

GETTING STARTED

CHARGE YOUR SMARTWATCH

- Connect and charge your watch using the magnetic USB cable provided.
- Your smart watch will take approximately 2 hours to fully charge.

TURN ON YOUR SMARTWATCH



- Remove the printed screen protector. Below this is an additional screen protector. It is advised that you keep this on your watch to protect it from wear and tear.
- Press and hold the button for 5 seconds to turn your smart watch on.
- The home screen of the watch will be displayed.
- From the home screen, swipe right to access the menu screen. From here you can tap on any of the function icons to enter the related menu.

- Swipe from left to right to go back in any function menu.
- The screen will turn off when your smart watch is not in use. To wake up the screen press the button.
- With “turn wrist to activate display” turned on, the screen will also wake up when you turn your wrist. You can turn this on/off in the LIMIT SMART app, Tap your device name > Smart Wake Up.
- To set the length of time the screen will stay awake for, swipe down on your watch home screen and tap the cog to enter the Settings menu. Tap “Screen On” and scroll through the list to set the amount of seconds the screen will stay awake for. The maximum setting is 200 seconds. Please note that having the screen time set to longer will consume the battery life more quickly.

DOWNLOAD AND INSTALL THE APP

- To download the app, please search “LIMIT SMART” on your phone.
- Or scan the appropriate QR code using your smartphone camera or QR code reader app.

The LIMIT SMART app will work on the following smartphones:
Android (version 8 and above)
Apple iOS (version 12 and above)



Scan here
for Limit
Smart App.

CONNECT YOUR SMARTWATCH TO THE APP

- Open the app, read through and accept the permissions to continue.
- Enter your name and details, add a photo (optional).
- Set your steps, distance, calories, and sleep goals.
- Select and pair your smart device.

- Your watch will appear in the list of nearby Bluetooth devices as “LIMIT-RCT” and will also have a unique code made up of letters and numbers. You can find your watch’s Bluetooth name by swiping down from the home screen and tapping on the “i” symbol for information.
 - Select the correct Bluetooth name from the list on the app to connect to your smart watch.
 - The watch will display the correct time after pairing is successful.
- After connecting, a message may be displayed prompting you to update to the latest version. Follow the on-screen instructions to do this. This is important to ensure all features of your watch will work correctly.**

FOR THE APP TO FUNCTION CORRECTLY PLEASE TAKE NOTICE OF THE FOLLOWING:

- Do not pair the watch directly with the Bluetooth in your phone’s settings. Always pair the watch through the app.
- Do not turn off Bluetooth in your phone’s settings.
- If you would like to receive notifications from the app, you must accept the app’s permissions.

SYNCHRONISE DATA WITH THE APP

- After your watch is paired with the app you can synchronise data the watch has recorded.
- Please sync your app daily to avoid loss of recorded data. Data on the watch is reset at midnight every day.
- To sync your data, go to the app home page and swipe down to sync data with the watch.

SET UP

On your smart watch:

- Swipe down from the home screen and tap the sun symbol to set the brightness.
- Tap the cog symbol, then “Vibration intensity” to set the strength of the vibration that will be used for notifications.

Set the language:

- Swipe down from the home screen and tap the cog.
- Tap “Language”.
- Available languages are English, Portuguese, Arabic, Korean, French, German, Hindi, Italian, Japanese, Simplified Chinese, Polish, Spanish, Turkish.

On the Limit Smart app:

- Open the app and tap on the cog symbol to enter the Settings menu.
- Set which notifications you would like to receive on your watch.
- Select “Notifications” and set which notifications you would like to be displayed on your smart watch.

OTHER SETTINGS:

Tap on LIMIT-RCT at the top of the screen to access “Smart Device Settings”. You will find the following settings:

- Find My Smart Device – your smart watch will vibrate and make a sound so that you can find it.

- Camera Shutter – Use your smart watch as a remote camera shutter.
- Set the time format for your watch to 12hr or 24hr format.
- Add a Reminder – set up to 5 daily reminders. Your watch will vibrate at the set time to remind you.
- Turn Do Not Disturb on/off or set it for a scheduled time period. Your watch will turn off notifications and vibration. This can also be set from the Settings menu on your watch.
- Sync Contacts – Add contact information from your phone to be synced to your smart watch.

Under “Fitness and Wellbeing” you will find the following:

- Daily Goal – edit your daily steps/distance/calories/sleep goals
- Heart Rate Detection – Turn on/off continuous heart rate detection. Set how often you would like your watch to measure your heart rate.
- Health Reminder – Set up Sedentary or Drink Water alerts.

USING YOUR SMARTWATCH

THE SMARTWATCH INTERFACE

- Swipe right to display the functions list.
- Swipe left to go through the individual functions.
- Swipe down to view Bluetooth connectivity and battery level. You can also turn on/off do not disturb mode (moon symbol), enter settings (cog symbol) and information (“i” symbol), set the brightness (sun symbol), and shut down your watch.
- Swipe up to view new notifications.

CHANGING YOUR WATCH DIAL STYLE

- On the home screen (the screen displaying the clock), press and hold on the middle of the screen.
- Swipe left or right to choose a dial style and tap to select it.

DOWNLOADING MORE DIAL STYLES:

- Open the app and tap the watch face icon in the bottom right of the screen.
- Here you can browse different dial designs.
- To select a dial and add it to your watch, tap it and then tap “Push”.
- Make sure your watch is close to your phone. The app will display “Syncing...” for a few seconds while data is transferred.
- The new dial will then be displayed on your watch.

