

Y12

Smart Sports Watch

📞 Phone Calls Function



Directory

● Product Selling Point 01

● Product Specification 03

● Interactive Use 05

● Appearance / Craft 02

● Product Features 04

● Frequently Asked Questions 06

Product Selling Point



2.1" large screen



Original buckle



Cool dial
click to switch colors



Multi-sports mode



Bluetooth calling



Heart rate monitoring



Custom watch face



Appearance / Craft

Screen / 3.5D HD display, turn off the screen for all black

Case / zinc alloy

Strap / silicone detachable strap
stainless steel 202 metal buckle



Button / aluminum

Bottom shell / IML process

Color / black

Product Specification

CPU	Realtek 8762DT	Battery life	use time 3–5 days, standby 10–15 days
RAM	128MB	Battery specifications	220mAh
Display	OGS 2.1inch; resolution: 320*390	Charging method	wireless charging
BT	5.0, support BT calls	Language	Chinese, English, Russian, Arabic, Vietnamese, Danish, Thai, Polish, Persian, Spanish, Malay, Greek, French, Italian, German, Portuguese, Turkish, Latin, Romanian, Hebrew, Burmese, Ukrainian
Waterproof	IP67		
Sensor	SC7A20		
Watch film: hoco. Smart film cutting machine can be used for film cutting			

Product Features



HR



Exercise



Compass



Pedometer



Call



Sleep



Music



Calculator



Settings



Weather



Siri



Camera



Breathe



Stopwatch



Motion Track



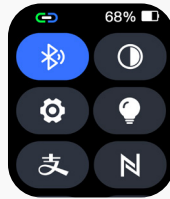
Messages

Product Features



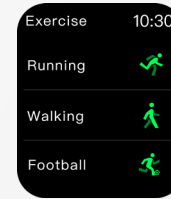
Dial switch

Built-in 10 fixed dials. Watch face push and custom watch face: a watch face may be added to replace (this function needs to be set in the watch face settings after the watch is connected to the APP). Watch face switch: rotate button to switch.



Control panel

Audio BT (you can control audio playback and BT calls after turning on), settings, brightness adjustment, calendar, mobile phone vibration, etc.



Sports: 122 sports modes

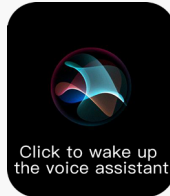
running, walking, football, badminton, tennis, basketball, table tennis, cycling, yoga, rope skipping, mountain climbing, etc.

1. The watch needs to be worn on the hand to monitor the heart rate before it can start counting.
2. After the data is saved, the exercise record can be viewed in the exercise interface of the APP – click the record icon in the interface to view the exercise details.



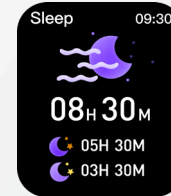
Heart rate monitoring

You can set up continuous heart rate monitoring throughout the day or a specified time period in the APP. You can set how many minutes the monitoring frequency is, and view historical heart rate data in the APP.



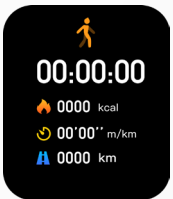
Voice assistant

After the Bluetooth audio connection of the watch is successful, the voice assistant is activated, can control the mobile phone to start the software and exit the software.



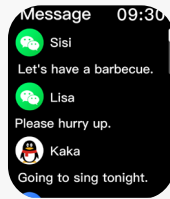
Sleep

The interface shows: total duration, deep sleep time, light sleep time.
Monitoring time: 21:00–9:00.
Calculation principle: calculated by step counting and heart rate monitoring.



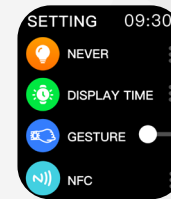
Step counting

This interface displays the number of steps, calories, and distance separately.
The standard value of the number of steps can be set on the APP: My-target number of steps.
Step counting principle: through arm swing and gravity sensing.
Step counting method: every more than 10 steps, the step counting interface will be updated.



Message interface

After the watch is bound to the APP, turn on the notification of the phone and authorize the notification. Supported characters: 90 characters (one letter is one character), the watch can store up to 5 messages.



Setting interface

Constant light time, screen rest time, lift hand to brighten screen, NFC, drainage function, brightness, button definition, vibration intensity, do not disturb mode, password setting, language, time and date setting, connect the phone, restore the factory, restart, shut down, about.

