

# X-FIVE

SMARTWATCH



FOR BOTH ROUND AND SQUARE X-FIVE SMARTWATCHES

(US)

## USER MANUAL VERSION 1.0

"This X-FIVE Wearables smartwatch is NOT a medical device. This device and related software and applications are NOT intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease. Users should NOT interpret or take clinical action based on the device output without consultation of a qualified healthcare professional. "

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## WHAT'S IN THE BOX?

### X-FIVE Smartwatch USER GUIDE:

Everything you need to know about the iTouch Sport Smartwatch.

#### What's in the box?

Your X-FIVE Smartwatch box includes:

- X-FIVE Smartwatch (Color and material vary)
- Clamp Charging Cable



*The interchangeable straps on the X-FIVE Smartwatch come in a variety of colors and materials. Additional straps for the X-FIVE Smartwatch are sold separately. Refer to proper URL or QR Code for additional bands (that are the proper size).*

### Charging Your Smartwatch

A fully charged X-FIVE Smartwatch has an extended battery life of up to 15 days (standby time).

**Battery life and charge cycles vary based on usage.**

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger. We recommend using the USB port on your computer.
2. Insert the smartwatch into the appropriate charging cable section. A charging screen appears on the screen to indicate that your smartwatch is charging.

**Note:** Your X-FIVE Smartwatch takes about 1-2 hours to fully charge.



*Note: Both the X-FIVE Square and Round Smartwatches do share the same charging mechanisms.*

# SET UP YOUR SMARTWATCH

The free X-FIVE Wearables App is compatible with most iPhones and Android Phones. A smartphone is required for call, text, and smartphone app notifications.

## To Get Started:

1. Find the X-Five Wearables App on one of the locations below, depending on your smartwatch or smartphone. Search 'X-Five Wearables'.

### METHOD 1



*Can be found for free on iOS/Apple devices via the Apple App Store.*

### METHOD 2



*Can be found for free on Google/Android devices the Google Play Store.*

### METHOD 3



*You also have the option of scanning this QR code with your phone camera or an app to access a link to the app.*

### SYSTEM REQUIREMENTS

(Android 9.0 and up)  
(iOS 13.0 and up)

Make sure your phone's bluetooth is turned on and enabled by going into your device's settings and turning on the bluetooth setting.

**Note:** Do not use your mobile device's bluetooth pairing to pair to the watch. To properly connect your X-FIVE Wearables smartwatch, follow the pairing instructions within the mobile application. If you have already connected your phone to the smartwatch disconnect and "forget" the bluetooth connection prior to setting up your watch through the application.



For more information, manuals or application information, please visit the Help Center at <https://www.xfivewearables.com/>

**\*YOUR DEVICE WILL ONLY WORK WITH THE X-FIVE WEARABLES APP ACCESSED BY THE QR CODE ABOVE.**

2. Download and install the X-FIVE Wearables App: The application will ask for permissions once installed and your account has been set up (New Users). We highly encourage the user to allow all notifications & pairing access to their smartphones for complete functionality.

Android Users: You will be asked to allow the X-FIVE Wearables App to access information in your device's native settings once your account has been set up. Not enabling these settings may prevent the application from working correctly.

3. Once the app is installed, open it to create an account, following the on-screen prompts to help you get set up. Once your account is set up, the application will help you connect to your smartwatch (We highly encourage the user to allow all notifications & pairing access to their smartphones.)
4. To connect & sync your app to your smartwatch, please follow the on-screen instructions while setting up your account.

## BASICS

Learn how to best navigate your X-FIVE Smartwatch.



### Power On/Off Your Smartwatch

Tap and hold the screen for 5 seconds until you see the X-FIVESmartwatch logo appear on the watch screen, indicating the watch has powered on.

On the main clock face, swipe down

from the top of the screen to reveal the notification panel. Tap the 'Settings' icon here and you will be taken to the settings screen. Scroll down to 'Power off'.

After tapping on this selection, the smartwatch will ask if you're sure you would like to turn off the device. Once you tap on the blue check mark, the device will power off immediately.



