

SW 700 Pro

SWISS+one

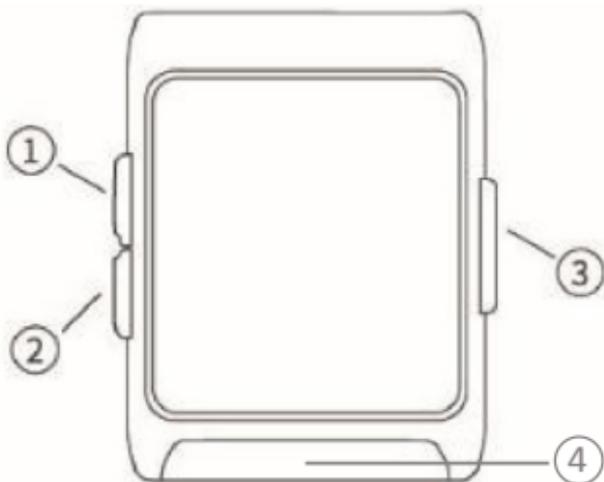
Instructions



EN

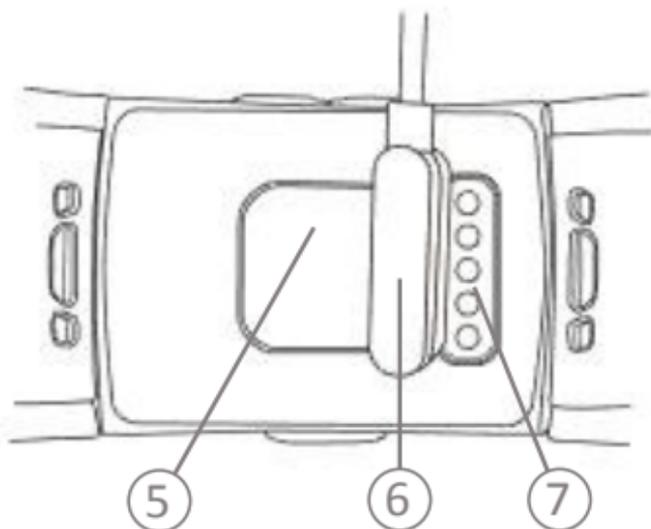
Congratulations to your new GPS Sport watch, swisstone SW 700 Pro, which is IP68 water proof. It has a variety of sport functions, heart rate monitoring, as well as sleep monitoring. It can also receive notifications from your smartphone, so you'll never miss a call or message.

1. Overview front



1. Press to return to the previous menu.
Press and hold to return to home-screen.
2. Press to select page.
Press and hold to start activity model.
3. Press to light up the screen/Confirm.
Select to pause/continue exercise.
Press and hold to turn on/off.
4. Electrode (to put finger on)

2. Overview back



- 5. Heart rate sensor.
- 6. Magnetic charging cable.
- 7. Charging connectors.

3. How to charge

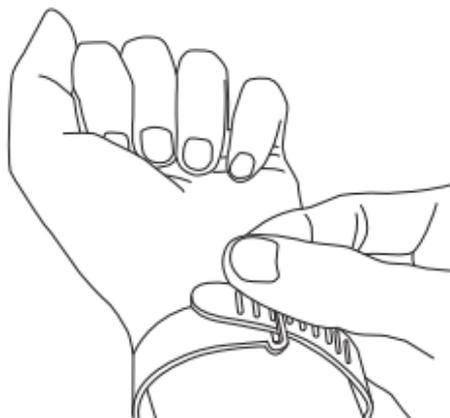
While it's possible that your SW 700 Pro will already come with enough charge to be powered on right out of the box, we recommend to fully charge it before first use.

Place the magnetic charging cable on the back of the watch (as shown in the figure). Insert the USB charging connector into any USB port that permits charging, 5V/500mA (or above). For example: computer, USB adapter, PowerBank and others. The watch displays the icon  when charging.

Note! Maximum charging output for USB charger: 5V / 3A.

4. Wear on your wrist

Place the bracelet on your wrist, with the display facing up, adjust the band to fit snugly.



5. Install the app to a smartphone or tablet

Download and install the app **LinkSmart** from Google Play or App Store on your smartphone.

