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Popglory P22

Popglory Smart Watch User Manual

Brand: Popglory
Model: P22

1. INTRODUCTION

The Popglory P22 Smart Watch is a versatile fitness and health tracker designed for both men and women. It features a full-touch screen and offers comprehensive monitoring of various health metrics, along with smart notifications and multiple sport modes. This manual provides detailed instructions for setting up, operating, and maintaining your smartwatch.



Image: The Popglory P22 Smart Watch in pink, showcasing its full-touch display and silicone strap.

2. WHAT'S IN THE BOX

Upon opening your Popglory Smart Watch package, you should find the following items:

- Popglory Smart Watch (P22)

- Charging Cable
- User Manual

3. SETUP GUIDE

3.1 Attaching the Watch Bands

To attach the watch bands, locate the small pins on each band. Align the pin with the corresponding hole on the watch body. Pull the small lever on the pin inwards, insert one end of the pin into the watch lug, then release the lever to secure the other end. Ensure both ends of the pin are firmly seated in the watch lugs.



Image: A detailed view of the watch components, including the band attachment points and the magnetic charging pins.

3.2 Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a compatible USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2.5 hours.

Long Battery Life and Large Capacity

Easy and Fast to Charge



30 days standby time



10 days usage time



2.5 hours charging time



1



2

Image: The Popglory Smart Watch connected to its magnetic charging cable, illustrating the charging process.

3.3 App Download and Pairing

To unlock the full potential of your smartwatch, download the companion app, **HeroBandIII**. You can find it on the App Store (for iOS devices) or Google Play (for Android devices). Alternatively, scan the QR code provided in the physical user manual.

Once installed, open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your smartphone. The watch is compatible with iOS 9.0 and above, and Android 4.4 and above.

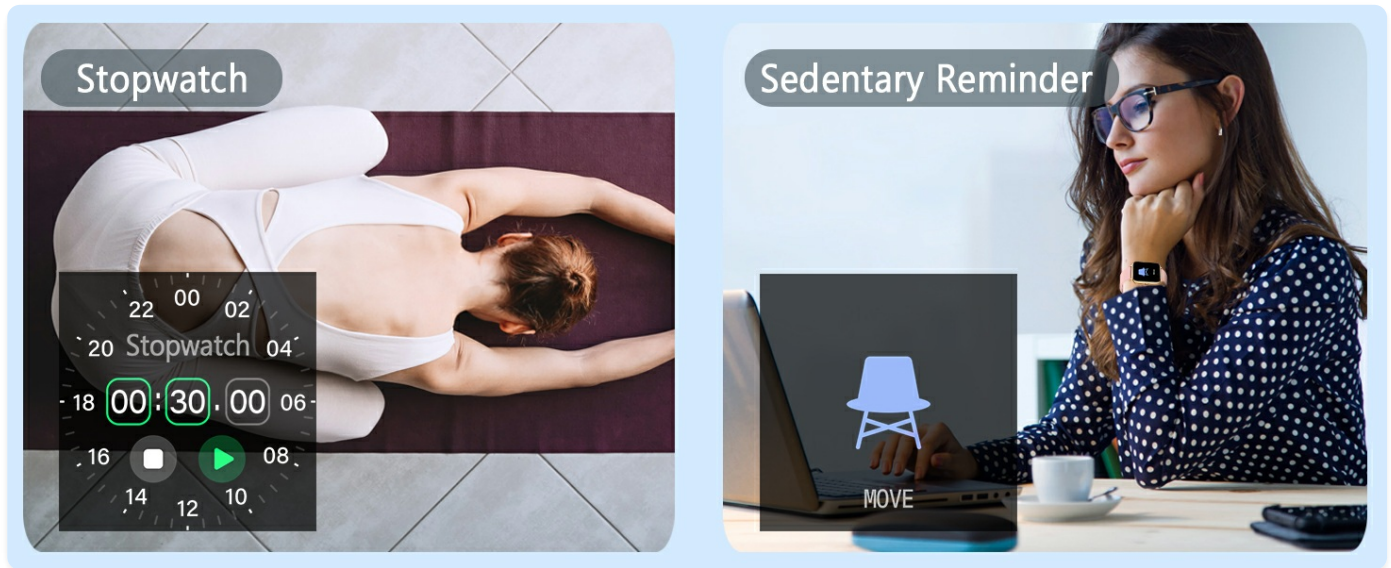


Image: Visual representation of the smartwatch's compatibility with the HeroBandIII app, iOS 9.0+, and Android 4.4+ devices.