### Motion Gesture

*Allows you to rotate your wrist to turn on your watch screen.* Tap the 'Menu' located on the top left of the home screen. Then tap on 'Settings'. From here tap on, 'Motion Gesture', to access this function and set it up. You can control the time in which this feature is active throughout the day. If you want this feature to always be on, set the time constraints to be 12:00AM to 12:00AM.

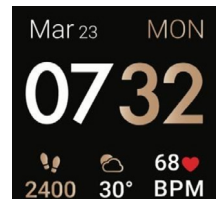
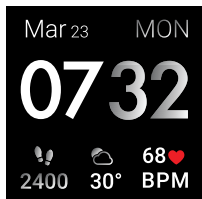
*Using this feature will consume more battery.*



### Brightness

*Control the Brightness on your Smartwatch.* From the Settings menu on your iTouch Sport, tap the brightness icon. Then tap again to begin adjusting the brightness by tapping your finger on the screen. Once you have set the brightness the way you like, tap the back button on the top left hand corner to exit and save your changes.

## Changing Watch Faces



### Change your watch face from the X-FIVE Smartwatch

The X-FIVE Smartwatch comes with four interchangeable watch faces built into it. From the main clock face screen on your smartwatch, hold the center of the screen for 3 seconds to switch the clock face. Swipe from left to right to see the selections. Tap on the clock face you want. Your smartwatch will vibrate once the clock face has changed.

### Change your watch face from the X-FIVE Wearables App

Setting a Custom Watch Face: Create your own watch face! You can add your own image, format text, and put your favorite features on display.

In the X-FIVE Wearables App, from the Watch Faces page, tap on the Custom watch face panel to begin editing. Hit Save/Done to apply.

# NAVIGATION TIPS & FEATURES

## Navigating X-FIVE Smartwatch

Your X-FIVE Smartwatch is a full touch device, you can swipe the screen in many directions to interact.

## Apps And Features

### Exiting A Section Or App On A Watch

To exit an area you're in on the watch, you can swipe right on the screen. This is universally how you go back on this watch.

### View Messages

On the main clock face, swipe up from the bottom of the screen to reveal your recent messages. (This is the only way to view older messages you received but may not have seen right away).

### Access the Notification Panel

Like many phones, your watch has a notification panel. Your notification panel contains shortcuts that quickly take you wherever on the watch you would like to go. To view this, on your main clock face, swipe down from the top of the screen. You can turn off your watch, view weather, control vibration, and more! To exit this section, simply swipe up from your smartwatch.

### Haptic Feedback Control

Your watch vibrates to alert you of any notifications or reminders you need. But sometimes if you don't want the vibration, it can become a bother. That's why you can control if you want vibration on or off for your watch. To turn off vibration on your watch quickly, on your main clock face, swipe down to reveal the notification panel. Near the 'Weather' icon, you will see a small device icon, this is the vibration control section. Tap it to turn it off/on as you need to. Shutting off vibration will also provide an even longer battery life. Swipe from right to left on the screen to navigate through the features of your watch. Simply tap the screen to activate a feature.



#### RECEIVE MESSAGES

Get notified. Receive texts, calls and social messages straight to your wrist.



#### HEART RATE

Built-in heart rate monitor enables you to track your heart rate during workouts and help you maintain the perfect intensity.



#### CUSTOM CLOCKFACES

Personalize your smartwatch by selecting from over 3 clock faces to match your style.



#### ADDITIONAL STRAP

Give your smartwatch a more personalized look with the interchangeable strap.



#### NOTIFICATIONS



#### WATER RESISTANT



#### HEART RATE



#### CALORIE TRACKER



#### SLEEP MONITOR



#### MUSIC REMOTE



#### CAMERA REMOTE



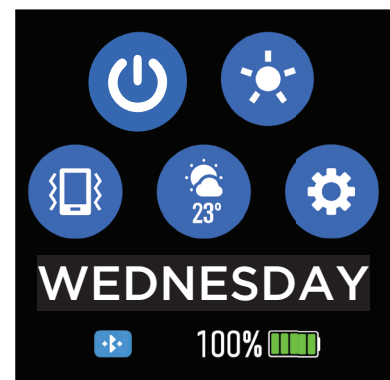
#### SEDENTARY REMINDER



#### WEATHER



#### EXTENDED BATTERY LIFE



## NAVIGATION TIPS & FEATURES

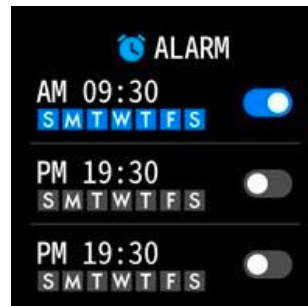
### Timekeeping

Alarms vibrate to alert you at a time you have set. Set up to three alarms to occur once or on multiple days of the week via the X-FIVE Wearables App.



