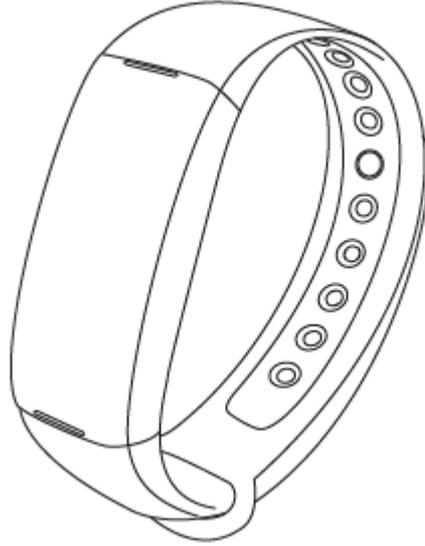


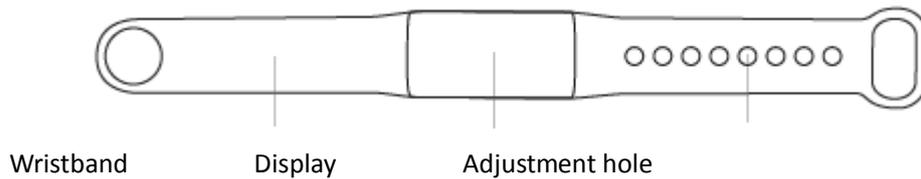
# User Manual

## X1 Smart Bands

### Model: X1

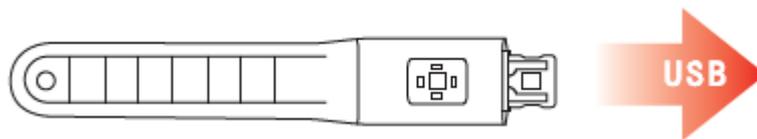


#### ◆ Hand ring quick use instructions



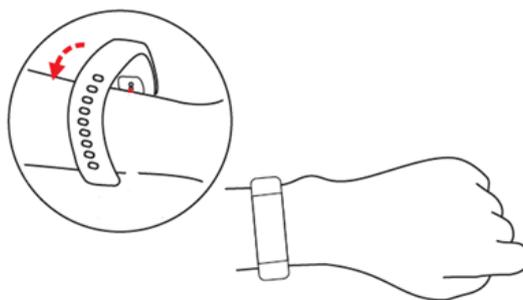
#### ● Charging method

For the first time, remove the bracelet and charge the device with the corresponding charger. When charging, the bracelet will automatically turn on (the charging method is as shown below: remove the body of the wristband from the wristband, and plug the charging port into the standard USB interface to charge, the charging voltage is 5V.)



#### ● Wearing method

1. The wristband is best worn after the ulnar styloid process;
2. Adjust the size of the wrist according to the adjustment hole and fasten the buckle.
3. Keep the sensor close to the skin and avoid moving.



## ● On/off

1. When the bracelet is turned off, charge or long press the function button for 3 seconds to vibrate the bracelet;
2. When the bracelet is powered on, switch to the shutdown interface and press and hold the function button for 3 seconds to turn off the vibration.

## ● Bracelet operation

1. Short touch function button to turn on the screen or switch display when the bracelet is turned on;
2. No operation default five-second screen, users can connect to the mobile APP to modify the information screen time;
3. The wristband factory defaults to 24-hour heart rate monitoring. Users can choose to turn it on or off in the common settings of the APP device interface.

## ◆ Install APP

Scan the QR code below or enter the major application markets to download and install "GloryFit"