Compatible devices

- Android version 4.4 and later
- IOS version 8.0 and later
- Bluetooth 4.0 and later compatible device



See more about the app and how to pair the watch with the smartphone on [7. Pairing with your smartphone, page 22](#)

6. Navigate your watch

Function icons:

Tap the screen



Swipe up or down



Swipe left and right

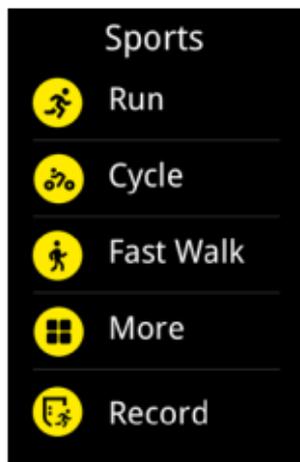
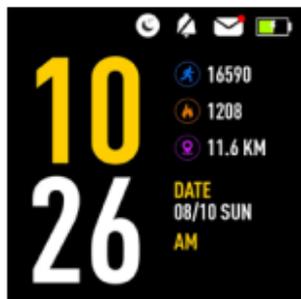


Screen order



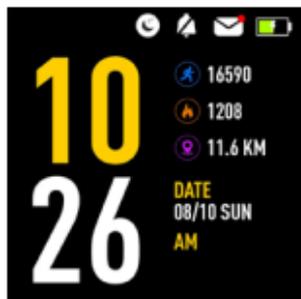
Select mode from the main screen

From the main screen (clock) you can swipe right/left to switch between clock, sports, functions and health.

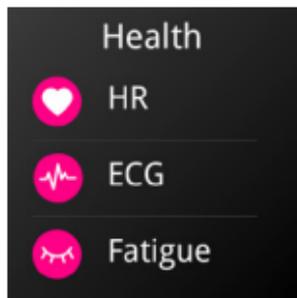
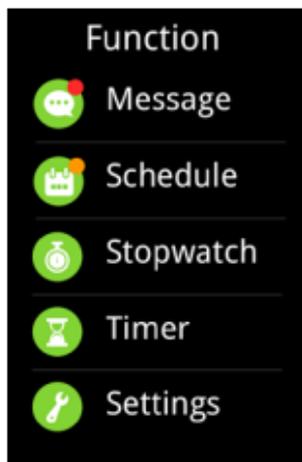


Options on the main screen

From the main screen (clock) you can swipe up/down to view the details for **Steps** and **Energy**.

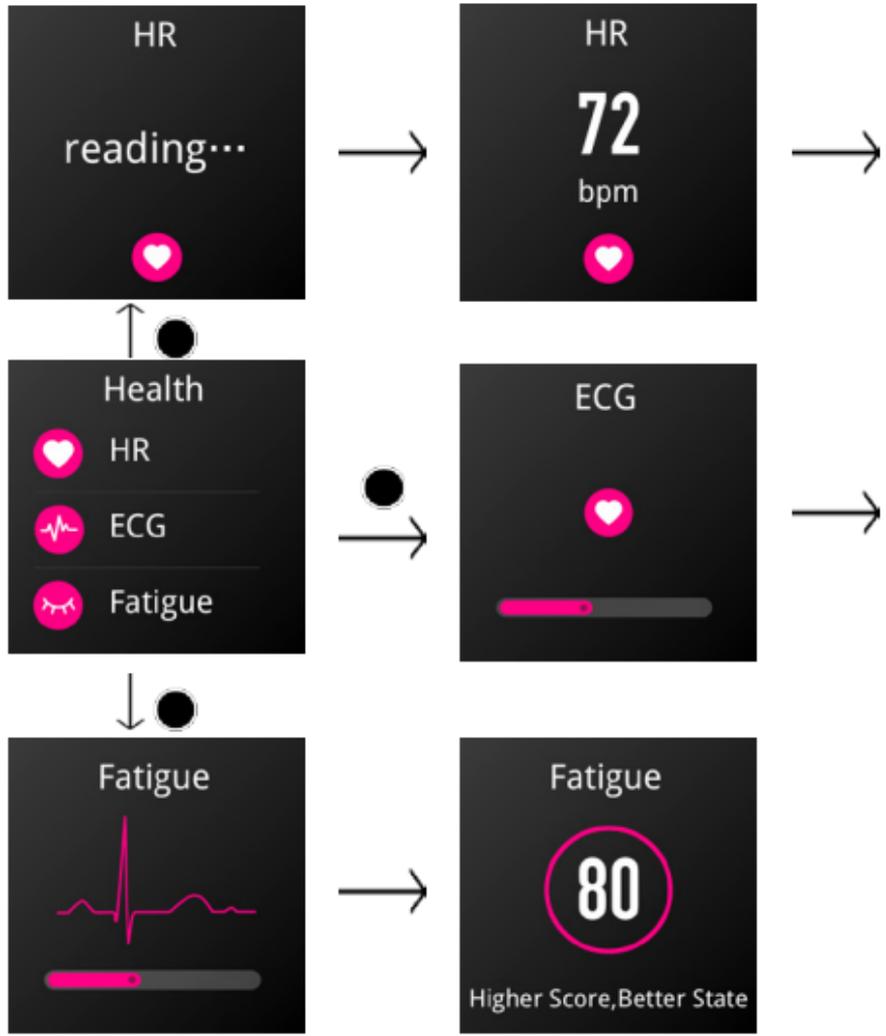


Swipe up/down within each mode to see all options.
Tap to select.