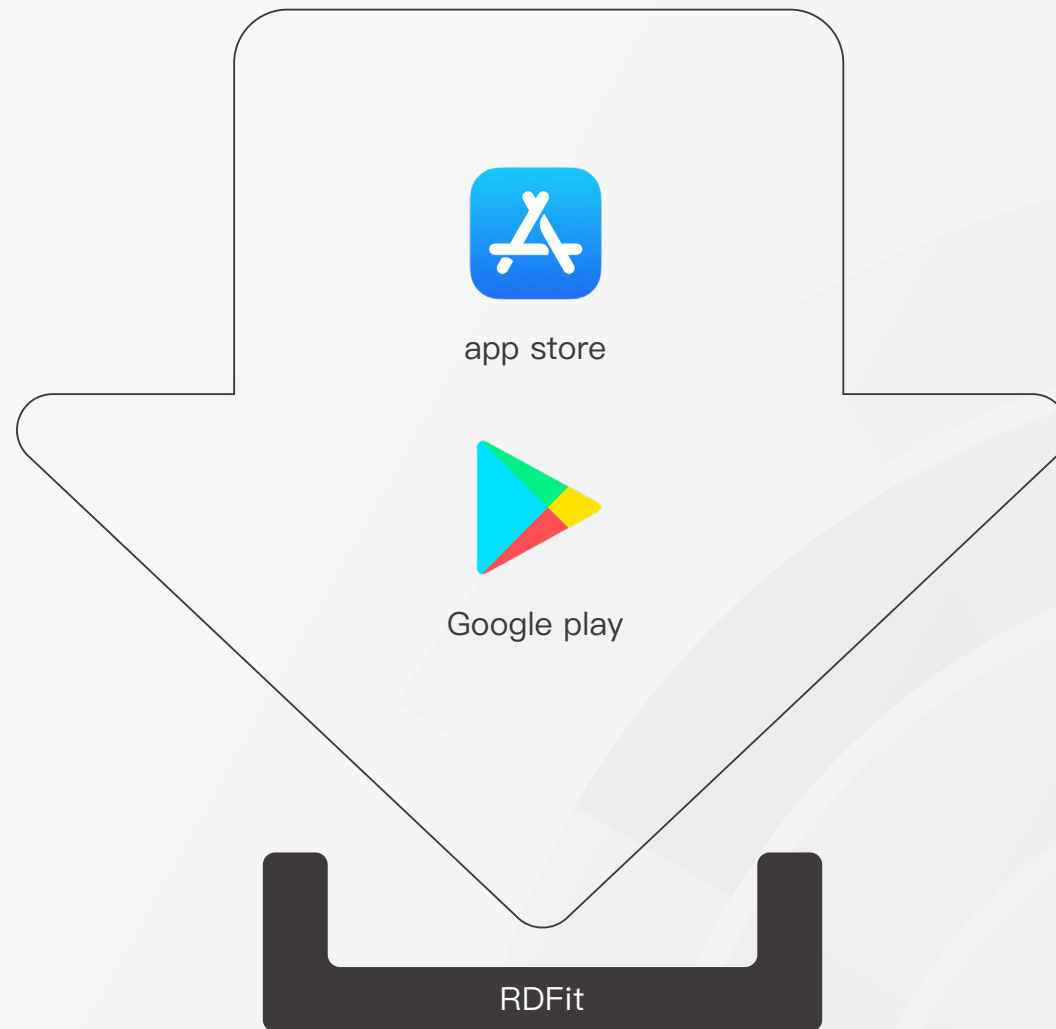
Interactive Use

The connection between the watch and the mobile phone requires the mobile phone to download and install the APP “RDFit”.

Download method

Method 1: Search “RDFit” in the App Store and click to download.

Method 2: Click settings on the watch, choose to connect to the phone, scan the QR code to download



Interactive Use (BT Connection/reconnection)

