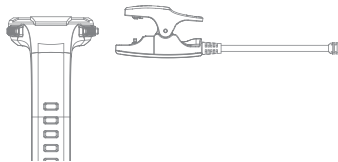


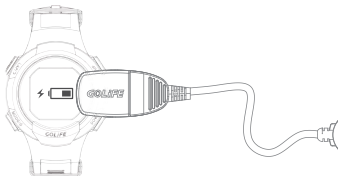


Uploading with GOLiFE CONNECT

- 1 Connect the charging clamp to the watch.



- 2 Connect the USB plug to a computer USB port.



- 3 If you have not install GOLiFE CONNECT, or if you do not have a GOLiFE account, please go to <http://run.goyourlife.com/download>. If you already have it installed, please skip this step.

- 4 Enter your GOLiFE account details or log in using a social media account.



- 5 Update firmware or upload exercise data.



Installing the GoFIT App

Download the GoFIT App:

Please use the following methods to download and install the app.

Scan the QR code



or search for



GoLiFE Fit
(iOS)



GoLiFE GoFIT
(Android)

in  Available on the App Store

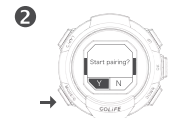
or  GET IT ON Google play

- 1 Open the app and register a new GOLiFE account. (Log in directly if you already have a GOLiFE account.)
- 2 Before pairing, please make sure that the Bluetooth connection on your mobile device has been activated. (On your mobile device, go to Settings → Bluetooth → Turn on).

Pairing with GoWatch 110i Plus



Please open the GoFIT App, select "Devices", and follow the instructions to pair your GoWatch 110i Plus.



Press [MODE] to switch to menu mode and select [Pairing]; it will display [Start Pairing], and please choose [Y].



Wait for PIN code.



Enter the PIN code and complete pairing with the app.



GOLiFE™



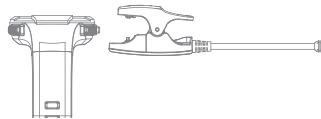
Buttons



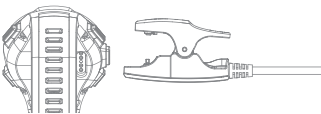
- 1 LAP / BACK
- 2 MODE / POWER
- 3 UP
- 4 OK / Backlight (Daily Mode)
- 5 DOWN / NOTIFICATION DISPLAY (Daily Mode)

How to Charge Your Watch

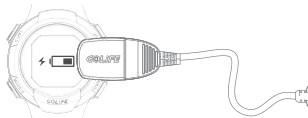
- 1 Connect the charging clamp to a computer USB port and clamp the other end on GoWatch 110i Plus.



- 2 Lightly press down on the end of the charging clamp. Check if the contact point matches the contact marks.

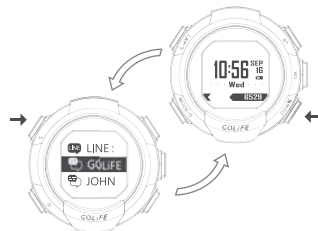


- 3 When matched, GoWatch 110i Plus will automatically start charging.



Daily Mode Display Switch

In Daily Mode, press [DOWN] button to check your messages and call alerts.



Quick Start Guide

- 1 In Daily Mode, press [MODE] button to switch to main menu, select [Start] to begin your exercise.

- 2 Press [UP] or [DOWN] buttons to select your exercise type, then press [OK] button.

- 3 Go outdoors to an open area, wait for GPS positioning.

- 4 When completed, press [OK] button and your watch will start recording your activity.

- 5 Exercise status (To adjust fields of data displayed, go to [Settings] → [Page]. Or press [MODE] to select [Page] while you are starting activities.)

- 6 Press [OK] button to pause data recording, press [UP] or [DOWN] buttons to select [Resume], [Finish & Save] or [Abort], then press [OK] button.

- 7 If [Finish & Save] is selected, your watch will stop recording and your activity will be stored. If [Abort] is selected, your activity won't be stored.

- 8 Press [MODE] button to switch to main menu, go to [Activity] → [Log], press [OK] and [UP] / [DOWN] to view data of your saved activities.



For more details, please scan the manual QR code above or go to the following website:
www.goyourlife.com/docs/manualGoWatch110iPlusEN.pdf