#### Controlling Alarms On Your Smartwatch

You can toggle alarms on/off right from your smartwatch as well. Swipe down from the main clock face screen to reveal the notification panel. Tap on the 'Settings' icon. Navigate to Alarms and tap on it. Here, you can see the three alarms you've set and have the ability to turn them off/on as you need. Please note: In order for alarm changes to take effect, your smartwatch needs to sync with the X-FIVE Wearables App.

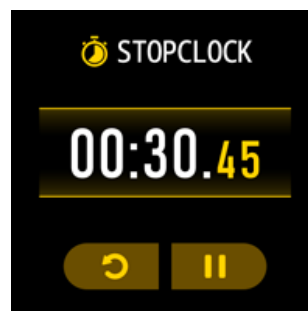


*Alarm Settings*



#### Stopwatch

You can also time events with the stopwatch feature on your X-FIVE Smartwatch. On the main clock face, swipe right and scroll down to the 'Settings' option. Tap on 'Stopwatch' on the next screen. To begin recording a time, hit the 'Play' button. To exit the stopwatch function, swipe right.



*Stopwatch Settings*

## APPS & FEATURES



### Notifications & Messaging

X-FIVE Smartwatch can display call, text, social media, and app notifications from your smartphone to keep you informed. The smartwatch and phone device must be within Bluetooth range of each other to receive such notifications.



### Set Up Notifications

Check that the Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

1. In the X-FIVE Wearables App, tap the 'Menu' icon and tap settings then, go to *Watch Notifications*.
2. From *Watch Notifications*, you may select the notifications you wish to receive on your smartwatch

Note: Notification permissions differ between iOS and Android users.

#### Viewing Incoming Notifications

When your X-FIVE Smartwatch and smartphone are within range, notifications cause the smartwatch to vibrate. If you don't read the notification when it arrives, you can check it later by navigating to Messages on your smartwatch. To view unopened messages and notifications on your X-FIVE Smartwatch, on the main clock face screen, swipe up from the bottom of the screen to reveal the Messages screen. Tap on any message found in this section to reveal more information about it. To exit the messages feature, swipe down from the top of the screen or swipe right on the screen.

#### Manage Notifications

X-FIVE Smartwatch stores up to 5 notifications, after which the oldest are replaced as you receive new ones.

#### Turn off Notifications

Turn off all or certain notifications with the X-FIVE Wearables App from Watch Notifications in the settings menu. You can also mute all notifications by turning on Do Not Disturb mode. Learn more about the Do Not Disturb function in the Additional Features section of the manual.

\*Note for Android Users\* The 'Other' function was created to help provide notifications from apps you want to receive information from that support hasn't been built for directly. For Android Users, while 'Other' is on, all notifications that appear within your smartphone's notification panel will be displayed by the watch.



### Activity & Sleep

X-FIVE Smartwatch continuously tracks a variety of stats whenever you wear it. The information is then transferred to the X-FIVE Wearables App every time you sync your smartwatch. We recommend syncing your smartwatch to the app at least once a day.

See your core stats: Steps taken, calories burned, and distance covered. Find your complete history and other information automatically detected by your smartwatch in the X-FIVE Wearables App.



### Track Daily Goals

X-FIVE Smartwatch tracks your progress towards daily goals based on the goals you set when first setting up your account. When you reach your goal, the app will send you a push notification that the goal is completed. If a step goal is achieved, your smartwatch will vibrate and show a celebratory badge.



## APPS & FEATURES



### Sedentary Reminder

Turn on reminders to move in the app to set a sedentary reminder alert. The sedentary reminder can be enabled in the *Settings Menu* by tapping on the 'Reminder To Move' selection. When enabled, this feature is active during the hours of **10:00 AM - 6:00 PM**.



