

# User Manual



Please read and understand the manual

English Version-英语

## Bind watch



**Correct operation:** Scan the QR code below or download H Band APP through the mobile APP store to pair with the watch





**Wrong operation:** Pair the watch directly with the Bluetooth in your mobile phone's settings.



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Model	X3 Pro	Screen Size	1.54 inch
Battery capacity	280mAh	Charging voltage	5V±0.2V

Charging time	2.5 hours	Battery life	7-10 days
Waterproof level	5ATM	Standby time	30 days
Operating temperature	-20°C--45°C	Bluetooth version	BLE5.0
Screen material	Glass	Strap width	22mm

## Product Introduction



1, Long press the side button and wait for the watch to vibrate to boot, press and hold the touch area for 2 seconds on the dial interface to enter the dial switch, slide left and right to select the dial, and click on the dial preview to switch the dial.

2, Swipe left and right on the dial interface to switch shortcut functions, including today' s activity data, heart rate measurement, sleep record, and breathing training.

## Introduction To the Connection between Watch and Mobile Phone

### 1、 Download and install mobile APP ( GloryFit )

Use the mobile browser program to download by scanning the QR code on the packaging box or the built-in QR code on the watch end。 The download process requires the mobile phone to be connected to the WIFI network or data traffic download。 After the download is complete, install it。 After the installation is complete, open GloryFit。 Give this software the corresponding permission, the permission used is required for Bluetooth connection。 (Note: GloryFit supports systems above IOS9.0, systems above Android 6.0)



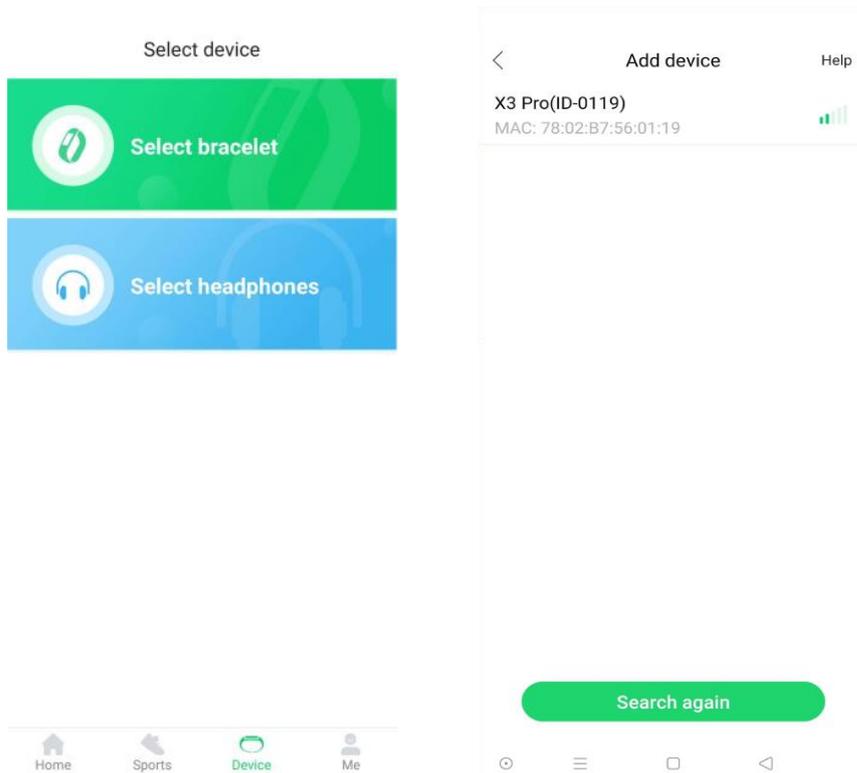
( GloryFit QR code )

### 2、 The way to connect the watch to the phone

Turn on the Bluetooth switch of the mobile phone, and then open the GloryFit application on the mobile desktop. You can choose to skip the login or use the email and other third-party login methods to log in. Before logging in, you need to agree to the "User Agreement" and "Privacy Policy". After successful login, set the background Run permissions and personal information settings.

