



**S10+**  
GPS SPORTS WATCH

## Instruction

### 1.Product details



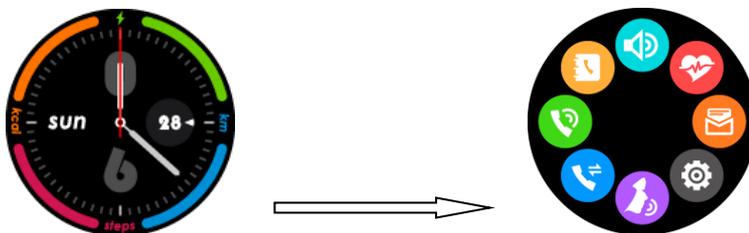
Power button: Power On/Off; Awaken/turn off screen; Back to main menu

Turn knob: Flip+Confirm

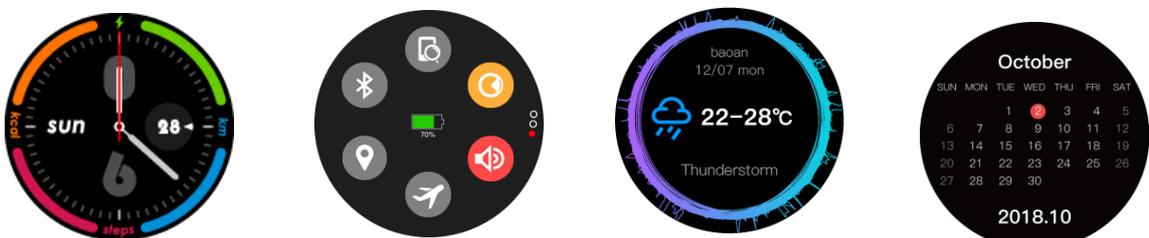
Shortcuts: Turn on sports mode; Awaken screen

### 2. Products quick into

- Get into the Main menu by sliding from right to left;



- Get into pull down menu, weather page and calendar page by sliding screen down;





- Get into notification page by sliding from left to right;



- Get into daily exercise statistic page, single exercise page, sleep monitor page, heart rate testing page, GPS page by sliding up .



**Note: You can enter into next page by sliding screen up, and return to last page by sliding screen down(you can also use turn knob to switch screen)**

### **3.Products quick use**

#### **Pairing models**

System requirement :

Android 4.4 and above

IOS 8.0 and above(iPhone5 and above)

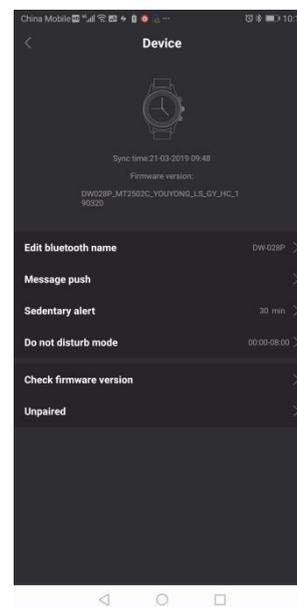
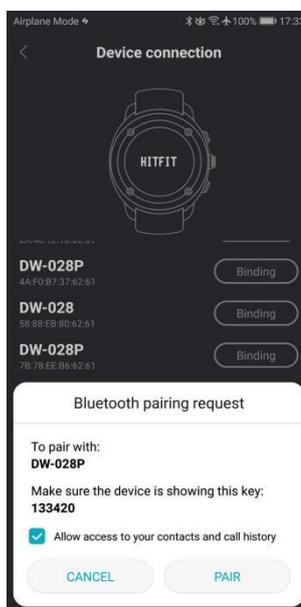
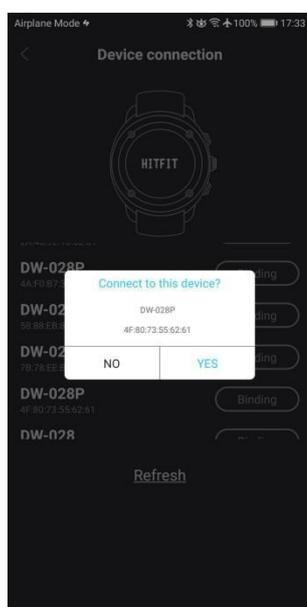
#### **1).Bluetooth connection (HitFit Pro)**

Search HitFit Pro APP like below in Google Play or Apple Store, download and install it in your phone.Open HitFit Pro,after completing personal data,open Bluetooth with HitFit Pro.Then operate with instruction as below (Android or iPhone):



#### **Connect with Android phone**

- Open APP HitFit Pro,click “Device Settings ” on “Me” to search Bluetooth devices nearby;
- Find your watch model and click to binding,click OK as below shows;Click pair when pairing request showing;
- Allowing your phone reading your location,messages, phone book and allowing push function with HitFit Pro.

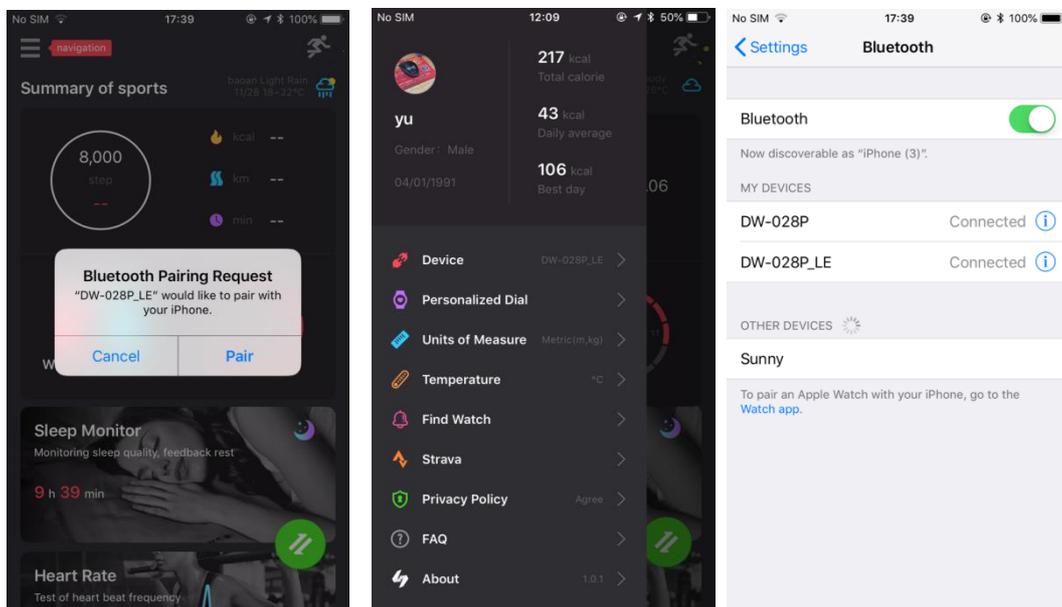


After a successful pairing (Bluetooth turns like ) , watches and mobile phones can search each device successfully.(click find watch/mobile in your mobile/watch,your watch/mobile will shaking and ringing)

## Connect with iPhone

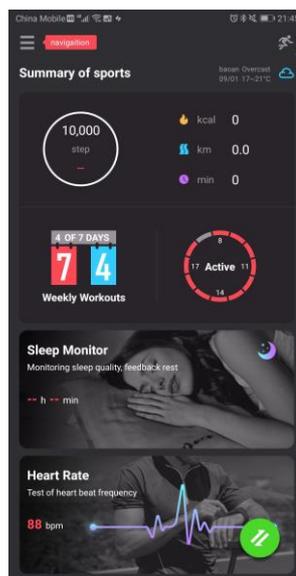
Open Bluetooth and APP HitFit Pro,click “Device Settings ” on “Me” to search Bluetooth devices nearby.Find watch and pair it,after connected, open Bluetooth in phone settings, find watches and pair it,then the menu interface will show two Bluetooth devices are connected successfully as below.

