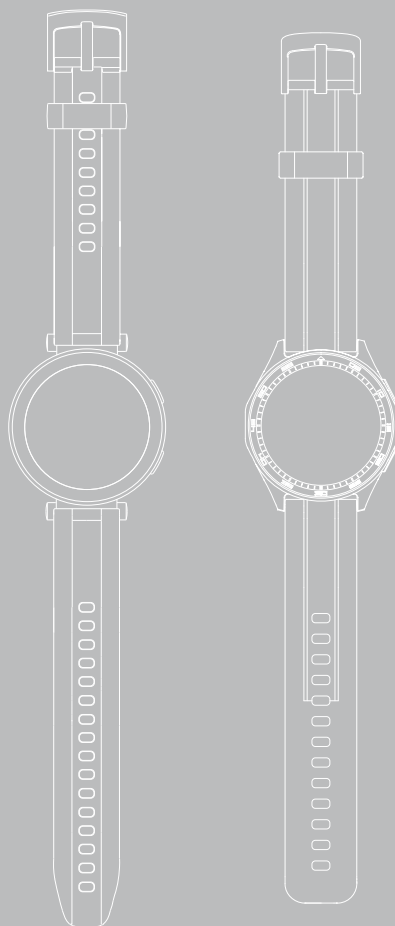


# SMARTWATCH

Smartwatch 7000 / 7010



**GB** Operating Instructions





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<b>1. Explanation of warning symbols and notes</b> .....	<b>4</b>
<b>2. Package contents</b> .....	<b>4</b>
<b>3. Safety instructions</b> .....	<b>5</b>
<b>4. Control elements</b> .....	<b>7</b>
<b>5. Getting started</b> .....	<b>8</b>
5.1 Charging .....	8
5.2 Putting on and switching on .....	9
5.3 Switching off .....	9
<b>6. Setting up the smartwatch</b> .....	<b>10</b>
6.1 Downloading the "Hama FIT move" app .....	10
6.2 Pairing the SSmartwatch and Smartphone .....	11
<b>7. Operating the smartwatch</b> .....	<b>13</b>
7.1 Home screen .....	15
7.2 Notifications .....	15
7.3 Quick-access settings .....	16
7.3.1 Do not Disturb mode .....	16
7.3.2 Display brightness .....	16
7.3.3 Wake screen .....	16
7.3.4 Torch .....	16
7.3.5 Drainage .....	16
7.3.6 Alarm clock .....	16
7.3.7 Energy-save mode .....	16
7.3.8 Telephone search .....	16
7.3.9 Settings .....	16
7.4 Shortcuts .....	17
7.5 Workout (sport modes) .....	17
7.5.1 Defining workouts (sport modes) for display .....	18
7.6 Applications .....	18
7.6.1 Activity .....	18
7.6.2 Workout status .....	18
7.6.3 Running courses .....	19
7.6.4 Workout (sport modes) .....	19
7.6.5 Workout record .....	19
7.6.6 Push for measurement .....	19
7.6.7 Heart rate .....	19
7.6.8 Blood oxygen (SpO2) .....	19
7.6.9 Stress .....	19
7.6.10 Body energy .....	19
7.6.11 Sleep .....	20
7.6.12 Breath training .....	20
7.6.13 Cycle report .....	20
7.6.14 Ambient sound .....	20
7.6.15 Phone .....	20
7.6.16 Language assistant .....	21
7.6.17 Pomodoro technique .....	21
7.6.18 Event reminder .....	21

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7.6.19 Weather	.21
7.6.20 Music	.22
7.6.21 Camera	.22
7.6.22 Alarm clock	.22
7.6.23 Timer	.22
7.6.24 Stopwatch	.22
7.6.25 World clock	.22
7.6.26 Telephone search	.22
<b>8. Smartwatch Settings</b>	<b>.23</b>
8.1 Watch faces	.23
8.2 AOD settings	.23
8.3 Sound and vibration	.23
8.4 Display and brightness	.23
8.5 App view	.23
8.6 DND (Do Not Disturb)	.24
8.7 Connect more	.24
8.8 System	.24
8.9 About	.24
<b>9. Maintenance and care</b>	<b>.25</b>
<b>10. Legal disclaimer</b>	<b>.25</b>
<b>11. Languages supported</b>	<b>.25</b>
<b>12. Technical data</b>	<b>.25</b>
<b>13. Information on disposal</b>	<b>.26</b>
<b>14. Declaration of conformity</b>	<b>.26</b>

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# EXPLANATION OF WARNING SYMBOLS AND NOTES

We are delighted that you have chosen a Hama product.

Take your time and read the following instructions and information completely. Please keep these instructions in a safe place for future reference.

Your new smartwatch is your ideal companion for a healthy lifestyle and motivates you to stay active all day long. As well as displaying the time and date, it collects data on the number of steps you have taken, your heart rate and the calories you have burned. It establishes a wireless connection to your smartphone via *Bluetooth*® enabling you to document the data on the associated "Hama FIT move" app and, thus, constantly keep track of your success. Use it to check when you have reached your personal fitness goal!

## 1. Explanation of warning symbols and notes

### Warning



This symbol is used to indicate safety instructions or to draw your attention to specific hazards and risks.

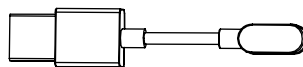
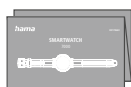
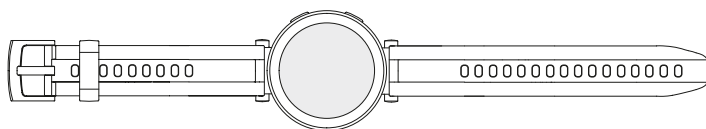
### Note



This symbol is used to indicate additional information or important notes.

