.

2. Shortcut button.

Shortcut to sports mode.

3. Turn knob/confirmation button.

Turn the knob to switch screen.

Press to select/confirm:

4. Power button.

Longpress to power on/off.

Press to go back to main menu.

Press to turn on/off display.


2. Overview back



- 5. Heart rate sensor.
- 6. Charging connectors.
- 7. Magnetic charging cable.

3. How to charge

While it's possible that your SW 750 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.

Place the magnetic charging cable on the back of the watch (as shown in the figure). Insert the USB charging connector into any USB port that permits charging, 5V/500mA (or above). For example: computer, USB adapter, PowerBank and others. The watch displays the icon  when charging.

Note! *Maximum charging output for USB charger: 5V/2A. Always disconnect the charging cable from the USB port before disconnecting it from the watch!*

To prevent short circuits due to metals (eg paper clips, etc.) on the charging cable, never leave it unused on an active USB port!

4. Wear on your wrist

Place the bracelet on your wrist, with the display facing up, adjust the band to fit snugly.



5. Install the app

Download and install the app **SwissFit HR Pro** from Google Play or App Store on your smartphone.

Compatible devices

- Android version 6.0 and later
- iOS version 9.0 and later
- Bluetooth 4.0 and later compatible device



See more about the app and how to pair the watch with the smartphone on

[7. Pairing with your smartphone, page 16](#)

6. Navigate your watch

Function icons:


Tap the screen



Swipe direction



Clock display

Long press the clock and then swipe **LEFT/RIGHT** to select the clock interface. Tap to select .



Swipe left-right from the main screen

From the main screen (clock) you can swipe **RIGHT** for the notification screen.



Press to view a notification

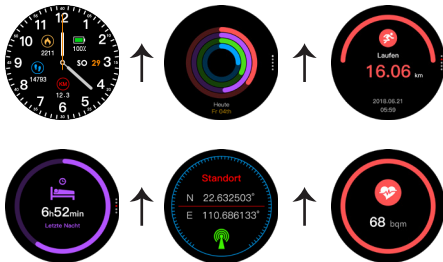
Longpress to clear all notifications.

Note! It will only clear the notifications on the clock, not on the phone


Options from the main screen

From the main screen (clock) you can swipe **UP/**
DOWN to view the statistics for your exercise.

See the screens for single exercise, sleep monitor, heart rate testing, GPS position.







Main menu






From the main screen (clock) you can swipe **LEFT** for the main menu. Tap to select mode .








Swipe **UP** to get to the second screen of the main menu.





Swipe **RIGHT** to return.



Icon Function	Explanation
 Phonebook	View your phone's Phonebook. Tap to call contact.
 Dialer	Make call from the watch.
 Call logs	View your phone's call log. Make call or send messages to the contacts in the call log.
 Siri	Open Siri and use as on the phone. It also works with Google Voice Assistant or Alexa on Android.

Icon Function	Explanation
 Settings	See more settings in the Settings menu table.
 SMS	Check the messages and make a quick reply from watch (iPhone does not support message synchronization currently).
 Heart rate	Click the heart rate interface to detect your heart rate. LED's on the backside will be lit during measurement. Result will be displayed after a few seconds. Slide left to set "Auto" to continuously detect your heart rate.
 Notification	View your phone notifications in the watch (Notification type must be set up in the phone). If you delete notifications on your smartphone, they will also no longer be displayed on the SW 750 pro.
<div style="text-align: center;">  </div> <p style="text-align: center;">Swipe up/down between the main menu screens.</p>	

Icon Function	Explanation
 Remote camera	<p>Take photos by watch, photos will be saved in your mobile. (You should open the mobile's camera first for iPhone).</p>
 Music	<p>Control the music on your phone and adjust the volume.</p> <p>IMPORTANT: <i>For remote music control, the SW 750 Pro must be connected twice in the Bluetooth settings of the smartphone! The second connection is named "750 Pro LE"</i></p>
 Stop watch	<p>Click the dot  to start timing. Save the recording by clicking the small spot on the right during timing (when finished the record will be deleted if you click ). See the record by sliding the screen from right to left.</p>
 Sound recorder	<p>Click  to start recording and the red square to end recording. Sliding the screen from right to left, you can check the audio recording.</p>

