



# Quick Start Guide

## KW16 Smart Watch

Please refer to the instructions below for a quick start of the watch

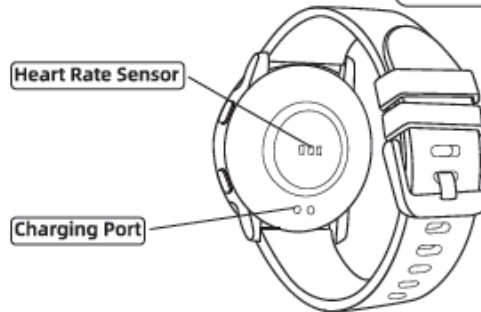
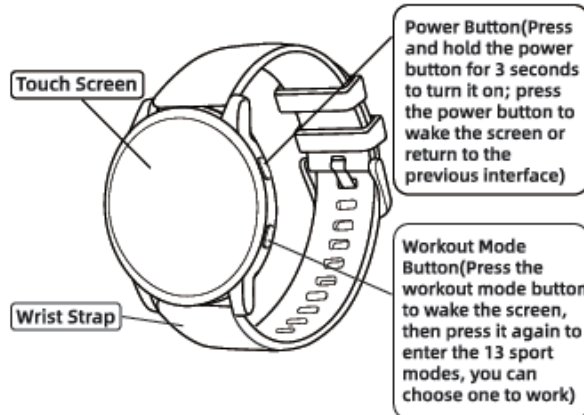


### Notes:

1. Please charge the smart watch with configured charger for no less than 2hrs before use.

2. Please install and connect to suggested App and set personal information before use. Please refer to below guidance and use the smart watch properly.

## 1. Product Introduction



Charging Cable

## 2. Wearing Method

For all-day wear, wear the watch a finger's width below your wrist bone.



For exercise, wear the watch higher on your wrist.



When taking Heart Rate&Blood Oxygen Measurement, please stay still, and make sure your wrist is flat and watch is facing up. If you are sitting, you can rest your arm on a table with the watch facing up.

### 3. Pairing

3.1 Long press the power button to turn on the device, slide down from the main interface, then open setting-App Download, and use your mobile phone to scan the APP QR code, and you can also scan the below QR code or search for "GloryFit" in APP store or Google Play.

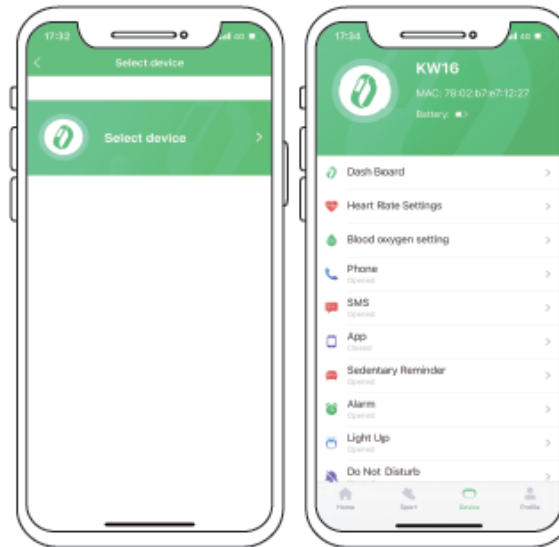


3.2 Account Registration and Login: Open the GloryFit APP, if you already have an account, please click "login" and enter your information; If it's the first time to use, after clicking "login", please enter your email and click "Get". After receiving the verification code in your mail box, you can enter it to register; Or you can also use your Wechat, Facebook or other social App. Which is also quick to register. (Note: Click "Profile", Please kindly fill in your gender, height and weight correctly, this will influence the data accordingly)



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3.3 Turn on your mobile phone Bluetooth  
3.4 Go to the Gloryfit APP-Device, search and select the corresponding device on App as guided.



Note:  
1. Please keep your Bluetooth on during pairing to ensure successful connection.  
2. Please long press power button 3s to reboot the device if couldn't find the device during pairing. Or choose reset on the device and search the device again.

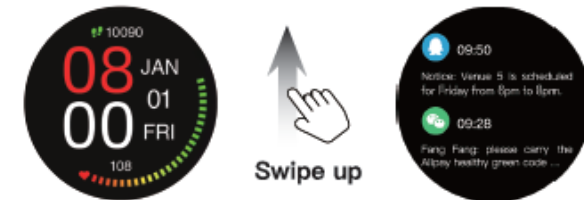
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### 4. Operation

Shortcut Setting Page: Swipe down from homepage.



Message: Swipe up from homepage.



Main Menu: Swipe right from homepage.

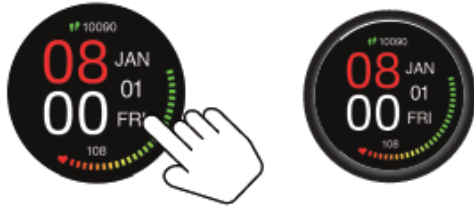


Function Shortcut Interface: Swipe left from homepage



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**Watch Dial Setting:** Long press homepage for 3s and slide left or right to choose.