Options on the Health screen

From the Health screen you can tap to view the data for **HR** (heart rate), **ECG** (Electrocardiography) and **Fatigue**.





Please keep your watch
close to your wrist

Finished
Finished



Please go to the
APP for details

See explanation regarding fatigue measurements on next page.

Fatigue measurement

Fatigue measurement is a tool to monitor training and restore balance. Fatigue measures HRV (calculates the heart rate variability) calculated from the collected ECG original data. HRV can reflect the functional changes of the autonomic nervous system induced by training and develop individualized exercise prescriptions.

The results of HRV may be influenced by external factors such as stress, sleep, underlying diseases, environmental changes (temperature, altitude, etc.). Long-term follow-up can help you optimize your training and prevent over training.

Fatigue measurement considerations:

Individual differences in the response of heart rate variability to fatigue and over training can vary from person to person. It is better to measure your own fatigue value over a long period of time and compare the measured fatigue value with yourself.

It is recommended that a baseline test be conducted first. The heart rate variability values can be measured continuously for example 4 to 6 times within 2 weeks and the average of the data is used as the personal reference value.

Two weeks of benchmarking should contain the amount of daily exercise, rather than the amount of time or rest periods.

To ensure the accuracy of the data, the measurement process should follow:

1. You should stay relaxed and calm, for example, you can lie in bed, sit or stand in a relaxed pose. This pose should always be the same during your measurement.
2. To make the results comparable, it's recommended to do the measurements at the same time of the day (for example after waking up in the morning).
3. During measurement hands should be relaxed, stable and still. Excessive force or movement of the hand may interfere with the ECG signal, resulting in inaccurate data.

The fatigue value is the HRV time domain index $\ln rMSSD$ calculated from the R-R interval of the acquired ECG signal

Fatigue degree interval reference definition:

>100 very good

80-100 good

65-80 general

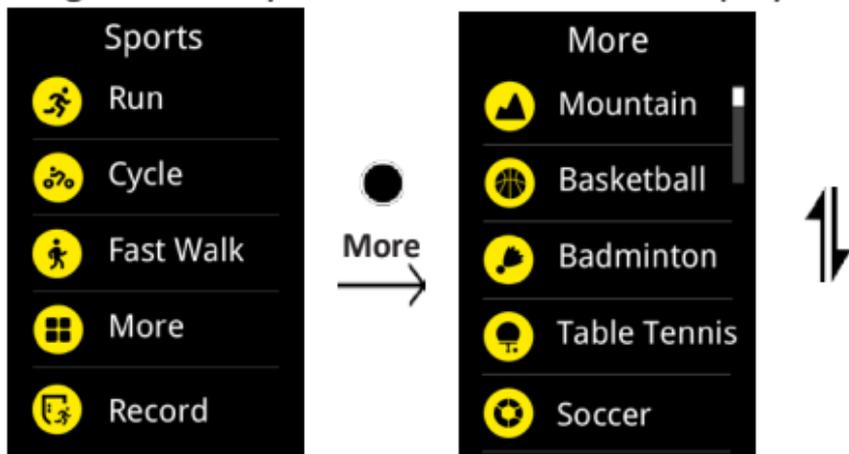
50-65 fatigue

<50 very exhausted

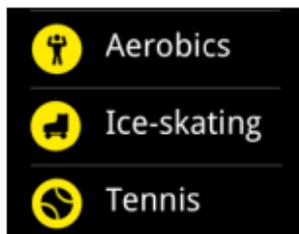
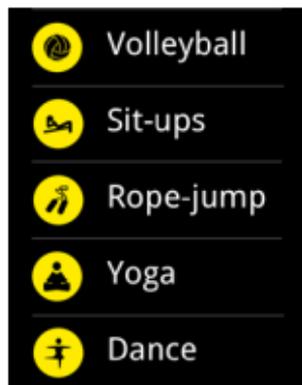
It is recommended to compare the relative changes in personal fatigue data with the amount of exercise.