4. OPERATING THE SMART WATCH

4.1 General Navigation

The Popglory P22 Smart Watch features a full-touch screen for easy navigation. Swipe left, right, up, or down to access different menus and features. Tap on icons to select options or open applications.

Built-in Hundreds of Wallpapers

Customize the wallpaper you like and create your style

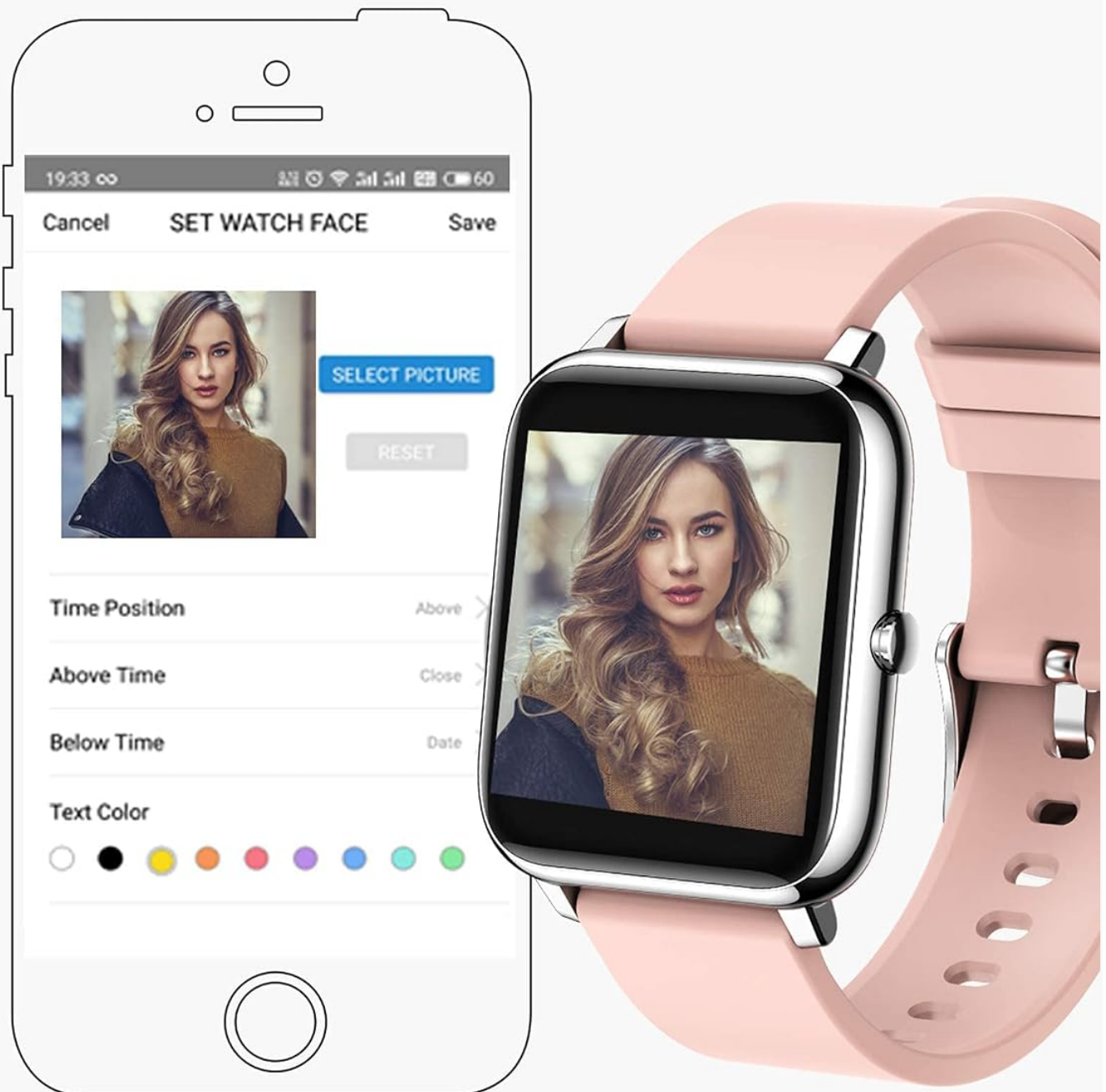


Image: The smartwatch display showing various customizable wallpapers and the intuitive app interface for personalization.

4.2 Health Monitoring

The smartwatch is equipped with advanced sensors to monitor your health metrics. Data is recorded in the HeroBandIII app for detailed analysis.

- **Heart Rate Monitor:** Continuously monitors your heart rate throughout the day. Access the Heart Rate section on your watch or in

the app to view real-time data and historical trends.



Develop good habits through sleep tracking and alarm clock.

 01H51M

 07H06M

 00H18M



21:3007:15



8:00

Image: The smartwatch screen showing continuous heart rate monitoring with a graphical representation of heart rate trends.

- **Blood Pressure Monitor:** Detects your blood pressure. Initiate a measurement from the watch or app. Data is for fitness reference only and not for medical purposes.



Blood Oxygen Monitor

Pay Attention to Your Health



Image: The smartwatch display showing blood pressure monitoring, with current readings and historical data available in the app.

- **Blood Oxygen Monitor:** Measures your blood oxygen levels. Start a measurement from the watch or app. Data is for fitness reference only and not for medical purposes.

7 SPORTS MODES

Track Your Daily Activity





< TRAINING 09:30

 WALKING

 RUNNING

 CYCLING

 SKIPPING

 BADMINTON

 BASKETBALL

 FOOTBALL

Image: The smartwatch screen indicating blood oxygen saturation levels, showing the loading process and final percentage.

- **Sleep Monitor:** Accurately records your sleep information, including periods of deep sleep, light sleep, and waking time. View

detailed sleep analysis in the app.

