W100 SMART WATCH

INSTRUCTION MANUAL

Please read this book thoroughly before operating the watch

CONTENTS

BASIC PARAMETERS

Bluetooth	BT 4.0
Screen	0.96 TFT Colour Screen
Charging Mode	Clip-Charging Interface
Battery Type	Polymer Lithium Battery
Charging Voltage	DC 5V
Battery Capacity	90mAh
Charging Current	50mA
Watch Size	4.7 x 2 x 1.3 cm

INTRODUCTION

Thank you for purchasing the JLL W100 Smart Watch, please read this manual to fully understand the functions of the watch and it's operation.

SAFETY PRECAUTIONS

- Should not be worn when bathing or swimming.
- Please ensure the watch is connected to only one device at a time.
- When setting up the app software on your device make sure to allow any function permissions that may arise. If not, some functions may not respond while in use.
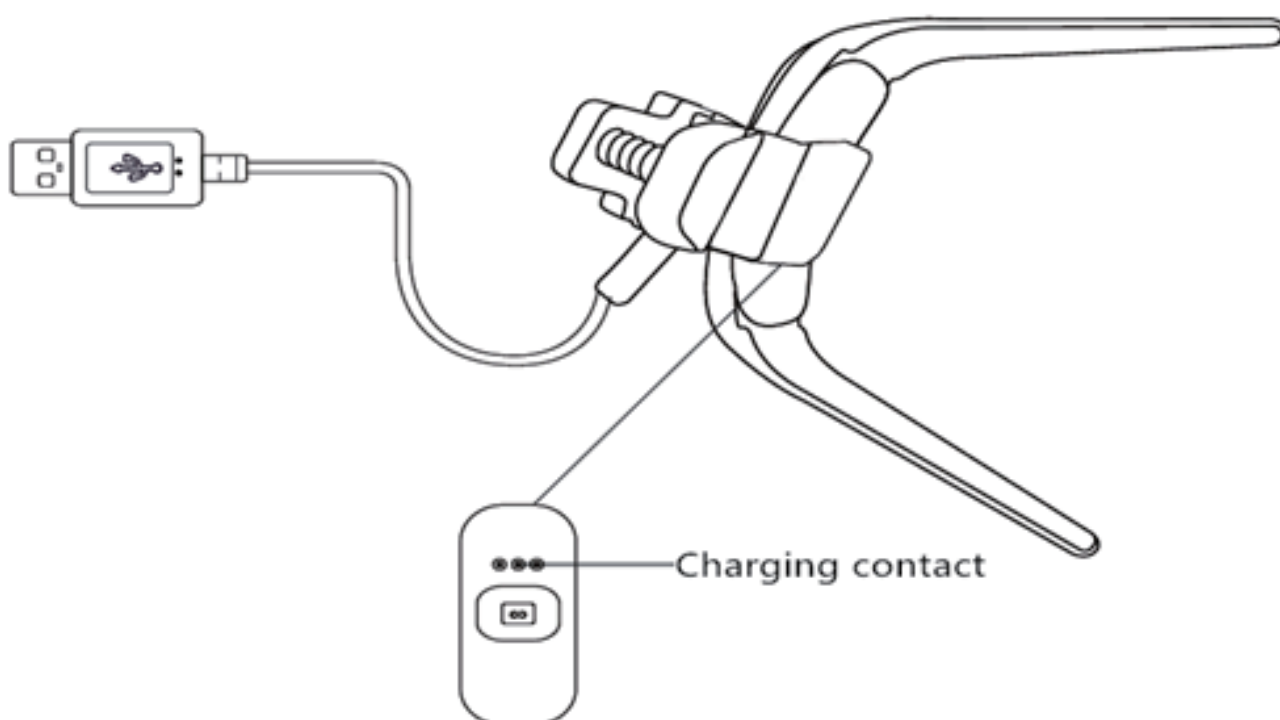
    JLL reserve the right to make changes to the specifications without notice.

CHARGING

When you first receive your watch, check the status of the battery life.
When the battery power is insufficient, use the charging clip by attaching it to the watch. Make sure the charging clip lines up with the three points on the back of the watch.

Charging contact

FEATURES

The W100 has the following functions:

Digital and simulated clock , movement records (steps, calories burned, mileage), sleep monitoring, sport track record, heart rate, blood pressure, blood oxygen detection. running, strolling, cycling mode, intelligent alarm clock, find my phone feature, remote camera, sedentary reminder, incoming calls, messages and information pushing, hand lift screen, sport and health data sharing on the micro-blog, Twitter, Facebook etc.

INTERFACE INTRODUCTION

Bluetooth	Battery Capacity	Find Phone
Step	Mileage	Calories
Blood Pressure	Heart Rate	Sedentary Reminder
Strolling	Running	Cycling Mode
Information Push	Alarm Clock	Remote Camera

APP DOWNLOAD

Any device must support Bluetooth 4.0, IOS 8.2 or above or Android 4.4 and above.
In the Apple Store search for "smart king" to download and install for Iphones.
Or scan the code below:

Apple Store

For android devices the app can be downloaded from the link below:

Smart King App
https://m.apkpure.com/smart-king/com.czw.smartkit

APP OPERATION

1. Registered Users: It is possible to register users with mobile numbers and email addresses to save and share records of health and fitness information. Unregistered or temporary users will not be able to store information.

2. Connecting the Watch: In the bluetooth section of your device under 'My Devices' search for the W100 watch. Click to connect, if the watch is unable to connect to your device please ensure it is not connected to any other devices and that the watch is charged.

3. Step Function: This watch will allow you to track the amount of steps, calories burnt and mileage. Set your targets and see the percentages rise as you complete each. The W100 can also distinguish between a slow walk, jogging and fast runs as well as other states. View and track your progress throughout weeks and months.

4. Sleep Function: The sleep function automatically detects whether or not you are in a state of sleep from approx 9pm, the sensor within the back of the watch can determine whether the user is in a deep sleep, shallow sleep or a sober state according to the amplitude of action from the watch.

5. Training Function: Record your training session in real time, track steps, time, calories and mileage as you workout. Click on the main image to view the history.

6. Detection Function: During this function the watch will monitor your body's heart rate, blood oxygen level and blood pressure. This will display in real time and also store the information.

7. About Software: Notifications of app upgrades will be sent from your device through to your watch. A factory reset option is also available however, this will delete all stored information and will not be able to be retrieved.

Additional Information

CONTACT INFORMATION

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **INFO@JLLFITNESS.CO.UK**

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.

- Always seek professional advice before changing your diet or starting any exercise program.

- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.

- Failure to follow these directions may result in your warranty being void.

- All readings from the watch are for reference use only. The data provided is dependant upon accuracy from the sensor.

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