Options on the Sports screen

Select the sport you like for the best tracking during the activity and real-time stats on display



Sports mode	Watch sport data type including detail
Run	Time, distance, total length, movement time, stop time, consumption, average heart rate, average pace, best pace, average speed, best speed, elevation.
Biking	Time, distance, total length, movement time, stop time, consumption, average heart rate, average speed, best speed, elevation, heart rate curve

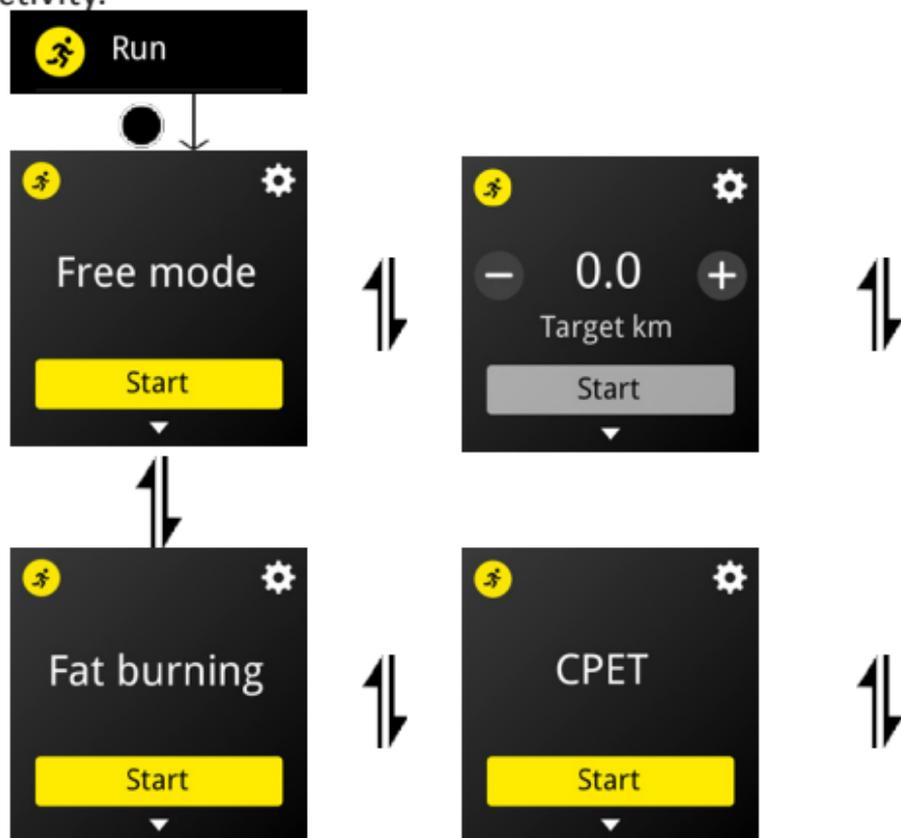


	Measurement principle
	Function of automatic motion detection. The movement is determined by the individual setting in the APP, the gravity of the motion and the floating degree of the motion to judge the motion type, and the number of steps produced.
	Enter ride manually. Biking will not produce steps

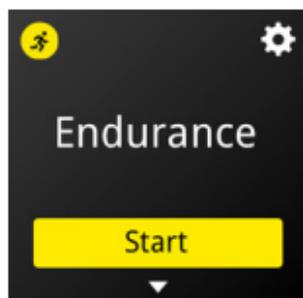
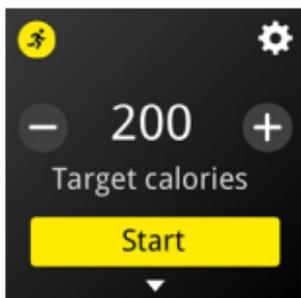
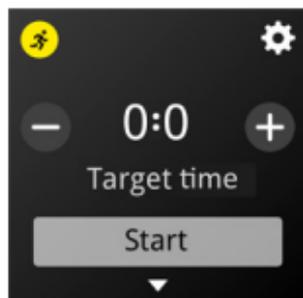
Sports mode	Watch sport data type including detail
Walking	Time, distance, total length, movement time, stop time, consumption, average heart rate, average pace, best pace, average speed, best speed, maximum frequency, cumulative steps, elevation, heart rate curve
Climbing	Time, distance, total length, movement time, stop time, consumption, average heart rate, average speed, best speed, average pace, maximum frequency, cumulative steps, elevation, heart rate curve
All Balls, Dancing, Yoga	Total length, and the movement time, stop time, consumption, average heart rate, heart rate curve
Swimming	Total length, movement time, stop time, consumption, average heart rate, heart rate curve
Skipping, sit-ups	Number, total length, movement time, stop time, consumption, average heart rate, heart rate curve

