

SMARTWATCH

Fit Watch 5910



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Návod k použití **S** Bruksanvisning **BG** Работна инструкция **L** Käyttöohje





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Thank you very much for choosing a Hama product!

Please take the time to read through the following instructions and notes carefully. You should then keep this user manual in a safe place so that you can refer to it when necessary.

Your new smartwatch is the ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data on your step count, heart rate and calories burned. The wireless connection via ^{Bluetooth®} to your smartphone allows you to record the data in the accompanying "Hama FIT Pro" app, so you can always track your progress. Check here to see when you've reached your personal fitness goal!

1. Explanation of warning symbols and notes

Warning



Used to highlight safety instructions or to draw attention to specific hazards and risks.

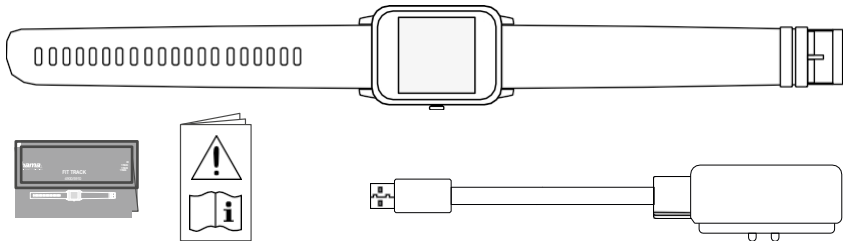
Note



Used to highlight additional information or important notes.

2. Contents

- "Fit Watch 5910" smartwatch
- 1 USB charging cable
- User manual





3. Safety instructions

- This product is intended for private, non-commercial use.
- Use the product exclusively for its intended purpose.
- Protect the product from dirt, moisture and overheating, and use it only in dry environments.
- Do not operate the product in the immediate vicinity of a heater, other heat sources or in direct sunlight.
- Do not operate the product outside the performance limits specified in the technical data.
- Do not use the product in areas where electronic devices are not permitted.
- The battery is permanently installed and cannot be removed.
- Do not open the product or continue to use it if it is damaged.
- Do not attempt to service or repair the product yourself. Leave all maintenance work to qualified personnel.
- Do not drop the product or subject it to severe shocks.
- Do not make any modifications to the product. Doing so will invalidate any warranty claims.
- Dispose of the packaging material immediately in accordance with local waste disposal regulations.
- Do not throw the battery or the product into a fire.
- Do not modify, deform, heat or dismantle batteries.
- Do not allow yourself to be distracted by your product whilst driving a motor vehicle or using sports equipment; pay attention to the traffic conditions and your surroundings.
- Consult a doctor before starting an exercise programme.
- Always pay attention to how your body reacts during training and contact a doctor in an emergency.
- Consult a doctor if you have any existing medical conditions and still wish to use the product.
- This is a consumer product and not a medical device. It is therefore not intended for the diagnosis, treatment, cure or prevention of diseases.
- Prolonged skin contact may cause skin irritation and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains small parts that could be swallowed and pose a choking hazard.



Risk of electric shock



- Do not open the product or continue to use it if it is damaged.
- Do not use the product if the AC adapter, adapter cable or mains lead is damaged.
- Do not attempt to service or repair the product yourself. Leave all maintenance work to qualified personnel.

Warning – Pacemakers



The product generates magnetic fields. People with pacemakers should consult a doctor before using this product to check whether the pacemaker's function could be affected.

Note – Air travel



- This product is a continuous-wave radio transmitter. Please note that, for safety reasons, carrying and operating radio transmitters is not permitted during certain phases of flight (e.g. take-off/landing).
- Before flying, check with the airline to see if you are permitted to carry your fitness tracker. If in doubt, leave the product at home.

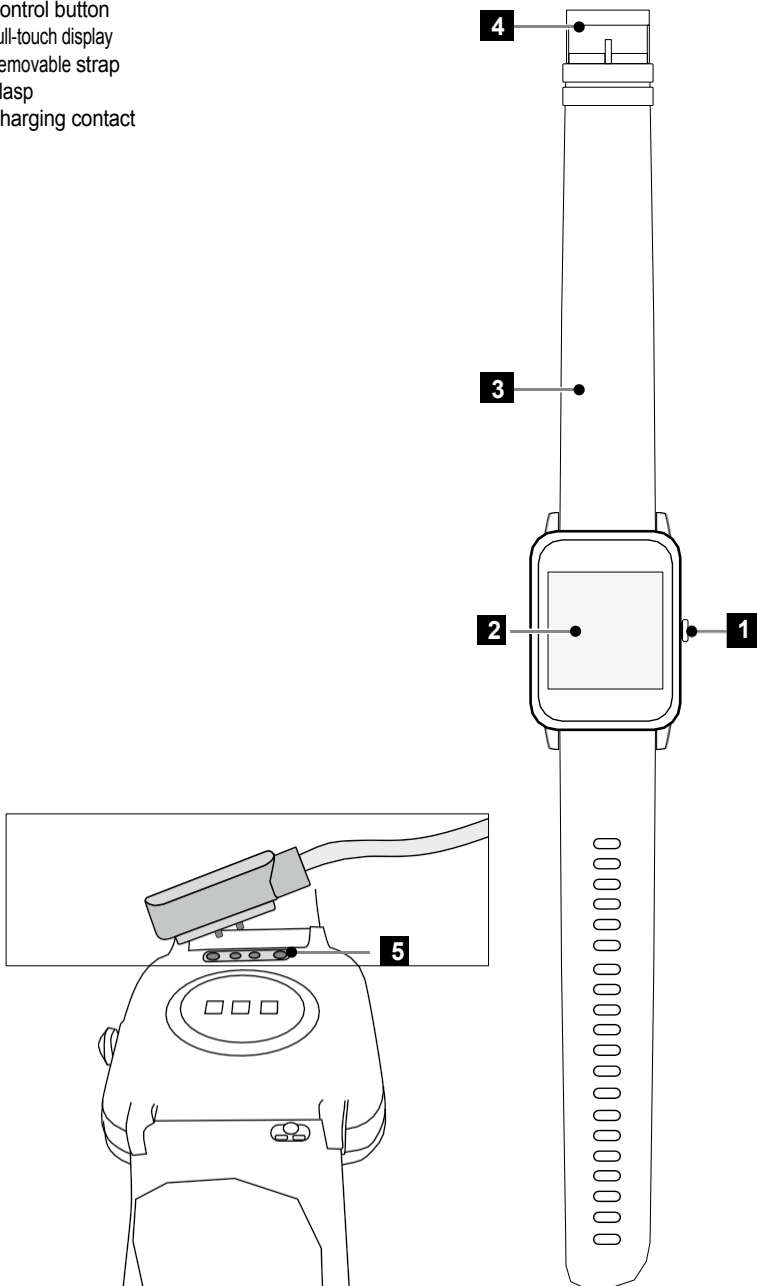
Warning – Battery



- Only use suitable chargers or USB ports for charging.
- Do not use faulty chargers or USB ports and do not attempt to repair them.
- Do not overcharge or deeply discharge the product.
- Avoid storing, charging and using the product in extreme temperatures and at extremely low air pressure (such as at high altitudes).

