Manual

Please read the manual carefully and keep it safe

I. How to charge?
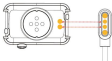
Charging diagram
Attach the charger to the charging contacts on the back of the watch (as the pic shows)
When the watch is used for the first time, it needs to be charged before it can be activated

Make sure the charging contacts between the charger and the watch are in a well-attached state, and then the watch can be charged

charging

II. Disassemble the strap

Slide the switch to remove the strap

Switch

01. Product introduction

Button: Long press 3S to turn on/off the watch

Magnetic charging

Note: When you use the product for the first time, please activate the watch by charging.

02. Wear

For daily wear, please wear the watch on your wrist, about one finger width away from the wrist bone, and adjust the strap to a comfortable size. Tips: If the watch is worn too loosely, it may affect the data collected by the heart rate sensor

03. Connect

1. ① Search and download the "GloryFit" APP from Apple Store or Google Play.

② Scan the QR code on the watch with your mobile phone (Settings-App QR Code) to install the "GloryFitt" APP, or scan the QR code below to download and install the "GloryFit" APP in the app store.


2. After the installation is complete, open the "GloryFit" APP; log in to the device page, select the watch to establish a connection (add device, select L2 or scan the QR code of the watch).
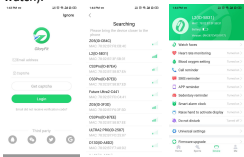
Tips:

①During the pairing process, please check whether the Bluetooth of the mobile phone is turned on to ensure that the watch can be connected to the mobile phone normally.

②If the device is not found during the process of adding the device, or the device cannot be connected during use, please reset the device on the watch's operation interface ("Settings-Reset"), and then add the device again.

③ If the watch still cannot be found, please exit and reopen the APP

④The connection status of the watch is shown in the figure below:
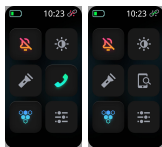
04. Operation

1. Open the control panel: slide down the watch home page from top to bottom

2. View information: Swipe from bottom to top on the homepage

3. Enter the main menu: slide right on the home page of the watch (Note: slide right on other pages to return to the previous page)

4. Open the status interface: slide to the left on the main interface

5. Quickly change the watch face: long press the main interface for 3 seconds, then you can slide left or right to select the watch face.

6. Power on: press and hold for 3 seconds (power off: when the screen is on, press and hold the button for 3 seconds, then
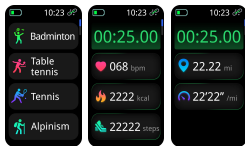
confirm the shutdown)
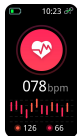7. Press the button to return to the main interface.

05. Function

Multiple sports modes (outdoor running, cycling, rope skipping, badminton, etc.) Other sports modes can also view sports data (heart rate, speed, duration, calories, steps , distance).
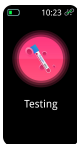

Heart rate monitoring:
Monitor real-time heart rate within 24 hours, and you can view historical heart rate data.

Blood oxygen monitoring: Turn on the blood oxygen monitoring and wait for the measurement to end. exist When measuring, the red light is on for testing.
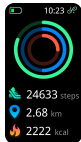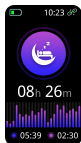

Women's Health:

Menstrual period reminder, female users (need to be set in the APP application)

Status: Record the number of daily steps, Distance and Calorie Details

Sleep monitoring: record sleep time and sleep status details (check the records in the APP)

Music controller: The watch can control the music sounding in the phone, play/pause/next/previous, increase/decrease the volume. (Note: Compatible with music players, the phone comes with it, not compatible with third-party music players.)
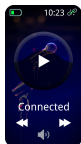
Stopwatch: Watches also have stopwatches and timers. (After a pause, swipe right to exit and return to the previous menu)
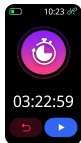
Message notification: The watch has a message reminder function, which can be synchronized and pushed to call and phone messages. (Note: The message displayed on the APP is compatible with social software)
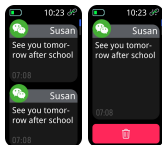
Settings: Dial, Brightness, On-Screen Duration, Raise Wrist to Brighten, Power Off, About, Restore Factory Settings, APP Download
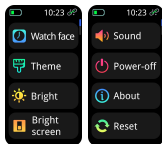
06. Charging

1. Place the watch on the charger so that the charging contacts open and the back of the watch fits perfectly with the metal contacts on the charger. (Charging time: more than 2 hours)

2. Connect the charging cable to the purchased standard charger provided by an authorized supplier, the output voltage is 5V and the output current is 1A.