Measurement principle
Manually entering the walk is based on the personal settings in the APP, as well as the gravity and swing of the movement to generate the number of steps.
Manually entering the mountain is based on the personal settings in the APP, as well as the gravity and swing of the movement to generate the number of steps.
Manually enter the ball, dance, and yoga are generated according to the personal settings in the APP, as well as the gravity and swing of the motion. Tennis, yoga, and dancing do not produce steps.
Swimming does not produce steps
Skipping and sit-ups will not produce steps

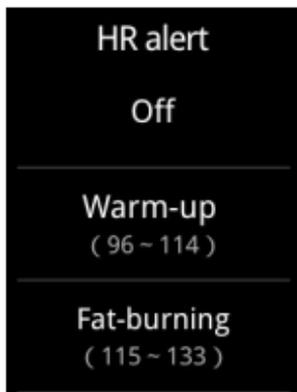
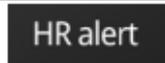
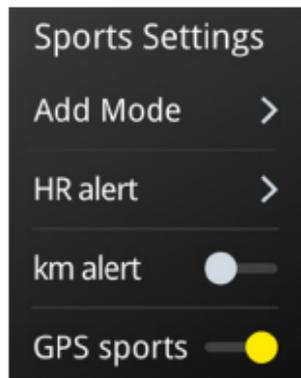
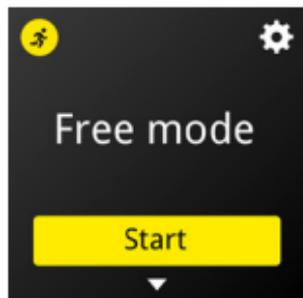
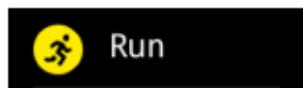
Select and adapt the mode for the selected activity.



Press **Start** when you are ready to start your exercise.
Press **Pause** II to pause or **Stop** ■ when finished
If you like you can also **Start/Pause/Stop** an activity in the app.



Fine tune the settings for the selected activity. Tap the cogwheel  in the upper right corner to reach the settings.



Add Mode



Add Mode

Free mode ✓

Dist. mode ✓

Time mode ✓

Energy mode ✓

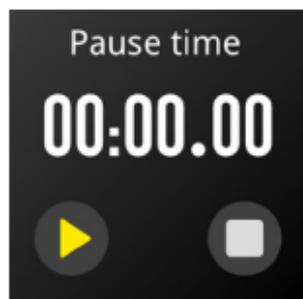
Fat burning ✓

Endurance ✓

CPET ✓

View activity results

Slide the screen to view the available recorded results.



Total time
01:22:58
 Active time
01:22:58
 Pause time
01:22:58
 Calories
281 kcal
 AVE pace
4'58" km
 AVE speed
3.7 km/h
 AVE stride
185 spm

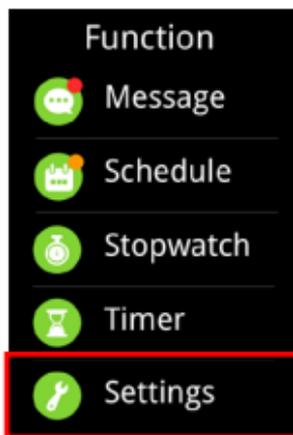
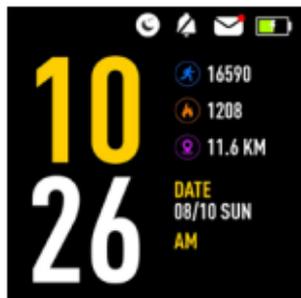


Select functions

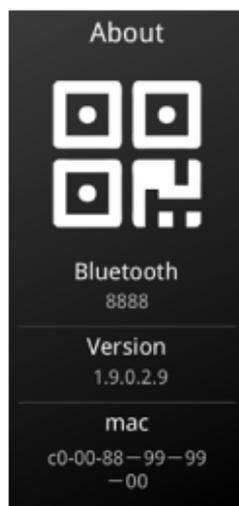
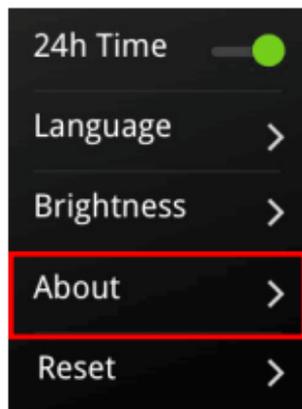
Icon	Function	Description
	Message	View Messages
	Schedule	View the Schedule
	Stopwatch	Use the Stopwatch
	Timer	Use the Timer
	Setting	Set up other functions