## 2. Package contents

- "Smartwatch 7000 / 7010" smartwatch
- 1 USB charging cable
- Quick start guide
- Safety information sheet



### Note



The illustrations in these operating instructions relate to the Smartwatch 7000 which has article number 00178622. The Smartwatch 7010 (00178618) differs in appearance. The functions and their operation are identical, except for the integrated GPS which is only provided on the Smartwatch 7010.





## 3. Safety instructions

### Warning



Take your time and read the following instructions and information completely. Information on using the product is provided in this operating instruction manual.

- This product is intended for private, non-commercial use only.
- Use the product only for the intended purpose.
- Protect the product from dirt, moisture and overheating and use it in dry environments only.
- Do not use the product in the immediate vicinity of heaters, other heat sources or in direct sunlight.
- Do not operate the product outside the power limits given in the specifications.
- Do not use the product in areas in which electronic products are not permitted.
- The battery is integrated and cannot be removed.
- Do not open the device or continue to operate it if it becomes damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by qualified experts.
- Do not drop the product and do not expose it to any major shocks.
- Do not modify the product in any way. Doing so voids the warranty.
- Dispose of packaging material immediately in accordance with the locally applicable regulations.
- Do not incinerate the battery or the product.
- Do not tamper with or damage/heat/disassemble the batteries/rechargeable batteries.
- While driving a car or using sports equipment, do not allow yourself to be distracted by your product and keep an eye on the traffic situation and your surroundings.
- Consult your doctor before starting an exercise programme.
- Always be aware of your body's response when you exercise, and speak to your doctor in an emergency.
- Consult your doctor if you have a medical condition and wish to use the product.
- This is a consumer product, not a medical device. Hence, it is not intended for the diagnosis, therapy, cure or prevention of illnesses.
- Prolonged contact with the skin can lead to skin irritations and allergies. Consult a doctor if symptoms persist.
- This product is not a toy. It contains small parts which could be swallowed and pose a suffocation hazard.
- Only use the article under moderate climatic conditions.



### **Risk of electric shock**



- Do not open the device or continue to operate it if it becomes damaged.
- Do not use the product if the AC adapter, adapter cable or power cable is damaged.
- Do not attempt to service or repair the product yourself. Have all service work completed by the skilled personnel responsible.

### **Warning - cardiac pacemakers**



This product generates magnetic fields. Persons with a cardiac pacemaker should consult a doctor before using this product, as the pacemaker's proper function could be affected.

### **Information - air traffic**



- This product is a constant transmitter of radio signals. Please note that carrying and using radio transmitters during certain phases of the flight (e.g. take-off / landing) is not permitted for safety reasons.
- Check with your airline before you fly whether your fitness tracker can be taken on board. If in doubt, leave the product at home.