4. Controls

1. Control button
2. Full-touch display
3. Removable strap
4. Clasp
5. Charging contact



5. Getting started

5.1 Charging

- Fully charge the smartwatch before using it for the first time.
- Connect the charging cable to a free USB port on your computer or a USB charger and to the charging contact [5] on the smartwatch. Please refer to the user manual for the USB charger you are using.

Note



- It takes approximately 90 minutes to fully charge the battery. Once the battery indicator on the display shows that it is fully charged, the charging process is complete and you can disconnect the smartwatch from the charging cable.
- Please charge the smartwatch as soon as the battery level drops to 10% to avoid functional limitations. If the battery level falls below 20%, you will no longer be able to start any activities, and if it falls below 10%, the automatic heart rate monitoring function will be deactivated.

5.2 Putting on and switching on

- Before switching it on for the first time, you must connect the smartwatch to the supplied charging cable and plug it into a power source.
- Place the smartwatch on your wrist and fasten it using the clasp.
- Press and hold the side control button [1] for 3 seconds to start the smartwatch.

Note



- To get the most out of the measurement functions, the smartwatch should fit snugly on the upper side of your forearm, whilst still being comfortable to wear. The gap between the smartwatch and the wrist bone should be about a finger's width.
- To ensure the best possible recording of your activities, wear the smartwatch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

5.3 Switching off

- To switch off the smartwatch, go to the menu item [SETTINGS ] and tap [SWITCH OFF ] in the submenu. Confirm the subsequent prompt to switch off the smartwatch.

6. Operation – Menu structure

- Press the side control button **[1]** to activate the smartwatch screen. You can then swipe the screen to switch between the various displays and menu items in the order shown below.
- You can access the submenus by tapping the respective icon.
- Pressing the side control button **[1]** takes you out of a submenu and returns you to the previous screen or the home screen.

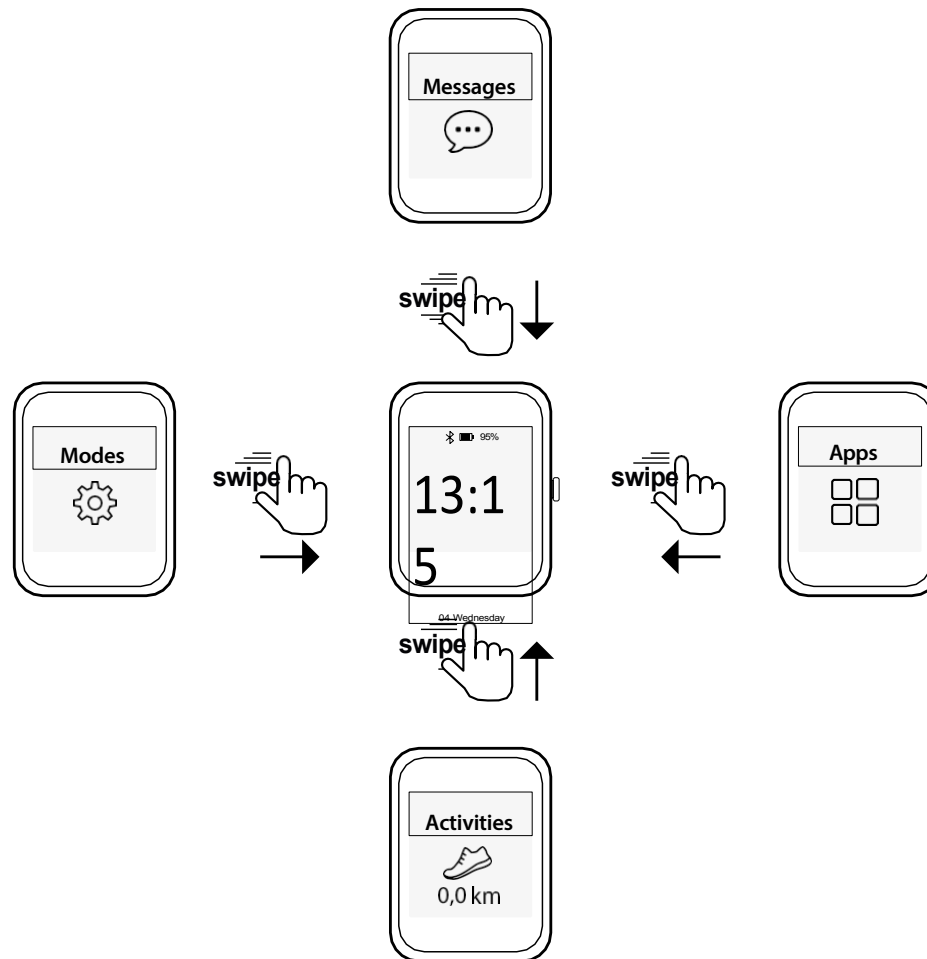
Note



- This diagram provides an overview of all the menu options that can be displayed on the smartwatch.

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Activity overview 6.2	
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6.1 Home screen

- Once the home screen has been activated, you can view an overview of the various home screens/watch faces by pressing and holding the display. Here, you can choose between four different home screens. Confirm your selection by tapping the relevant home screen.

6.2 Activity overview

- If you swipe up from the home screen, you will see an overview of your daily activity. You can view the number of steps, the distance covered, the calories burned, and your progress towards your daily goal.
- The graphs shown give you a daily breakdown of the number of steps, the distance covered and the calories burned.
- If you swipe all the way down, you will also see a weekly overview. This overview shows the steps, distance, calories burned and duration of activity accumulated over the entire week.

6.3 Modes

- If you swipe right from the home screen, you will see four different modes that you can enable or disable as required.

6.3.1 Continuous heart rate monitoring

- Tap the  icon to enable or disable continuous heart rate monitoring. When monitoring is enabled, the watch automatically measures your heart rate every five minutes. These recorded values can be viewed in the app.

6.3.2 Enabling wrist movement

- Tap the  icon to enable or disable the wrist gesture to turn on the display. When the wrist gesture is enabled, you can turn on the display by rotating your wrist.