Long press homepage for 3s

**Power ON/OFF:** Long press power button for 3s to power on; From homepage, long press power button 3s, and tap ✓ to power off.



Turn on the watch:

Power off the watch:



**Return Previous Menu/Screen On or Off:** Press Power button.  
**Sports Shortcut Key:** Press the below side button to quickly switch to training interface.

## 5.Functions



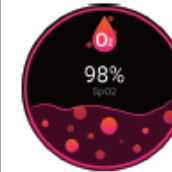
**Training:**  
13 sports modes (Walking, Running, Cycling, Climbing, Spinning Bike, Yoga, Skipping, Gymnastic, Badminton, Ping-pong, Boating, Sit-ups, Free mode) Sports records are visible on the App.



**Pedometer:**  
Records daily steps, distance, and calories. Historical data is visible on the App.



**Heart Rate Monitor:**  
Click and show real-time heart rate. 24H Auto test open on App. Intermittent automatic detection generate histogram, interval unit is 10 minutes. Historical data and analysis are visible on the App.



**Blood Oxygen Monitor:**  
Historical data and analysis are visible on the App. (Data can't be used for medical purpose.)



**Weather:** After connected with the App, show daily weather and next 4 days' weather forecast.



**Sleep Monitor:** Record daily sleep time and deep or light duration. Historical data and analysis are visible on the App. (Note: Record more than 3 hours sleep during 18:00-12:00)



**More:** Find Phone, stopwatch and timer.



**BT Music Control:**  
Remote control the music player of mobile phone, play/pause/switch to previous or next song.



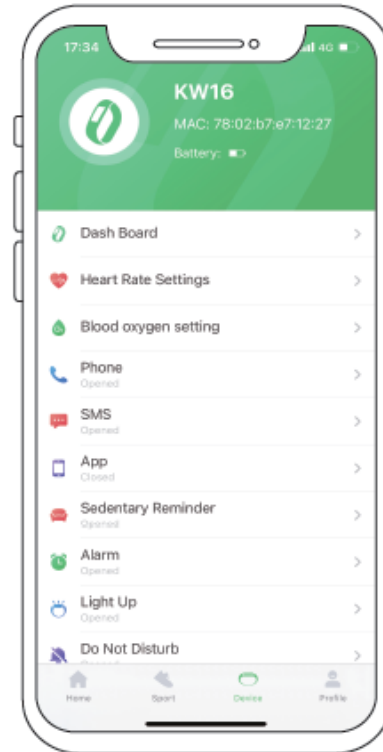
**Message:**  
Notifications push sync, show 8 latest messages on watch.  
Turn on/off SMS reminder and SNS App reminder on App.  
(Note: You just can read these messages but can't reply it)  
More: Find Phone, stopwatch and timer.



**Settings:**  
Power off/Reset/Brightness/Dial/App download/About the watch.

## 6. Other Functions:

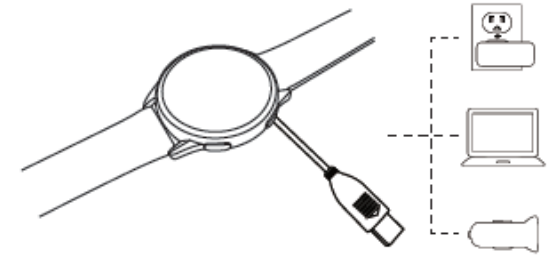
Sedentary Reminder, alarm clock, Low battery reminder, Call reminder, Find the device, Watch face push/Customize watch face, 12H/24H time format, Metric/Imperial unit setting, Raise hand to activate display, Physiological cycle reminder, Goal achieved reminder.



## 7. Charging

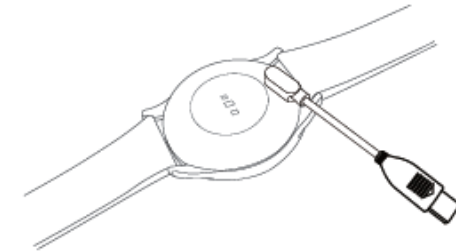
If smart watch can't be powered on after being left unused for a long time, please clean up the charging metal pins to make sure connecting well.

7.1 Insert the USB plug of the charging cable into a USB charger.



7.2 Attach the charging cable to the watch charging port, ensuring the metal pins fully connected.

Note: Please use the correct charging adapters which are 5V 1A.



## 8. Get Notifications:

### For iPhone

1. Download the GloryFit app, upgrade to the latest software version for a better experience when there is a update prompt on the APP. Then upgrade the firmware of watch (Open the app → Click the watch icon below → Swipe down to find "Firmware upgrade". Allow Phone/Messaging/Call log permissions when you install the app for the first time. Make sure the DND mode of watch is disabled. (Turn on the watch → Swipe down the screen to turn off the DND icon.)

2. Open the app → Click the "Device" icon below → Click "App" → Tick all the application you need below → Go back to the homepage of app to save the settings.

