Link tech

PREMIUM
VIP PRODUCT

SMART WATCH
Enjoy Your Smart Watch

Model: LPW-S110
Smart Watch
User Manual

Stress **Monitoring**

5ATM **Waterproof**

Bluetooth **Calling**

Independent **GPS Sports**

Note: Waterproof performance

To ensure the product's waterproof performance, please do not disassemble the smartwatch casing and avoid immersing it in hot water, hot tea, or other corrosive liquids.

User Manual

Notes:

1. The company reserves the right to modify the contents of this manual without prior notice. It is normal for some functions to vary in certain software versions.
2. Please charge this product using the provided cable for no less than 2 hours before use.
3. Before using the product, you need to connect the app to synchronize the time and set your personal information.
4. This product has an IP68 waterproof rating but is not suitable for deep-sea diving. Exposure to hot water, tea, or other corrosive liquids can damage the watch and will void the product warranty and free maintenance services.

How to wear

Please wear the device on your wrist correctly, about one finger from the carpal and adjust it to comfortable position. Below picture as reference.

Tip: Please wear the device a bit little tighter when heart rate monitor.

How to Download & Connect to APP

methods to download & install APP:

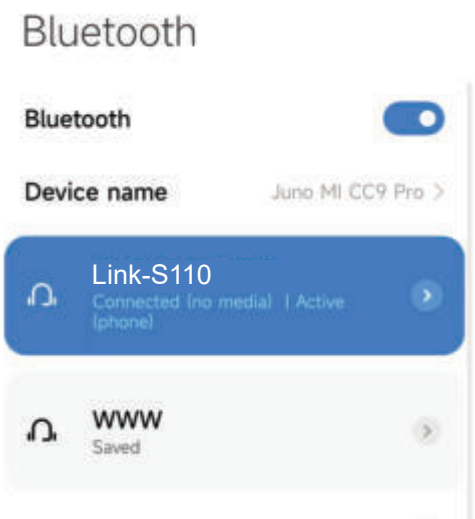
A. Find the QR code on setting page. Turn on the watch, open “Settings—About—Download QR code” , scan QR code to download and install “Hawofit” APP

B. Scan below “Hawofit” QR code to download and install “Hawofit” APP

C. Search “Hawofit” in App Store or Play Store to download and install “Hawofit” APP

How to Connect

(1) Open HaWoFit and click "Add Device" on the device page. Add the device through Bluetooth search and follow the on-screen instructions.



(2) Bluetooth call function connection:

After successfully pairing the smartwatch with the app, a prompt will appear asking whether to pair with LINK-S110. Tap "Allow Pairing" to enable the phone call function.

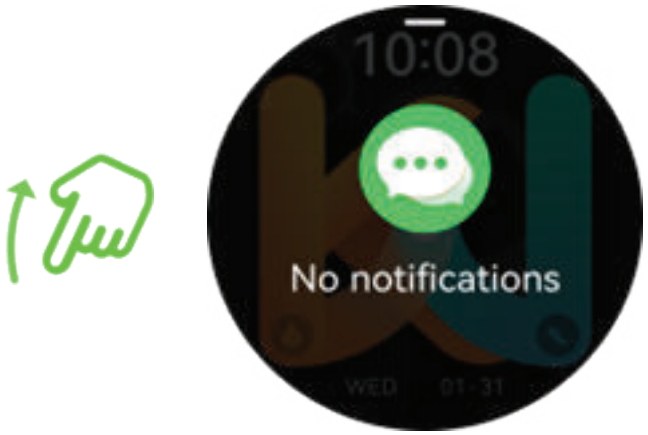
(Note:If "Allow Pairing" is not tapped, the phone call function will not work. In this case, go to your phone's Bluetooth settings, search for "LINK-S110," and manually pair it. Once paired, the phone call function will work normally.)

Note:

1. Do not pair the smartwatch directly from your phone's Bluetooth settings to avoid connection issues with the "HaWoFit" app.
2. Please allow the "HaWoFit" app to access your phone's "Location, Phone, Camera," and other permissions to ensure successful pairing.