Android system connection method (you must click Allow all the prompts to ensure the normal operation of the APP): In the select device interface, give GloryFit location information and Bluetooth usage permissions, click "select bracelet" to search for the device, and select the corresponding device (X3 Pro) Connect and bind, and then grant permissions according to the APP prompts.

ios system setting method: click "select bracelet" on the device selection interface to search for the device, select the corresponding device (X3 Pro) to connect and bind, wait a few seconds, and then prompt the watch end and mobile phone Bluetooth pairing request (ios need to pair, Android does not need ) Please allow "Bluetooth pairing" to complete the Bluetooth connection between the mobile phone and the device. Will the system pop up "Allow" X3 Pro" to display the "iphone" notification on ios 13 and above? Click "Allow".



### **Important:**

- If the Apple mobile phone is not used for a long time (more than 2 hours), in standby or sleep mode (the phone has not been used, it is in a black screen state), GloryFit may be cleaned up by the Apple IOS system, and the GloryFit application is disconnected from the watch. , The GloryFit application function will not be available. Open the GloryFit application again and the watch will automatically reconnect.
- After installing the GloryFit software on the Android phone, you need to open the background application startup permission in the phone's settings. Each phone has a difference. Take Huawei mobile phone as an example, the steps are as follows:

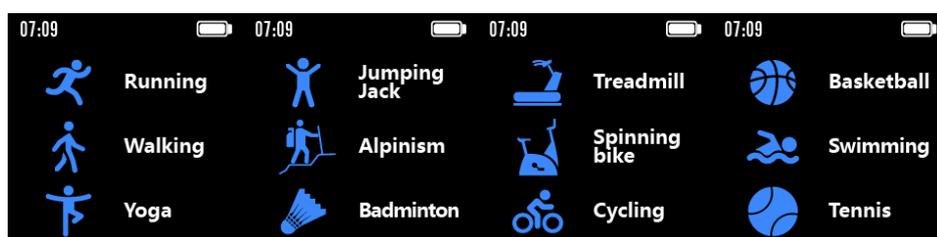
Settings-Application-Application startup management-GloryFit, find the APP application, change the automatic management to manual management, and open all permissions (allow self-start, allow associated startup, allow background activities). This work is only for the GloryFit application to be able to maintain the Bluetooth connection with the watch when the phone is in standby (the phone is not on the screen), and will not be cleaned up by the Android system.

## Watch Function Introduction

### 1、Heart Rate

Swipe the second page from the left on the dial interface to enter the heart rate measurement interface. Enter this interface to automatically start the heart rate test. After the test duration is 50 seconds, the screen will automatically turn off and stand by. Please maintain a sitting posture before the test. (Note: The watch should not be worn too tightly or too loosely and keep a finger distance from the wrist to ensure the accuracy of the data. )

### 2、Training



Swipe on the dial interface to enter the function menu interface to find the multi-sport function, click the multi-sport icon to enter the sport mode. The watch provides : ( Running , Walking , Yoga , Jumping Jack , Alpinism , Badminton , Treadmill , Spinning bike , Cycling , Basketball , Swimming , Tennis ) 12 kinds of exercise modes for users to choose, exercise history record will save the latest 5 exercise data for viewing.

When the watch and GloryFit are connected, the exercise mode is turned on in GloryFit, and the watch will start the current exercise synchronously. Part of the exercise mode GloryFit requires the use of mobile phone GPS.

Exercise record storage conditions:

1. All exercises require more than 60 seconds
2. The movement distance with steps is greater than 100 meters
3. Exercise calories without steps are greater than 1kcal
4. The movement started by GloryFit, the movement with track needs GPS signal to have data

### **3、Message**

This function can be set to GloryFit→APP reminder setting switch, when set to "on", the phone receives applications (WeChat, QQ, Instagram, YouTube, Messenger, Gmail, Snapchat, Facebook, Twitter, WhatsGloryFit, Pinterest, Hangouts, LinkedIn, When Skype, Tumblr, Viber, LINE, Google+, Flickr, VKontakte, Kakaotalk, others, etc. ) message is

pushed, the push content can be displayed on the watch (IOS needs to be paired, Android permissions need to be turned on, and the device can promptly push normally). Store up to 8 messages in the watch

