

SBS Go Life Watch HR

SBS Smartwatch Go Life Watch HR Fitness Tracker User Manual

Model: Go Life Watch HR

1. INTRODUCTION

Welcome to the user manual for your SBS Go Life Watch HR Fitness Tracker. This manual provides essential information on how to set up, operate, and maintain your device to ensure optimal performance and a comprehensive understanding of its features.

2. PRODUCT OVERVIEW

The SBS Go Life Watch HR is a versatile fitness tracker designed to monitor your daily activities and provide smart notifications. It features a touch screen display and integrates various health and fitness tracking functions.



Figure 2.1: SBS Go Life Watch HR Fitness Tracker. This image displays the smartwatch with its black and lime green strap, highlighting the digital display which shows activity duration and heart rate.

MAIN FEATURES



HEART RATE



DISTANCE



TOUCH KEY



SLEEP MONITOR



WRIST WATCH



CALL & MESSAGES
ALERTS



PEDOMETER



ALARM



CALORIE
COUNTER



MUSIC PLAYBACK
REMOTE CONTROL



CHRONO

Figure 2.2: Main Features Overview. This image illustrates the key functionalities of the device through a series of icons, including heart rate monitoring, distance tracking, touch screen interaction, sleep monitoring, time display, call and message alerts, pedometer, alarm, calorie counting, music control, and stopwatch.

3. FEATURES

- **Sport Tracking:** Displays information on steps taken, distance covered, calories burned, and duration of physical activity.
- **Heart Rate Monitor:** Measures your heart rate (beats per minute) to help you monitor your cardiovascular health.
- **Sleep Quality Monitor:** Evaluates your sleep patterns, distinguishing between light and deep sleep phases.
- **Silent Alarm:** Set a vibrating alarm for specific times and days of the week.
- **Smart Notifications:** Receive vibration alerts for incoming calls, SMS messages, and social media notifications (WhatsApp, Facebook, Facebook Messenger, Twitter). Displays caller name and message preview on the screen.
- **Music Playback Control:** Manage music playback directly from your watch during workouts.
- **Integrated USB Charging:** Features a built-in USB port for convenient charging by simply removing the strap.

- **Go Life App Support:** Compatible with the SBS Go Life application, available on App Store (iOS 8.0 and later) and Google Playstore (Android 4.3 and later).
- **Long Battery Life:** Up to 10 days of standby battery life.

4. SETUP

4.1 Initial Charging

Before first use, ensure your Go Life Watch HR is fully charged. The device features an integrated USB port for easy charging:

1. Gently remove the strap from the watch case to expose the USB connector.
2. Insert the USB connector into any standard USB port, such as on a computer, laptop, or a USB wall adapter.
3. The watch display will indicate charging status. Allow the device to charge completely.

4.2 App Download and Pairing

To unlock the full potential of your fitness tracker, download and connect it with the SBS Go Life application:

1. Download the **Go Life** app from the [App Store](#) (for iOS 8.0 and later) or [Google Playstore](#) (for Android 4.3 and later).
2. Enable Bluetooth on your smartphone.
3. Open the Go Life app and follow the on-screen instructions to create an account and pair your Go Life Watch HR.
4. Ensure the watch is close to your smartphone during the pairing process.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The Go Life Watch HR features a touch screen for navigation. Tap or swipe on the screen to cycle through different functions and menus.

5.2 Activity Tracking

- **Steps, Distance, Calories:** The watch automatically tracks your daily steps, calculates the distance covered, and estimates calories burned. View these metrics directly on the watch display or in the Go Life app for detailed insights.
- **Activity Duration:** Monitors the duration of your physical activity throughout the day.

5.3 Heart Rate Monitoring

The watch continuously monitors your heart rate. Ensure the watch is worn snugly on your wrist for accurate readings. You can view your current heart rate on the watch or access historical data in the Go Life app.

5.4 Sleep Monitoring

Wear the watch while sleeping to track your sleep patterns. The Go Life app provides a detailed analysis of your sleep quality, including light and deep sleep phases.

5.5 Smart Notifications

Once paired with your smartphone, the watch will vibrate to alert you of incoming calls, SMS messages, and notifications from supported social media applications. The screen will display relevant information such as caller ID or message preview.

5.6 Music Control

During music playback on your connected smartphone, you can use your Go Life Watch HR to control basic functions like play, pause, and skip tracks.

5.7 Silent Alarm

Set silent vibrating alarms through the Go Life app. The watch will vibrate gently at the set time without disturbing others.

6. MAINTENANCE

6.1 Cleaning

Regularly clean your Go Life Watch HR to ensure hygiene and proper function. Use a soft, damp cloth to wipe the device. Avoid using harsh chemicals or abrasive materials.

6.2 Charging

Recharge the device when the battery indicator is low. Refer to section 4.1 for charging instructions. Avoid overcharging or leaving the device uncharged for extended periods.

6.3 Storage

When not in use for an extended period, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to a USB power source and wait a few minutes.
- **Not connecting to app/Bluetooth:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both the watch and your smartphone.
 - Try unpairing and re-pairing the device in the Go Life app settings.
- **Inaccurate readings (heart rate/steps):**
 - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
 - Clean the sensor on the back of the watch.
 - Ensure your personal information (height, weight) is accurately entered in the Go Life app.
- **Notifications not appearing:**
 - Check notification settings within the Go Life app.
 - Ensure your phone's notification settings allow the Go Life app to send alerts.
 - Verify that the watch is successfully connected via Bluetooth.

8. SPECIFICATIONS

Feature	Detail
Brand	SBS
Model Name	Go



Feature	Detail
Screen Size	1.54 Inches
Connectivity Technology	USB, Bluetooth
Special Features	Heart Rate Monitoring, Pedometer, Sleep Monitor, Notifications, Music Control
Compatible Devices	Smartphone (iOS 8.0+, Android 4.3+)
Battery Composition	Lithium-polymer
Rechargeable Battery	Yes
Battery Life (Standby)	Up to 10 days
Manufacturer	SBS

9. WARRANTY AND SUPPORT

Information regarding specific warranty terms and customer support contact details is not available in the provided product data. Please refer to the product packaging or the official SBS website for warranty information and support contacts.

For app-related support, please visit the respective app store page or the SBS official website for the Go Life application.

Related Documents - Go Life Watch HR

 <p>sbs</p> <p>Track My Find your items easily</p>	<p>SBS Track My: User Manual and Setup Guide</p> <p>A comprehensive guide to setting up and using the SBS Track My device, an Apple Find My compatible item tracker. Learn how to pair, name, and utilize its features to easily find your belongings.</p>
 <p>sbs</p> <p>TWS earphones with charging case and LCD screen</p>	<p>SBS TWS Earphones with Charging Case and LCD Screen - User Guide</p> <p>Information on SBS TWS Earphones with Charging Case and LCD Screen, including key features, technical data, and contents.</p>