Operating Instructions

Swipe Up: Notification



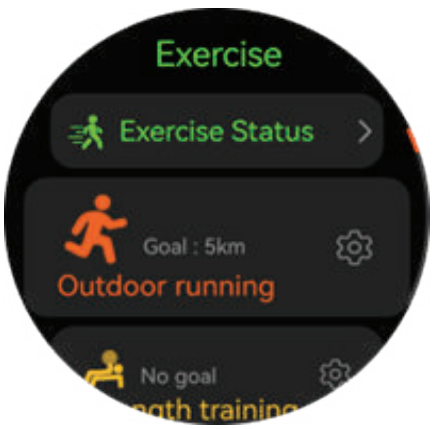
Swipe Down: Control Center

Swipe Left: Activity Center

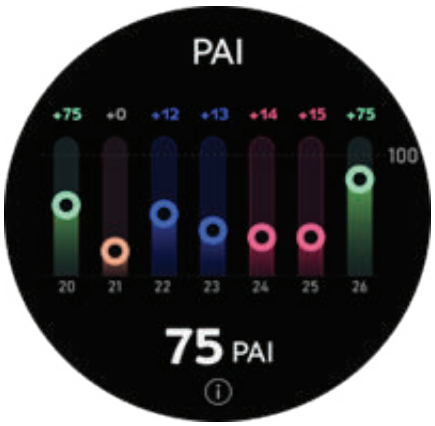
Swipe Right: Smart Components

Crown and Buttons:
Upper Button: Single press to turn the screen on/off, return to the previous interface.
Rotating Crown: Long press the crown to power on/off, single press to enter the menu list, press again to return to the previous interface, rotate the crown in the menu interface to scroll up and down.
Lower Button: Single press to enter the workout list, press again to return to the previous interface (the function of the lower button can be customized in the settings).

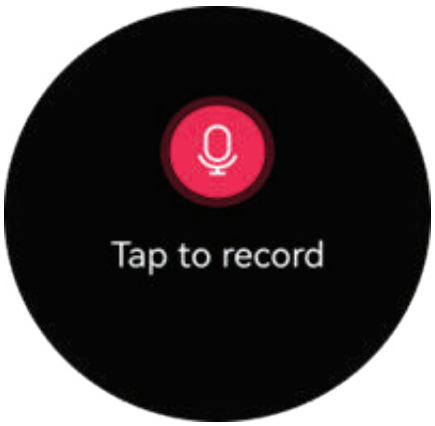
Function Introductions

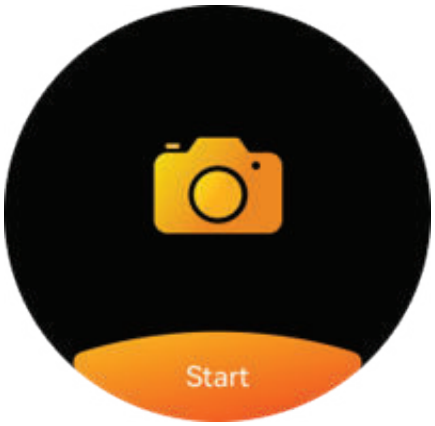
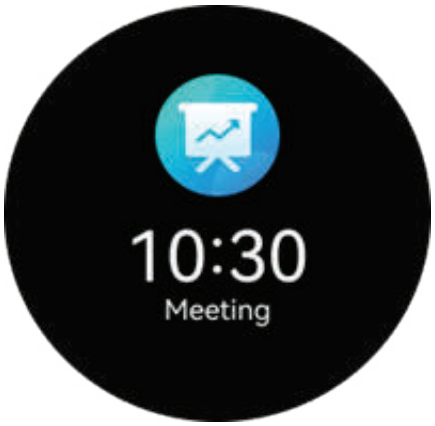
	Activity Record: Displays real-time daily activity data, including steps, distance, and calorie consumption. For more data records and analysis, visit the app.
	**Exercise:** 178 professional sports modes with real-time tracking of heart rate, calorie consumption, steps, distance, pace, cadence, heart rate zones, and training effectiveness throughout the workout. (For outdoor activities, please wait in an open area for GPS satellite positioning. The GPS signal icon will flash while locating and stop flashing when the positioning is successful.)