6.3.3 Do Not Disturb mode

- By tapping the  icon, you can enable or disable Do Not Disturb mode. When Do Not Disturb mode is enabled, no notifications will be forwarded to your smartwatch.

6.3.4 Find My Phone

- Tap the  icon to start the phone search and locate your misplaced smartphone. Your smartphone will start to vibrate or you will hear a beep. To use the phone search, you must first enable it in the app. (see section 8.6.4)

6.4 Notifications

- If you swipe down from the home screen, you will see notifications that you have received on your smartphone. To receive notifications, you must first enable this feature in the app. You can also set which apps you want to receive notifications from on your smartwatch within the app. (see section 8.5.4)
- Depending on the app, you will either receive a notification showing the name of the app and the sender, or you will also see a preview of the message.
- By tapping on a notification, you can view further information if available, and by tapping on the bin icon, you can delete the notification.
- If you want to delete all notifications at once, swipe right to the bottom, then tap the bin icon and confirm the prompt that appears.

6.5 Applications

- If you swipe left from the home screen, you will be taken to the main menu of your smartwatch. In the main menu, you can access various apps and submenus by tapping on the relevant icon. Swipe up and down to switch between the different pages in the main menu.

6.5.1 Activities

- Tapping the **[ACTIVITY **] icon displays the various activity modes currently stored on the watch by default. In total, you can choose from 14 different activity modes and save up to eight different activity modes on the watch (see section 8.6.1). Tapping on the respective activity starts it. The individual activity modes are explained in more detail below.
- You can pause or resume an activity by pressing the side control button **[1]**.
- Pressing and holding the side control button **[1]** ends the activity.
- Once the activity has finished, you will be shown an overview of the recorded data.

6.5.1.1 Running outdoors (GPS)

- This activity uses the built-in GPS. When you start the activity, the app will first search for a GPS signal. Depending on signal strength, this may take up to a minute. Once a GPS signal is available, you can start the activity by tapping the arrow at the bottom right. You can also choose whether you want to run against a virtual competitor. To do this, select a target pace per kilometre for the competitor and then start the activity. If you do not want to run against a competitor, tap **[X]**.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow in the bottom right-hand corner. However, the distance and route will only be recorded once a GPS signal is available.
- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Steps
 - Pace (km/h and min/km)
 - Route
- You can view the individual data during the activity by swiping left and right on the screen. In addition, you can control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.2 Outdoor walking (GPS)

- This activity uses the built-in GPS. When you start the activity, the app will first search for a GPS signal. Depending on signal strength, this may take up to a minute. Once a GPS signal is available, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and route will only be recorded once a GPS signal is available.
- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Steps
 - Pace (km/h and min/km)
 - Route
- You can view individual data during the activity by swiping left and right on the screen. You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.3 Outdoor cycling (GPS)

- This activity uses the built-in GPS. When you start the activity, the app first searches for a GPS signal. Depending on signal strength, this can take up to a minute. Once a GPS signal is available, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow in the bottom right-hand corner. However, the distance and route will only be recorded once a GPS signal is available.
- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Pace (km/h and min/km)
 - Route
- You can view the individual data during the activity by swiping left and right on the screen. In addition, you can control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.4 Hiking (GPS)

- This activity uses the built-in GPS. When you start the activity, the app will first search for a GPS signal. Depending on signal strength, this may take up to a minute. Once a GPS signal is available, you can start the activity by tapping the arrow at the bottom right.
- Alternatively, you can start the activity without a GPS signal by tapping the arrow at the bottom right. However, the distance and route will only be recorded once a GPS signal is available.
- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Steps
 - Pace (km/h and min/km)
 - Route
- You can view individual data during the activity by swiping left and right on the screen. You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.5 Running

- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Steps
 - Pace (km/h and min/km)
- You can view individual data during the activity by swiping left and right on the screen. You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.6 Walking

- The following data is recorded during this activity:
 - Distance
 - Duration
 - Heart rate
 - Calories burned
 - Steps
 - Pace (km/h and min/km)
- You can view individual data during the activity by swiping left and right on the screen. You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.7 Spinning

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
- You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.8 Fitness

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
- You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.9 Swimming in the pool

- When starting the activity, you will first be asked for the pool length. Here you can set a length between 25m and 100m. You can then start the activity by tapping the arrow at the bottom right.
- The following data is recorded during this activity:
 - Distance
 - Duration
 - Strokes per pool length
 - SWOLF score
- The SWOLF score is a measure of swimming efficiency. It is calculated by adding the time taken to swim one length of the pool to the number of strokes taken per length. The lower your SWOLF score, the more efficient your swimming is.
- Example: If it takes you 30 seconds to swim one 25-metre length and you take 30 strokes, your SWOLF score is 60.

6.5.1.10 Outdoor swimming

- The following data is recorded during this activity:
 - Duration
 - Calories burned
 - Number of strokes

6.5.1.11 Yoga

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
- You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.12 Cross-trainer

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
- You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.13 Rowing machine

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
- You can also control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.1.14 Cricket

- The following data is recorded during this activity:
 - Duration
 - Heart rate
 - Calories burned
 - Steps
- You can view the individual data during the activity by swiping left and right on the screen. In addition, you can control the music on your smartphone during this activity by swiping all the way to the right. To do this, music control must be enabled in the app (see section 8.5.7).

6.5.2 Heart rate

- Tap the **[HEART RATE **] icon to start manual measurement of your heart rate.
- At the top right of the screen, you will see your resting heart rate, which is calculated from the readings taken on that day.
- The graph below shows the highest and lowest readings from the automatic heart rate monitoring for specific time intervals throughout the day, as well as the highest and lowest readings of the day.

6.5.3 Relaxation mode

- Tap the **[RELAXATION **] icon to enter relaxation mode. Here you can perform a relaxation exercise with guided breathing.
- Select whether the relaxation session should last one minute or two minutes and start it by tapping the arrow at the bottom right. Then follow the instructions on the display.
- If you wish to end the relaxation session early, press the side control button **[1]** and confirm the subsequent prompt.

6.5.4 Alarm

- Tap the [ALARM ] icon to view the preset alarm and reminder times. Tap the relevant times to enable or disable the alarm or reminder.
- The alarm or reminder times must first be set and activated in the app and synchronised with the smartwatch (see section 8.5.3).

6.5.5 Music control

- Tapping the [MUSIC CONTROL ] icon opens the control view for various music and streaming services. These can be controlled directly via your watch. You can start or stop music and skip tracks forwards or backwards.
- Music control must be enabled in the app beforehand (see section 8.5.7).

