

# DAS.4

TEEN | User Manual



Please read the manual before use.

- ◆ This document may be modified or extended without notice.
- ◆ The watch should charge at least 3 hours before the first use.

## 2. Product specifications

Model	DAS.4 - FD8.
CPU	RTL8762C
ARM	Cortex-M0 53MHz
Memory	RAM 128KB + ROM 64Mb
Screen	1.4" IPS
Resolution	240*240 screen
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/180mAh

### 3.Product details

#### 3.1 Charging your watch



Connect and charge the watch as shown. The watch must be charged before the first start. **Notice:** Do not use a charger that exceeds 5V 2A for charging.

#### 3.2 Operating your watch



(1) When the clock is off, hold down the activation button for 5 seconds. The watch after starting, will display the home screen.

(2) Menu: From the Home screen, drag to the left, then tap the desired option.

Swipe right to select a game from the list.

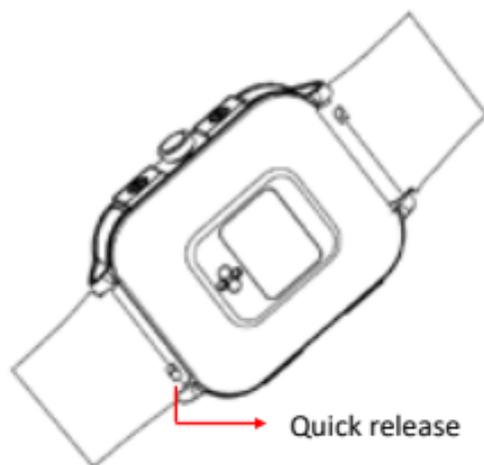
(3) Opening the screen: When the screen is idle, you can press the power button to wake up. You can, through the application, activate the ability to wake up the screen, by raising your hand.

(4) Shutdown: In the settings option, press System - Select



to deactivate.

### 3.3 Replacing the strap

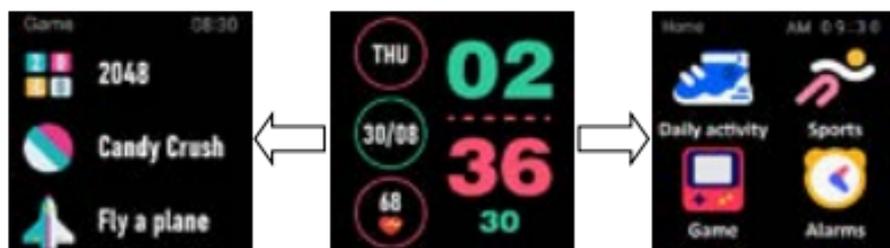


Remove the strap from the watch by sliding the quick release on the strap.

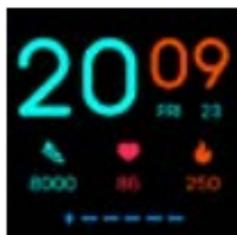
## 4. Product Introduction

### 4.1 How to use

- (1) Hold down the Home screen to change the dial. You can see the different dials by dragging left and right and select one from the list.
- (2) Swipe right: Display the game list -> 2048, Candy Crush, Fly a plane, Maze.
- (3) Swipe down: Battery Percentage, Bluetooth, Date, Brightness, Sports, Alarm Clock, Settings.
- (4) Swipe up: Storage Information, Heart Rate, Daily Activity.
- (5) Swipe left: Display menu -> Daily activity, Sports, Games, Alarm clock, Performance recording, Sleep, Time & Date, Heart Rate, Message, Stopwatch, Settings, press to select any of the functions, drag to right, to go back.



### 4.2 Clock Display



### Setting method:

When you are in the home screen, press and hold in the middle of the screen and select the desired dial.

### 4.3 Screen lock

Setup location: in the application-> function menu, "Device" - "Screen Lock". You can activate the screen lock after setting a password to prevent overuse by children. When the screen lock is on, you will need a password to unlock it.



## 5.Quick installation

### 5.1 Download and install App

You can set up your device via the "HitFit Pro" app for Android and iOS phones. You need to download and install "HitFit Pro"

from APP Store or Google Play Store:



Or you can scan the following QR code to download the app:



For Android:



For iOS:

### 5.2 Bluetooth Connection

Turn on the Bluetooth and GPS on your mobile phone.