3. Allow the GloryFit app to send notifications: Open your phone settings → Find "GloryFit" app → Notifications → Click "Allow Notifications" → Tick Lock Screen/Notification Center/banners, and tick "Always (Default)" in Show Previews.

Please make sure your phone's dropdown can show you the message notification when it comes in: Phone Settings → Notifications → Find the app you need to get notification from → Allow Notifications. (Same process as step 3)

## 9. Get Notifications:

### For Android Phones

1. Download the GloryFit app, upgrade to the latest software version for a better experience when there is a update prompt on the APP. Then upgrade the firmware of watch (Open the app → Click the watch icon below → Swipe down to find "Firmware upgrade". Allow Phone/Messaging/Call log permissions when you install the app for the first time. Make sure the DND mode of watch is disabled. (Turn on the watch → Swipe down the screen to turn off the DND icon.)

2. Open the app → Click the "Device" icon below → Click "App" → Tick all the application you need below → Go back to the homepage of app to save the settings.

3. Please allow the GloryFit app to send notifications and also keep running in the background of your phone. Otherwise it will be refreshed to cause the disconnection:

<1> Phone Settings → Apps → Find "GloryFit" app → Turn on "Notification" → Also allow the "Phone" & "Messaging" permission.

<2> Phone Settings → Find "GloryFit" app → Launch settings → Switch on "Run in background" .

Note: Please make sure your phone's dropdown can show you the message notification when it comes in.

## 10. Important Safety Guide



Please do not wear your watch too tight.



If your watch gets wet (for example after sweating or showering), Clean dry it thoroughly before putting it back on your wrist.



Make sure your skin is dry before you put your watch back on.



Remove your watch regularly to give your wrist a break.



Do not use your device in a sauna or steam room.

## 11. FAQs

Please scan the QR code in user manual to install the latest version "GloryFit" app, or download it from App Store or Google Play. (GloryFit app can work with iOS 9.0 and above or Android 5.0 and above devices, including smart phones, iPad and tablet.)

1. Open the GloryFit app, fill in your age/weight/height correctly. Allow the request to enable the Bluetooth function of your phone to connect the watch. (And also allow the other requests).

2. Click the "and a new device" → Select "KW16" to connect. Then the app will take 1-2 mins to sync the date/time and your info. The pairing process will be finished once "Connected" appears next to the watch icon.

Failure to pair the watch with the GloryFit app. How do I fix that?

1. If the watch can't be found in the pairing process of GloryFit app, please restart your phone and also reset the watch (Turn on the watch → Swipe down the screen → Click the "Settings" icon → "Reset" . Then open the GloryFit app to re-search the device again.

2. If the watch still doesn't appear after the step #1. Please forget the "KW16" from the Bluetooth paired list of your phone settings, and then bind New Device again.

How to reconnect the watch with my phone?

1. Please make sure the "GloryFit" app has the permission to keep running in the background of your smartphone, otherwise it will be refreshed by your phone to cause the disconnection.

2. If you ever connected the watch to "GloryFit" app before, you just need to open the app to reconnect automatically. The maximum Bluetooth distance between watch and device is 8-10 meters. If the watch was beyond the distance to cause the disconnection, you need to bind the watch to app again.

Why the watch steps data is not accurate?

When installing the GloryFit App, we suggest that you set your age, height and weight accurately. For our step measurement, our device can record more than 10 consecutive steps (20 steps at night), which avoids using invalid data, like shaking hands, raising hands, etc.

Why the sleep monitor doesn't work and doesn't show any data on App and device?

1. Firstly please make sure the watch have enough power, and you need wear the watch closed to your waist.  
2. Our watch records more than 3hrs sleep during 18:00-12:00. Otherwise no data is available on the watch and App.

Do I need to enable the mobile phone Bluetooth all the time when I use the watch?

1. You don't need to keep the Bluetooth on in the following functions: steps, sleep monitoring, heart rate detection, blood oxygen, stopwatch, alarm clock, sedentary reminder. Just wear a device when doing workout, and open the app after you complete the workout. The smart device and the mobile phone will be automatically connected, and you can view the data after sync is finished.

2. Regarding the functions of call and message reminder, app notification, find mobile phone, find smart device. etc., it's required to keep connected with the device, and leave the phone Bluetooth turned on all the time.

How long can the data be kept on the smart device when I don't carry the phone around?

1. The smart device can save data separately, so you don't have to carry your phone while you run. When you need to sync data, just turn on Bluetooth on your phone, open the app and get closed to the device to make it automatically connect.  
2. The smart device can retain up to the last 7 days of data.

Why if there is no weather data appearing or updating on the smart device?

The device itself doesn't automatically update the weather data. After connecting the device to the app, the app will automatically sync the weather data. You can update it by following the steps below:

1. Adjust your app permission settings: allow app location and internet connection.  
2. You can manually pull down the sync data on the app homepage. When the data synchronization is completed, the weather data can be synced to the smart device. (Tap the weather interface to check if weather data is available)

## 12. FCC Warning

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference
- (2) This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

THANKS FOR  
YOUR SUPPORT!