6.5.6 Timer

- By tapping the [TIMER ] icon, you can start the stopwatch or a countdown. To do this, select either the stopwatch  or the countdown function  at the top of the screen.

6.5.6.1 Stopwatch

- To start or pause the stopwatch, tap the icon at the bottom right. To reset the stopwatch, tap the icon at the bottom left.
- If you wish to stop a measurement early, press the side control button [1] and confirm the subsequent prompt.

6.5.6.2 Countdown

- To start the countdown function, first swipe to select the duration of the countdown between one second and 100 minutes. Then start or pause the countdown by tapping the icon at the bottom right. To reset the countdown, tap the icon at the bottom left.
- If you wish to stop the countdown completely before it finishes, press the side control button [1] and confirm the subsequent prompt.

6.5.7 Weather

- Tap the [WEATHER ] icon to view the weather forecast for the current day, including the current temperature and the minimum and maximum temperatures. Swipe up to view the weather forecast for the next two days.
- The weather data is transferred and updated by synchronising the smartwatch with the app. The time of the last update is displayed at the top of the weather screen.
- The weather forecast must be enabled in the app beforehand (see section 8.6.3).

6.5.8 Recent activities

- Tap the [RECENT ACTIVITIES ] icon to view an overview of your most recent recorded activities. Swipe down to view individual activities, which are listed with the date and time.
- To view further details of a saved activity, tap the relevant activity several times. The most important data relating to your activity will be displayed here.

6.5.9 Settings

Tapping the **[SETTINGS **] icon takes you to a sub-menu where you can adjust the following settings, as well as switch off or reset your smartwatch.

- By tapping **[HOME SCREEN **], you can choose between four different home screens. Confirm your selection by tapping the relevant home screen.
- By tapping **[BRIGHTNESS **], you can adjust the screen brightness. You can choose between three brightness levels.
- Tap **[INFORMATION **] to view the current firmware version of the smartwatch and its MAC address. The MAC address uniquely identifies your device when you connect it to your smartphone via Bluetooth.
- Tap **[POWER OFF **] and confirm the subsequent prompt to switch off the smartwatch.
- By tapping **[DELETE USER DATA **] and confirming the subsequent prompt, you can reset the smartwatch to its factory settings. This will delete all recorded user data.

7. Setting up the smartwatch

7.1 Downloading the "Hama FIT Pro" app

Note

The following operating systems are supported:

- iOS 9.0 or later
- Android 5.0 or later

- Open the iTunes App Store or Google Play Store on your smartphone or scan the relevant QR code in the enclosed user manual.
- You can find the app using the search function.
- Download the app as usual and install it on your smartphone. To do this, follow the instructions on your smartphone.

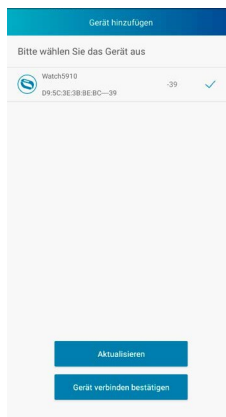
7.2 Pairing the smartwatch with your smartphone

Note

- To ensure the smartwatch displays incoming calls, SMS messages, WhatsApp messages and other notifications, enable push mode for notifications in your smartphone's settings.

Android/Apple mobile devices

- Make sure that the Bluetooth® function on your smartphone and your smartwatch are switched on.
- Launch the app on your smartphone and agree to the privacy policy. Answer any questions that may appear. The search for your smartwatch "Fit Watch 5910".
- Now select "Watch5910" and tap **[CONNECT DEVICE]** at the bottom to connect the smartwatch to the app.
- Then configure your personal settings. These can be adjusted later in the app (see section 8.1.2).
- The smartwatch is now connected to the app and synchronisation is starting.



Note



- Please synchronise the smartwatch with the app before using it for the first time. If you record an activity before the smartwatch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start synchronising the smartwatch with the app, swipe down on the app's home screen.
- Due to the limited storage space on the smartwatch, you should synchronise the smartwatch with the app regularly (at least once a week) to avoid data loss.

Note



- After the initial synchronisation with the app, the smartwatch automatically adopts the time, date and language settings from your smartphone.
- The time and date cannot be set manually.
- You can manually adjust the system language on the smartwatch in the app (see section 8.6.2).

8. Using the "Hama FIT Pro" app

The following sections explain the individual menu items and the various settings options within the app in more detail.

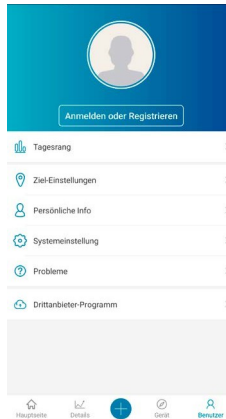
Note



- Please note that support for some functions depends on your device.
- Please refer to the user manual for your device.
- During the app setup process, you will be asked whether the app is permitted to access functions on your device.

8.1 User settings

- Go to **[USER]** in the bottom menu bar. Here you can create a user account and set your personal details and goals. You can also access further information about the app, which is outlined in the following sections.



8.1.1 Registration / User account

- Tap **[LOG IN OR REGISTER]** and select **[REGISTER]** in the top menu bar to create a user account. Now enter an email address and a password, and complete the registration by tapping **[REGISTER AND LOG IN]** at the bottom.
- You can then enter a username and your personal details, as well as set a profile picture.
- By creating a user account, you can access your personal details even if you change your smartphone. This means your personal details are available at all times.
- However, creating a user account is not a prerequisite for using the app.

The screenshot shows the login and registration interface of the Hama Fit Pro app. The header is blue with a back arrow and the text 'Anmelden oder Registrieren'. Below the header, there are two tabs: 'Anmelden' (Login) and 'Registrieren' (Register). The 'Anmelden' tab is active. The login form includes an 'E-Mail' field with a person icon, a 'Passwort' (Password) field with a lock icon, and a checkbox for 'Passwort merken' (Remember password). A link 'Passwort vergessen?' (Forgot password?) is next to the password field. At the bottom, there is a grey button labeled 'Anmelden'.

8.1.2 Personal details

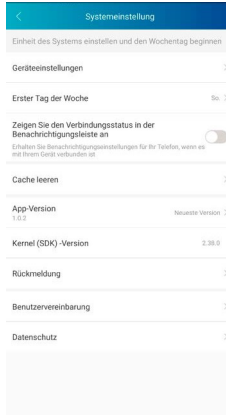
- Go to **[PERSONAL DETAILS]** to enter your name, date of birth, gender, height and weight. If you wish, you can also set a profile picture. Tap the item you wish to edit. A sub-menu will open where you can adjust the settings.
- Confirm your details by tapping the tick in the top right-hand corner.