### **Warning - rechargeable battery**

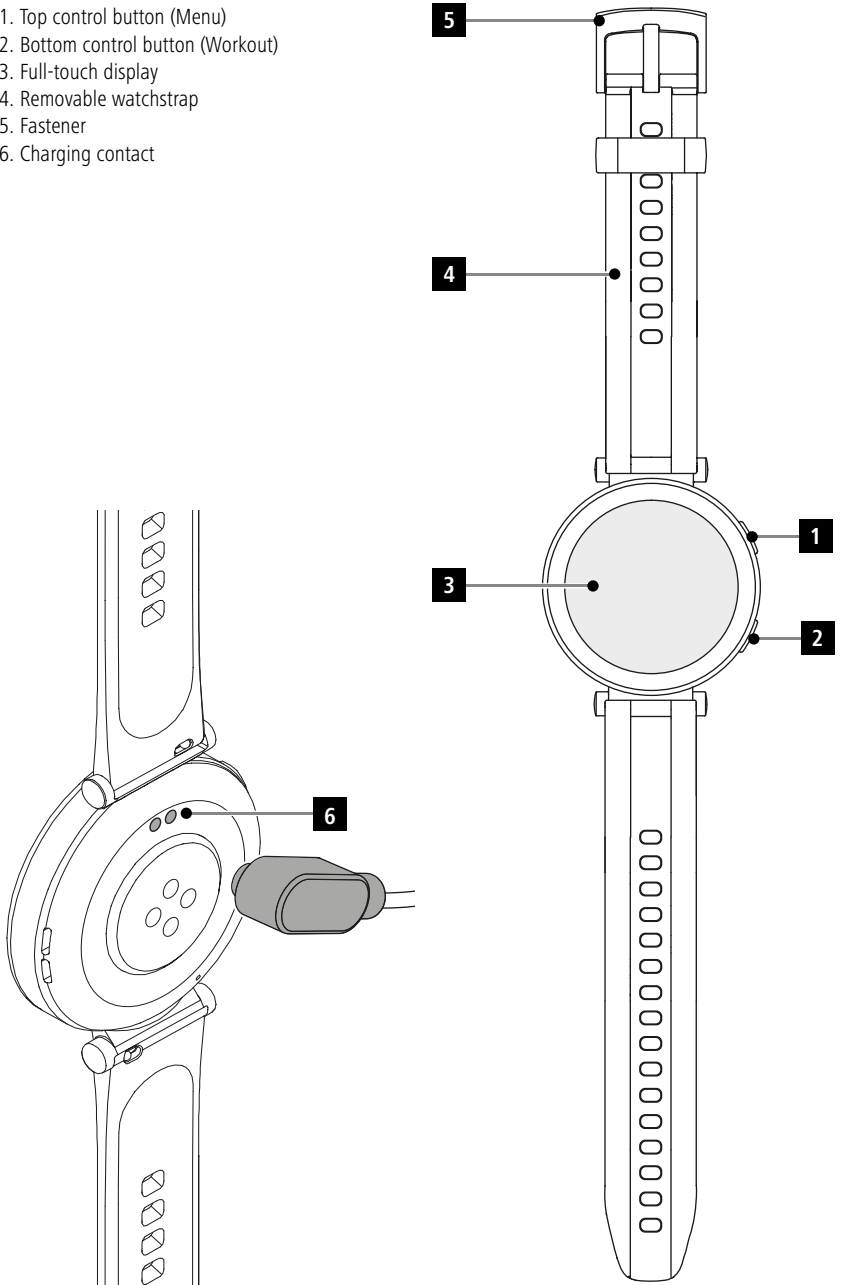


- Only use suitable charging devices or USB ports to charge the product.
- Do not use defective chargers or USB ports and do not attempt to repair them.
- Do not overcharge the product or allow the battery to completely discharge.
- Avoid storing, charging and using the product in extreme temperatures and at extremely low atmospheric pressures (such as at high altitudes).
- When in storage over a long period of time, batteries should be charged regularly (at least every three months).



## 4. Control elements

1. Top control button (Menu)
2. Bottom control button (Workout)
3. Full-touch display
4. Removable watchstrap
5. Fastener
6. Charging contact





## 5. Getting started

### Note



The descriptions and illustrations in these operating instructions are based on using the **Hama FIT move** app version 1.5.4 and the smartwatch firmware version 1.01.00. Please note that updates to the app or smartwatch could lead to deviations from the names and illustrations used.

### 5.1 Charging

- Charge your smartwatch fully before using it for the first time.
- Connect the charging cable to a free USB port on your computer or a USB charger and the charging contact **[6]** on your smartwatch. To do this, observe the operating instructions for the USB charger you are using.

### Note



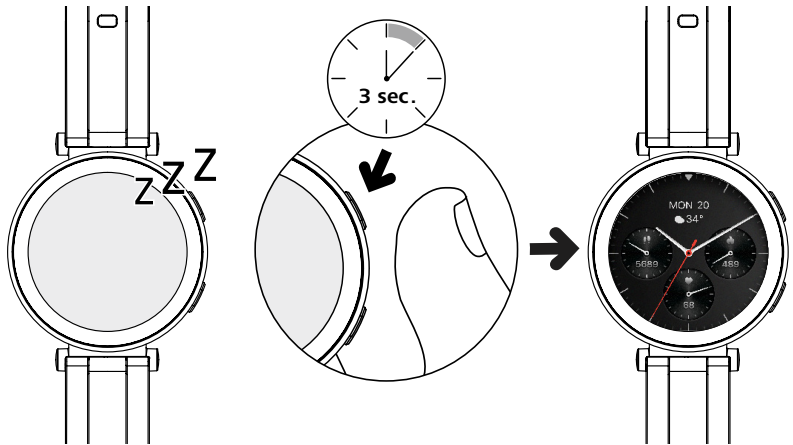
- The charging time for a full battery charge is around 150 minutes. When the battery in the display is indicated as being fully charged, the charging process is ended. Then, please disconnect the smartwatch from the power supply.
- When the battery charge level drops to just 10%, charge the smartwatch to prevent functional restrictions.





## 5.2 Putting on and switching on

- Before wearing and switching on the smartwatch for the first time, you must connect it with the enclosed charging cable and plug it into a power source.
- When charging has been completed successfully, apply the smartwatch to your wrist and close the watchstrap [4] using the fastener [5].
- Press and hold the top control button [1] for 3 seconds to start the smartwatch.



### Note

- To be able to use the measuring functions most effectively, it is preferable to fit the smartwatch fairly tightly but comfortably on the top side of the forearm. The distance between smartwatch and the wristbone should be about one finger breadth.
- To ensure the best possible recording of your activities, wear the smartwatch on your left wrist if you are right-handed and on your right wrist if you are left-handed.

## 5.3 Switching off

- To switch the smartwatch off, open the [SETTINGS - Alternatively, press and hold the bottom control button [2] and tap on the [] symbol.



### 6. Setting up the smartwatch

In order to have access to the full range of functions provided by the smartwatch, you must install the "Hama FIT move" app. The following sections contain information on downloading and setting up the app.

#### 6.1 Downloading the "Hama FIT move" app

##### Note

The following operating systems are supported:

- iOS 9.0 or higher
- Android 6.0 or higher

After switching on the smartwatch for the first time, you will be prompted to download the corresponding "Hama FIT move" app on your smartphone. A corresponding QR code appears in the display of the smartwatch.

- Scan the QR code with your smartphone or download the app from the Play Store (Android) or the App Store (iOS):



**Hama FIT move**

[link.hama.com/app/fit-move](http://link.hama.com/app/fit-move)

- To install the app, follow the instructions on your smartphone.