Turn on your watch, in the app, search the device, select product model **DAS.4 - FD8**. You can view more detailed instructions at the link below:



Once successfully connected, the connection status on the clock bar will be displayed with the icon 

### **Notice:**

\* Please, after accessing the application, accept all the necessary permissions that it will ask you for. During the connection, "Hitfit Pro" will prompt you to turn on GPS and Bluetooth and allow "Hitfit Pro" to access the GPS of your mobile. If your phone is running iOS, you need to allow it to pair with your watch and display notifications.

\* Please do not connect the watch directly to Bluetooth.

\* If you want to receive notifications from other applications, you must enable notification permissions for the application.

## **5.3 Basic functions**

### **5.3.1 Daily activity**

The clock will display the total steps recorded, the distance, the calories of the day. Data will be reset to 00:00 midnight each day.

### **5.3.2 Sports**

Through the menu you can access sports such as walking, running, climbing, cycling and free exercises.

### **5.3.3 Game**

There are several interesting games on the clock including **2048, Candy crush, Fly a plane and Maze.**

### 5.3.4 Alarms

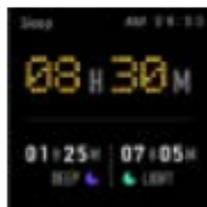
aYou can set the alarm via the app. On the watch you will be able to see the information about the alarm clock.

### 5.3.5 Sports record

If you have completed an exercise and data has been saved, in this function you can see the information from this log.

### 5.3.6 Sleep

Function: The clock will display the duration of sleep from the previous night. (Sleep recording time 21:30 - 12:00)

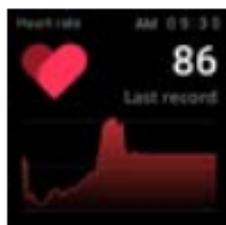


### 5.3.7 Date & time

You can set the time, set the date, choose the time display mode.

### 5.3.8 Heart rate

- (1) Function description: The watch will record the user's pulses. After the test is completed, the result will be accompanied by a vibration.
- (2) Instructions for use: Swipe left from the home screen and tap the oscilloscope icon to enter the recording environment. Once logged in, the recording will start automatically. During the measurement the value that you will display will be 0. After the recording is finished, the correct value will be displayed.



### 5.3.9 Message

When the watch is connected to Bluetooth, mobile notifications will be sent to the watch. (You must enable the applications you want to receive notifications from)

### 5.3.10 Timer

Swipe left from the home screen and select the timer. Press to start the count. During the count, you can press pause / start.

### 5.3.11 Settings

-  **Language:** Including different languages you can choose.
-  **Screen display:** Change dial, Brightness, Screen time, Turn wrist wake settings.
-  **Do not disturb:** Turn ON/OFF do not disturb mode.
-  **Vibration:** Set vibration intensity.
  
-  **System:** System version, Shut down, Reset settings.

# Disclaimer

- 1) Please ensure that Bluetooth and mobile GPS are turned on. When searching for the device via Bluetooth, make sure that no other device is connected. When searching for the device via Bluetooth, keep a close distance between your mobile and smartwatch.
- 2) If the Bluetooth connection is unstable during operation, try restarting the watch and connecting it to the mobile again. Be sure to turn on the automatic start for the smartwatch application, in the settings of your mobile phone. Also turn off the battery optimization (without restrictions) for the specific application, so that the continuous application-smartwatch communication is not interrupted.
- 3) If there is a problem with the watch or its use, please contact the store where you purchased it.
- 4) The measurements of the watch are for reference only and not for medical use. Please follow your doctor's instructions and do not use the measurements to make your own diagnosis.
- 5) The watch is waterproof with IP67 certification which means that it can withstand accidental contact with water. However, it can not be used for diving or being under water for a long time. In addition, the watch should not come in contact with hot water, as steam can penetrate the seal and cause internal damage.
- 6) The company has the right to modify the contents of this user manual without prior notice. Some functions differ depending on the software they carry.
- 7) CAUTION: Do not use a power adapter that gives more than  $5v \approx 1A$  to charge the device. If you use a charger larger than 1A for charging, the circuit and / or battery may be damaged.
- 8) Once the watch is charging, disconnect the cable from the power supply to prevent a short circuit if it comes in contact with conducting objects.
- 9) Do not leave the appliance and accessories in areas where the temperature is too high or too low. Otherwise the device may malfunction.
- 10) Avoid hitting the device to reduce the risk of damage.

**IP67: Dust resistant!  
Seawater is prohibited.**

**The warranty terms that cover the  
product are mentioned in details on  
the official website [www.das-4.com](http://www.das-4.com).**

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