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› IOWODO R3 Pro Smart Watch User Manual

IOWODO R3pro

IOWODO R3 Pro Smart Watch User Manual

MODEL: R3 PRO

Brand: IOWODO

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your IOWODO R3 Pro Smart Watch. Please read it carefully to ensure proper usage and to fully utilize all features of your device.



Image: The IOWODO R3 Pro Smart Watch, featuring a 1.55-inch HD touch screen, shown with a green silicone band and an additional black fabric band.

2. WHAT'S IN THE BOX

- Smartwatch
- Watch Band (pre-installed)
- Magnetic Charging Cable
- Additional Watch Band

3. SETUP GUIDE

3.1 App Download

To begin, download the 'GloryFit' application on your smartphone. You can do this by scanning the QR code displayed on your smartwatch screen or in the manual, or by visiting your phone's app store.

IOWODO SMART WATCH

2022 Multifunctional Fitness Tracker Women Men



Image: Visual guide demonstrating how to scan the QR code on the smartwatch to download the GloryFit app for both iOS and Android devices.

Alternatively, download the GloryFit app directly from the official download page:[GloryFit Download](#)

3.2 Device Pairing

Follow these steps to pair your IOWODO R3 Pro Smart Watch with your smartphone:

1. Turn on your smartwatch.
2. Enable Bluetooth on your smartphone.
3. Open the GloryFit app, register, and log in.
4. In the app, navigate to the 'Device' section and select 'Add new device' or 'Select device'.
5. The app will search for nearby devices. Select 'R3 Pro' from the list.
6. Confirm the pairing request on both your phone and the smartwatch.
7. Allow all necessary permissions for the app to function correctly.

Your browser does not support the video tag.

Video: Quick Start Guide for IOWODO R3 Pro Smart Watch, demonstrating basic setup and pairing.

Your browser does not support the video tag.

Video: Connection guide specifically for iOS devices, detailing the pairing process with an iPhone.

Your browser does not support the video tag.

Video: Connection guide specifically for Android devices, detailing the pairing process with an Android phone.

3.3 Initial Setup in App

After successful pairing, the GloryFit app will prompt you to enter personal data such as gender, height, weight, age, and your daily step goal. This information helps the watch accurately track your fitness and health metrics.

4. OPERATING YOUR SMART WATCH

4.1 Basic Navigation

The IOWODO R3 Pro features a 1.55-inch HD touch screen for intuitive navigation. Swipe across the screen to access different interfaces and functions.

4.2 Watch Faces

Customize your smartwatch's appearance by changing watch faces. The GloryFit app offers a wide selection of online dials, and you can also personalize your watch face using your own photos.

1.69" HD Touch Screen and 150+ Online Custom Dials



Image: The smartwatch showcasing a variety of custom and online watch faces available through the GloryFit app.

Customizing your dials

More dials can be downloaded from the App's dial center.



Image: A smartphone displaying the GloryFit app interface for customizing watch faces, including the option to upload personal photos.

4.3 Notifications

Receive call, SMS, and social media notifications directly on your smartwatch. Enable notification alerts within the GloryFit app for platforms like Facebook, WhatsApp, Instagram, and Twitter.

4.4 Health Monitoring

The IOWODO R3 Pro provides comprehensive health tracking features:

- **Heart Rate Monitor:** Automatically monitors your real-time heart rate 24/7.
- **Sleep Tracking:** Monitors your sleep status (deep sleep, light sleep, awake sleep) to provide insights into your sleep quality.
- **Blood Oxygen Level:** Measures your blood oxygen saturation.
- **Body Temperature:** Tracks your body temperature.

4.5 Sports Activity Tracking

Track your daily activities and workouts with 25 built-in sports modes. The watch accurately records steps, distance, calories burned, and active minutes. It also features a separate timer and stopwatch.