##### Note

Further information on the individual displays, menus and functions provided by the app is available in the manual: **"Hama FIT move" App Guide**



## 6.2 Pairing the SSmartwatch and Smartphone

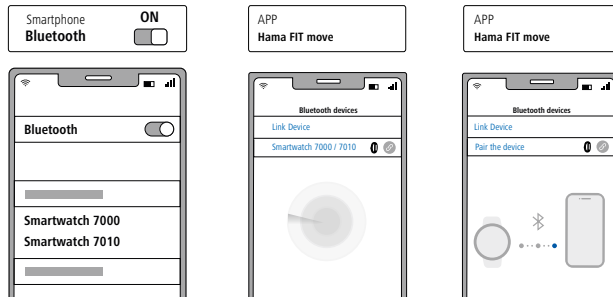
### Note




- In order for the smartwatch to display incoming calls, text messages, WhatsApp messages and other notifications, activate push mode for messages in your smartphone settings.
- While setting up the app, you will be asked whether the app has permission to access the functions of your terminal device. Agree to these prompts for the full functionality of your smartwatch.
- Start the app on your smartphone and agree to the privacy agreement. Answer any questions that may be asked.

For an optimal user experience, you should create a user account. By creating a user account, you can access your personal data if you change smartphones. This means that your personal data is available at all times. However, creating a user account is not a prerequisite for using the app.

- To create a user account, tap on **[LOG IN]** and select **[REGISTER NOW]** at the bottom edge of the screen. Enter an email address and a password and then tap on **[NEXT STEP]**.
- Enter the verification code which is sent to you according to the email address specified. It may be necessary to check your Spam folder.
- When registration has been completed successfully, you can enter a user name, your personal data and assign a profile picture. Please tap on **[NEXT STEP]** to continue the set-up process.
- The search for your "Smartwatch 7000 / 7010" smartwatch then begins.
- Follow the instructions in the app on your smartphone to connect your smartwatch.  
Your smartphone will establish a Bluetooth connection to your smartwatch.



- Select "Smartwatch 7000" or "Smartwatch 7010" and tap on **[PAIR THE DEVICE]** to connect the smartwatch to the app.
- Tap on the  symbol in the app on the smartphone to confirm the connection and conclude setting up the app.
- If there is a timeout, repeat the process.



- Then define your personal settings. These can be adapted in the app later (refer to the manual: **"Hama FIT move" App Guide**).
- Your smartwatch is now linked with the app and synchronisation begins.

### Note



- Please synchronise your smartwatch with the app before using it for the first time. If you record an activity before your smartwatch has been synchronised with the app for the first time, the activity will not be transferred to the app afterwards.
- To manually start a synchronisation of the smartwatch with the app, drag the screen downwards on the app home page.
- Due to the limited storage space on the smartwatch, you should synchronise your smartwatch with the app regularly (at least once a week) to avoid data loss.

### Note



- After the first synchronisation with the app, your smartwatch automatically assumes the time, date and language from your smartphone.
- The time and date cannot be set manually.
- The display language of your smartwatch depends on your selection in the app. As long as the set-up work has not been finalized, the display language remains English. Select the required display language in the app (refer to the manual: **"Hama FIT move" App Guide**).
- The app will alert you when a firmware update is available for your smartwatch. Perform the update in the app to ensure the smartwatch continues to work properly.



### 7. Operating the smartwatch

The following sections contain information on the operation and menu structure of your smartwatch. The smartwatch is provided with a display equipped with a touchscreen.

- To navigate through the menus and execute function, tap on the respective symbols and menus or swipe as necessary over the screen.
- Press the top control button **[1]** or bottom control button **[2]** to activate the display on your smartwatch. You can then swipe the display to switch between the different views and menu options in the order indicated below.
- You can access the submenus by tapping on the respective symbol.
- Press the top control button **[1]** to open the main menu or exit from a menu and skip back to the home screen.
- Press the bottom control button **[2]** to open the Workout menu. You can use the menu to start a sport mode or an activity.
- Press the bottom control button **[2]** for a longer period to restart the smartwatch or switch it off.