8.1.3 Personal goals

- Tap **[GOALS]** to set your daily step, sleep, calorie and distance goals, as well as your weight goal.
- You can adjust the respective goals by sliding the bar to the right or left.
- Confirm your details by tapping the tick in the top right-hand corner.

8.2 System settings

- Go to **[USER]** in the bottom menu bar and then select **[SYSTEM SETTINGS]**. Here you can adjust various settings and view information. You also have the option to send a query or your feedback regarding a specific issue with the app or the smartwatch to Hama Product Support.



8.2.1 Basic settings

- Tap **[UNIT SETTINGS]** to set the units for distance, weight and temperature.
- Tap **[WEEKDAY ORDER]** to specify which day of the week is the first day of the week on which your data is processed.

8.2.2 App information

- Under **[APP VERSION]**, you can see the version of the app you are currently using. Tap **[APP VERSION]** to check whether you are already using the latest version.

8.2.3 Enquiry / Feedback

- Tap **[FEEDBACK]** to send an enquiry or feedback to Hama Product Advice.
- You can either select one of the predefined topics or create your own topic by tapping **[SUGGESTION]** at the top.
- Select a topic to then describe your enquiry in more detail. You can also add images to your enquiry and share the connection log between the smartwatch and the app. Please provide your email address with every enquiry.
- Tap **[SEND]** in the top right-hand corner to submit a query.

8.2.4 Privacy

- Tap **[END-USER AGREEMENT]** to read the user agreement.
- Tap **[PRIVACY POLICY]** to read the privacy policy.

8.3 Frequently Asked Questions

- Go to **[USER]** in the bottom menu bar and then select **[FREQUENTLY ASKED QUESTIONS]**.
- Here you will find answers to frequently asked questions. To view the explanation for a question, tap on the relevant question.
- If your question is not answered, please send an enquiry to Hama Product Advice (see section 8.2.3)

8.4 Third-party apps

- Go to **[USER]** in the bottom menu bar and then select **[THIRD-PARTY APPS]** to connect to Apple Health and Strava (iOS) or Google Fit and Strava (Android).

8.4.1 iOS version

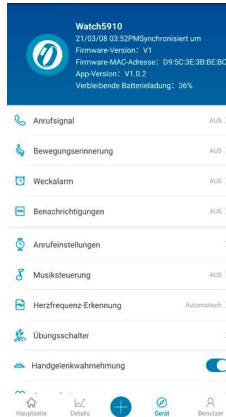
- Tap **[APPLE HEALTH]** to view instructions on how to connect the Hama FIT Pro app to Apple Health.
- Tap **[STRAVA]** to connect to Strava. To do this, tap **[I AGREE]** at the bottom to accept and activate the connection.

8.4.2 Android version

- To connect to Google Fit, tap the Google Fit button on the right-hand side of the screen and then confirm your Google account.
- Tap **[STRAVA]** to connect to Strava. To do this, tap **[I AGREE]** at the bottom to accept and activate the connection.

8.5 Device settings

- Go to **[DEVICE]** in the bottom menu bar to activate and configure various functions of the smartwatch, as well as to customise the smartwatch to your individual needs.
- Under this menu, you will also see an overview of various data from your connected smartwatch at the top of the screen. You can see when the smartwatch was last synchronised with the app or what percentage of the smartwatch's battery is currently charged.



8.5.1 Call notification

- Tap **[CALL NOTIFICATION]** to enable notifications for incoming calls. When this feature is enabled, you will receive a notification on your smartwatch when a call comes in. You can see who is calling and reject the call if necessary.
- Tap the button on the right-hand side of the screen to enable the feature. You can then set the time after which the notification should appear on your smartwatch.
- To save the changes, tap the tick in the top right-hand corner.

8.5.2 Activity reminder

- Tap **[MOVEMENT REMINDER]** and enable the feature in the submenu. Tap the button on the right-hand side of the screen to activate the feature.
- You can then set the interval for the activity reminder between 15 and 180 minutes, as well as select the start and end times for the reminder and the relevant days of the week.
- To save the changes, tap the tick in the top right-hand corner.

8.5.3 Alarm

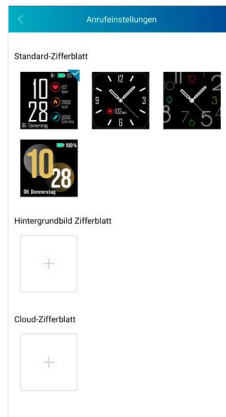
- Tap **[ALARM]** to set alarm times or reminders.
- To add a new reminder, tap **[+]** on the right-hand side of the screen.
- You can edit the reminder by tapping on it. In the sub-menu, you can set the reminder type, the relevant days of the week and the time for the reminder. Confirm the changes by tapping the tick in the top right-hand corner.
- To save the changes, tap the tick in the top right-hand corner.

8.5.4 Notifications

- Tap **[NOTIFICATIONS]** to enable the notification feature for various apps and services. Once this feature is enabled, you will receive a notification on your smartwatch whenever you receive a message on your smartphone. Depending on the app, you will **e i t h e r** receive a notification showing the name of the app and the sender, or you will also see a preview of the message.
- To enable the notification function, tap the button on the right-hand edge of the screen. You can then select the apps and services for which you wish to receive notifications on your smartwatch. To save the changes, tap the tick in the top right-hand corner. (iOS)
- Tap the apps and services for which you want to receive notifications on your smartwatch, then tap the button on the right-hand edge of the screen to allow access. (Android)

8.5.5 Home screen

- Tap **[HOME SCREEN]** to view an overview of the available home screens on the smartwatch.
- You can choose between four different home screens. Tap the home screen you wish to set and confirm your selection by tapping **[SET AS DEFAULT DIAL]** at the bottom of the screen.
- You can also choose a custom background image as your home screen by tapping **[+]** below 'Watch face background'. Tap **[CHOOSE NEW BACKGROUND IMAGE]** and then either take a new photo or select a photo from your smartphone's gallery. To confirm the change, tap **[SET AS MAIN DIAL]**.
- You can also choose from other pre-set home screens by tapping **[+]** below Cloud Dial. Tap the home screen you wish to set and confirm your selection by tapping **[SET AS DEFAULT DIAL]** at the bottom of the screen.



8.5.6 Automatic activity detection

- Tap **[AUTOMATIC ACTIVITY DETECTION]** to enable automatic activity detection in the submenu. When this feature is enabled, the smartwatch automatically detects when you are engaging in an activity for an extended period and records that activity once you confirm it.
- Tap the button on the right-hand side of the screen to enable the feature. You can then enable the feature for the two activities: walking and running.
- To save the changes, tap the tick in the top right-hand corner.