Icon Function	Explanation
 Gesture	<p>Turn on the display by a simple twist of your wrist.</p> <p>Set to on or off.</p>
 Sports	<p>Select sports mode: walking, running, trail run, run indoor, biking, hiking, swimming.</p> <p>You can see the day's movement (step, distance, calorie, time) by clicking the corresponding screen.</p>
 Alarm	<p>Set alarms (meals, medication, meetings, sleep, exercise, getting up). Single or repeated alarms.</p>
 Calculator	<p>Make calculations.</p>






Settings menu










This is the options in the settings menu.


Tap to select setting .

Most settings can be done in the app also.

Icon Function	Explanation
 Profile	Set gender, height, weight, date of birth.
 Bluetooth	Turn Bluetooth on/off. Note: You must establish the Bluetooth connection if you want to access contacts, call lists, etc. The remote music control also requires the connection with the smartphone via this Bluetooth menu.
 GPS	Turn GPS on/off.
 Time & Date	Set the time and date, 12/24-hour time format.
 Units	Select between metric or Imperial units (distance,height, weight).

Icon Function	Explanation
 Temperature	Select between Celsius or Fahrenheit degrees for temperature.
 Sound	Set sound, volume and notification type for calls and notifications.
 Display	Set the screen brightness and backlight off time.
 Information	Displays the device name and software version.
 Language	Select the language synchronizing with the mobile phone or not, or custom watch language
 Battery	Displays the current battery status.
 Restore to factory	Restore the watch to factory default state.

Location

Make sure that the GPS is enabled . Slide down to find the location page, then wait up to 3 minutes while the GPS searches for your position. If the positioning is successful, latitude and longitude will be displayed. If the positioning fails no data will be displayed.



Note! GPS location only works outdoors and preferably in open spaces away from high-rise buildings or other things that can block the GPS signals.

Sport + Location

Make sure that the GPS is enabled. If GPS is disabled you will asked to enable tracking.



The GPS will then start to get a GPS fix to position your exact location. Wait up to 3 minutes while the GPS searches for your position.



If the GPS fails to get a fix within 3 minutes you will be asked to **Wait/Skip**.



GPS off



GPS on, but
GPS fix failed



GPS fix
successful

7. Pairing with your smartphone

Connect with a Smartphone

1. Start Bluetooth on your smartphone.

IMPORTANT: On the iPhone, the 750 Pro must be connected twice.

First, find the watch name in the app: 750 Pro_LE

The second pairing takes place via the Bluetooth settings of the iPhone. There is the Bluetooth name: 750 Pro

There you can also activate the sync for the contacts / phonebook and the call list.

2. Open the app **SwissFit HR Pro** and tap **Device**.

3. Find your watch:

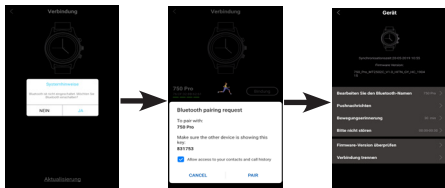
Bluetooth ID: ⚙️ **Settings** - ⓘ **Watch info**

When found, tap your Bluetooth ID in the app.

4. Tap **Yes** to pair your SW 750 Pro to your smartphone.


5. Allow requested permissions for best function.

Android screens



iPhone screens



After a successful pairing the Bluetooth icon  on the watch turns blue and communication between watch and phone is established.

8. Synchronise the device

SW 750 Pro automatically synchronises the data with your phone after the first pairing. Steps, active calories, distance, date and time is included in the synchronisation.

To manually start synchronisation, tap .

A synchronisation will normally take around 1-2 minutes. If synchronisation fails, disconnect the Bluetooth and reconnect the watch.

9. Disconnection

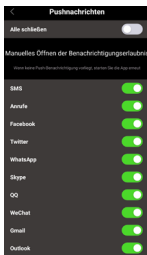
If the watch is outside the Bluetooth range of the connected smartphone, the message “Disconnected” appears.

When the connection is reestablished, a note will also appear.

10. 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.

For Android smartphones, you need to allow **SwissFit HR Pro** to send you notifications.