Android for China

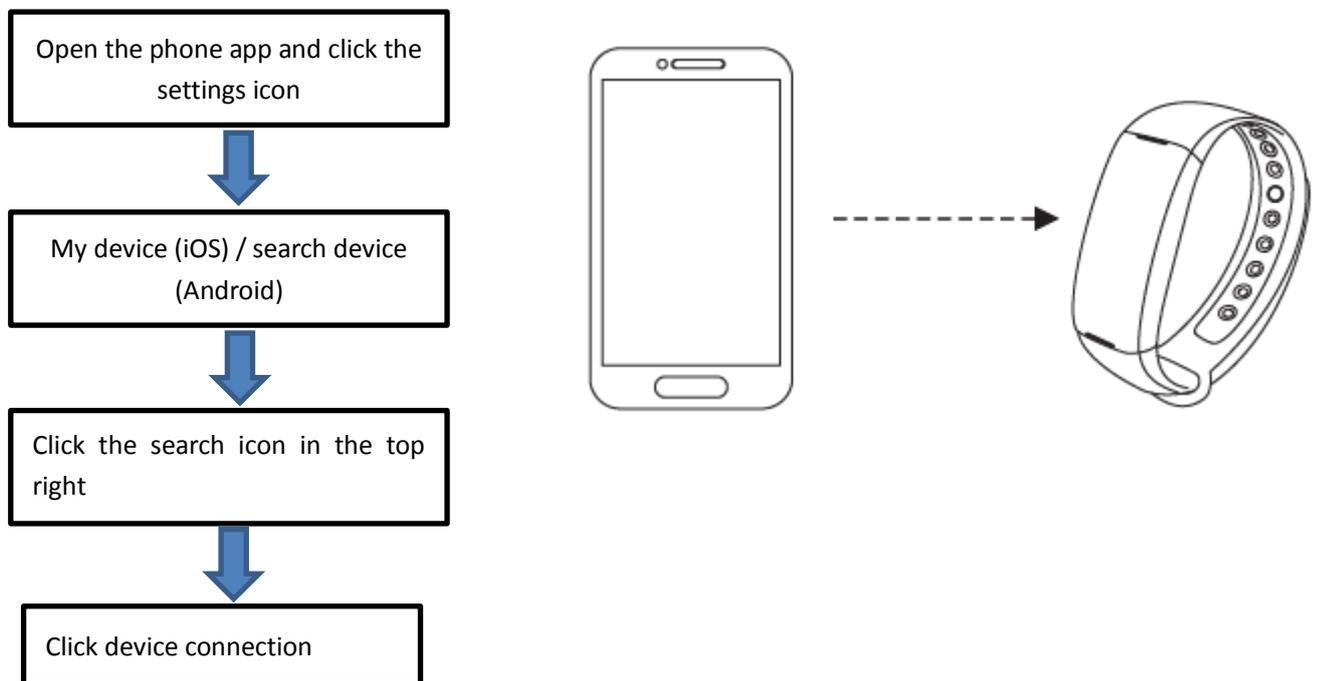


iOS

Equipment requirements: iOS 8.0 and above; Android 4.4 and above, support for Bluetooth 4.0.

## ● Device connection

The first time you use the bracelet, you need to connect to the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time, otherwise the step and sleep data will not be accurate.



The Bluetooth connection line will automatically search for and connect the bracelet. Data synchronization: manually pull down the synchronization data on the APP homepage; the bracelet can store 7 days of offline data. The more data, the longer the synchronization time, the longest is about 2 minutes. After the synchronization is completed, there will be a “synchronization completion” prompt. : After the pairing is successful, the APP automatically saves the Bluetooth address of the bracelet, and the APP is opened or shipped in the background.

## ● APP function and settings

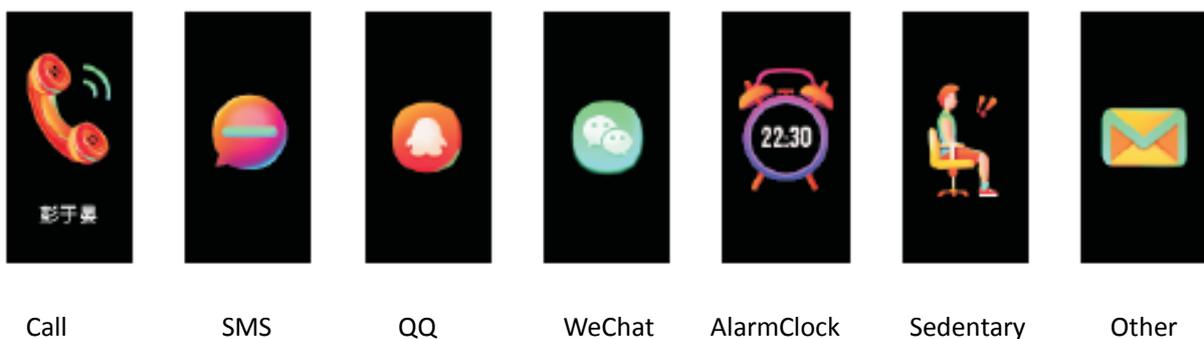
1. Personal information and sports goals: Please set your personal information after entering the app.

My → personal

Can set avatar-gender-age-height-weight, personal information can improve the accuracy of the data. · Customize your daily sports goals and reasonable exercise planning to help improve your physical fitness.

2. Reminder function

The reminder function needs to set the center to open the reminder switch on the APP side, and keep the mobile phone and the wristband in a state of successful Bluetooth connection.