8.5.7 Music control

- Tap **[MUSIC CONTROL]** to enable this feature in the submenu. When this feature is enabled, you can control various music and streaming services directly via the smartwatch. You can start or stop music, as well as skip tracks forwards and backwards.
- Tap the button on the right-hand side of the screen to activate the function.
- To save the changes, tap the tick in the top right-hand corner.

8.5.8 Continuous heart rate monitoring

- Tap **[HEART RATE MONITORING]** to enable this function in the submenu. Enabling this function will continuously measure and record your heart rate at five-minute intervals.
- Tap **[AUTOMATIC]** in the submenu to activate the function.
- To save the changes, tap the tick in the top right-hand corner.

8.5.9 Enabling arm movement

- To enable this feature, tap the button on the right-hand side of the screen under **[ARM MOVEMENT SCREEN]**. Once enabled, you can turn on the display by rotating your wrist.

8.5.10 Menstrual cycle tracking

- Tap **[MENSTRUAL CYCLE]** to activate this feature in the submenu. By activating this feature, you can set various details relating to your menstrual cycle and receive reminders about your next period or your fertile window.
- Tap the button on the right-hand side of the screen to activate the feature.
- You can then use **[MENSTRUAL SETTINGS]** to set the duration of your period, the length of your menstrual cycle and the date of your last period.
- You can also use **[REMINDER SETTINGS]** to set how many days in advance you want to be reminded of your next period or ovulation, and at what time you want to be reminded.
- To save the changes, tap the tick in the top right-hand corner.

8.5.11 Firmware update

- Tap **[FIRMWARE UPDATE]** to check whether the latest firmware version is installed on your smartwatch or to download a new firmware version and install it on your smartwatch.

8.5.12 GPS update

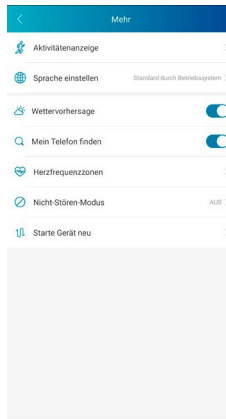
- AGPS data is data used for location tracking and, consequently, for recording activities via GPS.
- Tap **[AGPS UPDATE]** to enable automatic AGPS updates in the submenu. To do this, select **[AUTOMATIC]** in the submenu. Enabling this feature will update the AGPS data when you synchronise your smartwatch with the app.
- To save the changes, tap the tick in the top right-hand corner.

8.5.13 Disconnect

- Tap **[DISCONNECT]** to disconnect the connection between the smartwatch and the app. Your smartwatch will then be reset to its factory settings.

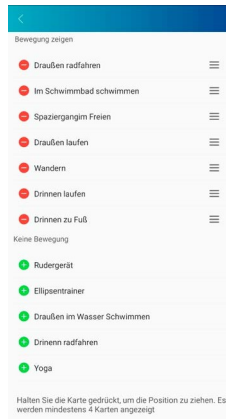
8.6 Other settings

- Go to **[DEVICE]** in the bottom menu bar and then tap **[OTHER SETTINGS]** to open a submenu where you can adjust further settings.



8.6.1 Activities

- Tap **[ACTIVITIES]** to select the activities to be saved on the smartwatch. There are 14 activities to choose from in total, and you can save up to eight of them on the smartwatch.
- The activities at the top of the list, marked with a minus symbol, are currently saved on the smartwatch. The activities at the bottom of the list, marked with a plus symbol, are not currently saved.
- By tapping **[MINUS]** or **[PLUS]**, you can remove or add an activity.
- You can also change the order of the saved activities by holding down the icon on the right-hand side of the screen and dragging the relevant activity to the desired position.
- To save the changes, tap the tick in the top right-hand corner.



8.6.2 Smartwatch language settings

- Tap **[DEVICE LANGUAGE]** to set the language on your smartwatch. You can choose from a total of eight different languages.
- Select **[SAME AS YOUR SMARTPHONE]** if you want the language on the smartwatch to be the same as the language of the app or your smartphone.
- Alternatively, you can choose from eight languages and set them manually by tapping on the relevant language.
- To save the changes, tap the tick in the top right-hand corner.

8.6.3 Weather forecast

- In **[WEATHER FORECAST]**, tap the button on the right-hand side of the screen to activate this feature. Once activated, you can view the weather forecast for the current day and the following two days on your smartwatch (see section 6.5.7).

8.6.4 Phone Finder

- Tap the button on the right-hand side of the screen under **[PHONE FINDER]** to activate this function. Activating this function allows you to locate your misplaced smartphone via the smartwatch (see section 6.3.4).

8.6.5 Heart rate zones

- Tap **[HEART RATE ZONES]** to set your heart rate zones based on your maximum heart rate. By setting the heart rate zones, the recorded activities are divided into the respective zones.
- Under **[MAXIMUM HEART RATE SETTING]**, tap the button on the right-hand side of the screen to access the settings. Then tap **[MAXIMUM HEART RATE]** and set it in the sub-menu.
- At the top of the screen, you will see the breakdown of your heart rate zones.
- To save the changes, tap the tick in the top right-hand corner.



8.6.6 Do Not Disturb mode

- Tap **[DO NOT DISTURB MODE]** and then activate Do Not Disturb mode by tapping the button on the right-hand side of the screen. When this feature is activated, you will not receive any notifications on your smartwatch.
- You can also set the time period during which the mode should be active by tapping the start and end times.
- To save the changes, tap the tick in the top right-hand corner.

8.6.7 Restarting the smartwatch

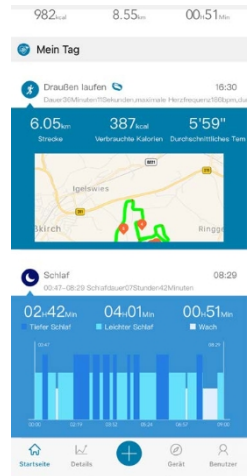
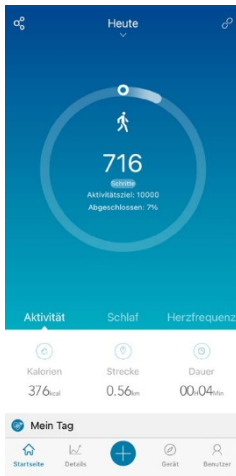
- Tap **[RESTART DEVICE]** and confirm the prompt that appears to restart the smartwatch. Your data will be synchronised with the app before the restart.