Watches and mobile phones can search each device successfully at that time.



## 2).Data synchronization

Click  on the screen,it will show synchronized data on APP.

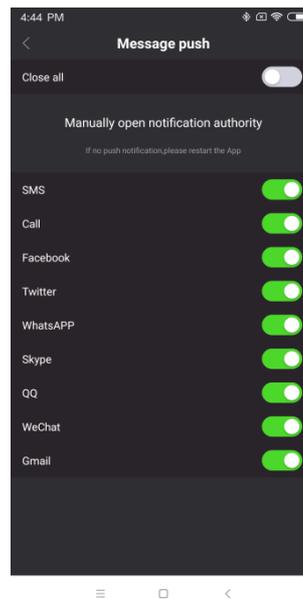
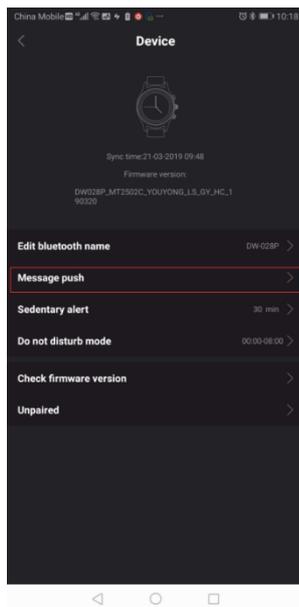


### 3)Notification

For iPhone: Notification will be received after allowing notifications push function as below.



For Android: Notification will be received after setting on APP as below.



#### 4). Clock display

Long press the dial plate, then slide around, choose the clock interface you like by clicking the screen.



#### 5). Pull down menu

- ✓ brightness adjusting
- ✓ Phone searching
- ✓ Bluetooth searching and connecting
- ✓ GPS turning on/off
- ✓ mute mode on/off
- ✓ airplane mode on/off



#### 6). Menu instruction

##### 6.1 Phonebook

After connected Bluetooth, you can check your Phonebook, receive/reject phone calls from watch .

##### 6.2 Dialer

##### 6.3 Call logs

After connected with Bluetooth, you can synchronize the call logs, make a call and send messages by Bluetooth (iPhone is not support the message synchronization yet).

## 6.4 Siri

After connected with Bluetooth, open Siri, you can search information, weather, set the alarm ect.

## 6.5 Setting

-  Profile: set the gender, height, weight, date of birth
-  BT: turn on or off BT
-  GPS:turn on or off GPS
-  Time and Date: setting the clock type, time will be synchronized after Bluetooth connected,also you can manually set the date, select the 12-hour format or the 24-hour time format.
-  Units:personal information(distance,height, weight) will change by choosing metric or Imperial model.
-  Temp Unit:select Degree Celsius or Fahrenheit Degree,the unit of temperature will change accordingly.
-  Activate on wrist raise:on/off
-  Sound:setting notice type,ringtone,notify sound and volume
-  Display: set the screen brightness and backlight off time
-  Watch Info:display the device name and software version numbers
-  Language: choose the language synchronizing with the mobile phone or not,or custom watch language
-  Power Display: displays the current battery percentage
-  Restore to factory: restore to factory default state

## 6.6 Message

After connected with Bluetooth,you can check the messages and make a quick reply from watch. (iPhone still not support the message synchronization yet)

## 6.7 Heart rate

Wear the watch, click the heart rate interface to detect your heart rate , While detecting, on the backcase, the blue light will be on and the result will show after a few seconds. You can slid the left side to set “Auto”, to detect your heart rate continuously.

## 6.8 Notification

After connected with Bluetooth,the notification in Mobile will sent to watch.(Android should manual set in APP)

## 6.9 Remote camera

Connecting with Bluetooth,you can take photos by watch,photos will be saved in your mobile.(You should open the mobile’s camera first for iPhone)

## 6.10 Music

After connected with Bluetooth,you can manipulate Mobile to play music and adjust the volume, voice will come out from mobile phone.

## 6.11 Stop watch

Click the dot to start timing,you can save the record by click on the small spot on the right during timing(when finishing the timing,the record will be deleted once you click ‘▶’ on the right),you can see the record by sliding the screen from right to left.

## 6.12 Sound recorder

Click the red dot  to start recording and the red square to end

recording. Sliding the screen from right to left, you can check the audio recording.

### 6.13 Gesture

Activate on wrist raise: on/off

### 6.14 Sports

Sports method: walking, running, biking, hiking, Swimming, run indoor, trail run. (it should open GPS manually first) You can see the whole day's movement (step, distance, calorie, time) by click the corresponding screen.

### 6.15 Alarm

You can set the alarm types (meals, meetings, medication, sleep, exercise, get up), Bell times, repeat days and the alarm ring.

### 6.16 Calculator

### 6.17 Location

Open the GPS first when slide down to find the location, then wait for 3min during search positioning with bright screen. If the positioning is successful, there will show latitude and longitude, or it will not show any data.



GPS open



positioning successful

## 7). GPS Locating function

switch on GPS function, request to open the function on the watch to start GPS locating.

Slide down to the main page, or goes to the watch setting to find the GPS locating function or directly open GPS in sport mode as below pic. 1,2



Pic.1 GPS enabled



Pic.2 GPS enabled in sports mode

### 7.1 GPS Locating Guide

Pic.3 is waiting for positioning, Pic.4 is GPS positioning, Pic.5 means GPS off, Pic.6 means GPS on but locating failed, Pic.7 means GPS on and locating successfully. Only shows like the GPS icon on top right corner of Pic.7. When APP syncing data, it is able to achieve the sports trajectory(When searching for GPS, please try to stay away from high-rise buildings and go to the open area).



Pic.3 Waiting for positioning



Pic.4 GPS positioning

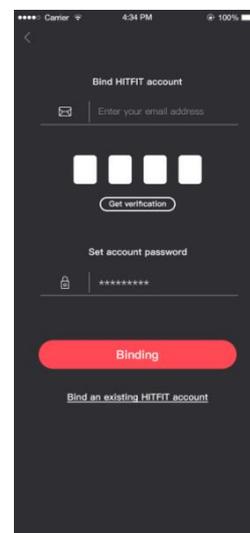
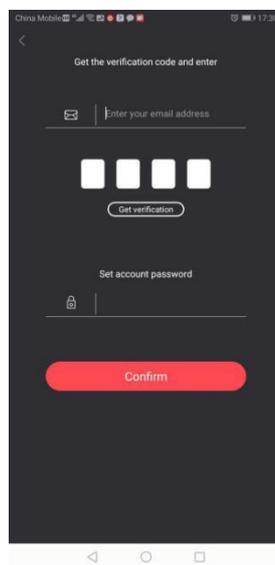
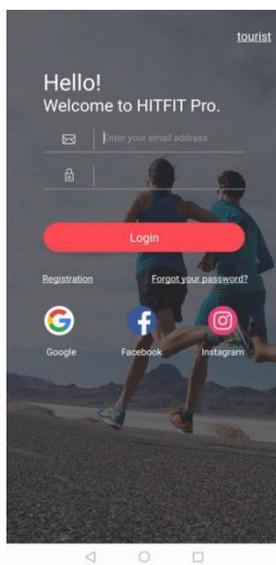


Pic.5 GPS OFF Pic.6 GPS ON but locating failed Pic.7 GPS locating successfully

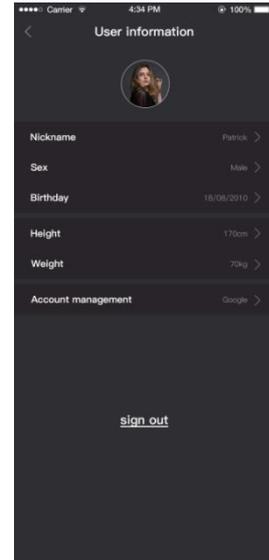
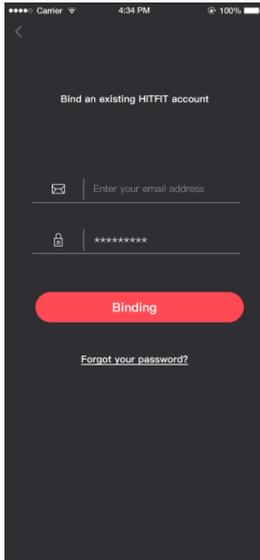
## 8) .APP HitFit Pro Other functions