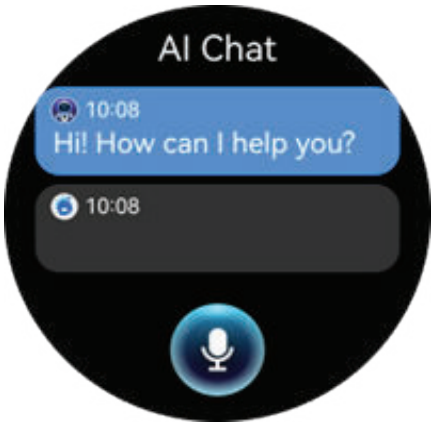
	Exercise Record: The smartwatch allows you to view recent exercise records, and the app provides more detailed historical workout data, giving you a clear understanding of your exercise status.
	Phone: Make/receive calls anytime, view recent call history. During calls, ensure a stable Bluetooth connection between the smartwatch and phone. Set contacts to the smartwatch via the app.
	Heart Rate: Real-time heart rate monitoring, with the option to enable 24-hour automatic monitoring in the app. For more data records and analysis, visit the app. (The measured values are for reference only and should not be used as medical evidence.)

	Sleep: Smart monitoring of sleep status, scientifically analyzing deep sleep, light sleep, wakefulness, eye movement, and sleep quality to protect your restful sleep. For more data records and analysis, visit the app. (The measured values are for reference only and should not be used as medical evidence.)
	**PAI:** Based on heart rate data, activity intensity, and physiological information, the personal Physical Activity Index (PAI) is calculated. A higher PAI value indicates greater activity intensity and better health. (The measured values are for reference only and should not be used as medical evidence.)
	SpO2: Real-time blood oxygen monitoring, with the option to enable 24-hour automatic monitoring in the app. For more data records and analysis, visit the app. (The measured values are for reference only and should not be used as medical evidence.)

	Stress: Real-time stress monitoring, with the option to enable 24-hour automatic monitoring in the app. For more data records and analysis, visit the app. (The measured values are for reference only and should not be used as medical evidence.)
	Mood: Accurately detects four emotions—joy, calm, anxiety, and irritability—to help with self-adjustment and discovering a better version of yourself.
	Breathing Training: Relax your body and mind by following the animation for breathing exercises. Customize the training duration and pace.

	Music: Switch between playing local music or phone music. Supports play/pause, previous/next track, and volume adjustment. For local music, transfer the phone's local music to the smartwatch via the app in advance. During phone music playback, ensure a stable Bluetooth connection between the smartwatch and phone.
	**Voice Recorder:** Use the smartwatch to record your desired sounds anytime, anywhere. Click the file to start playback.
	Album: Click "Album" in the app to add your favorite photos and transfer them to the smartwatch, allowing you to browse beautiful moments anytime.

	**Camera Control:** Open the camera function in the app, then tap "Start" on the smartwatch to control the phone's camera and take photos.
	Notifications: Turn on the switch for the desired notification apps in the app, and the smartwatch will receive and display notifications from the corresponding apps.
	**Reminders:** Set up various types of reminders such as meetings, sleep, and schedules in the app. The smartwatch will display the reminders, allowing you to receive timely and accurate notifications.

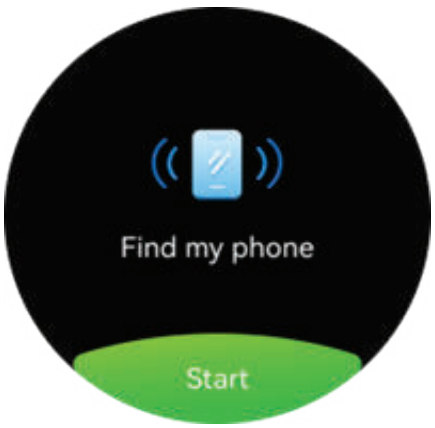
	**AI Chat:** Tap once to enter an AI conversation that can answer any of your questions. Whether it's about life, learning, or work, it can provide solutions to the problems you encounter.
	AI Watch Face: A simple description or phrase to quickly create your personalized AI watch face. It can generate watch faces with different artistic styles, compositions, and color combinations. For example, you can say, "Cute little cat."
	Voice Assistant: Wake up the phone's voice assistant through the smartwatch to engage in conversation. During use, ensure a stable Bluetooth connection between the smartwatch and phone.

	Weather: Displays today's weather and the forecast for the next three days. Weather information requires a connection to the app. If disconnected for a long time, reconnect the app to get the latest weather updates.
	SOS: In case of an emergency, use the SOS feature to quickly call for help. Please set up emergency contacts in the app in advance.
	Game: The smartwatch includes 4 casual games: Flappy Bird, 2048, Dice, and Air Combat. Enjoy them anytime and anywhere.