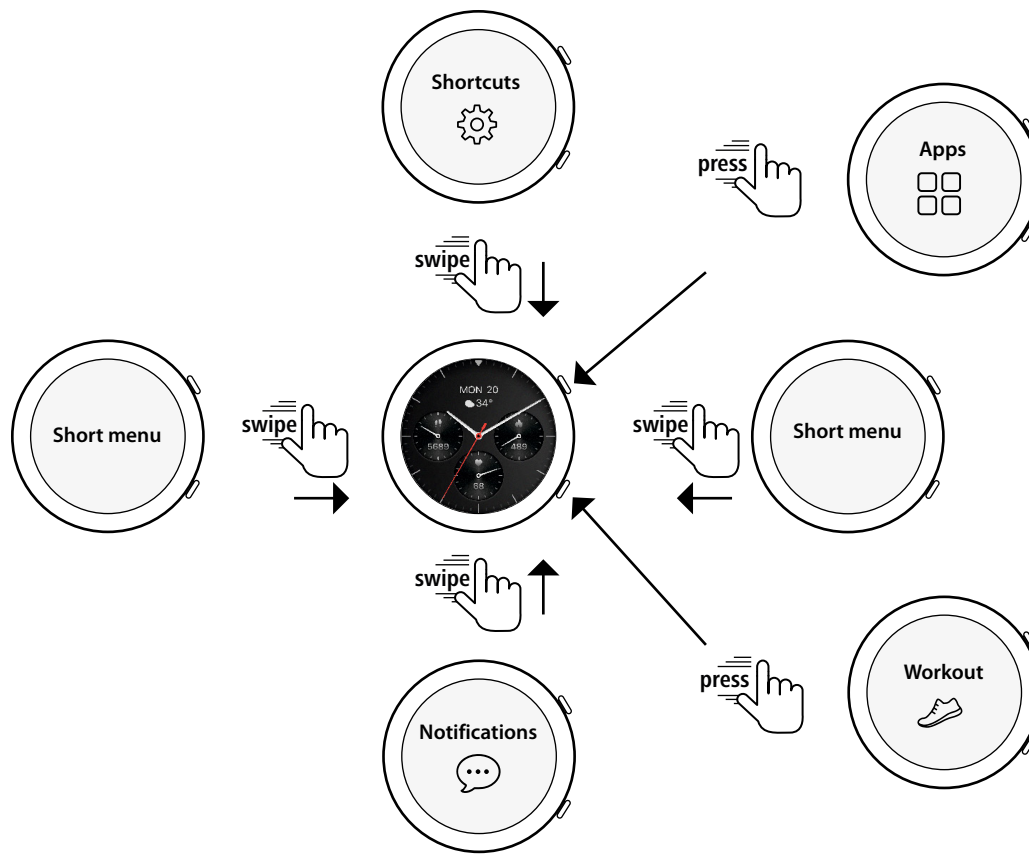
#### Note



The following graphic is an overview of the menu structure of your smartwatch with all menu items.

Quick-access settings		7.3	
Do not Disturb mode	7.3.1	Alarm clock	7.3.6
Display brightness	7.3.2	Energy-save mode	7.3.7
Wake screen	7.3.3	Telephone search	7.3.8
Torch	7.3.4	Settings	7.3.9
Drainage	7.3.5		

Shortcuts	7.4
Workout data	7.6.1
Steps	7.6.1
Push for measurement	7.6.6
Sleep	7.6.11
Workout (sport modes)	7.5
Weather	7.6.19
Music	7.6.20



**Notifications** 7.2

Applications		7.6	
Activity	7.6.1	Phone	7.6.15
Workout status	7.6.2	Language assistant	7.6.16
Running courses	7.6.3	Pomodoro technique	7.6.17
Workout (sport modes)	7.5	Event reminder	7.6.18
Workout record	7.6.5	Weather	7.6.19
Push for measurement	7.6.6	Music	7.6.20
Heart rate	7.6.7	Camera	7.6.21
SpO2	7.6.8	Alarm clock	7.6.22
Stress	7.6.9	Timer	7.6.23
Body energy	7.6.10	Stopwatch	7.6.24
Sleep	7.6.11	World clock	7.6.25
Breath training	7.6.12	Telephone search	7.6.26
Cycle report	7.6.13	Torch	7.3.4
Ambient sound	7.6.14	Settings	8

**Workout (sport modes)** 7.5



## 7.1 Home screen

- After activating the home screen, pressing on the display for a longer period opens an overview of the different home screens (watch faces). You can select one of the various home screens. Confirm your selection by tapping on the respective home screen. You can install other home screens, if required (refer to the manual: **"Hama FIT move" App Guide**).



## 7.2 Notifications

- If you swipe upwards on the home screen, you can view the notifications you have received on your smartphone. The condition for this is that you have activated this function in the app. You can also use the app to define the apps from which you want to receive notifications on the smartwatch (refer to the manual: **"Hama FIT move" App Guide**).
- Depending on the app, you will either only receive a notification with a display of the app in question and the sender or you will also see a preview of the respective message.
- By tapping on a notification, you can open further information, if necessary.
- If you want to delete all notifications together, swipe all the way down and then tap the waste bin and confirm the subsequent prompt.




## 7.3 Quick-access settings

- If you swipe down on the home screen, the quick-access settings appear which are described below.



### 7.3.1 Do not Disturb mode

- Tap on the  symbol to activate/deactivate Do Not Disturb mode. When Do Not Disturb mode is activated, ringing tones and vibrations are deactivated and the display is not activated by incoming push notifications.

#### Note


Please note that the terms BNS (Bitte nicht stören) and DND (do not disturb) are used synonymously in the app and on the smartwatch.




### 7.3.2 Display brightness

- Tap on the  symbol to adjust the brightness of the display to one of 5 settings.


### 7.3.3 Wake screen

- Tap on the  symbol to enable activating the screen by moving your arm. When this function is enabled, you can switch on the display by turning your wrist.


### 7.3.4 Torch

- Tap on the  symbol to use the smartwatch display as a torch.


### 7.3.5 Drainage

- Tap on the  symbol to drain off any moisture in the smartwatch, which has entered through the loudspeaker and microphone openings, by means of vibration.


### 7.3.6 Alarm clock

- Tap on the  symbol to set an alarm clock.


### 7.3.7 Energy-save mode

- Tap on the  symbol to activate energy-save mode.

### 7.3.8 Telephone search

- Tap on the  symbol to activate the ringing tone of the smartphone. This enables you to locate the smartphone if you have misplaced it.

### 7.3.9 Settings

- Tap on the  symbol to gain access to the following settings (see Chapter

#### 8. Smartwatch Settings):

- Watch faces
- AOD settings
- Sound and vibration
- Display & brightness
- App view
- DND (do not disturb)
- Connect more
- System
- About






## 7.4 Shortcuts

- Swipe to the left or right on the home screen to see your set shortcuts. The daily workout overviews are set by default. Your workout data (number of steps walked and calories burned) is displayed as well as the heart rate and stress measurements. You can set the weather notification and music control, amongst others, as additional shortcuts (refer to the manual: "**Hama FIT move**" App Guide).



## 7.5 Workout (sport modes)

- Tap on **[WORKOUT]**  or press the bottom control button **[2]** to open the range of workout activities stored.
- After selecting a workout, you can tap on the bottom screen edge to define the settings for the activity.
- Tap on **[START]** to start the activity.
- Depending on the activity selected, sport-related measured values (e.g. heart rate, calories burned) are displayed.
- You can access the individual data during the workout by swiping from bottom to top on the screen.
- You can have a pause in the workout or stop it by swiping from left to right on the screen. Alternatively, have a pause in the workout by tapping briefly on the top control button **[1]** or stop the workout by pressing the top control button **[1]** for longer.
- While completing most workouts, you can control the music on the smartphone swiping from right to left on the screen during the workout.
- After finishing the workout, more data recorded is displayed. Scroll through the data by swiping from the bottom to the top on the screen.






