

<p><b>Charging contact</b></p> <p>Align the charging port of the watch with the metal contacts of the charging base until the charging arrows on the screen of the watch/battery indicator.</p> <p>When the watch prompts that the battery is low, please charge in time.</p> 	<p><b>Quick Guide</b></p>
<p><b>Product Overview</b></p>  <p>Power: on: Long press for 5 seconds until the screen lights up.          Exercise: Press and hold for 3 seconds, press "Hold"          Short press to return to the dial page</p>	<p><b>To start, Download the Da fit</b></p> 