	Alarm: You can add up to 10 alarms at the same time. Once set, the smartwatch will notify you. Alarms can be deleted or added as needed.
	Pomodoro Timer: Set a reminder duration to start "Focus Time." When the countdown ends, the smartwatch will remind you, then switch to "Take a Break." After the break countdown finishes, the smartwatch will remind you again.
	Calendar: Clearly view your schedule, manage your time efficiently, and avoid forgetting important tasks.

	World Time: You can add up to 10 different country/region times to the smartwatch. Add or remove them through the app.
	Compass: Rotate the smartwatch as shown in the instructions to calibrate it. View the four basic directions, current direction, and angle values in real time, helping you safely follow your planned route during outdoor activities.
	Altimeter and Barometer: Display real-time altitude and air pressure values. When hiking, changes in air pressure can help predict bad weather, allowing you to prepare for safety in advance.

	Women's Health: The app records and sets the menstrual cycle, while the smartwatch provides reminders for the safe period, fertile window, and ovulation period. This feature offers personalized care for women, and can be accessed by setting your gender as "Female" in the app's personal information. (Kind reminder: The calculated cycle is for reference only and does not have medical diagnostic authority.)
	Flashlight: Convenient flashlight function. Tap to turn on and illuminate the surrounding area, and tap again to turn off.
	Calculator: Perform simple addition, subtraction, multiplication, and division on the smartwatch for easy and accurate calculations.

	Timer: Quickly select 1 minute, 5 minutes, or 10 minutes to start the countdown, or customize the duration.
	Stopwatch: Tap to start timing, and save up to 10 timing records.
	**Find Phone:** Tap to locate your phone, and the phone will vibrate and ring to alert you.

	Settings: You can adjust the watch face and time, exercise settings, display, sound and vibration, usage preferences, battery, and system-related functions.
	TWS: The smartwatch supports connecting to earbuds, allowing you to play music directly from the watch during exercise, helping you stay focused and improve workout quality.
	AOD (Always On Display): When AOD is enabled, the smartwatch will display a simplified time style when the screen is off, allowing you to check the time anytime. Enabling AOD will reduce battery life.

	Media Audio: Enable/disable; allows sound-related settings, mainly syncing the sound from mobile apps to the smartwatch.

Other Functions:
Electronic Card, Theater Mode, Power Saving Mode, Vast Online Watch Faces, Custom Watch Faces, Custom Video Watch Faces, Music Playback, Raise to Wake/Flip to Sleep, Find Phone, Password Lock, Do Not Disturb Mode, Brightness Adjustment, Customization of Lower Button Function, Sedentary Reminder, Hydration Reminder, Hand washing Reminder, Medication Reminder, Meal Reminder, Custom Reminders, Social Message Push, Multiple Notification Sounds, etc.

Charging:
1. Place the smartwatch on the charging dock, ensuring that the charging contacts on the back of the watch align perfectly with the metal contacts on the charging dock.
2. Connect the charging cable to a standard USB charger purchased through legitimate channels, with an output voltage of 5V and an output current of 0.5A or higher.

If the smartwatch does not power on after being left idle for a long time, please clean the charging contacts on the charging cable before use to avoid any sweat or moisture residue.

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Specification

Waterproof Level	5ATM
Material	Zinc alloy
Chipset	SL32LB563UCN26
Display Style	AMOLED
Display Resolution	480x480
Display Size	1.6-inch
Touch Panel	Full touch screen
Screen Cover	2.5D High Hardness Glass
Bluetooth Version	BLE5.2+BT3.0
PPG	VP60A4+VC9213A (Fresnel patterned optical lens)
G-Sensor	STK8327
Memory (ROM+RAM)	RAM: 960K SRAM+ 64Mb pSRAM FLASH:1Gbit SPI NAND FLASH
GPS	ICOE single frequency 1165W
Charging Method	Magnetic wireless charging
Charging Voltage	5V>500mA
Charging Time	2.5 Hours
Battery Type	Polymer
Battery Capacity	450mAh 3.8V
Barometer	Singuway AIR2520R
Geomagnetism	Memsic MMC5617WA