If your watch won't turn on after you don't use it for a long time, please wipe the charging contacts of the charging cable to remove any residual sweat or moisture. Note: (If you don't use it often, please charge it once a month.

07. Basic parameters

hardware parameters

Wristband Size	16mm	screen type	1.47 inches
battery capacity	150mA	Charging voltage	5V±0.2V
charging time	2-3 hours	battery life	5 days
waterproof level	IP68	product weight	29 grams
temperature operation	-10°C -60°C	bluetooth version	Ble5.0

08. Frequently Asked Questions

1. Can't connect to bluetooth

Check whether the mobile operating system is Android 5.0/iOS 9.0 or above;

Please check if the watch is connected to another phone, if so, please unlock it first.

Check whether the Bluetooth of the mobile phone is turned on and can work normally. It is recommended to close all

programs and re-enable the connection Bluetooth;

2. message will not be notified

①Make sure your mobile phone Bluetooth is turned on, and
Check to see if your phone is connected to the watch.

② Check if you authorize this APP to run in the background
mobile phone.

③ Check whether the notification and reminder switches of
the device are normal
Open the corresponding application in the APP;

④ Check whether the notification bar of the mobile phone
can pop up
Apply for notification or SMS. If not, enter the system
Permission to pop up APP messages in
Notify the bar.

⑤ If the above operations can not solve the problem, please
reset the watch
And restart the phone, then connect test again.

⑥ Check whether the watch is in Do Not Disturb mode.
(when not
When the distraction mode is turned on, the message
reminder and the wrist sensor will be triggered
Not working)

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3. How to synchronize data?

①Automatic synchronization: when the watch is connected
successfully
Mobile phone through the APP, the data will be automatically
synchronized;

②Manual synchronization: After the watch is connected successfully
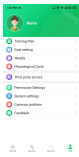The mobile phone can manually pull data synchronization through APP
Pull down the data list of APP home page and data interface;
③ If the data cannot be synchronized, please close and enable
Turn on the mobile phone bluetooth or restart the mobile phone;
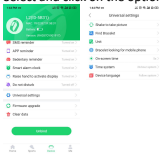(Note: FAQs in the APP Personal Center can help
You solved some problems using this device)

4. How to check watch version, upgrade, unit, time format, user

Boot, factory reset, more movement and untethering?

Select and click on the option as shown below

security directive
Before starting a new exercise program, consult your physician.
despite it

With the ability to track your heart rate, this smartwatch is just here to help people live
Healthier Living and under no circumstances should it be used for any medical purpose.
Remember to consult your doctor before starting any exercise or diet program.

●Do not expose this product and its accessories to extreme temperatures, otherwise it will cause damage and may lead to dangers such as product failure, fire or explosion.

●Prevent the product from being subjected to strong shocks or bumps, so as not to damage the product and its accessories, thereby avoiding product failure.

●Do not disassemble or modify the product and its accessories by yourself. Contact USA for after-sales service in the event of a product failure.

Old electrical appliances must not be disposed of with residual waste but must be disposed of separately. Disposal locations Public collection points for private use are free. It is the responsibility of the owner of used appliances to bring them to these local collection points or similar. It's a small private matter effort that contributes to your recovery of valuable raw materials

Disposal of toxic substances.
If you experience discomfort or skin irritation while wearing your smartwatch, then
We recommend that you try cleaning your device. sometimes residue or foreign matter
Build up of substances around your device that can damage your skin. this is also
It may be that you are not wearing the watch correctly. We recommend ensuring that your watch is cleaned and adjusted regularly to make it more comfortable to wear.
If your skin becomes irritated while wearing the watch, avoid wearing it, then wait two to three days to see if your

symptoms subside. If symptoms persist or worsen, consult a physician.

●If you have eczema, allergies or asthma, you may be more likely to develop asthma

Wearable devices causing skin irritation or allergy.

●Risk of explosion if battery is replaced by an incorrect type or mishandled

Throwing a battery into a fire or a hot oven, or mechanically crushing or cutting a battery will

Can cause an explosion;.

●Placing the battery in an extremely high temperature environment may cause an explosion or leakage of flammable liquid or gas;

Batteries under extremely low air pressure, which may cause explosion or explosion Leakage of flammable liquids or gases.

Warning:
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.

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

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

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.