

Thank you for purchasing our product.

Please read these instructions before use. The manufacturer is not liable for any damage caused by improper use

Charging and Switching On

1. The smartwatch must be fully charged before first use. Always use the original charging cable supplied with the smartwatch. Always charge for no more than 2 hours and do not move the smartwatch while it is being charged.
2. Connect the charging cable to the USB port of your notebook (it must be plugged in) or conventional mobile phone adapters (5V-1A) and attach the magnetic connectors at the opposite end of the cable to the charging contacts. While charging, the magnetic connectors of the charging cable must not come into contact with the strap or metal components. It could result in the charger short-circuiting or strap being damaged. Therefore, always charge the watch only with the strap detached.
3. If the display does not activate on its own, gently press the side button (1) for at least 3 seconds.

Pairing the watch with a mobile phone

For setting the smartwatch, the current time and date and their proper operation, the smartwatch must be paired with a mobile phone via the recommended Fitbeing app. Do not pair the smartwatch to your mobile phone just via your phone's Bluetooth; always use the app! You can download the app using the QR code in the watch or find it in Google Play or the App Store.

1. During installation, we recommend that you allow all authorisations that you are requested, including running the app in the background.
2. Depending on your mobile phone model, we also recommend checking setting authorisations in the app management in your phone, especially location tracking.
3. Before pairing, activate Bluetooth (make sure it is visible for all devices for an unlimited time) and GPS in your phone. Do not pair the smartwatch using the Bluetooth menu of the phone!
4. Open the Fitbeing. It is recommended that you create an account.
5. The smartwatch should be as close as possible to the phone during pairing.
6. Tap on the "Device" icon in the app (bottom) and then on "Select device".
7. Tap on your device in the scanned devices shown. Confirm the pairing request on both the watch and the phone.
8. Once the devices have been paired, set the required smartwatch functions in the app.
9. To allow more precise measurements, it is recommended that you fill in your personal profile in the app.

Language settings

Tap on the **Device** in the app and then on the **General** options - **Languages** and select the desired language.

Smartwatch controls

Button (1)

- Press and hold to turn the smartwatch on/off.
- If the display is switched off, press briefly to switch it on
- press briefly to enter the sport menu
- gently rotate the side button wheel and scroll through the features

Button (2)

- press briefly to activate the AI assistant or to resume backwards
- If the display is switched off, press briefly to switch it on
- press for a few seconds to activate the SOS options

Press and use the buttons gently to avoid damaging them.

Touchscreen

Swipe from right to left to show functions.

Swipe from top to bottom to display the messages page.

Swipe from left to right to show a list quick access and some features.

Swipe from bottom to top to **“Quick settings”**.

Swipe from bottom to top then from top to bottom to switch between functions.

A short tap activates the function of your choice.

Overview of selected features

Display activation by twisting the wrist

Allow and set it up in the smartwatch and in the app in your phone.

Change the watch face

Change the watch face You may change it using several methods, both in the smartwatch and using the app.

a) Holding your finger on the display shows an overview of watch faces to select from by swiping from right to left, Tapping on the watch face of your choice to select it.

b) In “Settings” – Change watch face

c) Other watch faces can be added directly from the app. In the app, tap on the “Watch faces” and select from the gallery the desired watch face to be transferred to the smartwatch. (Loading all watch faces in the app may take several minutes due to the large amount of data and depending on the phone model.)

Calling

1. Make sure the watch is paired with the app on your phone and that you have Bluetooth turned on on your phone.
2. In the watch menu, click on the Phone icon - Bluetooth Switch (Quick settings) to turn it on.
3. In the Bluetooth available devices on your phone, click on your watch and set the desired functions. (The procedure may vary depending on the phone model).

If the function is permitted and the smartwatch is paired with your phone, you may make and answer calls both on the smartwatch and your phone.

You can save your contacts on the smartwatch via the app.

Messages

To receive messages and notifications, your smartwatch must be paired with your phone, and the receipt of messages and notifications must be allowed in the app. Furthermore, you must allow the app access to messages and notifications in the settings of your phone. (This is typically done during installation.)

Offline maps

The watch offers the option of importing a file with offline maps. These can be used as a map background or saved routes. Upload the file in the mobile app - Profile - My Routes.

Sports

For selected sports, wait for the GPS signal to load after starting.

GPS

- The accuracy of determining your position is affected by atmospheric conditions, weather, sunlight, electromagnetic influences, high-rise buildings, signal reflection from obstacles, etc. It depends on the number of searched satellites and their signal quality. Due to that, there may be deviations in the recorded route and in some measurements.
- When GPS is on, the battery life significantly reduces, and if it is turned on for a long time, the battery can run flat even within a few hours.

Swimming

Swimming on the surface (to a maximum depth of 1.5 m) in a pool or outdoor areas, only in fresh water. The watch has a protection rating of 3ATM/IP68. Do not expose the watch to sudden pressure changes (e.g., diving, jumping into water, certain water sports, etc.) or to liquids other than fresh water. Never manipulate the buttons when the case is in contact with water, as this could cause water to penetrate and damage the watch. Avoid contact with pressurized water, fast-flowing water (e.g., rivers), splashing water, hot water, and steam, as wear and tear on the case, mechanical damage, and microscopic cracks in the seal may allow water to enter the watch and cause damage. Dry the watch after contact with water. Dry the watch after contact with water.

Heart rate, SpO2, Stress

After activation, wait for the measurement to begin and end. The smartwatch must be in the correct position on your wrist.

Music player

Tap to enter the music player menu. The smartwatch must be paired with the phone, and the player must be turned on in the phone. Tap to play/stop, skip one track forward or backward.