### Note

- Some activities which are completed outdoors use the integrated GPS. When starting the activity, the GPS signal is searched for. As soon as a GPS signal is available, you can start the activity. Alternatively, you can start the activity without a GPS signal. Depending on the activity selected, some data cannot be recorded without a GPS signal.
- Please note that it may take a few minutes for the GPS signal to be detected by the smartwatch. This particularly applies when the integrated GPS is used for the first time, has not been used for a longer period or where it is at a location far away from that where it was last GPS location detected. Shorten the time by linking the smartwatch to the app on your smartphone for the transfer of A-GPS data. If necessary, you will receive a prompt regarding this on the display of your watch.
- Only the Smartwatch 7010 is equipped with an integrated GPS and also supports the following global navigation satellite systems (GNSS): GLONASS, GALILEO, BEIDOU

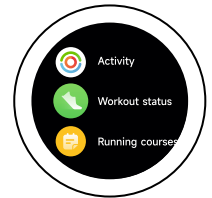


## 7.5.1 Defining workouts (sport modes) for display


- There are 110 workouts available for selection and you can store up to 20 on your smartwatch.
- Tap on **[WORKOUT **] and scroll to the end of the list by swiping from the bottom to the top on the screen. Tap on **[SETTINGS **] and on **[WORKOUT MANAGEMENT]**. Select the workouts required from the categories. The workouts indicated on the smartwatch are assigned a  symbol. If more than 20 workouts have already been selected, deselect an activity by tapping on the tick before selecting a new activity.
- Alternatively, define the workouts displayed via the app (refer to the manual: "**Hama FIT move**" **App Guide**).

## 7.6 Applications

- Press the top control button **[1]** to access the main menu of your smartwatch.
- In the main menu you have the option of calling up various applications and sub-menus by tapping on the respective symbol.
- Swipe up and down to switch between the different pages in the main menu.



### 7.6.1 Activity



- After tapping on **[ACTIVITY **], the following recorded daily data appears:
  - the calories burned
  - the duration of activities with moderate to high intensity
  - the pause time
  - the steps walked
- Swipe from bottom to top to scroll through the individual graphics.

#### Note

You can define individual goals (e.g. for activity calories or steps) in the app (refer to the manual: "**Hama FIT move**" **App Guide**). These goals are then also displayed.



### 7.6.2 Workout status

- After tapping on **[WORKOUT STATUS **], VO2max provides the recommended recovery time and aerobic effect of other important parameters for your individual workout management.
- Swipe from bottom to top to scroll through the individual graphics.
- Tap on the  symbol to open more information on the parameters displayed.



## 7.6.3 Running courses


- After tapping on **[RUNNING COURSES]** , the following running course modes are displayed:
  - Easy run - 6 min.
  - Easy run - 10 min.
  - Easy run - 15 min.
  - Fitness run - easy
  - Fitness run - moderate
  - Fitness run - difficult

When running, you switch between walking and jogging and increase the demands made of your body with each further mode. Swipe from bottom to top to scroll through the individual modes.


## 7.6.4 Workout (sport modes)

- Tap on **[WORKOUT]**  to open the activities assigned (see Chapter 7.5 Workout (sport modes)).


## 7.6.5 Workout record

- Tap on **[WORKOUT RECORD]**  to open an overview of the activities recorded.
- Tap on an activity to display detailed information.

## 7.6.6 Push for measurement

- Tap on **[PUSH FOR MEASUREMENT]**  to start the combined measurement of heart rate, blood oxygen (SpO2) and stress level.

## 7.6.7 Heart rate


- Tap on **[HEART RATE]**  to start the manual measurement of your heart rate.
- The display shows the average heart rate, the max. and min. values and further data on the heart rate range and heart rate variability (HRV).

### Note


Please note that the terms HRV (heart rate variability) and HFV (heart frequency variability) are used synonymously in the app and on the smartwatch.




## 7.6.8 Blood oxygen (SpO2)

- Tap on **[SPO2]**  to start measurement of the blood oxygen (oxygen saturation) manually.
- The average blood oxygen value and the max. and min. values are displayed.

## 7.6.9 Stress


- Tap on **[STRESS]**  to open an overview of the stress levels measured during the current day. The stress level is measured according to a scale (0 = no stress - 99 = extreme stress).

## 7.6.10 Body energy



- Tap on **[BODY ENERGY]**  to display your current body energy level. The body energy value is derived from a combination of the heart rate variability, stress, sleep and activities completed and estimates your energy reserves for the current day.
- In order to use the **Body energy** application, the corresponding function must be activated in the app (refer to the manual: "**Hama FIT move" App Guide**).




### 7.6.11 Sleep

- Tap on **[SLEEP **] to access the sleep measurement values. The following data is recorded:
  - Time of falling asleep
  - Time of getting up
  - Duration of deep sleep phases
  - Duration of light sleep phases
  - Duration of wake phases
  - Duration of REM phase
  - Sleep score (0 = poor - 99 = good)
- The smartwatch automatically detects when you are sleeping and then starts the sleep measurements.