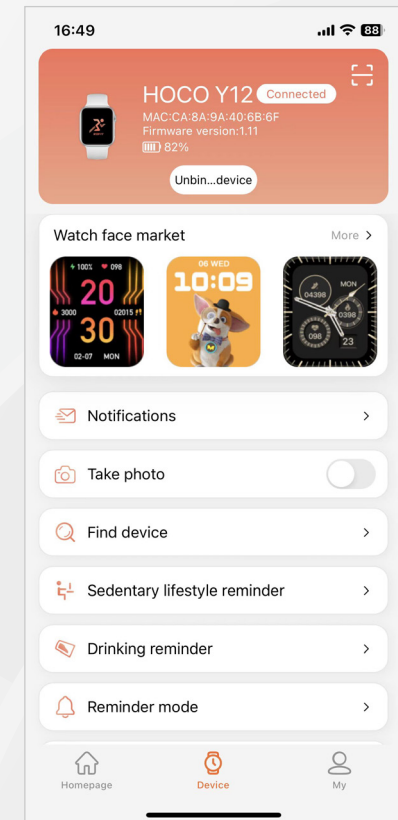
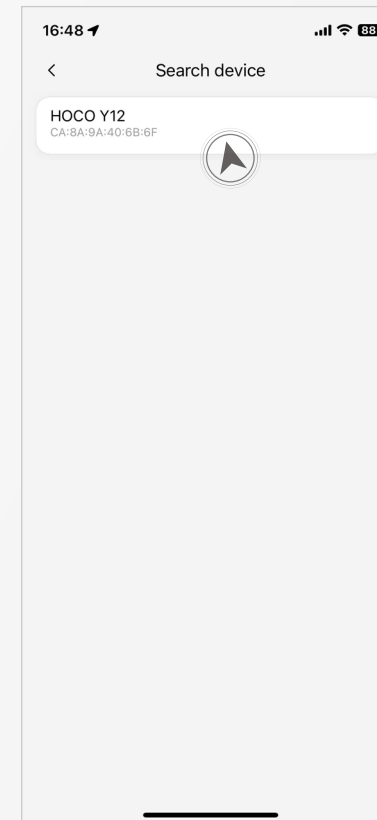
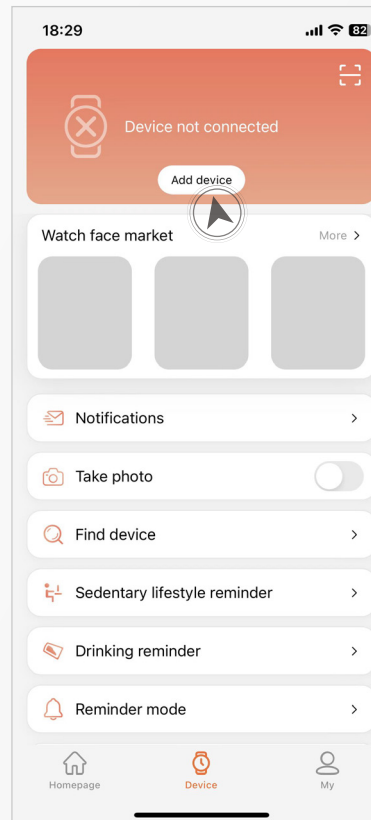
BT connection

Before BT connection, please turn on the BT of the mobile phone and make sure that the watch is not connected.

BT connection

- Keep the device close – within 10 meters.
- Turn off the BT of the mobile phone, restart the BT of the system and reconnect.
- Close the APP, reconnect after restarting the APP.
- Reconnect after the device is shut down and restarted.

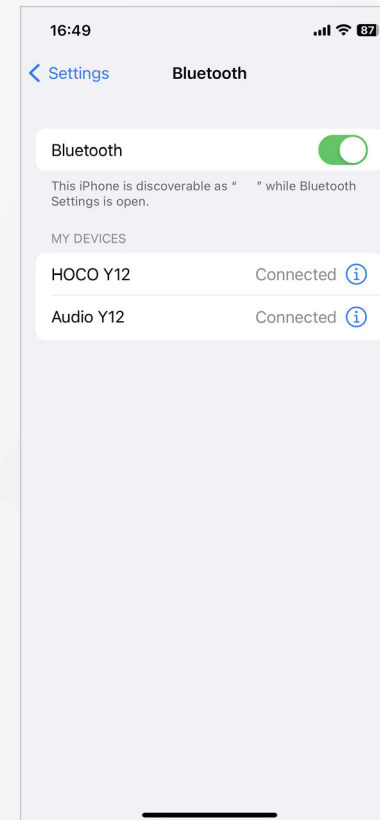
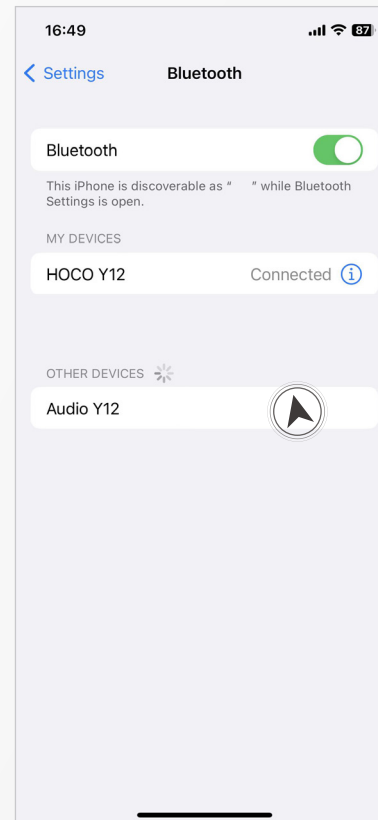
Note: the prerequisite for reconnecting the device to the APP is that the device is not manually unbound.



Audio BT connection



Make sure the watch audio BT icon is lit (lights blue) before connecting audio BT.