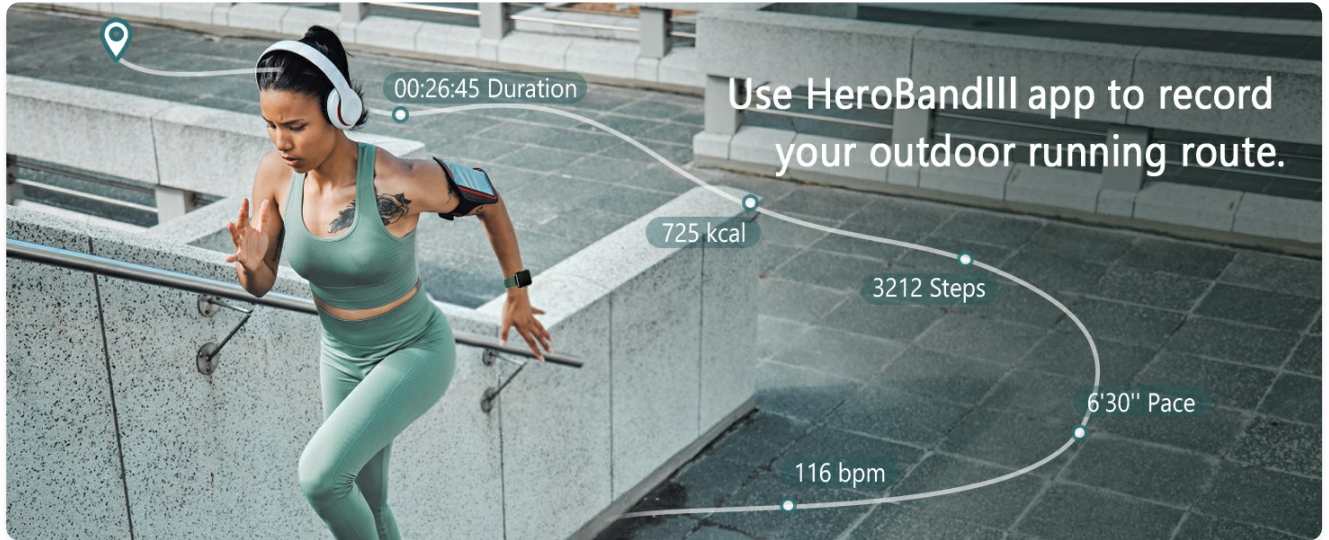


Image: The smartwatch interface showing sleep tracking data, including sleep duration and different sleep stages, alongside an alarm clock setting.