### 8.1 Log in

Users can choose register HitfitPro account to log in or use third party like Google account, Facebook and Instagram to log in. Also can use tourist to log in. As shown in pic 8, users can click registration to register new HitfitPro account. If forget password can click “forget your password” to modify your account password, as shown in pic 9. If use google account , Facebook or Instagram to log in, need to bind the HitfitPro account first. If no HitfirPro account, need to register first, As shown in pic 10 to manage your account , as shown in pic 11,12,13



Pic.8 Home page Pic.9 login /forget password page Pic.10 Register HitFitPro account



Pic.11 bind HitFitPro account   Pic.12 account management   Pic.13 profile page

## 8.2 Weather function introduction

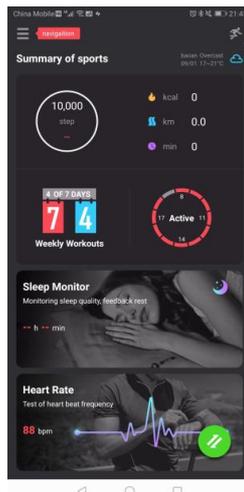
### 1.Weather function details

The weather function needs to be synchronized with the app. The details of the weather function are shown in Pic 14.



Pic.14 Weather function interface

When opening the app, the phone automatically locates the city and gets weather data based on latitude and longitude (Get data only once per hour). Every time the app is connected to the watch, the weather data is automatically synced to the watch, which pushes the data for 5 days at a time. But watches and apps only show weather data for that day. When the app syncs the data, it also pushes the data to the watch, as shown in Pic 15.



Pic.15 Weather function interface

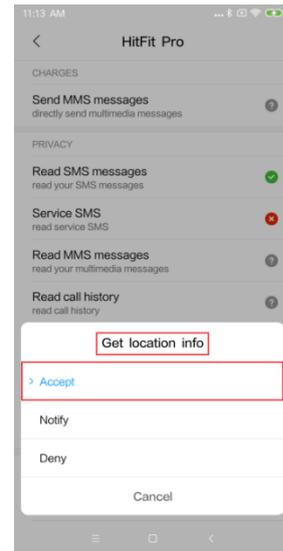
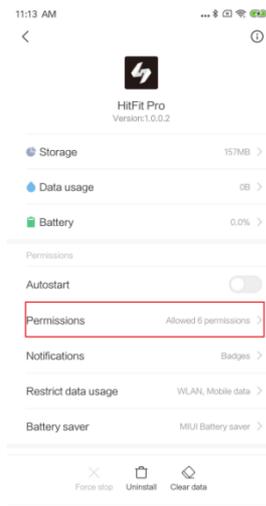
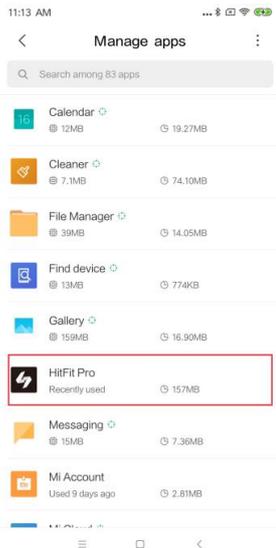
## 2.Prerequisites for the use of weather functions

The APP requires the location permission of the phone to open the location and obtains weather data based on latitude and longitude. If the weather data does not change when the app and watch sync data, you need to check if the phone has restricted the location.

## 3.Receive location permissions on your phone

1) Steps for Android system location permissions (take Redmi Note 5 as an example).

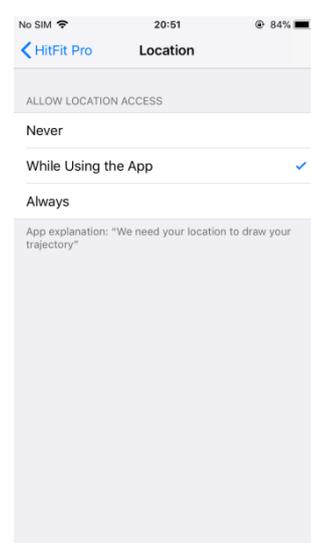
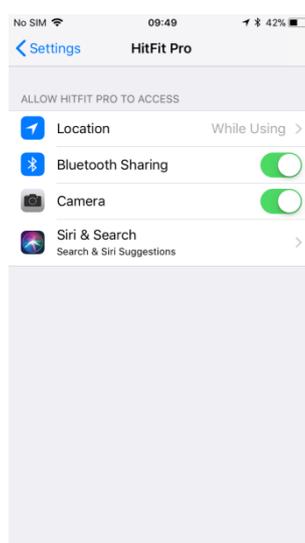
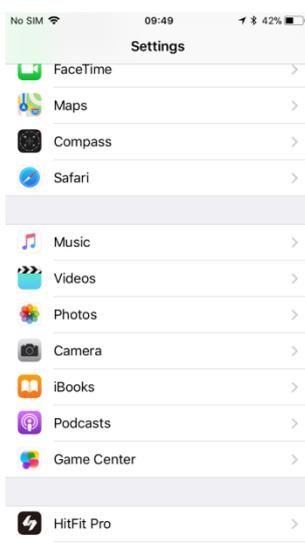
First, open the application management in the settings, find HitFit Pro (as shown in Pic 16), click to enter the settings, then find the rights management in the application information settings of HitFit Pro (as shown in Pic 17), and then open the "Permissions", Select Accept, as shown in Pic18, which means you will get a location license.



Pic.16 APP management in settings Pic.17 HitFitPro info Pic.18 HitFitPro permissions

2) Steps for IOS system location permissions (take Apple 6 IOS system version 12.2.6 as an example).

First, open the settings, slide down to the last column, find HitFitPro (as shown in Pic19), and click to enter the settings. In the settings of HitFitPro, find the location option (as shown in Pic 20). In the location option, select "While using the App " (as shown in Pic 21), indicating that the APP has obtained the phone location permission;