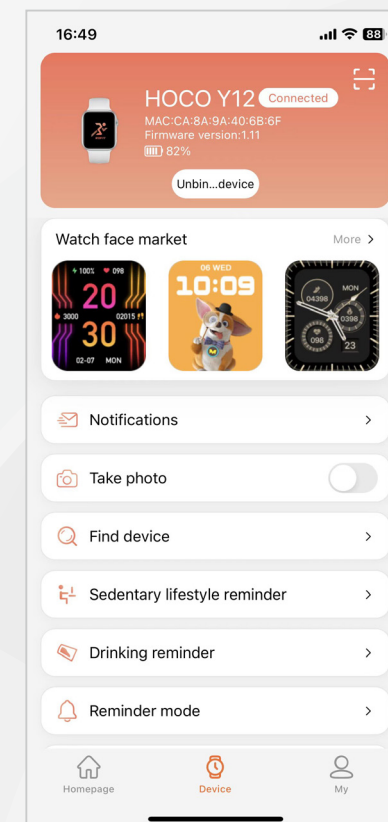
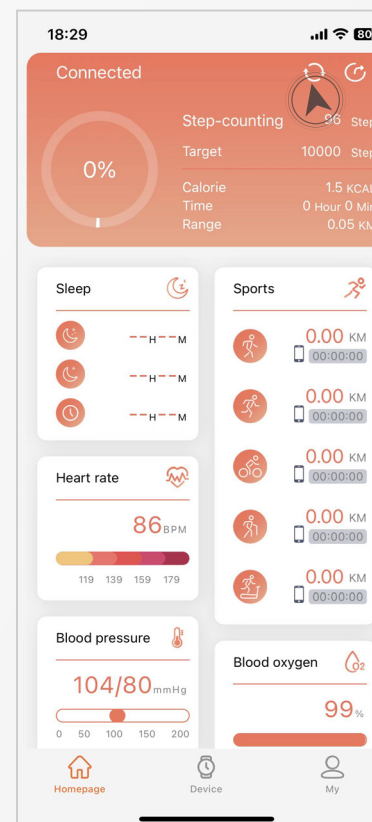


Interactive Use (Data Synchronization)

Data synchronization

- Synchronize exercise data to APP
- Sync health data to APP: sleep, heart rate, blood oxygen
- Message push: incoming call, SMS, APP reminder
- Other: time and language update

Note: after connecting, swipe down to refresh the data on the home page



Frequently Asked Questions (一)

Can't find the device in APP

1. Check whether the device is connected by other mobile phones, you can turn off or unbind the mobile phone's BT first, and then use the current mobile phone to search and bind.
2. Try to ignore the device in the system BT device on the mobile phone, the setting path: System Settings-BT-Ignore this device.
3. If the phone still cannot be searched after it is close to the watch, you can try to restart the BT of the phone.
4. If the above operations cannot be solved, restore the factory settings.

BT can't connect?

1. Confirm whether the mobile phone system meets: Android 4.4 and above, ios9.0 and above.
2. Confirm whether the device is not connected by other mobile phones.
3. Confirm whether the BT of the mobile phone is turned on and can be used normally, it is recommended to close all programs and restart the BT before connecting.
4. Some devices cannot connect normally when in low battery mode.

The device repeatedly connects and disconnects?

1. Check whether the distance between the device and the mobile phone is too far – the Bluetooth connection effect will be weakened beyond 7 meters.
2. Check whether there are obstructions between the device and the mobile phone, the human body, metal jewelry, etc. will interfere with the BT connection.
3. Check whether the power of the device is sufficient, low power will affect the use.
4. Check whether the BT function of the mobile phone is abnormal, it is recommended to close the program and restart the BT.
5. After the APP exits, the connection will be disconnected. The Android system recommends opening the background running permission, and the ios system recommends keeping the background running.
6. If it is an iPhone, check whether the phone is bound to too many BT devices, please ignore a few devices in the system BT settings.
7. If the above operations cannot be solved, restore the factory settings.

After BT connection, why is the data not synchronized?

The device pairing connection requires 10–20 seconds of connection process. The specific time will vary depending on the mobile phone system and BT connection performance. After the connection is completed, the data will be automatically synchronized to the APP.

I set a notification reminder, but the device did not receive the reminder?

1. Confirm whether the connection between the APP and the device is successful.
2. Confirm whether the APP exits and run in the background, it is recommended to enable the background running permission.
3. Confirm whether on the notification reminder is enabled in APP device page, turn it on.
4. Confirm that there is a message box in the notification bar of the mobile phone system. If no message is received in the notification bar of the mobile phone, please go to the system settings to enable the notification.
5. Set the "restore mobile notification" in the corresponding application on the mobile phone.
6. The device needs to be connected to the mobile phone at all times, and the BT is kept on.
7. Some Android phones have added blank pass permissions, and you need to manually go to the system permissions to adjust. Permissions such as mobile phone information and contacts are set to always be allowed.

Frequently Asked Questions (二)

Can't find the device in APP

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