FUNCTIONS

Swipe right to enter the functions list. Scroll up or down and tap to select an option.

Dial pad

- Make phone calls.

Call Records

- View your call history.

Contacts

- View your contacts list. Add these from the app under “Smart Device Settings” > “Sync Contacts”.

Daily Activity

- View your steps count, calories, and distance for the day.

Heart Rate

- Measure your heart rate.

Blood Oxygen

- Measure your blood oxygen.

Stress

- Measure your stress level out of 100.

Exercise

- In this mode you can select from 22 sports modes to record data during the activity.
- Data that is recorded can include time, heart rate, steps and calories burned, depending on which activity is selected.
- Tap on any exercise mode to start the workout.
- Swipe to the right to enter the menu while in a sports mode.
- Select from the list of sports modes – Walking, running, treadmill, hiking, cycling, badminton, stair climber, elliptical, rower, skipping, golf, workout, yoga, spinning, pilates, aerobic exercise, cricket, boxing, tennis, table tennis, gym, skate.

Exercise History

- Shows your sports activity history for the day.

Sleep

- The watch will display your total sleep time for the previous night, including the total time of deep sleep and light sleep.
- The watch will measure sleep times between 21:00 – 9:00 the next day

Notifications

- When connected to your phone via Bluetooth, notifications from your phone will be sent to your watch. View new messages/ notifications here.
- Make sure to accept the permissions for push notifications on your phone for this to function correctly.

Weather

- After your watch has been connected to the Limit Smart app, it will display local weather information.

Camera

- Use your watch as a remote shutter for your phone camera.

Alarm

- Add alarms and edit or turn on/off your existing alarms.

Music

- With your phone connected via Bluetooth, music can be selected through the watch interface.
- Volume of the music playing from your phone can be adjusted through the watch interface by tapping on the speaker icon.

Timing

- Select from a 1, 3, 5 or 10 minute timer.

Breathing

- The watch will guide your breathing for the duration of the time selected.

Edit Card

- Edit the functions shown when you swipe left from the home screen.

Stopwatch

Calendar

Settings

Voice Assistant

- Use your phones voice assistant through your watch.

World Clock

- View different time zones. Add these to your watch through “Smart Device Settings” > “World Time” on the Limit Smart app.

CHANGING THE STRAP

- The strap on the smart watch is removable and interchangeable with other 18mm watch straps.
- Turn the watch over and locate the quick release as pictured.
- Slide the quick release across to separate the strap from the watch.

SAFETY AND CARE INSTRUCTIONS

Your smart watch is IP67 rated, meaning it has complete protection from the ingress of dust, and is protected from continuous immersion in water up to a depth of 1 metre for a maximum of 30 minutes. Please note that salt water or certain chemicals in water may damage or weaken the watch seals, especially with repeated exposure. To ensure your watch stays in good functioning condition it is recommended that you:

- Do not press the buttons while your watch is submerged.
- Do not use the watch when swimming, bathing, showering or during water sports.
- Do not attempt to charge the watch while it is wet.

Please note that the watch's touch screen will not function while submerged in water.

If your watch is exposed to water, always dry it fully with a soft cloth.

If your watch is exposed to any other liquids such as salt water, swimming pool water, soapy water, perfume, sunscreen, hand sanitiser, cosmetics, or other chemical products; wash it with clean water and dry it fully with a soft cloth.

The watch's functionality may be affected if these instructions are not followed.

- **Do not** attempt to disassemble your smart watch. This may cause a safety hazard, could damage your watch, and/or affect the water resistance.
- **Do not** use hair dryers, blowers, or any other heated equipment to dry your watch
- **Do not** operate your watch near radiators or heat sources. This could cause damage to your watch.
- **Do not** place heavy objects or exert strong pressure on your smart watch.
- **Avoid** using the watch in extremely high or low temperature environments.
- **Avoid** using the watch in high humidity environments. This could affect the water resistance of the watch.
- **Protect** your smart watch from long exposure to direct sunlight.



Please note that the measurement results of this device are for reference only and are not intended for medical use. Users should always follow the advice of their doctor or other trusted medical professional. When using your smart watch on aeroplanes, in hospitals, or near medical electronic systems please follow the authority standards and be aware that wireless signals transmitted could impact the functionality of sensitive electronics.

PRODUCT SPECIFICATION

Model	Limit 50055/50056/50057
CPU	Jieli 7012F
Capacitive touch screen	1.57" full touch screen 200*320 screen
Bluetooth version	5.0
Battery	Lithium-ion 3.7V/200mAh

HOW TO UNPAIR YOUR SMARTWATCH FROM YOUR PHONE

- Open the app and tap on the cog.
- Tap on the Bluetooth name at the top to enter the Smart Device Settings.
- Scroll down and tap “Disconnect Device”
- The app will ask for confirmation. Tap “Ok”.

HOW TO RESTORE YOUR WATCH TO FACTORY SETTINGS

- To clear all data from your watch and restore it to factory settings please swipe down from the home screen of your watch and tap on the cog symbol.
- Scroll down and tap on “Other” and then tap “Reset”. Tap the green tick to confirm.

If for any reason you need to return your watch to us, please restore your smart watch to factory settings before sending it.