Incoming call reminder: When you call, the bracelet will vibrate and display the name or number of the caller. If the APP turns on the “call rejection” function, press and hold the three-second wristband function button to reject the call.

SMS reminder: When receiving a text message, the bracelet vibrates and displays an icon reminder, click to view the text

message content.

QQ Reminder: When receiving QQ information, the bracelet vibrates and displays an icon reminder, click to view the QQ content.

WeChat reminder: When receiving a WeChat message, the bracelet vibrates and displays an icon reminder, click to view the WeChat content.

Smart alarm clock: Three alarm clocks can be set. After setting, it will be synchronized to the bracelet. The smart alarm clock is a silent alarm clock. When the alarm is activated, the bracelet will initiate moderate vibration and support offline alarm reminder.

Sedentary reminder: The default reminder interval is one hour; in the connected state, after the user is turned on, if the user does not exercise within one hour, the bracelet will vibrate to remind the user to exercise.

Other reminders: When receiving other information such as emails, the bracelet will vibrate and display other reminder icons, click to view the content.

## ● Sleep detection function

When you fall asleep, the bracelet will automatically judge to enter the sleep monitoring mode, automatically detect your deep sleep / light sleep / awake time, calculate your sleep quality; sleep data only supports APP side view. Note: Sleep data will only be available when you wear the bracelet to sleep.

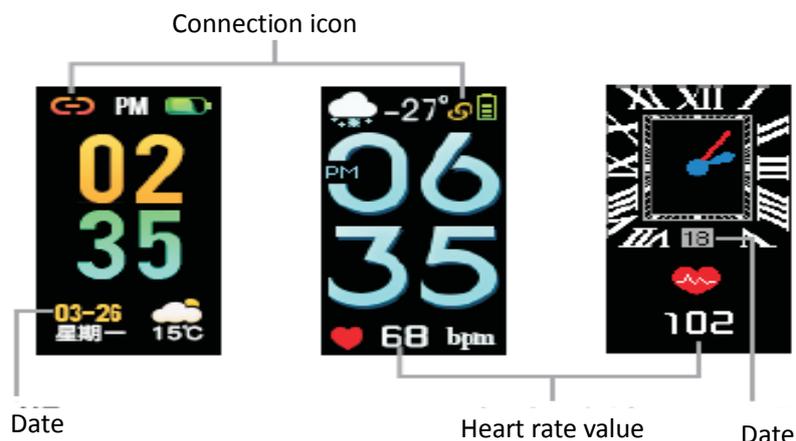
## ◆ Main function interface

### 1. Main interface

There are 3 main interfaces in the bracelet. After long press for three seconds on the main interface, you can select the interface, switch between single points, and press and hold for three seconds to select the current main interface. After the APP is first paired, the bracelet will synchronize the time, date and weather of the phone.

Note:

1. When not wearing, do not beat, display the last test value;
2. When wearing, beat, heart rate value is cleared and test starts, display real-time heart rate value.
3. When the bracelet is disconnected from the app or the app cannot get the weather, the interface does not display the weather.



## 2. Step counter interface

The step is displayed, the default cycle mode of the bracelet is worn, and the wristband is worn on the wrist. When the user walks and the arm swings, the bracelet is recorded as the walking step data according to the number of swings.



### ● Distance interface

The interface calculates the distance traveled on the day and displays it according to the number of walking steps and the height of the personal setting of the APP.

### ● Calorie interface

The interface calculates the total number of calories burned on the day based on the number of walking steps, the height and weight of the APP personal settings.