7. Pairing with your smartphone

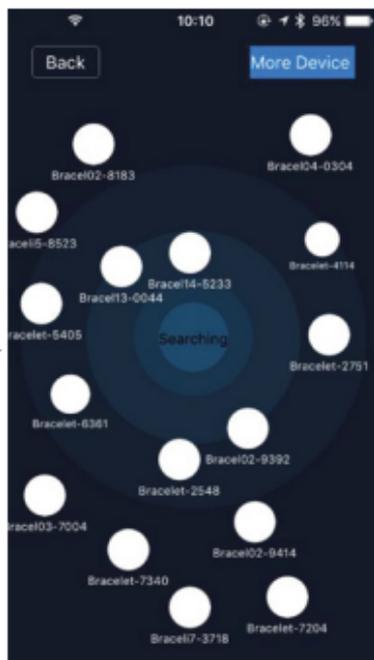
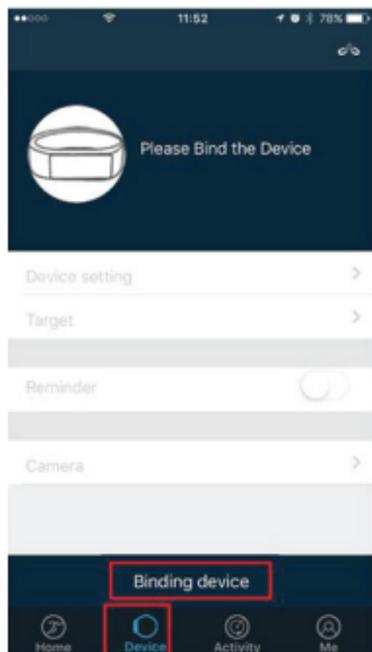
1. Start Bluetooth on your smartphone.
2. Power on the watch.

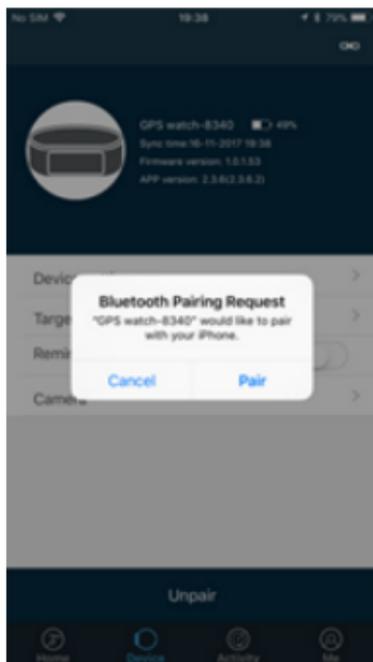


3. Find your watch:
Bluetooth ID: Function - Settings - About



4. Open the app **LinkSmart** and tap **Device**, then tap **Binding device**.
5. When found, tap your **Bluetooth ID**.
6. Tap **Pair** to pair your SW 700 Pro to your smartphone.



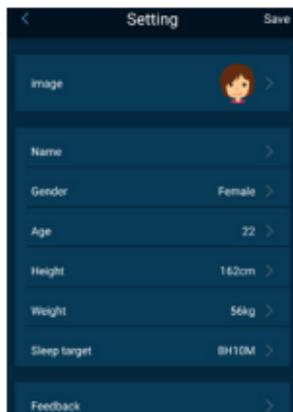


8. Synchronise the device

SW 700 Pro automatically synchronises the data with your phone after the first pairing. Steps, active calories, distance, date and time is included in the synchronisation. To manually start synchronisation, tap  in the upper left corner. A synchronisation will normally take maximum 1-2 minutes. If synchronisation fails, disconnect the Bluetooth and reconnect the watch.

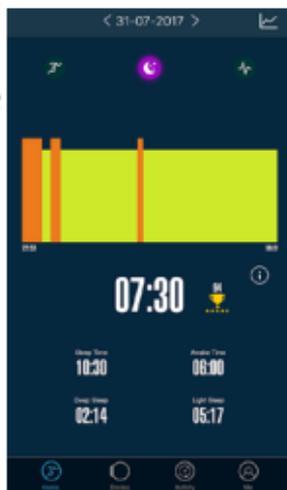
9. Update your personal profile

If you haven't already entered your personal data when you installed the app: Open the app **LinkSmart** and tap the **Me** tab and then the settings cogwheel  in the upper right corner to do it.