### Set Up Notifications

Your X-FIVE Smartwatch will automatically track your time asleep and sleep stages (deep sleep, light sleep and time spent awake). To see your sleep quality score and stats, sync your smartwatch when you wake up and check the app.

### Learn About Your Sleep Habits

X-FIVE Smartwatch tracks several sleep metrics including the amount of sleep you get and provides you with an overall sleep score number for that night. It will track your wake time and your light sleep time, along with deep sleep. In-app, you can tap on the Sleep card on your main home screen to see further details about your sleep history. Tapping on your sleep progress graph will allow you to see even more information by providing you with a 'Sleep Summary' for you to review.

### rO2 Blood Oxygen Evaluation

See where your blood Oxygen level should be: X-FIVE Smartwatch uses all biometric data collected by your smartwatch throughout the day and gives you a Blood Oxygen evaluation level, essentially what your saturation level should be. Knowing how well oxygenated your blood is can help you understand your overall health and wellness. Please note that this is not a blood oxygen reader and should you want an accurate reading of your current saturation level a verified medical device should be sought.

To see your saturation level evaluation, navigate to the feature on your smartwatch by swiping left on your device until you land on the rO2 page. Additionally, you can quickly get to this screen by swiping right on the main clock face and scrolling down to 'Blood oxygen evaluation - rO2'. Both ways take you to the same screen.



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### Heart Rate Monitor

The X-FIVE Smartwatch tracks your heart rate throughout the day. To measure and see your real-time heart rate, navigate to the heart rate feature on your smartwatch. Swipe until you land on the heart rate page.

Additionally, you can quickly get to this screen by swiping right on the main clock face and scrolling down to 'Measure HR'. Both ways take you to the same screen. Tap on the screen when at the heart rate area. The watch will then vibrate, indicating it is reading your heart rate. Once completed, your watch will vibrate again and display your heart rate measurement.

## APPS & FEATURES

### Continuous Heart Rate

Your smartwatch also supports 24/7 heart rate detection. To activate this feature, navigate to settings in the app and tap on Continuous Heart Rate Detection to toggle it on and off. While this feature is active, your smartwatch will continuously record your heart rate every 30 minutes through-out the day. This data will automatically sync with your app when your X-FIVE Smartwatch is within Bluetooth range of your smartphone. When continuous heart rate detection is turned on, your sleep statistics are more accurate. To preserve smartwatch battery life, turn off continuous heart rate detection.

*Please note:* The graph on your watch within the Heart Rate section is connected to Continuous Heart Rate function. If this is off, the graph on your watch will no longer appear until turned on again.



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### Connected GPS

For complete workout stats, recap, route and pace information, make sure to use your smartphone's connected GPS. Review your exercise history via the X-FIVE Wearables App. The Connected GPS feature on the X-FIVE Smartwatch works with the GPS sensors of your nearby smartphone. To use Connected GPS from the main home page of the app, tap on the 'Menu' icon and select Running Mode. A new screen will appear with a start button will appear (iOS users – You may be asked for location permissions here – Please tap 'Allow While Using App' to proceed forward). Tap Start to begin tracking. Connected GPS mode will be enabled until you pause or completely stop it. This screen will showcase your heart rate and calories burned. You will have an option to toggle between this screen and an actual live map of your route. Once completed, you can view your distance traveled and check previous records of your routes.

## Smartwatch Features



### Music Remote

To remotely control music from your smartwatch, navigate to the music feature on the X-FIVE Smartwatch (it is the last screen on the watch when swiping left). The music remote allows you to play/pause, skip forward, or skip to previous music from your music apps. Your X-FIVE Smartwatch is compatible with various applications such as Apple Music, Spotify, and Pandora. However, it may not support other third-party applications.

## APPS & FEATURES



### Camera Remote

To snap photos using your X-FIVE Smartwatch, navigate to the camera remote function. With the app open, navigate to the settings page and tap Camera Remote. This will launch the built-in app camera (iOS Users: Tapping on Camera Remote will advise you to open up your native camera to take pictures with your watch). To take a picture, tap on the Camera Remote icon on your smartwatch or shake your wrist and your phone will take a picture.