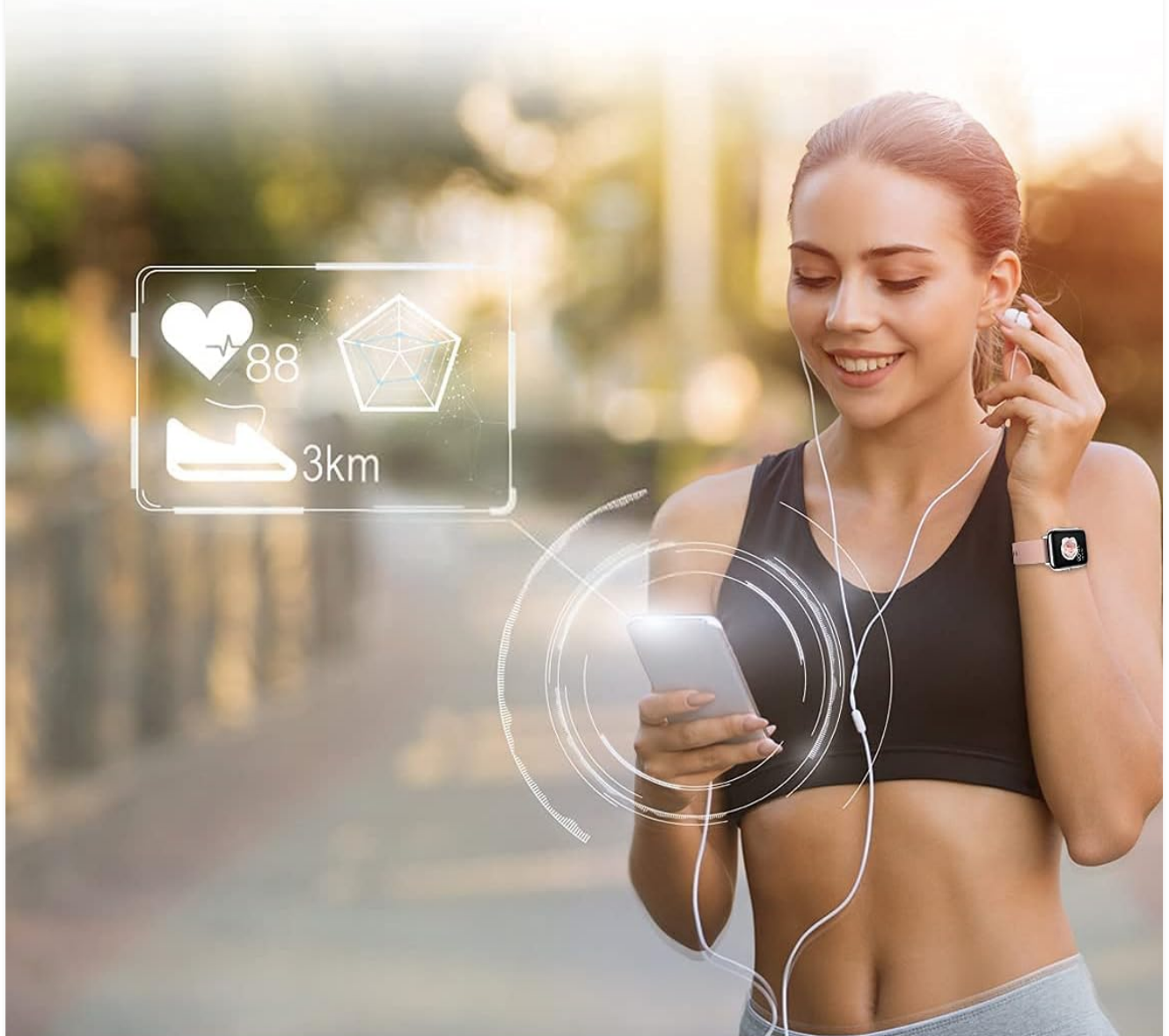
4.3 Fitness Tracking

The smartwatch tracks your daily activities and supports various sport modes:

- **All-Day Activity Tracking:** Records steps, distance, and calories burned automatically.
- **Sport Modes:** Choose from 7 sport modes including Walking, Running, Cycling, Skipping, Badminton, Basketball, and Football. The watch records specific data for each activity.

Multi-sport Modes Professional Smart Watch

Time Duration & Calorie Counter & Step Counter



badminton



rope skipping



basketball



football



riding



walking



running

Image: A woman exercising outdoors, with the smartwatch displaying various multi-sport modes and activity tracking metrics like time, calories, and steps.

- **GPS Movement:** Use the HeroBandIII app to record your outdoor running route and view detailed workout summaries.



Only Compatible With Smartphones

Download HeroBandIII app from App Store or Google Play, or scan the QR Code on user manual.





HeroBandIII
iOS 9.0 or above
Android 4.4 or above

Image: A woman running up stairs, with an overlay illustrating GPS tracking and workout data such as duration, calories, steps, and pace.

4.4 Smart Features

Your Popglory Smart Watch offers a range of convenient smart features:

- Smart Notifications:** Receive call, text, and app notifications directly on your watch. Supported apps include Facebook, WhatsApp, Twitter, Skype, Line, Kakao Talk, Instagram, Gmail, LinkedIn, Messenger, Snapchat, TikTok, Telegram, and WeChat.





Do Not Disturb

Keep you undisturbed during sleep or meeting and other specific time periods.





5-Level Brightness







FIND PHONE



FIND DEVICE

Image: The smartwatch screen showing various app notifications and call reminders, indicating connectivity with popular messaging and social media platforms.

- Customizable Watch Faces:** Easily switch between a collection of watch faces or customize your own using the companion app.

Weather Display



<WEATHER
09:30
20°
20°~23°
TOMORROW 20°~23°




Image: A collage of various customizable watch faces and custom dial options available for the smartwatch, allowing for personalized aesthetics.

- **Music Control:** Control music playback on your connected smartphone directly from your watch.



Image: A woman relaxing while listening to music, with the smartwatch displaying music playback controls for convenience.

- **Remote Camera Control:** Use your watch as a remote shutter for your smartphone camera.



Image: Two women posing for a photo, with the smartwatch screen showing a camera icon and 'CLICK' text, indicating its remote camera control function.

- **Weather Display:** Get real-time weather updates directly on your watch (requires app connection).