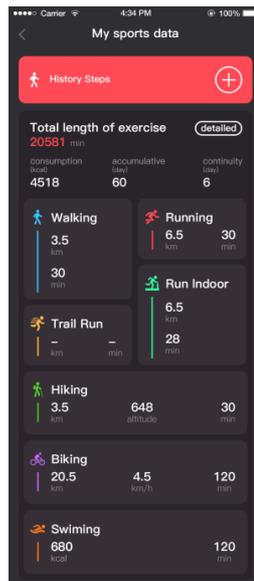
Pic.19 APP in settings

Pic.20 HitFitPro info

Pic.21 HitFitPro permission

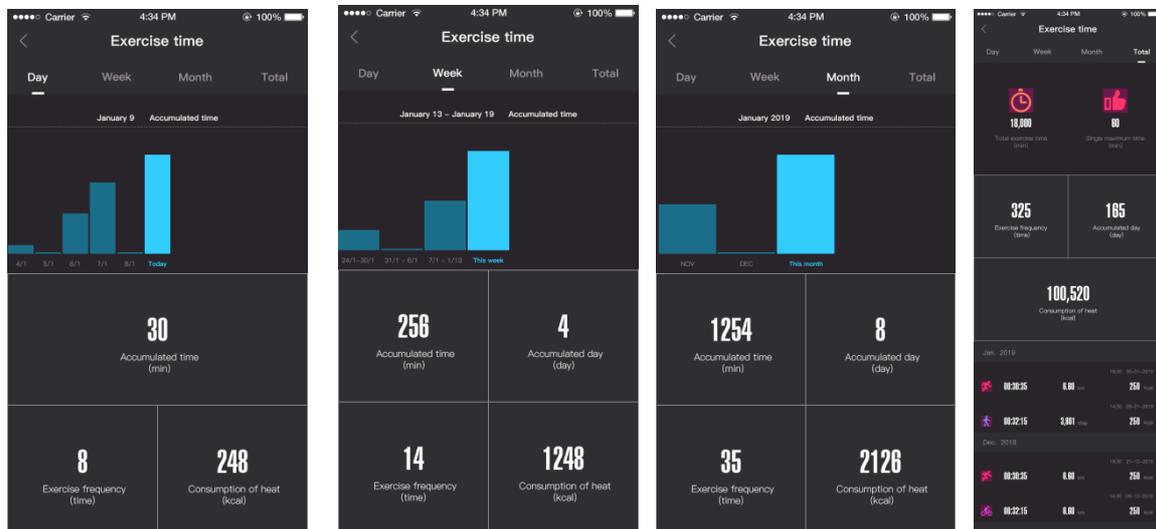
### 8.3 My sports data

1. Click on the step target view to enter the My Sport Data page, showing the cumulative sport time, cumulative calories burned, cumulative active days, cumulative continuous sport days, today's sport steps, and details of the last sport for each type of sport data, weekly target; as shown in Pic 22.



Pic.22 Sports data page

2. Click total length of exercise or walking, running, trail run ,etc any exercise on the APP page to check the daily , weekly, monthly sports type data. Like “exercise time” below as shown in 23 can check all the details sports data.



Day sport data

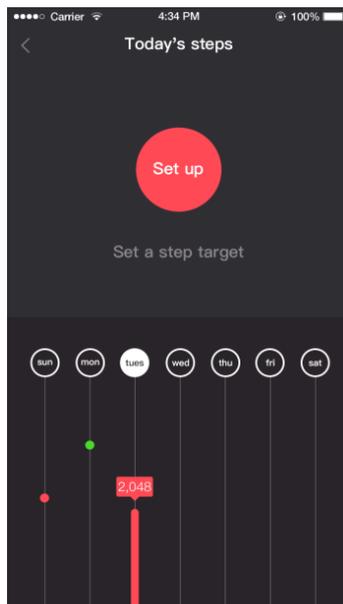
Week sport data

Month sport data

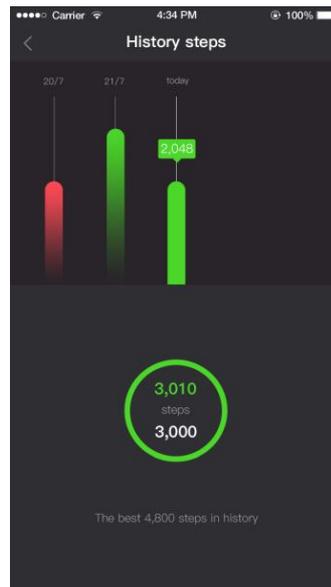
Total sport data

### Pic 23 sports data details

3. Click Today's steps to see the completion of the latest week's walking data. As shown in Pic 24, the target number of the day is displayed in green. As shown in Pic 25, the target is not reached which displayed in red; as shown in Pic 26, Click on the week view to enter the historical step data; click Set up to set the walking target of that day; as shown in Pic 27.



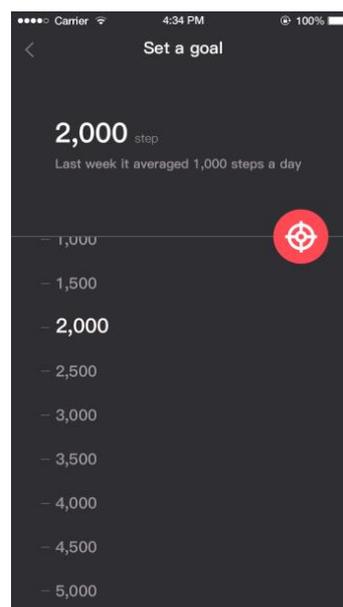
Pic.24 Weekly step data



Pic.25 Step goal achievement

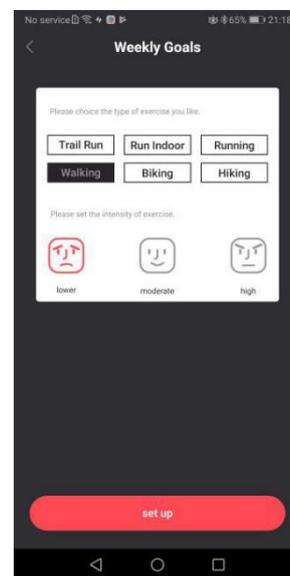
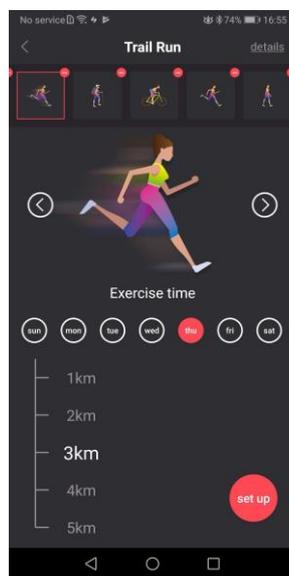
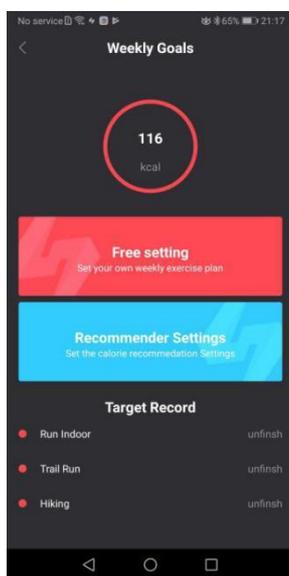


Pic.26 Step goal not reached



Pic.27 Step goal setting

4. In the weekly target, you can freely set the target for each sport type of the day or select the recommended settings of the APP. As shown in Pic 28, click the free setting mode or the recommended mode to set the sport type target within one week. The recommended mode of exercise intensity is available in three types: low, medium and high. As shown in Pic 29 and Pic 30. Click Details to go to the Target Details screen to see the target movements for the corresponding date set by the user; as shown in Pic 31. After setting the target, enter the interface with a weekly report to display the motion interface of the week, as shown in Pic 32



Pic.28 Weekly target interface Pic.29 Week target setting interface Pic.30 Recommended sports settings interface



Pic.31 Target details interface

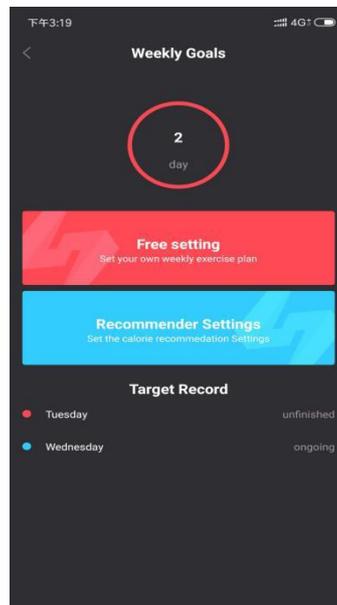
Pic.32 Weekly report interface

## 8.4 weekly workouts

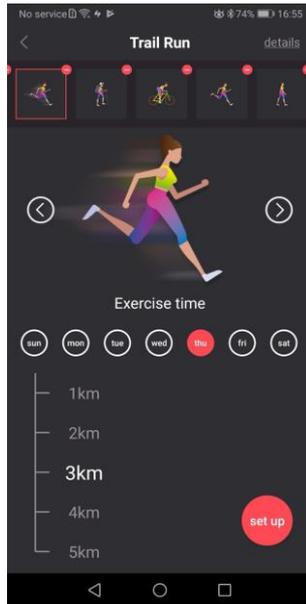
The sports interface displays a one-week exercise data. In the upper right corner, the moving target will be set. As shown in Pic 33, you can set the distance or time as the target and divide it into the week and day targets; the same sport only sets one target. As shown in Pic 34 and Pic 35. You can swipe to view weekly data on distance, time and calories on the sports interface, and you can view all the sports records for this week below. Click on any record to view the details of the workout record. Including track, heart rate and altitude data, click setup to set the day's moving target.