### ● Heart rate interface

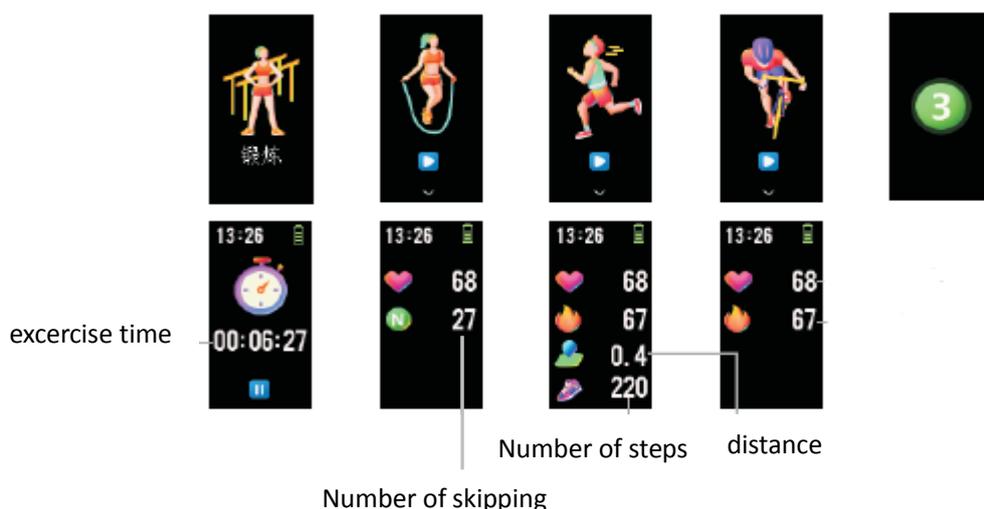
In the heart rate monitoring interface, the heart rate detection mode is automatically entered to support dynamic real-time heart rate detection. In heart rate detection mode, the battery life of the bracelet will decrease.

Heart rate test notes:

- During the test, the icon will jump and the heart rate LED light on the back of the bracelet will light up;
- The sensor should be close to the skin during testing to avoid external light affecting the accuracy of the test;
- Keep the test area clean and sweat or stains can affect the test results.

### ● Sports interface

In the sports interface, press and hold for three seconds to enter the specific sports interface, including skipping, running, cycling and other three sports, click to switch. Press and hold for three seconds on the specific sports interface to enter the motion details interface, and press and hold for three seconds to exit the current motion.



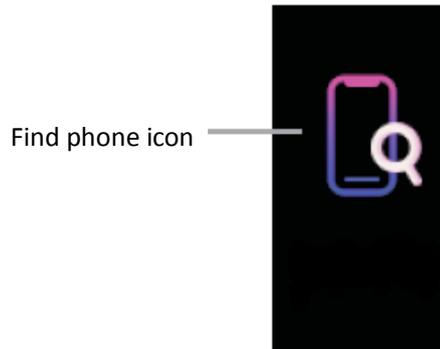
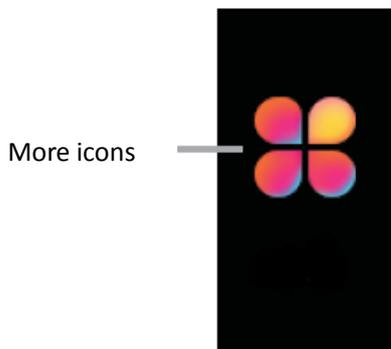
- Message interface

In the message interface, the bracelet will save the 8 messages recently pushed by the APP. Press and hold for 3 seconds to view the message (no message will stop at the message interface), click to turn the page, long press for 3 seconds to delete the current message, and view the information. Can quit.



- More function interface

In the more function interface, long press for three seconds to enter the lower menu interface for more functions.

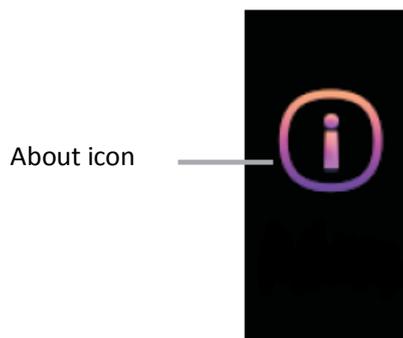
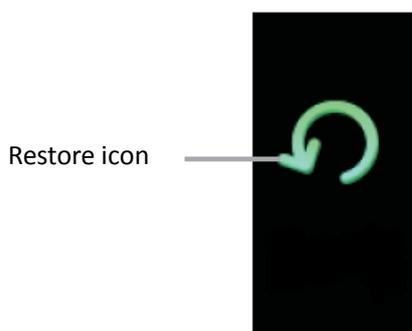


- Find the phone interface

In the connected state, press and hold the phone interface for a long time for three seconds, the phone will ring a reminder.

- Restore interface

Press and hold the restore interface for three seconds, the bracelet data will be cleared to zero, and the data of the APP will be cleared on the same day (the rest of the historical data will remain).



- About Products

On the bracelet interface, press and hold for three seconds to view the firmware version number and Bluetooth address.

- Shutdown interface

In the shutdown interface, long press for more than three seconds to shake the phone.



- Brightness adjustment interface

In the brightness adjustment interface, long press the three-second brightness icon to start flashing, single point can select different brightness, there are four levels of brightness.