## Additional Features



### Weather

Once your smartwatch is fully paired to the app, open the X-FIVE Wearables App. Navigate to the settings page, scroll down and tap on 'Weather'. Your location should be automatically found or you can enter your location information manually. Once done, instantly the watch will update with the latest weather readings. From the Weather screen on your smartwatch, you can tap the screen to view more weather data. Your smartwatch shows the weather forecast for 5 days and updates hourly (as long as you are connected with the X-FIVE Wearables application on your mobile phone). You can also change the units of measurement for temperature here as well. The weather information is updated every two hours. If your smartwatch cannot update the weather during this timeframe, it will show no information. This normally will only happen if your phone and smartwatch aren't connected. To correct this, use the X-FIVE Wearables application to connect your smartwatch to your phone again.

From the home screen in the app, tap on the 'Menu' icon and tap 'Settings' to view more features available for your smartwatch. Learn more below.



### Find Device

Tap Find Device under Settings to vibrate your X-FIVE Smartwatch when paired with the app.



### Language

Tap Language under Settings to change the language on your smartwatch. Choose from a variety of languages.

*Note:* setting the language on your X-FIVE smartwatch does not change the language setting of the mobile application.



### Do Not Disturb

Tap Language under Settings to change the language on your smartwatch. Choose from a variety of languages.



### Time Format

Tap on Time Formats under Settings to select between 12 and 24 hour format.



### Unit Format

Tap Units under Settings to change the units of measurement reflected on your Smartwatch and/or app. Choose between the metric and imperial systems of measurement for your watch. You can choose other units that you can see in app within this section as well.

*Note For Android Users* When you fully connect to this smartwatch, you may see the weather as incorrect or not matching what you see from the forecast you're observing. This is due to Android now preventing some information to be sent from your phone to the watch. Follow the steps above to ensure your weather data is always updated.

## UPDATE, RESTART, AND ERASE

### Update Smartwatch Firmware

If there is a new firmware update available for your X-FIVE Smartwatch, you will receive a pop-up notification to download it within the X-FIVE Wearables App. If you do not receive said notification, tap the 'Menu' icon and then select settings. Scroll down to Update Firmware where you will see a red dot on the Update Firmware tab, signifying that an update is available. Tap the Update button to begin updating your X-FIVE Smartwatch. Be sure that your smartwatch remains within Bluetooth range of your phone while updating. Once your update is completed, your watch will automatically reset.

### Restart Your Smartwatch

If you can't sync your X-FIVE Smartwatch, or if you have trouble with connected GPS or tracking stats, you can restart your smartwatch from your wrist. From the main clock face, swipe down to reveal the notification panel and tap on settings. When in settings, scroll down to 'Power Off' and tap on it. Tap on the blue check mark that appears next to power off your smartwatch. Allow your device a few minutes to fully shut down. Then tap and hold the screen of your smartwatch for 3-5 seconds to turn it back on to complete your restart.

### Reset Your Smartwatch

If restarting the smartwatch doesn't address the issue, tap Reset option found in the power menu to reset your X-FIVE smartwatch and clear all data on it.

## Wear And Care

All X-FIVE Wearable products are meant to be worn all day and night, so it's important to follow a few simple guidelines as you wear and care for your smartwatch.

### To keep your band clean and your skin happy, we recommend the following tips:

- Clean your band and wrist regularly - especially after intense workouts or sweating.
- Rinse the band with water or wipe it with a small amount of rubbing alcohol. Do NOT use hand soap, dish soap, hand sanitizer, cleaning wipes or household cleaners, which could get trapped beneath the band and irritate your skin.
- Always pat dry the band before putting it back on



Although the X-FIVE Smartwatch is IP67 water resistant, it is not IP68 waterproof which means you should not submerge your smartwatch in water deeper than one meter for longer than 30 minutes. We advise not to swim with your smartwatch. However, your X-FIVE Smartwatch can withstand many splashes, rain, and daily activities such as washing dishes. If your smartwatch gets wet, we advise you to remove it until dry. It is not good for your skin to wear a wet band for long periods of time.



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## REGULATORY AND SAFETY

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

*If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications to this device not explicitly approved by the manufacturer could void your authority to operate this equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be located or operated in conjunction with any other antenna or transmitter.

### **FCC ID:**

**Square - 2ARUI-ITF20SQ**

**Round - 2ARUI-ITF20RD**

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