Pic.33 Weekly exercise type interface



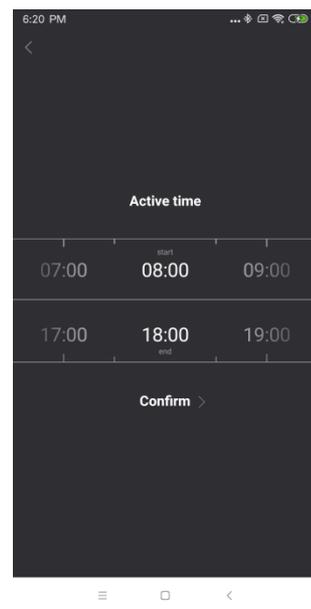
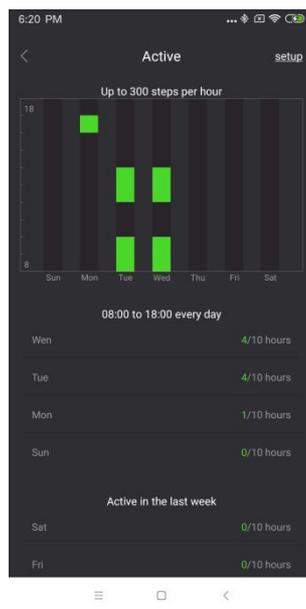
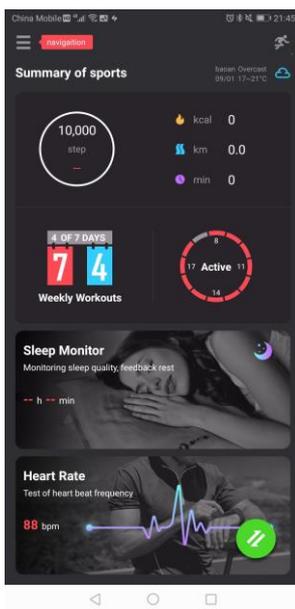
Pic.34 Weekly Goals interface



Pic.35 Weekly Goals setting interface

## 8.5 Active

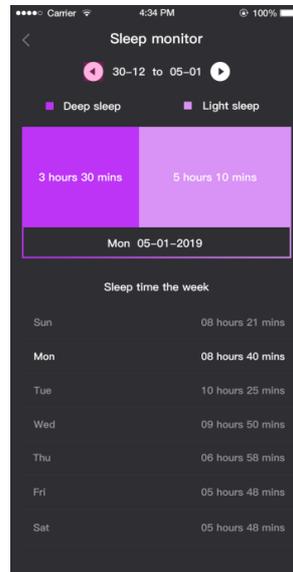
On the HitFitPro APP home page function interface, the activity record 2 different colors represent different meanings. Blue indicates that the number of steps has walked more than 300 steps during 1 hour, and red indicates that the time period has not reached 300 steps; as shown in Pic 36, green indicates that the corresponding time period has walked more than 300 steps. As shown in Pic 37. Users can set their own time period, up to 12 hours, and at least 4 hours, as shown in Pic 38.



Pic.36 Active step color Pic. 37 Color when more than 300 steps Pic. 38 step time period setting

## 8.6 Sleep quality

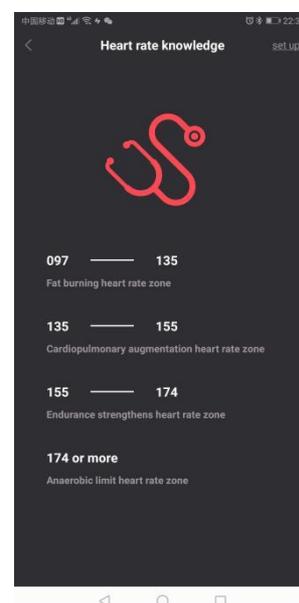
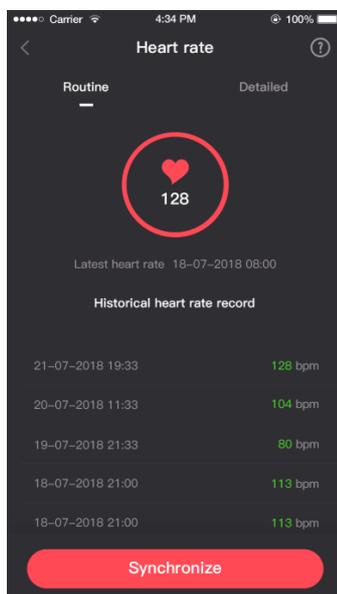
Go to APP to check daily and weekly deep sleep/light sleep quality data, as shown in pic 39



Pic. 39 App sleep data

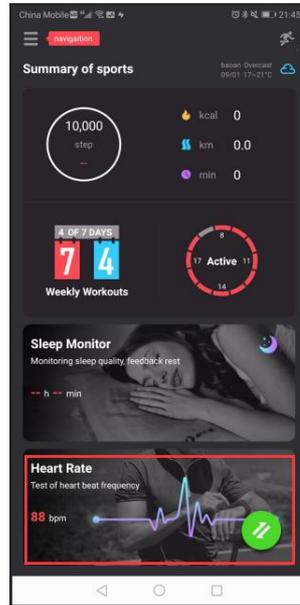
## 8.7 Heart rate data synchronization

1. After connecting the app, the app can synchronize and display the heart rate test results. Pic 40 shows the heart rate of the latest data. The problem marked in the upper right corner of the interface shows the status of the heart rate segment, as shown in Pic 41. At the same time, the latest synchronized heart rate is also displayed on the home page, as shown in Pic 42.



Pic.40 Heart rate synchronization interface

Pic.41 Heart rate segment status



Pic.42 Home heart rate interface

## 2.Dynamic heart rate

In the heart rate interface,clicks on Detailed, you can enter the dynamic heart rate test interface (the heart rate test mode of the watch should be changed to "Auto"), and then click Start, the view will draw the heart rate map corresponding to the time period; as shown in Pic 41, if the start button is clicked, but the watch does not start the dynamic heart rate function. After ten seconds, you will be prompted not got the data set. Please wear the device correctly and turn on the dynamic heart rate function. Click the start button to measure the dynamic heart rate, you need to test for more than 17 seconds to save the dynamic heart rate data, click the Close button will pop up the notice whether to save the heart rate data, as shown in Pic42; Click YES (Pic.42) to see the dynamic heart rate graph of the test, as shown in Pic 43.(warm reminder: the start and close of the dynamic heart rate test on the APP can only control the APP end, please close the watch end manually after the test is completed, Otherwise, high power consumption will occur).