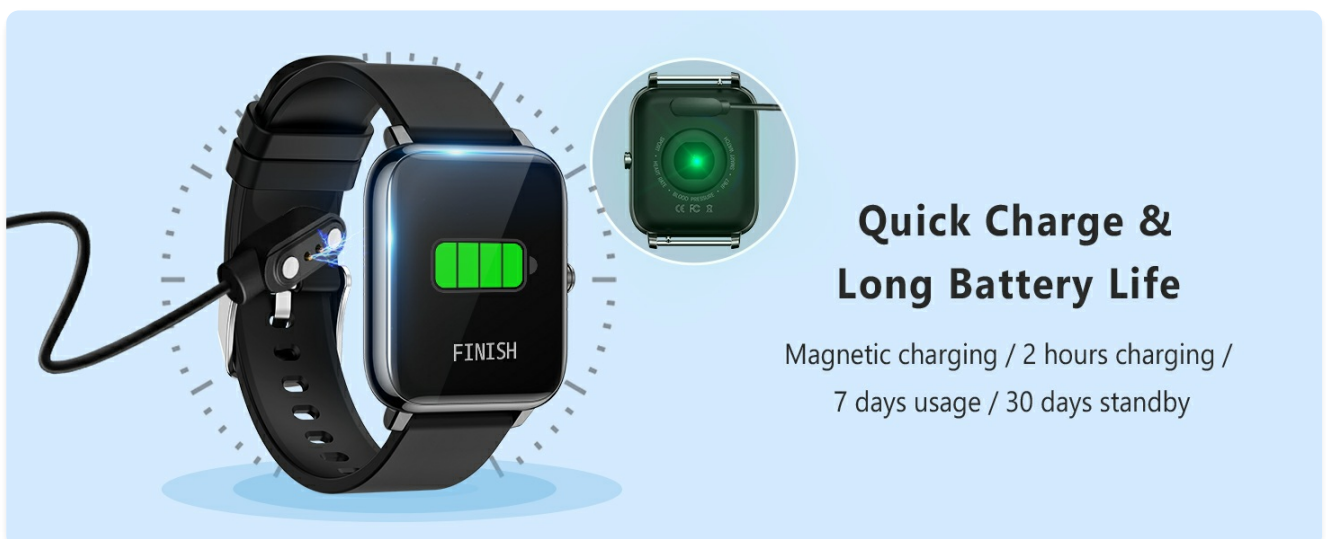


Image: The smartwatch display showing current weather information, including temperature and conditions, with additional weather-related imagery.

- **Timer & Stopwatch:** Utilize built-in timer and stopwatch functions for various activities.

- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Sedentary Reminder:** Receive alerts to encourage movement after periods of inactivity.
- **Do Not Disturb (DND) Mode:** Silence notifications during specific times or events to avoid interruptions.



Image: The smartwatch interface displaying options for Do Not Disturb mode, 5-level brightness adjustment, and the 'Find Phone' feature.

5. MAINTENANCE

5.1 Cleaning and Care

Regularly clean your smartwatch and band to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and band. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

5.2 Battery Life

The Popglory P22 Smart Watch offers up to 10 days of usage time and over 30 days of standby time on a single charge. Actual battery life may vary based on usage patterns and settings.



Image: The smartwatch display indicating quick charge status and highlighting its long battery life with usage and standby times.

6. TROUBLESHOOTING

If you encounter any issues with your Popglory Smart Watch, try the following troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to

power it on.

- **Cannot pair with smartphone:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again. Make sure the HeroBandIII app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Keep still during measurements. Remember that data is for fitness reference only and not intended for medical purposes.
- **Notifications not received:** Check app settings to ensure notifications are enabled for the desired applications. Verify that the watch is properly connected to your phone via Bluetooth.
- **Screen display issues:** If the screen shows lines or is unresponsive, try restarting the watch. If the issue persists, contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	P22
Screen Size	1.3 Inches (Standing screen display size)
Compatibility	iOS 9.0+, Android 4.4+
Battery Life (Usage)	Up to 10 days
Battery Life (Standby)	30+ days
Charging Time	Approx. 2.5 hours
Item Weight	2.4 ounces (68 Grams)
Package Dimensions	10.75 x 3.58 x 0.67 inches
Special Features	Time Display, Notifications, Heart Rate Monitor, Blood Pressure Monitor, Sedentary Reminder, Sleep Monitor, Pedometer, Text Messaging, Calorie Tracker
Wireless Communication	Bluetooth
GPS	No GPS

8. WARRANTY AND SUPPORT

Popglory is committed to providing excellent products and customer service. Your Popglory Smart Watch comes with a **12-month warranty**. If you encounter any product problems or have suggestions, please do not hesitate to contact us. We are ready to offer you the most satisfying solution at any time.

You can reach customer service through your Amazon account by navigating to 'Your Orders', finding the related order number, and clicking 'Contact Seller'. Alternatively, from the product details page, click on 'Seller Name' and then 'Ask a question' to contact the seller

directly.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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