#### **4、 Find Phone**

Swipe down on the dial interface to enter the shortcut navigation bar, and click the Find phone icon to find the phone. If the phone is connected to the watch, the phone will vibrate and ring. If it is in the disconnected state, the click is invalid. (For connection status, please check the Bluetooth icon in the upper left corner of the shortcut navigation bar)

#### **5、 Music**

Swipe to enter the function menu on the dial interface to find the music function, click Open to enter the music control interface, if the phone is connected to the watch, click the corresponding play, previous song, next song, pause, you can enter the phone player to control music playback 。 If it is in the disconnected state, the Bluetooth icon on the interface will display disconnected. (Note: There may be compatibility issues due to the large number of playback software and Android mobile phone manufacturers. It is recommended to open the mobile phone music player before using it, and then use the music control Features. )

## **6、 Stopwatch**

Swipe to enter the function menu on the dial interface to find the stopwatch function, click to open the stopwatch function, click the start button in the lower right corner to enter timing, click the button again to change to pause timing or use a short physical button to start/pause, click the button in the lower left corner to restore Timing, the stopwatch will pause when exiting during timing.

## **7、 Timer**

Slide into the function menu on the dial interface to find the countdown function, click to open the countdown function, you can choose 1min, 5min, 10min to count down. Or click the "+" in the lower right corner to customize the countdown. After setting the time, click Start and you can return to the function menu. The countdown will continue in the background. When the countdown is completed, the pop-up window will add a vibration reminder.

## **8、 Breath training**

Swipe right on the dial interface to enter the breathing training interface or slide on the dial interface to enter the function menu to find breathing training and click to enter. Breathing training provides 1 minute/2 minutes training duration selection, you can select it according

to your needs and start, and perform breathing training dynamically according to the interface.

## **9、 Setting**

Slide down the dial interface to enter the shortcut navigation bar, click the setting icon in the lower right corner to enter the setting interface, the setting function includes dial switching, GloryFit download QR code, device information, factory reset, shutdown, etc. .

## **Function introduction**

Note: GloryFit automatically synchronizes data every hour, and changes in the number of steps are synchronized in real time.

### **1、 APP reminder**

This function can be set to GloryFit→APP reminder setting switch, when set to "on", the phone receives applications (WeChat, QQ, Instagram, YouTube, Messenger, Gmail, Snapchat, Facebook, Twitter, WhatsGloryFit, Pinterest, Hangouts, LinkedIn, When Skype, Tumblr, Viber, LINE, Google+, Flickr, VKontakte, Kakaotalk, others, etc. ) message is pushed, the push content can be displayed on the watch (IOS needs to be paired, Android permissions need to be turned on, and the device can promptly push normally). Store up to 8 messages in the watch.

## **2、 Call reminder**

Turn on "GloryFit"-->Device-->Incoming call reminder, and turn on the incoming call reminder. When the phone receives an incoming call, it will be pushed to the watch and vibrate.

One-click rejection of incoming calls: After this function is enabled, when the phone receives an incoming call and is pushed to the watch, you can click the hang-up icon on the watch push interface to hang up (Note: This function can only be used when the call reminder is turned on)

Delayed reminder: When this function is enabled, the phone receives an incoming call and pushes it to the watch according to the set delay time. The default delay reminder time is 3 seconds after the incoming call or a custom time. The minimum delay is 1 second and the maximum delay is 10 seconds. (Note: This feature can only be used when the call reminder is turned on)

## **3、 More settings**

Open "GloryFit"-->Devices-->More settings

Shake to take a photo: After tapping to take a photo, you will enter the photo interface. At this time, shaking the watch will control the phone to take a photo

Find device: Click Find device and the watch will vibrate.

SMS reminder: The SMS received by the phone with this feature will be pushed to the watch and vibrate

On-screen duration: You can set the on-screen duration of the watch, support 5 seconds/10 seconds/15 seconds, this function is default 5 秒。

Time system: The watch time system can be set, supporting 12-hour system/24-hour system.