### 7.6.12 Breath training

- Tap on **[BREATH TRAINING **] to access the breathing training function. You can use it to complete a relaxation program with guided breathing methods.
- Select the rhythm (slow, moderate, fast) and duration (1 - 3 min.) for the breathing training.
- Tap on the **[**] symbol to start the breath training programme. Then following the instructions on the display.
- If you want to end the breathing training programme prematurely, press the top control button **[1]** and confirm the subsequent prompt.
- After concluding the breathing training programme, your heart rate before and after the programme are displayed.


### 7.6.13 Cycle report

- Tap on **[CYCLE REPORT **] to display an overview of your menstrual period.
- In order to use the **Cycle report** application, the corresponding function must be activated in the app (refer to the manual: "**Hama FIT move" App Guide**).

### 7.6.14 Ambient sound


- Tap on **[AMBIENT SOUND **] to record the current ambient noise (in dB). Keep your arm still until the recording process has finished. The following data is displayed:
  - Current ambient sound
  - Min. value
  - Max. value
- Tap on **[HELP]** to open more information.

### 7.6.15 Phone

- Tap on **[PHONE **] to gain access to the telephone functions with the following options:
  - Favourite contacts
  - Call list
  - Dialling keypad
- You can make calls directly via the smartwatch and then carry out the conversations using the smartphone connected.
- In order to use the **Telephone** application, your smartwatch must be connected to your smartphone.



### 7.6.16 Language assistant





- The "language assistant" application enables you to tap on the **[LANGUAGE ASSISTANT ** ] symbol and gain access to the language assistants on the connected, compatible smartphone. A condition is that there is a Bluetooth connection between the two devices. Communication with the language assistants is only audible. Compatibility cannot be guaranteed for all manufacturers and operating system versions. Limitations are particularly possible with Android OS. If necessary, contact your smartphone manufacturer in this case. It is possible that a software update is available for your smartphone which can clear the problem.

#### Note


Observe the following settings on the smartphone to ensure optimal utilization of the language assistant:

- Google Assistant (Android):  
Define this as the standard language assistant on your Android smartphone and permit the use of Google Assistant in locked state.
- Apple Siri (iOS):  
Activate Siri on your iPhone and permit the use of Siri in locked state.


### 7.6.17 Pomodoro technique

- Tapping on **[POMODORO TECHNIQUE ** ] provides you with the option of selecting from various timers or to set a user-defined timer.
- The Pomodoro technique is a method of time management in which short-term timers are used to divide work into periods of 25 minutes (so called pomodori) with subsequent pause times.
- To start the timer, tap on the **[** ] symbol. To enter a pause for the timer, tap on the **[** ] symbol. To conclude the measurement, tap on the **[** ] symbol.

### 7.6.18 Event reminder


- Tap on **[EVENT REMINDER ** ] to display the events which have been saved.
- In order to use the **Event reminder** application, the events must be entered in the app (refer to the manual: "**Hama FIT move**" **App Guide**).

### 7.6.19 Weather


- Tap on **[WEATHER ** ] to open the weather forecast for the respective day, including the current temperature as well as the lowest and highest values. Swipe upwards to display further information and the weather forecast for the following days.
- The weather data is transmitted and updated by synchronising your smartwatch with the app. The most recent update appears at the bottom edge of the weather display screen.
- In order to use the **Weather** application, the corresponding function must be set-up and activated in the app (refer to the manual: "**Hama FIT move**" **App Guide**).




## 7.6.20 Music

- Tap on **[MUSIC **] to open the control view for various music and streaming services. They can be controlled on the smartphone via your smartwatch. You can start or stop the music, skip forward or back in the tracks and regulate the volume.
- In order to use the **Music** application, the corresponding function must be set-up and activated in the app (refer to the manual: "**Hama FIT move**" **App Guide**).


## 7.6.21 Camera

- By tapping on **[CAMERA **], you can use the smartwatch to control the camera on the smartphone connected.
- In order to use the **Camera** application, the smartwatch and smartphone must be connected via Bluetooth and the camera function must be activated on the smartphone.


## 7.6.22 Alarm clock

- After tapping on **[ALARM CLOCK **], you can set an alarm time. You can activate or deactivate the alarm clock or alarm reminder by tapping on the respective times.
- You can also set and manage the alarm times in the app, and also synchronise them with the smartwatch (refer to the manual: "**Hama FIT move**" **App Guide**).


## 7.6.23 Timer

- Tapping on **[TIMER **] provides you with the option of selecting from various timers or to set a user-defined timer.
- To start the timer, tap on the **[▶]** symbol. To enter a pause for the timer, tap on the **[⏸]** symbol. To conclude the measurement, tap on the **[✕]** symbol.


## 7.6.24 Stopwatch

- Tapping on **[STOPWATCH **] enables you to use the smartwatch as a stopwatch.
- To start the stopwatch, tap on the **[▶]** symbol. To interrupt the stopwatch, tap on the **[⏸]** symbol. To conclude the measurement, tap on the **[✕]** symbol.

## 7.6.25 World clock

- Tap on **[WORLD CLOCK **] to display the following world clocks:  
Berlin, London, New York, Tokyo
- You can install other world clocks in the app if required (refer to the manual: "**Hama FIT move**" **App Guide**).


## 7.6.26 Telephone search

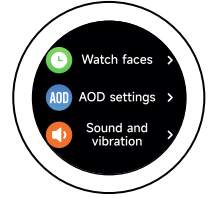
- Tap on **[TELEPHONE SEARCH **] to start a search for your smartphone should you have misplaced it. Your smartphone starts vibrating or issues a loud acoustic signal.
- In order to use the **Telephone search** application, your smartwatch and smartphone must be connected via Bluetooth.




## 8. Smartwatch Settings

The following sections contain information on the smartwatch settings.