Pic.44 Sport data

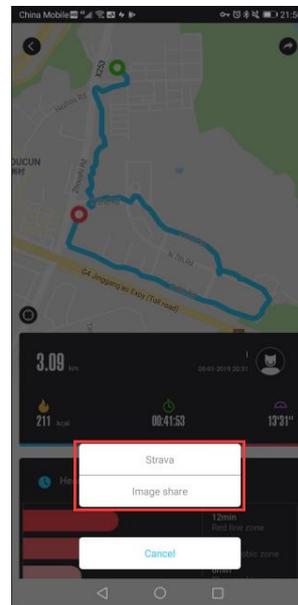
Pic.45 Sports data details

## 9.2 Strava data sharing

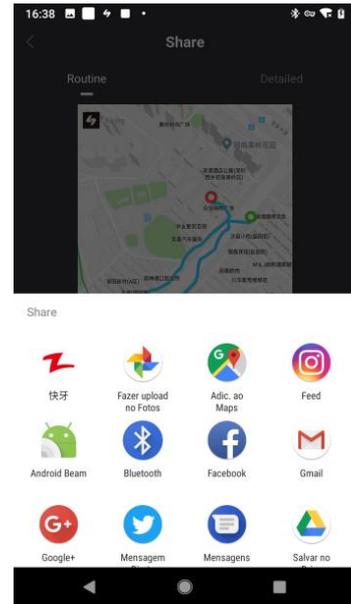
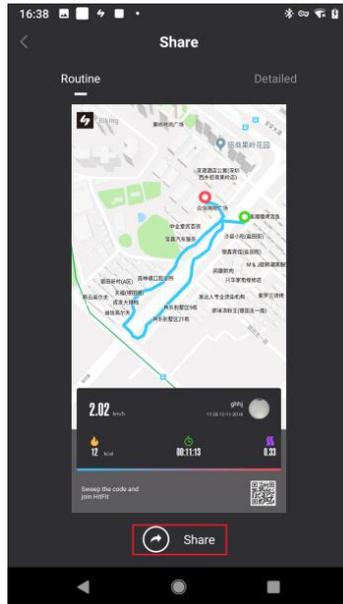
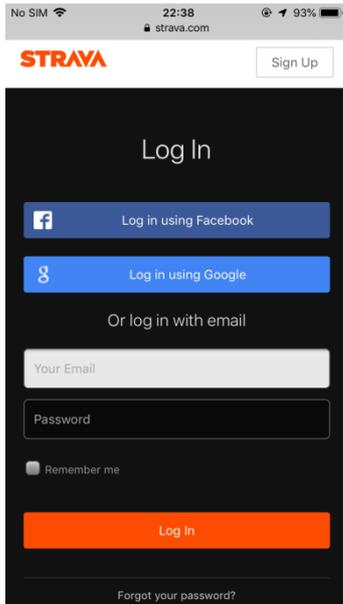
After the watch's sport data is synchronized with the app, you can share the data by clicking the Share button in the upper right corner (as shown in Pic 46) to pop up the shared prompts of Strava and other. As shown in Pic 47. Strava shared login interface as shown in Pic 48, click on other to share to other applications, as shown in Pic 49 and Pic50, data sharing to Strava must have a trajectory.



Pic.46 Data sharing



Pic.47 Sharing interface



Pic.48 Strava login interface

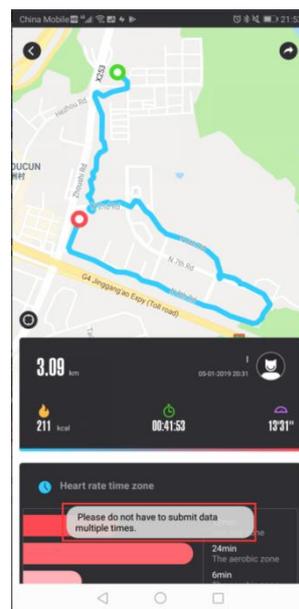
Pic.49 Other data sharing

Pic.50 Other data sharing interface

Click to share 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 page, as shown in Pic 48. Upon successful login, it will return to the interface to move the data. Then click Share to Strava, and after the prompt is successful, you can see the data you just shared on Strava. As shown in Pic 51. Due to the limitations of Strava, if the data has been shared with Strava, the prompt synchronization failure will pop up. As shown in Pic 52.

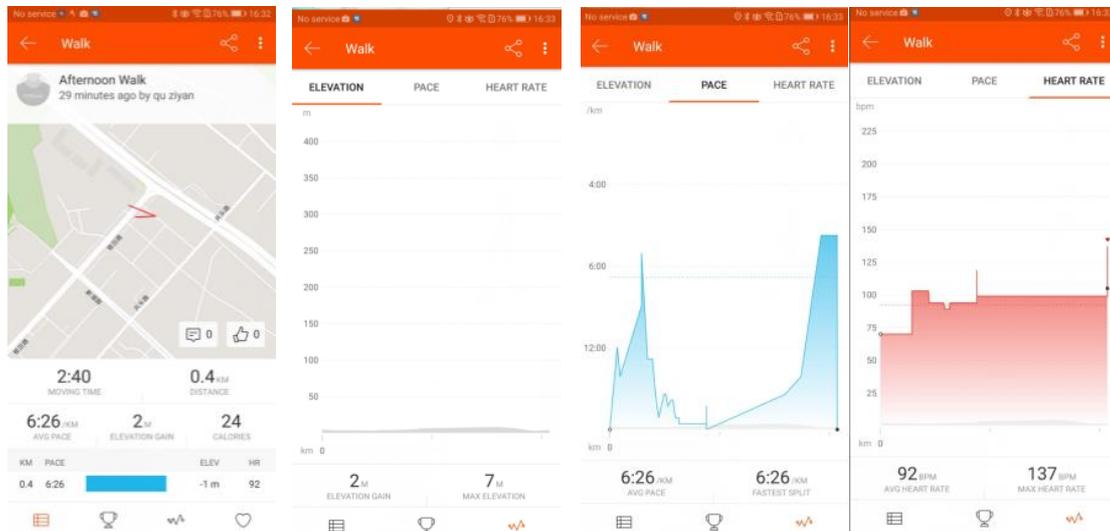


Pic. 51 Strava sharing successfully



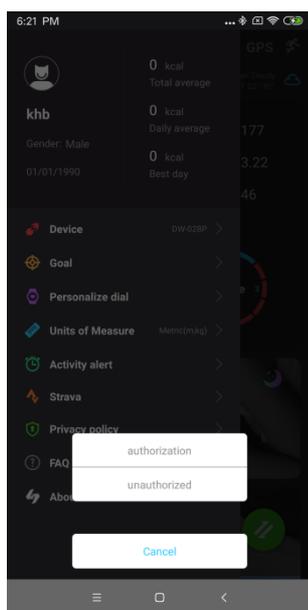
Pic.52 Strava share failed

After uploading, you can view the relevant data on Strava, as shown in Pic 53. Since Strava's data and HitFitPro's data are different algorithms, there will be differences in the data.

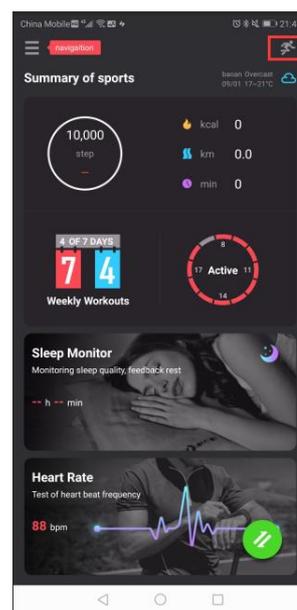


Pic. 53 Strava data display

Once authorized to Strava, it will use the authorized account that was logged in by default the time the data was re-shared last time. If you want to change your account or cancel your authorization, you need to go to the sliding interface and click Strava to cancel the authorization. As shown in Pic 54



Pic.54 Cancel Strava Authorization



Pic. 55 Sports data entr

### 9.3 Sport data function

Click the motion icon to enter the corresponding motion record list; as shown in Pic 55 and Pic 56; click on a single motion view to view the detailed data record. The statistics for each motion track only show the current data, as shown in Pic 57.