Device language: You can set the language displayed on the watch or follow the phone language. This function follows the system by default.

#### **4、Dial settings**

Open "GloryFit"-->Device-->Dial Settings, the center of the dial will provide a variety of different styles of dials for selection, these dials can be pushed to the watch

Custom watch face: select a photo in the phone album to set it as the watch face

(Note: Please keep the device and mobile phone connected during the dial push process)

## **5、 Heart rate monitoring**

Open "GloryFit"-->Devices-->Heart Rate Monitoring, turn on this function, the watch will monitor the heart rate in real time for 24 hours, and the heart rate value will be uploaded every 10 minutes.

## **6、 Raise hand to activate display**

Turn on "GloryFit"-->Device-->Raise your wrist to turn on the screen, turn on this function, when you raise your wrist, the watch will automatically turn on the screen.

## **7、 Do not disturb mode**

Turn on "GloryFit"-->Device-->Do Not Disturb Mode, this function defaults to 22:00-08:00 or a custom time. When the Do Not Disturb mode is in the effective time period, the device vibration will be turned off, and the screen will turn off when you raise your wrist. Turn off information push. Outside the do not disturb time period, you can set to turn off device vibration and turn off information reminders separately.

## **8、 Smart alarm clock**

Open "GloryFit"-->Device-->Smart alarm clock, click to add an alarm clock at the bottom of the interface, set the time and period (statutory working days, daily, custom)-->click "√" in the upper right corner, and the alarm setting is completed.

## 9、 Sedentary reminder

Open "GloryFit"-->Device-->Sedentary Reminder-->Enable Sedentary Reminder-->(Set the start time and end time) After setting, it will be saved automatically。 The default value is 08:00-22:00 pm, the default reminder is every 60 minutes, or the custom reminder interval is at least 30 minutes and the maximum is 180 minutes。

When the status is "On", the user can set the sedentary reminder interval。 At this time, the watch will continue to monitor whether the user is sedentary。 If the user is in this state for longer than the set time, the watch will vibrate and display the sedentary reminder interface。

## Frequently Asked Questions

### 1。 Mobile APP search for the watch failed

- ( 1 ) It is recommended to update " GloryFit "to the latest Version。
- ( 2 ) It is recommended to close all programs,restart the Bluetooth,and then connect。
- ( 3 ) Confirm whether the mobile phone system meets Android 6。 0 or IOS 9。 0 or above。

### 2。 The watch received no alerts,text messages or phone calls

- ( 1 ) You need to tum on the smart reminder function and the call reminder switch in the APP,and synchronize to the watch。

( 2 ) The phone needs to be paired with the watch via Bluetooth。 ( Please check the column of "Synchronous Data" for details)

( 3 ) You need to keep your watch connected to Bluetooth。

### **3. Bluetooth is often disconnected**

( 1 ) If the distance between the watch and the mobile phone is too far,the connection effect of more than 7m bluetooth is obviously weakened。

( 2 ) Whether there is a shield between the watch and the mobile phone,the human body,wearing metal jewelry,etc , will interfere with the bluetooth connection signal。

( 3 ) Whether the bluetooth function of the mobile phone is abnormal。

### **4. About data**

The data of the watch is synchronized at least once every to the mobile phone。

### **5. How to restart settings**

Shutdown operation:watch-->press Watch 's button

### **6. Do I need to keep my bluetooth on when I wear my watch?**

( 1 ) For the three functions , counting steps,sleeping and alarm clock,you do not need to connect the watch to the mobile phone all the time , You need to wear a watch when you exercise , Because when you connect the watch , you can view the data synchronously in your mobile phone after the exercise。

( 2) For the functions of call alert。 message alert,find the phone,you need to turn on the mobile phone's bluetooth,and maintain the connection with the mobile phone。

\* **More detailed questions can be answered with help and feedback in the APP Operation steps:GloryFit>My>(IOS)Help/(Android)Common center.**

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:

- 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
- 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.