For iOS smartphones, you need to allow **SwissFit HR Pro** to send you notifications. When you have installed the app, 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.

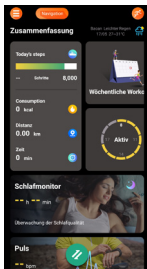
For messages, you will see the sender and the content of the messages.

11. Weather function

When opening the app, the phone automatically locates the city and gets weather data based on your GPS location (weather data is updated once per hour). Every time the app is connected to the watch, the weather data is automatically synced to the watch.



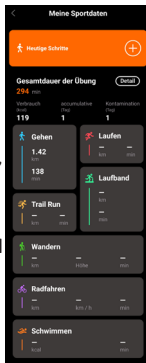
Note! The *SwissFit HR Pro* app requires location permission to collect weather data. Go to phone **Settings** to allow location permission.



12. My sports data

Note! All sport activities should be started/paused/stopped via the watch.

Click on the step target view to enter the My Sport Data page. This shows the cumulative sport time, calories burned, active days, continuous sport days, today's sport steps and details of the last sport for each type of sport data. Click **Total length of exercise/detail** or any of the specific activity types to check daily, weekly, monthly and total sports data.

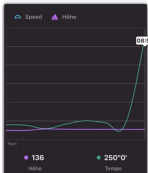
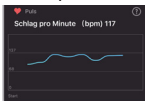
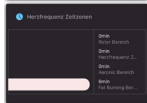
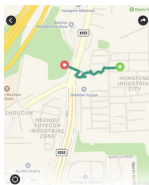



GPS sport details



Under **Total** you can also find each recorded sports activity. The recorded activities can also be found if you click the motion icon in the top right of the homepage.

The blue line on the map indicates the activity track, with green as the starting point and red as the end point. After the map is a summary of your activity followed by your heart rate time zone, heart rate, calories burned and altitude/pace.

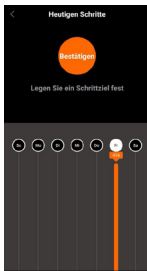


Click  to share the activity with others via Strava, Google Fit, Apple Health or simply as an image that you can send with the app you choose. See more on Sharing sports activity.

13. Steps

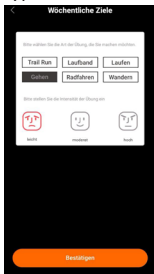
Click the **Today's steps** to see the latest week's walking data. If the target number of steps of the day is reached it's displayed in green, otherwise it's displayed in orange.

Click on the **+** to set up a walking target.

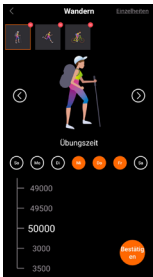
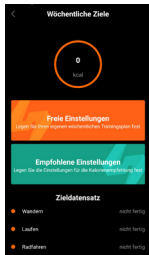


14. Weekly workouts

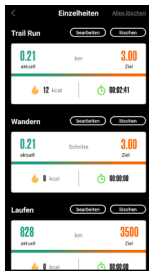
In the weekly workouts, you can freely set the target for each sport type of the day. Click free setting or recommended mode to set the sport type target within one week. The recommended mode of exercise intensity is available in three types: **lower**, **moderate** or **high**.



Click **Free setting/Details** to go to the Target Details screen to edit the target movements.



After setting the target, re-enter the screen to view the details of your targets as well as a weekly report.



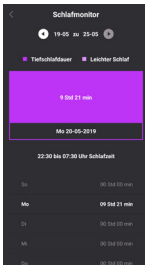
15. Active

On the apps home page, the activity shows different colors depending on activity. Blue indicates that the number of steps is more than 300 during 1 hour, and red indicates that the time period is below 300. Click **Active** to see the detailed step activity in a weekly view. Click **Set up** to set the daily registration period between 4 to 12 hours.



16. Sleep monitor

Wear the bracelet SW 750 Pro at all times, also at night, to analyze your sleep quality according to your nocturnal movements and to monitor your entire sleep schedule. View the available information. The SW 750 Pro will detect your sleep between 11pm and 8am.



17. Heart rate monitor

The app can synchronize and display the heart rate test results. The latest synchronized heart rate is displayed on the home page.