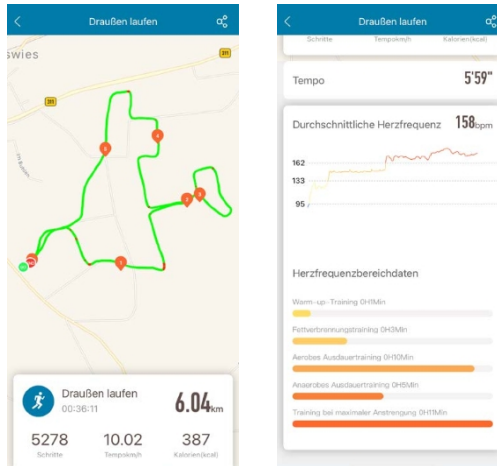
8.7 App home screen

- On the app's home screen, you'll see an overview of your activity, sleep patterns and heart rate for the day in question.
- To switch between days, tap **[TODAY]** at the top centre of the screen. You can then view the day you want by swiping right or left and tapping **[VIEW THIS DAY]**.
- You can share the overviews of the recorded data with your friends or save them by tapping the share icon at the top left of the screen.

8.7.1 Activity

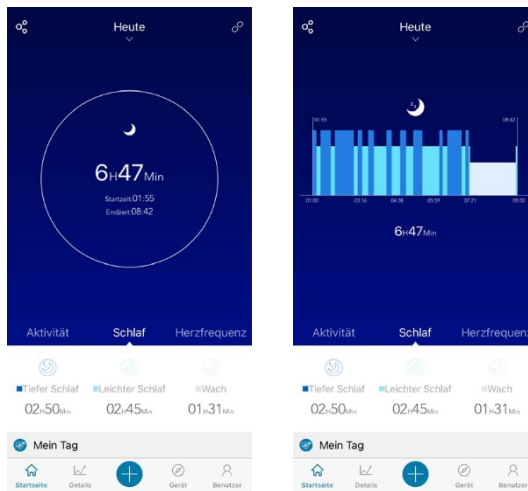
- Go to **[HOME]** in the bottom menu bar and tap the **[ACTIVITY]** tab.
- Here you will see an overview of the steps taken, calories burned, distance covered and duration of activity for the respective day. You will also see the status of your set step goal in the centre of the screen.
- To view a detailed breakdown of your steps, tap the ring in the centre of the screen. Here, you'll see how your steps are distributed throughout the day and how many steps were taken during each time period.
- To view further information for a particular day, swipe up on your smartphone screen. At the bottom of the screen, you'll see summaries of your sleep and the activities recorded on that day.
- To open the detailed view of a recorded activity, tap on the relevant activity. You will then see detailed data recorded for that activity. For example, you can view the route recorded via GPS, as well as the duration of the activity, the number of steps taken, the distance covered, the calories burned and your pace. You will also receive a detailed analysis of your heart rate.





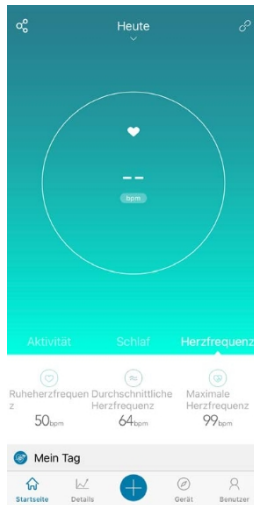
8.7.2 Sleep analysis

- Go to **[HOME]** in the bottom menu bar and tap the **[SLEEP]** tab.
- Here you can see an overview of your total sleep time and the breakdown of your sleep into deep sleep, light sleep and waking phases. In the centre of the screen, you can also see the start and end times of your sleep.
- To view a detailed breakdown of your sleep, tap the ring in the centre of the screen. Here you can see how your sleep is divided into deep sleep, light sleep and waking periods, allowing you to see what your sleep quality was like during each period.
- To view further information for a specific day, swipe up on your smartphone screen. At the bottom of the screen, you'll see summaries of your sleep and the activities recorded on that day.



8.7.3 Heart rate

- Go to **[HOME]** in the bottom menu bar and tap the **[HEART RATE]** tab.
- Here you will see an overview of your resting heart rate, average heart rate and maximum heart rate for that day. If you start a manual heart rate measurement on the smartwatch (see section 6.5.2), this value will be displayed in the centre of the screen.
- To view a detailed overview of your heart rate, tap the ring in the centre of the screen. Here you can see all the recorded values from the automatic heart rate monitoring spread across the day. By swiping left and right on the graph, you can view the individual values along with the corresponding time.
- To view further information for a particular day, swipe upwards on your smartphone screen. At the bottom of the screen, you will see summaries of your sleep and the activities recorded on that day.



8.8 Weekly, monthly and yearly overview

- In the app's detailed views, you can access additional information about your activity, sleep patterns and heart rate for a week, a month or a year.
- To switch between the weekly, monthly or annual overview, tap the **[CALENDAR📅]** icon in the top left-hand corner.

8.8.1 Activity

- Go to **[DETAILS]** in the bottom menu bar and tap the **[ACTIVITY]** tab.
- Here you can see an overview of the steps taken, calories burned, distance covered, and the respective daily averages for a week, a month or a year.
- The graph in the centre of the screen shows the steps taken on a given day in the weekly and monthly views, and the steps taken in a given month in the annual view. Tapping on a specific day or month in the graph will display the steps taken on that day or in that month.
- In the weekly and monthly views, the step target is also displayed graphically. You can change and adjust the step target in the user settings (see section 8.1.3).



8.8.2 Sleep analysis

- Go to **[DETAILS]** in the bottom menu bar and tap the **[SLEEP]** tab.
- Here you can see an overview of your sleep patterns for a week, a month or a year. At the bottom of the screen, you will see the following data for a week, a month or a year:
 - Average sleep duration per day
 - Average deep sleep phase per day
 - Average light sleep per day
 - Average start time of the sleep phase
 - Average end of the sleep phase
 - Average waking phase
- The graph in the centre of the screen shows, in the weekly and monthly views, the total sleep time as well as the duration of deep sleep and the duration of light sleep for each day. The annual view displays the average total sleep time, as well as the average duration of deep sleep and the average duration of light sleep for a month. By tapping on a specific day or month in the graph, you can view the total sleep time, the duration of deep sleep and the duration of light sleep.
- In the weekly and monthly views, the sleep duration target is also displayed graphically. You can change and adjust this target in the user settings (see section 8.1.3).