- Precautions

- Please avoid strong impact, extreme heat and exposure to the bracelet.
- Do not disassemble, repair or modify the unit yourself.
- This unit is charged with 5V500MA. It is strictly forbidden to use the over-voltage load power supply for charging.
- The environment of the machine is 0 degrees to 45 degrees. It is forbidden to throw it into the fire to avoid an explosion.
  
- When the bracelet is wet, please dry it with a soft cloth before charging. Otherwise, it will corrode and charge. Point, causing a charging failure.
- Do not touch chemicals such as benzene, cleaning solvents, propanol, alcohol or insect repellent.
- Do not use this product in a high-voltage, high-magnetic environment.
- If you have a sensitive skin type or wear the bracelet too tightly, you may feel uncomfortable.
- Please dry the sweat on your wrist in time, and the strap will be exposed to soap, sweat, allergens or dirt for a long time. Dyeing ingredients may cause skin irritation and itching.
- If you use it frequently, it is recommended to clean the bracelet every week. Wipe with a damp cloth and remove with a mild soap Oil or dust.
- Do not wear a bracelet to take a hot bath and swim.
- After showering, wipe the bracelet in time to keep it dry.

- common problem

1. Is the heart rate waiting for the first test too long?

To test your heart rate for the first time, you need to collect longer signals according to different groups of people in order to accurately calculate your heart rate.

2. What if the Bluetooth connection is not available? (Connection/reconnection failed or connection reconnection is slow)

Confirm whether it is IOS8.0 and Android 4.4 and above and support Bluetooth 4.0.

1. Due to the signal interference of the Bluetooth wireless connection, the connection time may vary.

If it is not connected for a long time, please ensure that the operation is in the absence of magnetic field or no multi-Bluetooth device interference environment.

2. Turn off Bluetooth and turn it on again

3. Close the mobile background app or restart the phone

4. Do not connect other Bluetooth devices or features to your phone at the same time.

5. Whether the APP is running normally in the background, if it is not in the background, it may not be connected.

### 3.Can't find the bracelet?

Because the bracelet is not being searched by the phone during Bluetooth broadcast, please make sure the bracelet is powered and activated.Status, and not bound to other phones, then close the bracelet to the phone, if it still does not work, please Turn off the phone Bluetooth and restart the phone Bluetooth after 20 seconds.

### 4.Why is the wristband worn tight when measuring heart rate?

The wristband adopts the principle of light reflection, and after the light source penetrates the skin, the signal reflected to the sensor is collected.

To calculate your heart rate, if you don't wear it, there will be ambient light entering the sensor, which will affect the measurement.

### 4.Why didn't I receive a reminder when the reminder function was turned on?

Android phone: Make sure the phone and the bracelet are connected. After connecting, open the corresponding in the phone settings.Permissions, allowing the "GloryFit" app to access calls, text messages, contacts, and "GloryFit" runs in the background; if the phone is installed with security software, please "GloryFit" is added as trust.

Apple phone: If there is no reminder after connecting, it is recommended to restart the phone to reconnect and connect the bracelet again. When you need to wait for the phone to pop up [Bluetooth Pairing Request], click [Pairing] to have a reminder.

### 5.Is the bracelet waterproof?

Support IP67 waterproof and dustproof grade (IP67 standard is 35 degrees water below water depth 1 meter below 30 minutes Clock), usually wash hands, rain, cold water shower, car wash can be worn as you like.

### 6.Does the Bluetooth connection need to be turned on all the time? Is there still data after disconnection?

Data is retained on the wristband host (data can be retained for seven days) before the data is synchronized. When the phone and When the Bluetooth connection of the bracelet is successful, the bracelet data will be automatically uploaded to the mobile phone. Please synchronize the number in time. According to the mobile phone.

Note: If you enable the call and SMS reminder function, you must keep the Bluetooth connected.

Alarm reminder support is offline.

## ◆ Basic parameters

<b>Device Type</b>	Intelligent Continuous Heart Rate Bracelet	<b>Battery Type</b>	Polymer
<b>Display</b>	TFT0.96 color screen	<b>Battery model</b>	351524
<b>Product weight</b>	20g	<b>Battery capacity</b>	100mAh
<b>Body size</b>	56.5x19.4x12.6mm	<b>Input voltage</b>	DC 5.0V
<b>Waterproof rating</b>	IP67	<b>Working temperature</b>	-10~50°C
<b>Wristband Material</b>	TPU Strap	<b>Packing list</b>	host, manual

FCC ID: 2AQSD-X1

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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:

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

This device complies with FCC RF 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