- Press the top control button [1] and tap on [SETTINGS 




### 8.1 Watch faces

- After tapping on [WATCH FACES 


### 8.2 AOD settings

- After tapping on [AOD SETTINGS - Set a time period for the AOD function (standard setting 08:00 - 22:00).
- Define a watch face for the AOD function.


### 8.3 Sound and vibration

- After tapping on [SOUND AND VIBRATION - Tap on [SILENT MODE] to mute calls and notifications.
- Tap on [MEDIA VOLUME] to regulate the volume of media being played back.
- Tap on [VIBRATION] to set the strength of vibration to one of 3 levels (strong, low, none).
- Tap on [INCOMING CALL RINGTONE] to define a ringing tone for incoming calls.

### 8.4 Display and brightness


- After tapping on [DISPLAY AND BRIGHTNESS - Tap on [BRIGHTNESS] to set the brightness of the display to one of 5 levels (20%, 40%, 60%, 80%, 100%). Please note that the battery power consumption of the smartwatch increases with higher brightness.
- Tap on [SCREEN-ON TIME] to set the switch-on time of the display (5 - 20 sec.). The screen-on time defines how long the display of the smartwatch remains active following an operation. Please note that the battery power consumption of the smartwatch increases as the operating time increases.
- Tap on [COVER TO SLEEP] to switch off the display automatically when it is covered (e.g. by the hand).

### 8.5 App view


- Tap on [APP VIEW 



### 8.6 DND (Do Not Disturb)

- After tapping on **[DND **] you can activate the "Do Not Disturb" function. When the function is activated, ringing tones and vibrations are deactivated and the smartwatch display is not activated by incoming push notifications.
- Choose between the following modes:
  - **[ALL-DAY DND]**, the function is switched on.
  - **[SCHEDULED DND]**, you can define a start and end time.
  - **[OFF]**, the function is switched off.

### 8.7 Connect more





- After tapping on **[CONNECT MORE **] you can connect the smartwatch with another smartphone. Follow the instructions in the smartwatch display.

#### Note




Please note that when you use this function, the current connection to your smartphone is disconnected.

### 8.8 System

- After tapping on **[SYSTEM **] you can activate other functions.
- After tapping on **[RESTART **] and confirming the subsequent prompt, you can restart the smartwatch.
- After tapping on **[TURN OFF **] and confirming the subsequent prompt, you can switch off the smartwatch.
- After tapping on **[RESET **] and confirming the subsequent prompt, you can reset your smartwatch to its factory default settings. This deletes all recorded user data.

### 8.9 About

- After tapping on **[ABOUT **] the model name, MAC address, current firmware version of the smartwatch and information on legal regulations appear. The MAC address provides the smartwatch with a unique identification when establishing a Bluetooth connection to your smartphone.





## 9. Maintenance and care

Clean the product with a slightly moist, lint-free cloth and do not use any aggressive cleaning agents.

## 10. Legal disclaimer

Hama GmbH & Co KG assumes no liability and provides no warranty for damage resulting from improper installation/assembly, improper use of the product or from failure to observe the operating instructions and/or safety information.

## 11. Languages supported

The list below contains the languages in which the smartwatch user interface and "Hama FIT move" app are available:

	English	German	French	Spanish	Swedish	Czech	Polish	Finnish	Italian	Hungarian	Dutch	Portuguese	Russian	Romanian	Slovakian	Bulgarian	Greek	Norwegian	Danish	Serbian		
Smartwatch 7000	x	x	x	x	x	x	x	x														
Smartwatch 7010	x	x	x	x	x	x	x	x														
Hama FIT move	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	

## 12. Technical data

	00178618	00178622
Bluetooth version	5.3 LE	5.3 LE
Display type	AMOLED full touch	AMOLED full touch
Display size	1.43"	1.32"
Dimensions (housing)	53 × 46 × 12 mm	51 × 43 × 12 mm
Weight	45 g	46 g
Watchstrap length	17.1 - 24.0 cm	16.3 - 22.7 cm
Watchstrap width	2.2 cm	1.8 cm
Watchstrap material	Silicone	Silicone
Housing material	Plastic	Zinc alloy / Plastic
Protection class	IP68	IP68
Water resistance compliant with ISO 22810:2010	3ATM	3ATM
Battery type	Lithium polymer	Lithium polymer
Battery capacity	300 mAh	300 mAh
Charging time	Approx. 2.5 hours	Approx. 2.5 hours
Battery life	Approx. 6-8 days	Approx. 6-8 days



### 13. Information on disposal

Information on environmental protection:



Following the implementation of European Directives 2012/19/EU and 2006/66/EC into the national legal systems, the following applies: Electrical and electronic devices as well as batteries must not be disposed of with household waste. Consumers are obliged by law to return electrical and electronic devices as well as batteries to the designated public collection points or to the point of sale at the end of their service life. Detailed information on this topic is defined in the national laws of the respective country. This presence of the above symbol on the product, operating instructions or package indicates that the product is subject to these regulations. By recycling, reusing the materials or other forms of utilising old devices/batteries, you are making an important contribution to protecting our environment.

### 14. Declaration of conformity

**CE** Hama GmbH & Co KG, hereby declares that this device is in compliance with the basic requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity, in accordance with the relevant directive, can be found at

**[www.hama.com](http://www.hama.com) > Q > "Article number" > Downloads**


Frequency band/Frequency bands	7000: 2402 – 2480 MHz 7010: 2402 – 2480 MHz
Maximum transmission power radiated	7000: 9 dBm 7010: 9 dBm




# ***hama***

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## **Service & Support**

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