Click **Heart Rate** to the latest measurements.

Click **Synchronize** to receive the latest measurements from the watch.



Important:

The SW 750 Pro does not replace a doctor.

Heart attacks can not be detected. If pain or pressure in the chest area is felt, immediately alert the rescue service.

Strokes or blood clots can not be detected with the SW 750 Pro.

Other heart conditions can not be diagnosed or diagnosed.

If you do not feel well, consult a doctor.

Important!

Your SW 750 Pro is a screening device designed primarily for diagnostic review. The monitored heart rate data are not for medical purposes and are not intended for the diagnosis, treatment, cure or prevention of disease or physical condition.

Visual heart rate monitoring is a valuable tool to obtain an approximate estimate of the user's heart rate at any given time.

The measured heart rate varies depending on the user's behavior and level of activity.

Various technical limitations may cause heart rate monitoring to be inaccurate under certain circumstances.

These circumstances may include the physical characteristics of the user, the fit of the device, and the nature and intensity of the activity.

The accuracy of heart rate readings is very limited during swimming; Therefore, we advise against monitoring the heart rate while swimming.

Dynamic heart rate

Click on **Detailed** to enter the dynamic heart rate test.

Note! The watch must be set to **Auto** for dynamical Heart rate mode for the dynamic measurement to function.

Click **Start** to start collection of heart rate data. A graph of the heart rate will be drawn.

Please wear the device correctly and turn on the dynamic heart rate function. You need

to test for more than 20 seconds to get a valid measurement.


Click **Close** to stop the measurement. Click **YES** to save and see the dynamic heart rate graph of the test.

Note! The watch must be set to **Manual** as Heart rate mode. If so, the watch battery will drain quickly.

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



18. Sharing sports activity

After the watch's sport data is synchronized with the app, you can share the data by clicking the Share button  in the upper right corner.

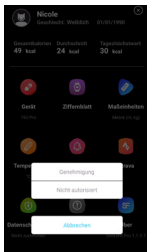
Strava

Strava is a social fitness network, that is primarily used to track cycling and running exercises, using GPS data.

The first time you try to share sports data with Strava you need to authorize and log in to Strava. If you don't have a Strava account, you can sign up for an account on the Strava web page. After succesful authorization you will again return to the sharing page. Then again click Share to Strava.

You can choose to view the activity on the Strava app or web page.

Once authorized to Strava, **SwissFit HR Pro** will use the same authorized account that it was logged in with the last time. If you want to change your account or cancel your authorization, use the menu in **SwissFit HR Pro** to unauthorize the connection to Strava.

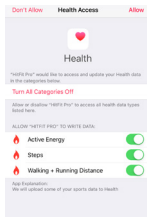


Android Google fit

You can share your sports data on Google Fit. You need to log in google account first.

iOS Apple Health

You can share your sports data on Apple Health. In Apple Health check Allow of the data that should be shared.




19. Idle alert/Sedentary reminder

Click the menu and then **Device**. Tap **Sedentary alert** to select to be notified when you have been inactive for a set time. The watch will alert to remind you to be active.

20. 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.

21. Send feedback

Click the menu and then **Device**. Click the **About** tab and then the settings cogwheel  and tap **Feedback** to send suggestions and feedback at any time to help us to improve the product.

22. 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.

GPS/Location based functions

Some products provide GPS/Location based functions. Location determining functionality is provided "As is". No representation or warranty are made as to the accuracy of such location information. Use of location-based information by the device may not be uninterrupted or error free and may additionally be dependent on network service availability.

Please note that functionality may be reduced or prevented in certain environments such as building interiors or areas adjacent to buildings.

WARNING

Do not use GPS functionality in a manner which causes distraction from driving.

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 these devices 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.

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 750 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 version	4.0
Bluetooth frequency band	2402-2480 MHz
Bluetooth max output power	10 mW (dBm)
GPS receiver:	Category 3
Dimensions	Diameter: 5,2 cm Height: 1,5 cm
Weight	65 g
Display	240 x 240 pixels, 1.3" IPS colour
Waterproof	IP68
Battery	450 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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Manual_SW_750_Pro_en_70x95_v30