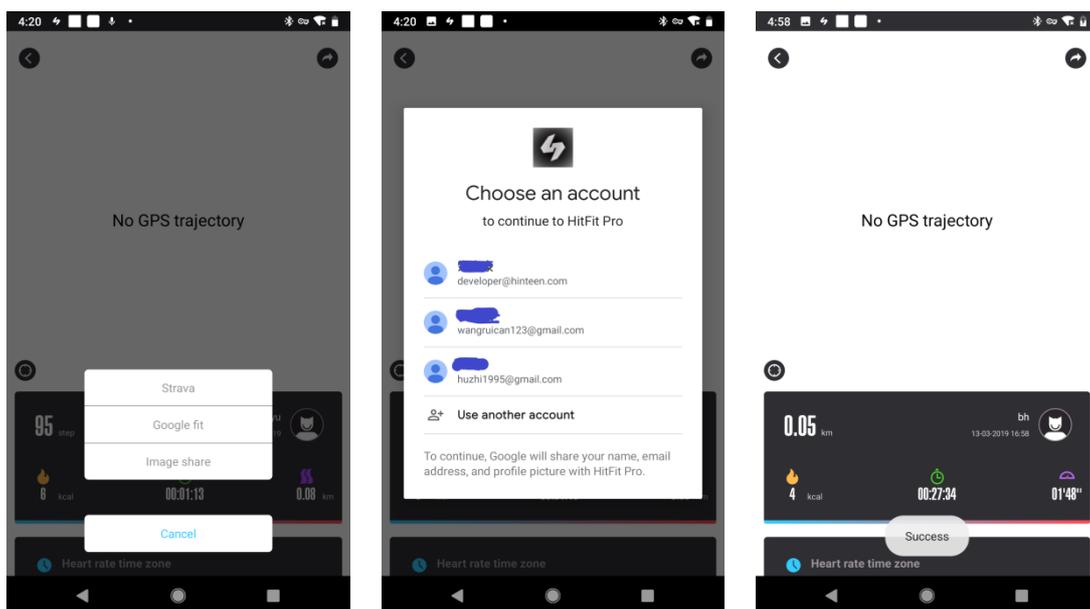
Pic. 56 Sports record list



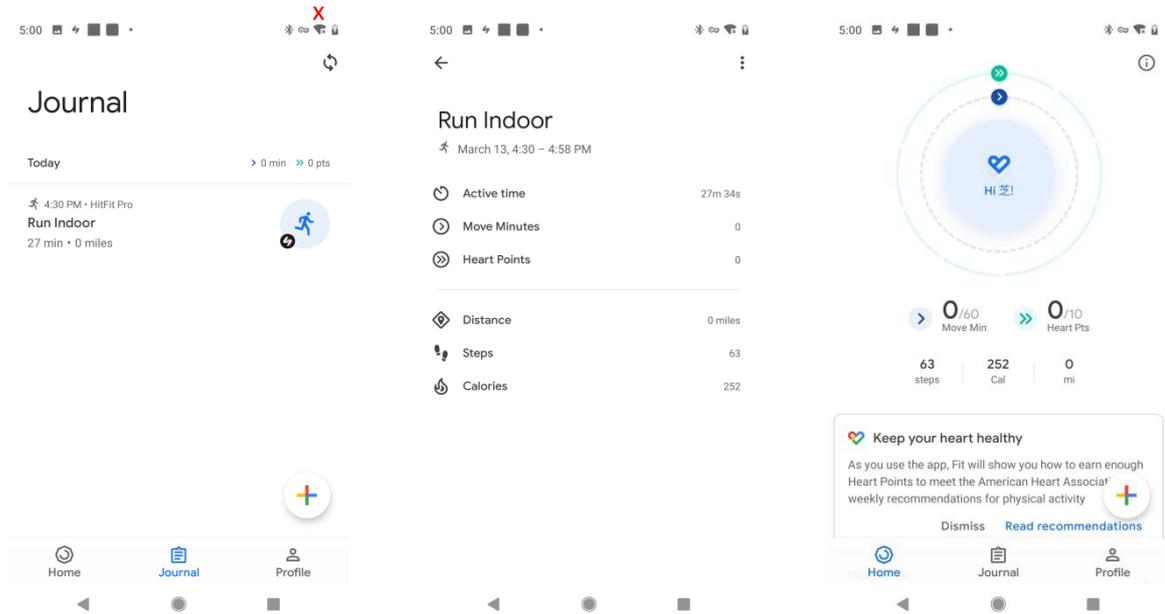
Pic.57 Sports data details

### 9.4 Android\_Google fit sports data share

Users can share their sports data on Google Fit . But need to log in google account first as pic 58. 59 shows