8.8.3 Heart rate

- Go to **[DETAILS]** in the bottom menu bar and tap the **[HEART RATE]** tab.
- Here you will see an overview of the recorded heart rate values relative to your resting heart rate, as well as the breakdown of your recorded activities into the various heart rate zones for a week, a month or a year. At the bottom of the screen, you will see the following data for a week, a month or a year:
 - Average resting heart rate
 - Maximum resting heart rate
 - Minimum resting heart rate
 - Classification of activities into different heart rate zones
- The graph in the centre of the screen shows the average resting heart rate for a day in the weekly and monthly views, and the average resting heart rate for a month in the annual view. Tapping on a specific day or month in the graph will display the average resting heart rate.



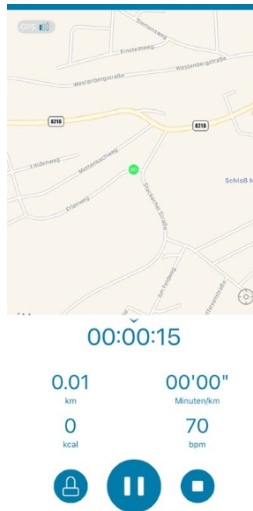
8.9 Activity mode

- In activity mode, you can start an activity via the app. This simultaneously starts the activity on the smartwatch. The activity can then be controlled either via the app or directly on the smartwatch.
- In addition, you can view and access a chronological history of all activities completed to date, as well as record and document your current weight on a daily basis.

8.9.1 Activities with GPS

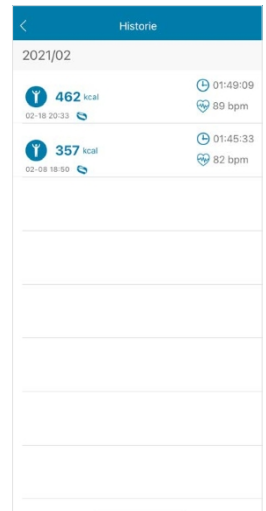
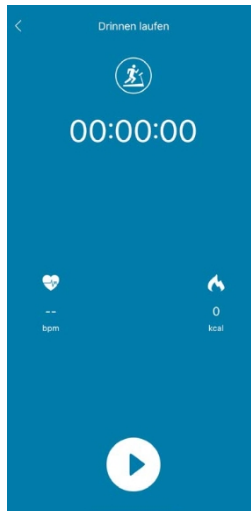
- Tap **[+]** in the bottom menu bar, then tap the icon on the left.
- Use the button in the top right-hand corner to choose between the four GPS-enabled activities and adjust further settings. The following activities support GPS:
 - Outdoor running
 - Outdoor walking
 - Outdoor cycling
 - Hiking
- In the overview, you can see the total distance covered so far for the selected activity, as well as the number of sessions, the average pace and the total calories burned.
- Before you start an activity, you can also set goals by tapping **[GOALS]**. Use the tabs at the top of the screen to set a distance, time or calorie goal. To save your changes, tap the tick in the top right-hand corner (iOS) / press the arrow in the top left-hand corner, or start the activity straight away by tapping **[START EXERCISE]** (Android).
- To start the activity, tap the **[▶]** icon at the bottom of the screen. The activity will now start on your smartphone and smartwatch. To pause the activity on your smartphone, tap the **[⏸]** icon, or to end the activity, tap the **[⏹]** icon at the bottom of the screen.
- To view the history of your completed activities, tap **[TOTAL DISTANCE]** in the centre of the screen. You will then see a chronological list of all your completed activities; tap on an activity to view further details.

USING THE "HAMA FIT PRO" APP



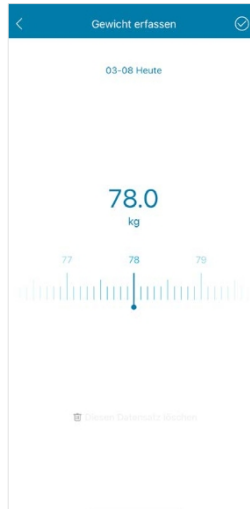
8.9.2 Activities without GPS

- Tap **[+]** in the bottom menu bar and then tap the middle icon.
- You can then choose from the following activities that do not support GPS:
 - Running
 - Walking
 - Spinning
 - Fitness
 - Swimming in a pool
 - Open-water swimming
 - Yoga
 - Cross-trainer
 - Rowing machine
 - Cricket
- To start an activity, tap on the relevant activity and then start it by tapping the **[▶]** icon at the bottom of the screen. The activity will now start on your smartphone and smartwatch. To pause the activity on your smartphone, tap the **[⏸]** icon, or to end the activity, tap the **[▶]** icon at the bottom of the screen.
- To view the history of activities completed so far, tap **[RECORDINGS]** in the top right-hand corner. You will then see a chronological list of all activities completed so far.



8.9.3 Weight recording

- Tap [+] in the bottom menu bar, then tap the icon on the right.
- You can then swipe right or left to set and record your weight for that day.
- To record and save your weight, tap the tick in the top right-hand corner.
- The recorded weight is now displayed at the bottom of the screen on the app's home page.



9. Maintenance and care

- Clean this product only with a lint-free, slightly damp cloth and do not use harsh cleaning agents.
- Make sure that no water gets inside the product.

10. Disclaimer

Hama GmbH & Co KG accepts no liability or warranty for damage resulting from improper installation, assembly or use of the product, or from failure to observe the operating instructions and/or safety instructions.

11. Technical specifications

Bluetooth version	5.0
Display type	Full-touch LCD
Display size	1.3"
Dimensions	255 x 37 x 10 mm
Weight	35g
Strap lengths	11.9 cm / 9.3 cm
Strap width	22 mm
Strap width (clasp)	18 mm
Strap material	Plastic (TPU)
Housing material	Plastic (ABS) / Stainless steel
Protection class	IP68

Battery type	Lithium-polymer
Battery capacity	210mAh / 3.9V
Charging time	approx. 1.5 hours
Battery life	6 days

12. Disposal instructions

Environmental protection information:



From the date of transposition of European Directives 2012/19/EU and 2006/66/EC into national law, the following applies: Electrical and electronic equipment and batteries must not be disposed of with household waste. Consumers are legally obliged to return electrical and electronic equipment and batteries at the end of their useful life to the designated collection points, return them to public collection points or to the point of sale. Details are governed by the relevant national legislation. The symbol on the product, the instructions for use or the packaging indicates these requirements. By recycling, reusing or otherwise recovering waste equipment/batteries, you are making an important contribution to protecting our environment.

13. Declaration of Conformity



Hama GmbH & Co KG hereby declares that this device complies with the essential requirements and other relevant provisions of Directive 2014/53/

EU. The declaration of conformity in accordance with the relevant directive can be found at www.hama.com.

Frequency band/frequency bands	2402 – 2480 MHz
Maximum radiated transmission power	-0.75 dBm

hama

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D GB

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