



### WAVE STRIDE VOICE

Find out how to use the smartwatch and how to use the Wave Stride Voice app. The Wave Stride Voice app is available on the Google Play Store and the Apple App Store.

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### CHARGING THE WATCH

The smartwatch is charged using the USB-C charging cable. The charging cable is included in the package. The smartwatch is charged by connecting the USB-C charging cable to the back of the watch and plugging the other end into a USB-C port.

### TURNING THE WATCH ON/OFF

The smartwatch is turned on by pressing the power button. The smartwatch is turned off by holding the power button for 10 seconds.

### CONNECTING TO THE APP

1. Download the Wave Stride Voice app from the Google Play Store or the Apple App Store.

2. Open the app and create a new account.

3. Scan the QR code on the back of the watch with the app.

4. The watch will be connected to the app and you can start using it.

### SYNCING YOUR SMARTWATCH TO THE APP

1. Open the Wave Stride Voice app.

2. Tap on the 'Sync' button.

3. The watch will sync with the app and you can start using it.

### NAVIGATING THROUGH THE FUNCTIONS

The smartwatch has several functions that can be accessed by tapping the screen. The functions include: Home, Workout, Sleep, Heart Rate, and more.

### Smart Watch Features

The smartwatch has several features that can be used to track your health and fitness. The features include: Heart Rate, Sleep, and more.

### Smart Watch App

The smartwatch app has several features that can be used to track your health and fitness. The features include: Heart Rate, Sleep, and more.

### Water Resistance

The smartwatch is water resistant up to 50 meters. This means you can wear it while swimming or showering.

### Health Monitoring

The smartwatch has several health monitoring features, including heart rate, sleep, and more.

### CAUTION

Do not use the smartwatch while driving or operating machinery. Do not use the smartwatch if you are pregnant or have a heart condition. Do not use the smartwatch if you have a pacemaker or other medical device.

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