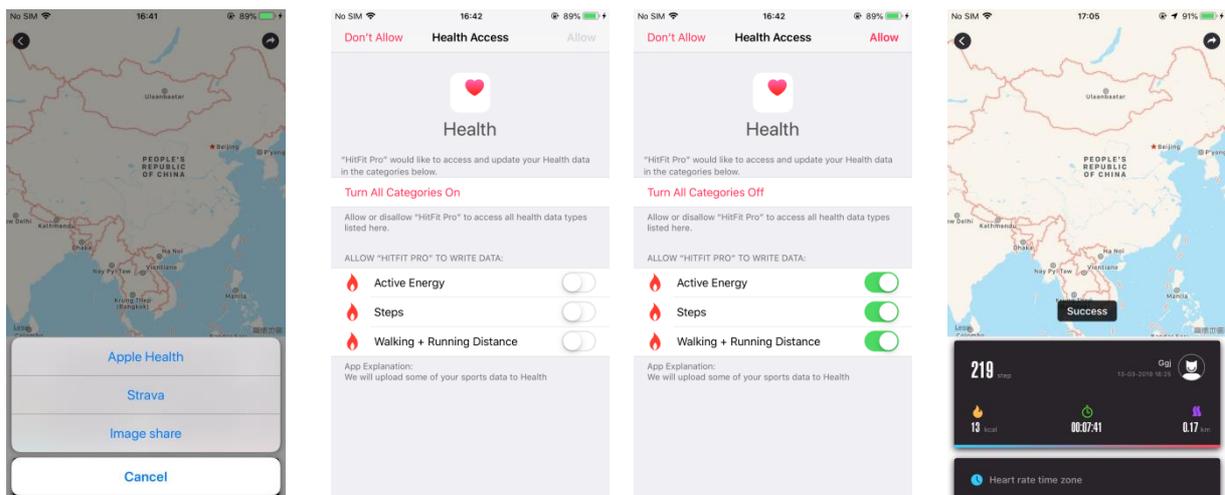
Pic.58 sports data share



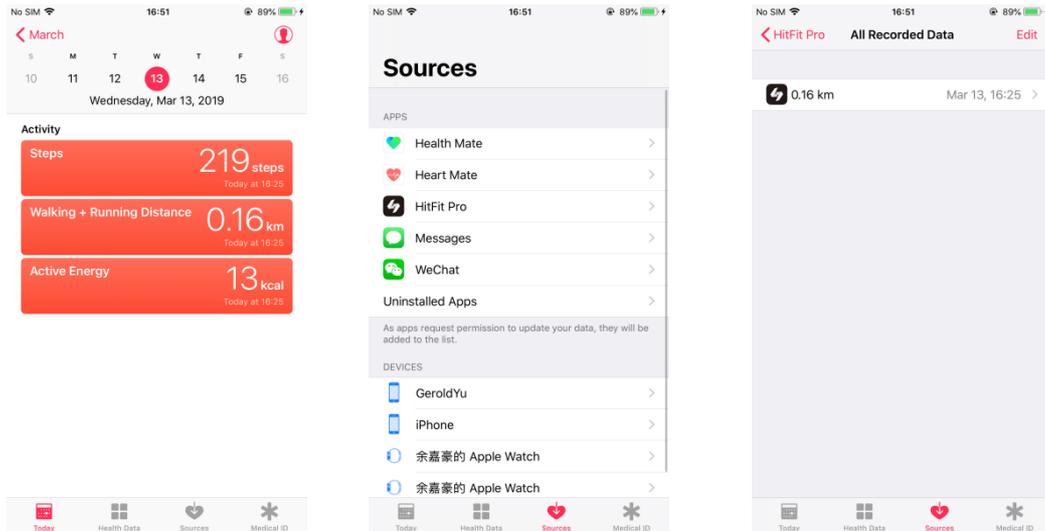
Pic.59 Google fit check sport data

## 9.5 IOS\_Apple Health sports data share

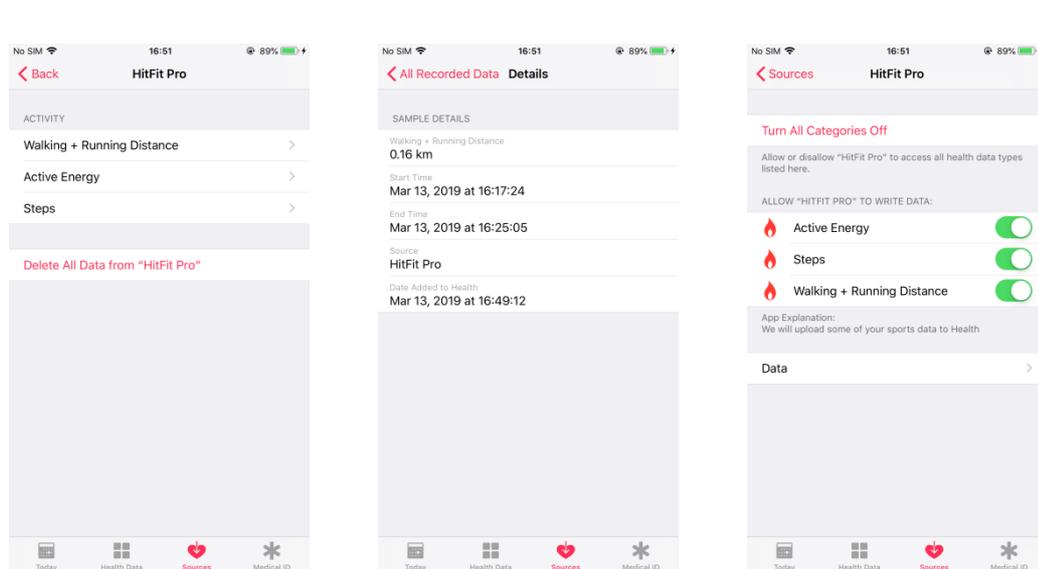
Users can share sports data on Apple Health. As show in pic 60 , after share successfully , go to Apple Health to check data as show in pic 61,62



Pic.60 share data on Apple Health



Pic.61 Apple Health sport data review



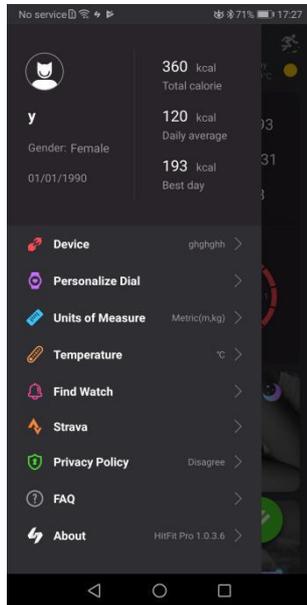
Pic.62 Apple Health sports data review

## 10).Skid page

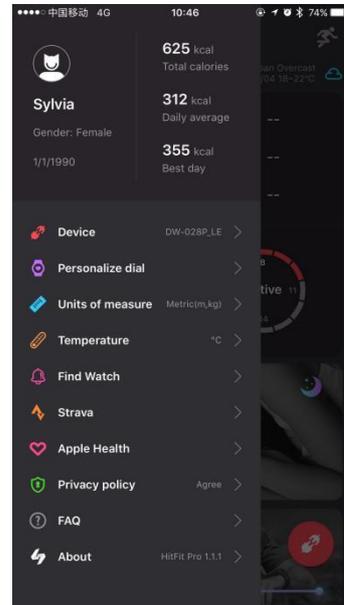
### 10.1 Personal information

Click on the navigation to display the slide bar. The user's avatar, name, gender, and birthday are displayed above the slide bar. The total calories burned, the average calories burned per day, consumes the most calories in a calorie; Android phone shown as in Pic63, ios phone shown as pic 64; click on the avatar to enter the user information page, the user can modify the avatar, nickname, sex, birthday, height, weight; sign out, as

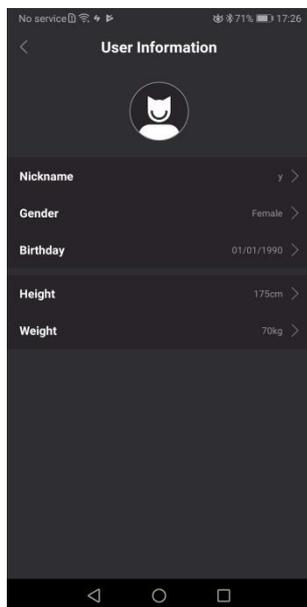
shown in Pic 65.



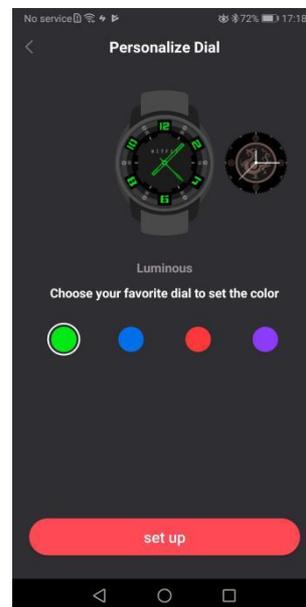
Pic.63 Android Sidebar menu interface



Pic.64 IOS Sidebar menu interface



Pic.65 Personal information setting interface



Pic.66 Dial push function

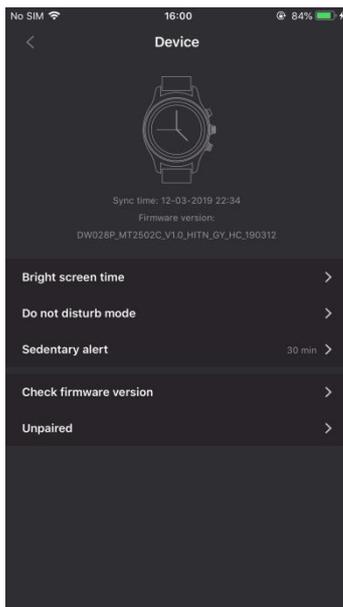
## 10.2 Dial push function

In addition to the watch's dial, the dial can also be pushed via APP HitFitPro. Open HitFitPro, connect the navigation logo in the upper left corner of the watch, click “Personalize Dial” after the sliding interface,

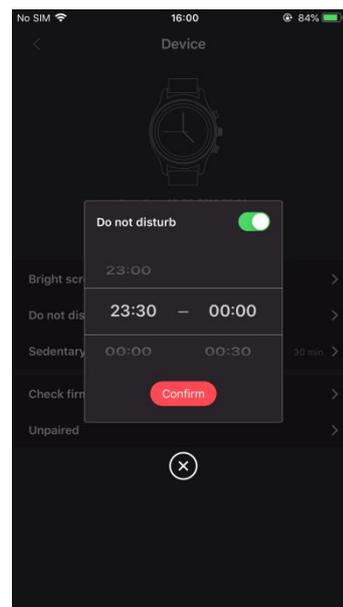
enter the Personalize dial interface to display the dial style, select one and confirm press, after a while, you can see the dial on the watch, The push dial is available in four colors.as shown in Pic 66.

### 10.3 Gesture control setting

Users can set gesture control time on APP "Bright screen time", "Do not disturb mode" to set whenever need to turn on and off the screen up time as show in picture 67, 68



Pic.67 App -setting--Device



Pic.68 Time setting in "Do not disturb mode"



NORDIC **ACTIVE**  
**S10+**

GPS SPORTS WATCH

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IP68 CERTIFIED	BUILT-IN GPS
MULTIPLE SPORTS MODES	DYNAMIC HEART RATE
ROTARY KNOB	450 mAh BATTERY
SUPPORT CALLING	