

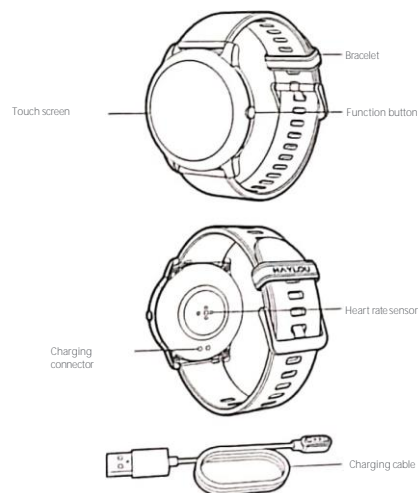


# Solar Smart Watch

User manual

Read this manual carefully before use and keep it for future reference.

## 01 Product overview



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## 02 Wearing

Comfortably tighten the bracelot on your wrist so that it does not fall off. The bracelot should be placed at a distance of one finger from the bone of your wrist.  
Note: Fitting the wristband too loosely may cause inaccuracy in the heart rate sensor readings.



## 03 Connecting to the phone

1. Hold the function button to start the watch. A QR code will appear on the display.
2. Scan the QR code to download and install the latest version of Haylou Fit or search for the app in Google Play or the App Store.
3. Launch the Haylou Fit app
4. Create an account. Note: It may take a few minutes to receive the verification code sent to your email.
5. Log in to your Haylou account
6. In the app, select "Select Bracelot" in the "Devices" menu, or use Add Bracelot by scanning the code from your watch.

Remark:

1. Bluetooth must be active on your phone during pairing
2. If the watch fails to add or disconnects, hold down the function button for 3 seconds to restore the factory settings. Then repeat the procedure to connect your phone to the watch.

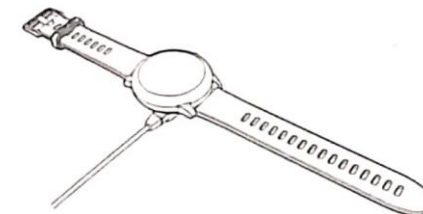
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## 04 Usage

1. On the main screen, swipe down to view Quick Settings
2. On the main screen, swipe up to view the Control Panel
3. On the main screen, swipe left or right to go to the next screen
4. Outside the main screen, swipe from left to right to go to the main screen
5. On the main screen, hold down your finger for 3 seconds to change the dial
6. Hold the function button for 3 seconds to turn the watch off/on
7. Press the function button once to go to the main screen/previous screen
8. During the exercise, press the function button once to pause/resume the exercise

## 05 Charging

1. Only charge your watch with the included charging cable and always make sure the connector is properly connected
2. Use only quality branded chargers with an output voltage of 5V and a minimum output current of 0.5 A.
3. If you don't use the watch for a long time, it may run out of power and take a few minutes to charge when connected to the charger.
4. Keep the charging connectors dry. Always dry the watch thoroughly before charging.



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## 06 Functions

	12 modes (running, walking, cycling, hill walking, exercise bike, yoga, treadmill, gym, free motion, basketball, soccer, rowing)
	24-hour heart rate monitoring
	Sleep monitoring
	Weather forecast for 3 days ahead
	Controlling music playback on your phone
	Breathing exercises for calming and relaxation
	Stopwatch accuracy to 2 decimal places
	Timer
	Alarm clock
	Notification of inactivity

## 07 Notes

1. After updating the software of the watch, this manual may not correspond to reality. Please contact the supplier to obtain the current version of the manual.
2. Charge the watch for at least 2 hours before using it for the first time.
3. The watch can be immersed in cold or lukewarm water to a maximum depth of 3 metres. Do not expose the watch to other substances or immerse it to greater depths or it may be damaged. Always dry the watch after soaking.
4. The watch band must not be too tight. Keep the watch clean. If you experience an allergic reaction while wearing the watch, stop wearing it immediately and see a doctor.
5. The function button and touch screen are not functional in water. Dry the watch before use.

## 08 Specifications

Name: Haylou Solar  
Model: Haylou LS05-1  
(with bracelot): 54 g  
Dimensions (without bracelot): 45.3 x 11.4 mm  
Wristband width: 22 mm  
Display: 1.28 inch TFT LCD  
Display resolution: 240 x 240 px  
Compatible with: Android 4.4/iOS 9.0 and higher  
Battery capacity: 340 mAh  
Battery life: 15 days (when using 24-hour heart rate monitoring)  
Degree of protection: IP68  
Operating temperature: -20°C to 45°C  
Wireless connection: Bluetooth 5.0

## 09 Information on disposal and recycling



All products marked with this symbol are waste electrical and electronic equipment (WEEE as defined in Directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by taking the waste equipment to a designated collection point for recycling waste electrical and electronic equipment designated by the government or local authorities. Proper disposal and recycling will help prevent potential negative impacts on the environment and human health. Please contact your local authorities for more information on the location and conditions of these collection points.

## 10 Certification and safety approvals



Dongguan Liesheng Electronic Co., Ltd declares that the Haylou LS05-1 type radio equipment complies with Directive 2014/53/EU.

Distributor: Sunnysoft s.r.o, Kovanecka 2390/1a, Prague 9

Manufacturer: Dongguan Liesheng Electronic Co., Ltd  
(a Mi Ecosystem company)  
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