Audio output from the smartwatch – allow “Sound”. Turn on the Bluetooth Switch. (Quick settings) Allow Phone Media Audio (Settings – Sound and Vibration Media Audio).
Audio output from the phone – deactivate “Sound”.

In the mobile app, you can import music to the smartwatch memory.

Weather

The data in the smartwatch is updated according to the weather data collected by the phone app.

Sleep

It is measured automatically (only at night) when the watch is on your wrist. The data is displayed the following morning in the app and on the watch. Among other things, sleep measurement records your movement and creates data recording deviations. The device adapts according to the collected data and can therefore assume that you are not sleeping if you turn over a lot while sleeping or, conversely, do not move at all.

Other functions

Stopwatch, World Time, Voice Assistant, Altimeter, Compass, Stress, Mood, Flashlight, Calculator, Find My Phone, Breathing Training, Timer, Physiological Cycle (set in the app), Menu Style, Settings (Languages, Change Watch Face, Always-On Display, Screen Wake Time, Vibration Intensity, Password (not recommended for practical reasons), and Factory Reset).

Important notes, recommendations and FAQs

1. To save the values measured and the current date and time, make sure you synchronise the smartwatch with the app on a daily basis. During the night, the values measured by the smartwatch may reset.
2. This product is not a medical device. Neither the smartwatch nor the app are intended for the diagnosis, treatment or prevention of illnesses and symptoms thereof. The values measured are illustrative and may differ from values measured by certified medical devices as well as because of the method of measurement and tightness of the strap. The sensor on the reverse side of the smartwatch must be in contact with the wrist, and the strap must be tight. If the strap is loose and the sensors dirty, the precision of the measurements will be compromised.
3. In order to ensure correct date and time settings, the smartwatch must be paired with a phone. Then the date and time will be set automatically.
4. The smartwatch has the IP68/5ATM degree of protection. We recommend avoiding contact of the smartwatch with water under pressure, fast and rapidly flowing water, spraying and hot water and steam, because when using the smart watch, due to wear and tear of the case or its mechanical damage and microscopic cracks in the seal, water can penetrate into the smartwatch and cause damage.
5. You have stopped receiving incoming calls or SMS notifications – check that the smartwatch is paired with your phone and the notifications are allowed in the app and in the settings of your phone, and that the do-not-disturb mode has not been activated in the app. Make sure Bluetooth is on in your phone. Do not pair the smartwatch via the phone's Bluetooth menu.
6. The smartwatch cannot be paired with a phone – possible solutions:
 - make sure the smartwatch and phone are charged sufficiently
 - make sure your phone's Bluetooth and GPS are switched on and you have allowed your location/position to be tracked in your phone's settings
 - place the smartwatch and the phone next to each other
 - check the system updates in your phone
 - uninstall and re-install the app
 - restart your phone and switch the smartwatch off then back on again
 - make sure your phone meets the technical requirements (Android 6.0+, iOS 11.4+, Bluetooth 5.3+)
7. The green sensor light is blinking – data measurement or transfer is underway.
8. The green sensor light blinks even when the smartwatch is not being worn – it is not a flaw.
9. To ensure the correct functioning of the smartwatch, we recommend restarting or resetting the smartwatch occasionally and, where a newer version is available, updating firmware in the app. Make sure you always have the most recent version of the app.
10. **Always charge the smartwatch for no more than 2 hours (at no more than 5V-1A). Improper charging reduces the capacity and useful life of the battery.** Battery life depends on the ambient temperature and the number of functions actively running. Running some functions (GPS,...) may run the battery flat within several hours. Over time the capacity of the battery will reduce naturally. If not used, do not leave the smartwatch flat for an extended period of time and recharge the battery regularly.
11. Protect the smartwatch from falls or impact; do not expose it to extreme temperature or direct sunlight. These conditions may cause malfunctions, or they can cause irreparable damage. Keep the smartwatch at room temperature if not in use.
12. The smartwatch has a built-in battery. Do not expose it to flames or extreme temperature due to risk of explosion.
13. Do not disassemble the smartwatch or its accessories.
14. Do not use the product in close proximity to explosives and chemicals.

15. Keep the product out of reach of children. It may contain small parts posing a risk of inhalation.
16. The smartwatch software and the application itself are innovated on a continuous basis. Therefore, the manufacturer reserves the right to amend the instructions and individual functions without prior notice.
17. We do not recommend exposing the smartwatch to sudden changes in pressure (e.g. diving, some water sports, etc.) or to liquids other than fresh water. Never use the buttons if the case is in contact with water. Water could penetrate into it and damage the smartwatch. After the smartwatch comes into contact with water, dry it.
18. Should you have any questions, do not hesitate to contact the manufacturer.

Note: All images and description of functions may differ based on your version of the product and are used for illustrative purposes only.



Safe disposal

Do not dispose of the product in general waste as it may contain substances harmful to the environment.

Electronic waste

Leave the product at a dedicated electronic waste collection facility where its recycling or safe disposal is ensured. Contact your local municipality for a list of waste collection sites, or you can leave the used product with the seller.

Technical requirements for the telephone: Android 6.0+, iOS 11.4+, Bluetooth 5.3+

Frequency band: 2402–2480 MHz

Max. performance: 1.06 dBm

Declaration of conformity

SMARTOMAT s.r.o. hereby declares that the ARMODD Roundz 7 GPS AI device complies with Directive 2014/53/EU. The full version of the EU declaration of conformity is available at this website: www.armodd.com

Technical support: info@armodd.com

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