10. Sleep monitor

Wear the bracelet SW 700 Pro at all times, also at night, to analyze your sleep quality according to your nocturnal movements and to monitor your entire sleep schedule. View the available information daily, weekly or monthly. The SW 700 Pro will learn your usual time when you go to bed.



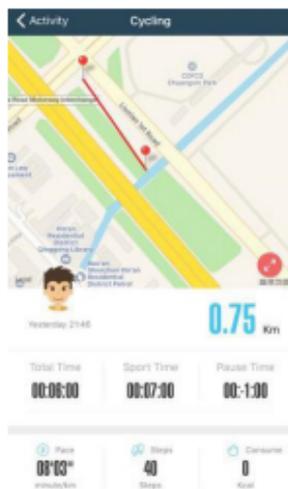
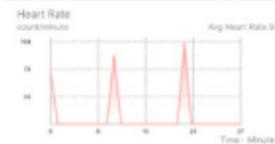
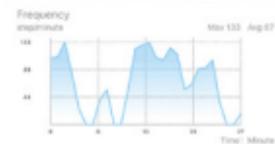
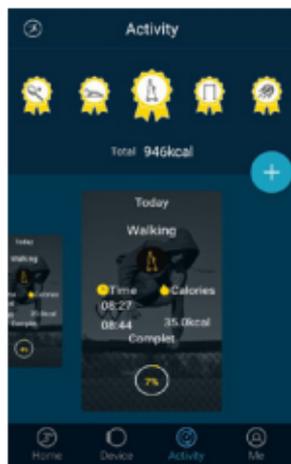
11. Heart rate monitor

The dynamic heart rate monitor shows your heart rate status throughout the day. The horizontal bar shows the exercise time for aerobic exercise, anaerobic exercise and cardiopulmonary exercise.



12. Sport activity

You can **Start/Pause/Stop** an activity in the app as well as on the watch. When you have finished, synchronise the data with the app. Tap **Activity** to see your recorded activities. Tap a specific activity to see detailed information about the exercise.



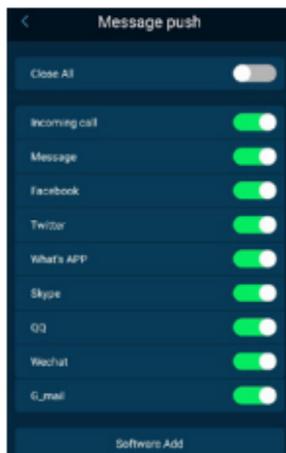
If GPS tracking was included in the activity you can also see a map to follow your exercise.

13. Call and message notifications

Tap the **Device** tab, then tap **Device setting**. Tap **Message Push** to select all or individual apps/features that should be able to send notifications.

For Android smartphones, you need to allow **LinkSmart** to send you notifications.

In Android, you can also add support for other apps by tapping **Software Add**.



For IOS smartphones, you need to allow **LinkSmart** to send you notifications, once you download the app or go to phone **Settings** to allow the notifications.

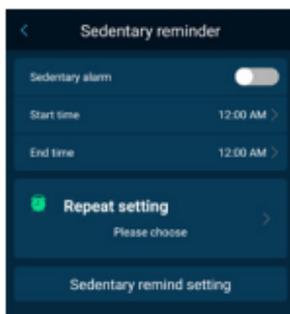
Incoming call/messages (WhatsApp, SMS, etc.) will be displayed on the watch and it will vibrate.

If it's a known caller the name will be displayed, otherwise the number.

For messages, you will see the sender and the content of the messages.

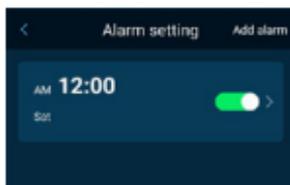
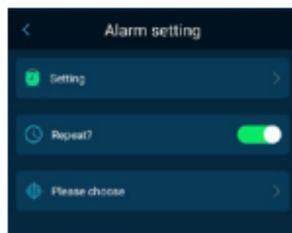
14. Idle alert/Sedentary reminder

Tap the **Device** tab, then tap **Device setting**. Tap **Sedentary reminder** to select to be notified when you have been inactive for a set time. The watch will vibrate to remind you to be active.



15. Wake up alarm

Tap the **Device** tab, then tap **Device setting**. Tap **Alarm setting** to set an alarm. The alarm can be set once or repeatedly, you may set multiple alarms.



16. Remote camera control

Tap the **Device** tab, then tap **Camera**. On the watch, tap  to capture an image.

17. Other Device settings

Tap the **Device** tab, then tap **Device setting** for more settings on your watch.

18. Firmware update

If a new firmware is available, the app will notify you to upgrade the watch. Follow on the instructions and make sure the app is running on the screen and the screen is lit up during the entire upgrade process.

19. Send feedback

Tap the **Me** tab and then the settings cogwheel  and tap **Feedback** to send suggestions and feedback at any time to help us to improve the product.

20. Other information

Li-ion battery

This product contains a Li-ion battery. There is a risk of fire and burns if the battery pack is handled improperly.

 **WARNING**

Danger of explosion if battery is incorrectly replaced. To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts, expose to temperature above 60° C (140° F), or dispose of in fire or water. Recycle or dispose of used batteries according to the local regulations or reference guide supplied with your product.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Sport Watch optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes, and are not medical purposes and not intended to diagnose, monitor, treat, cure, or prevent a disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous reading.
- While the device optical wrist heart rate monitor technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

Care and maintenance

Your unit is a technically advanced product and should be treated with the greatest care. Negligence may void the warranty.

- Do not use or keep the unit in dusty, dirty environments. The unit's moving parts and electronic components can be damaged.
- Do not keep the unit in warm places. High temperatures can reduce the lifespan for electronic equipment, damage batteries and distort or melt certain plastics.
- Do not keep the unit in cold places. When the unit warms up to normal temperature, condensation can form on the inside which can damage the electronic circuits.
- Do not drop the unit. Do not knock or shake it either. If it is treated roughly the circuits and precision mechanics can be broken.
- Do not use strong chemicals to clean the unit.

The advice above applies to the unit, battery and other accessories. If the unit is not working as it should, please contact the place of purchase for service. Don't forget the receipt or a copy of the invoice.

Correct disposal of this product

 (Waste Electrical & Electronic Equipment)

 (Applicable in countries with separate collection systems)

This marking on the product, accessories or manual indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling. Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal. This product is RoHS compliant.

Correct disposal of batteries in this product



(Applicable in countries with separate collection systems)

The marking on the battery, manual or packaging indicates that the battery in this product should not be disposed of with other household waste. Where marked, the chemical symbols Hg, Cd or Pb indicate that the battery contains mercury, cadmium or lead above the reference levels in EC Directive 2006/66. If batteries are not properly disposed of, these substances can cause harm to human health or the environment. To protect natural resources and to promote material reuse, please separate batteries from other types of waste and recycle them through your local, free battery return system.

Declaration of Conformity



We hereby declare that the radio equipment type swisstone SW 700 Pro is in compliance with Directives: 2014/53/EU and 2011/65/EC (RoHS).

A copy of the Declaration of Conformity is available at www.swisstone.de.

Warranty

In case you need support during setup or usage of your product you will find the relevant contact details on the following website: www.swisstone.de.

If you detect a defect resulting from manufacturing and/or material faults within 24 months from purchase, please contact your dealer. The warranty does not apply for improper treatment or failure to comply with information contained in this user guide, for interference on device executed by dealer or user (e. g. installations, software downloads,...) and for total loss. Furthermore it does not apply to ingress of liquids, use of force, non-maintenance, improper operation or other circumstances caused by the user. It also does not apply to failure caused by a thunderstorm or any other voltage fluctuations. The manufacturer reserves the right in this case to charge the customer for replacement or repair. For wear parts such as batteries or casing a restricted warranty period of 6 months is valid. Manuals and possibly supplied software are excluded from this warranty. Further or other claims arising from the manufacturer's warranty are excluded. Thus, there is no liability claim for business interruption, loss of profits, loss of data, additionally installed software by user or other information. The receipt with purchase date forms the warranty proof.

Technical Specifications

Bluetooth (MHz) [maximum radio-frequency power/dBm]	4.0 (2402 - 2480) [10]
Dimensions	Diameter: 3.4 cm Width: 4.4 cm Height: 1,1 cm
Weight	44 g
Display	240 x 240 pixels, 1.3" IPS colour
Waterproof	IP68
Battery	250 mAh Li-ion battery
Operating ambient temperature	Min: 0°C (32°F) Max: 40°C (104°F)
Working temperature	Temperature: 0° C ~ 40° C Humidity: 0% ~ 85% RH
Storage temperature	Temperature: -10° C ~ 40° C Humidity: 0% ~ 90% RH

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