25 Sport Modes

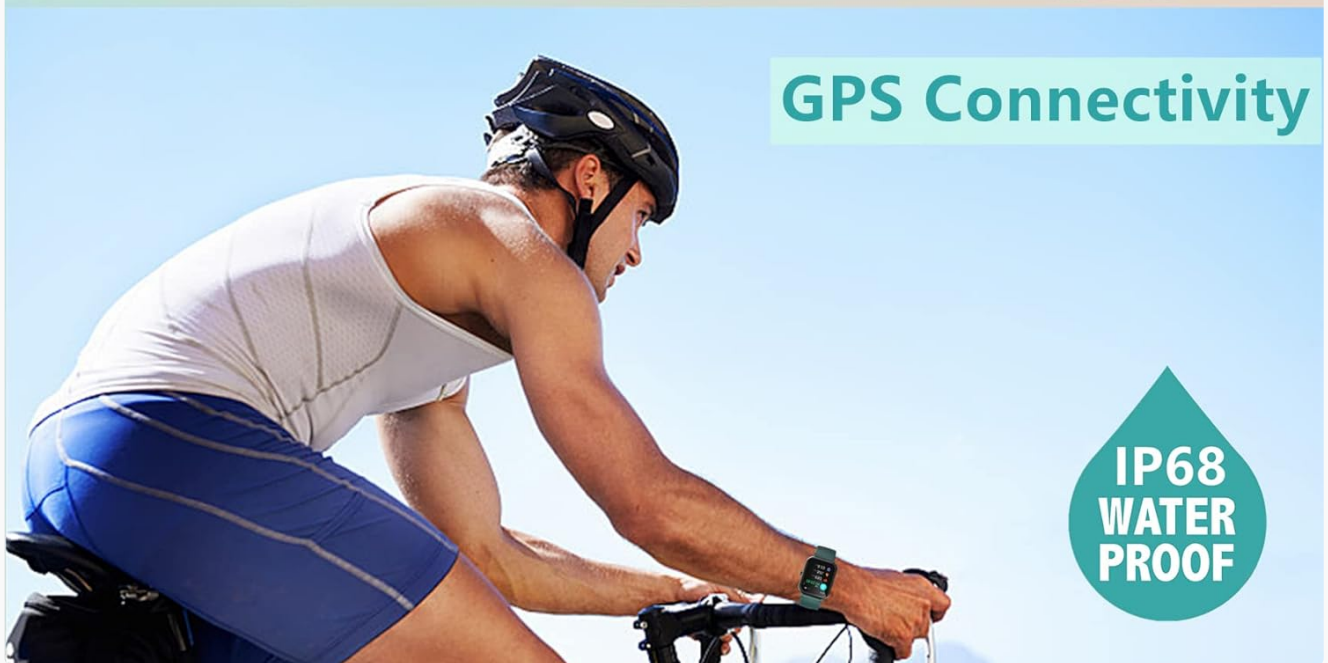


Image: The smartwatch interface showing various sport modes, highlighting GPS connectivity and IP68 waterproof rating.

IP68 Waterproof Fitness Watch Supports 25 Sport Modes

Record distance/calories burned/heart rate, and show route track via smartphone's GPS on " Gloryfit " APP.

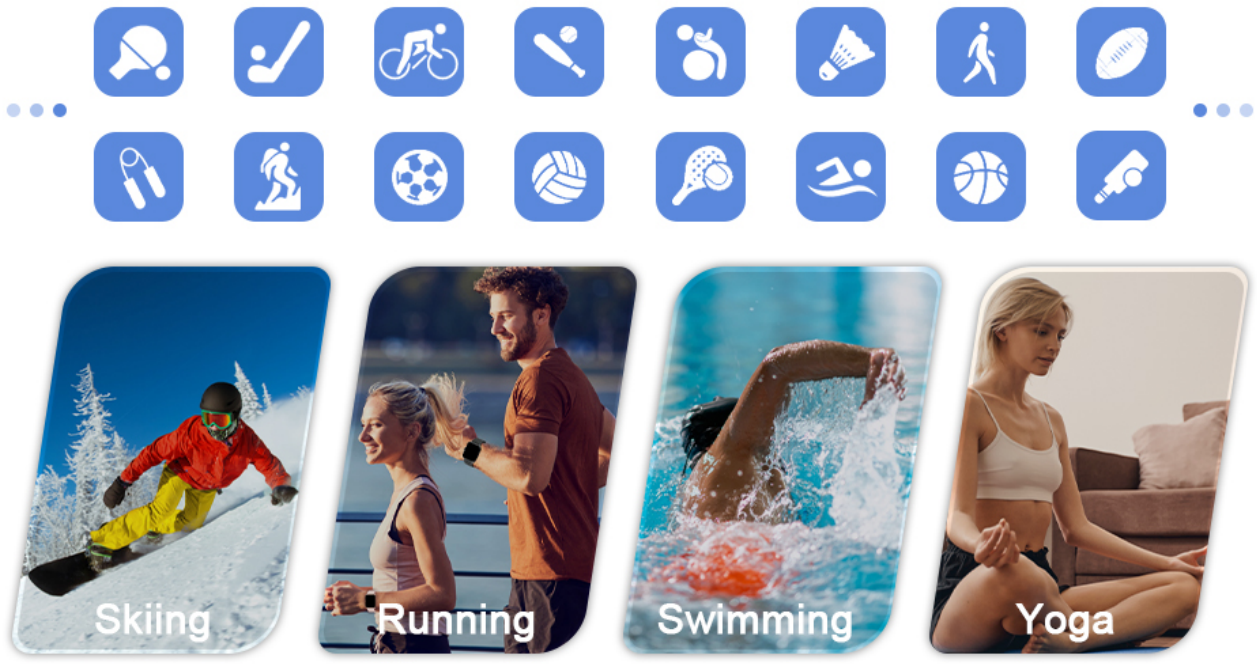


Image: Examples of activities such as skiing, running, swimming, and yoga, illustrating the watch's capability to track 25 different sports modes with IP68 waterproofing.

4.6 Other Functions

The IOWODO R3 Pro includes several other useful functions:

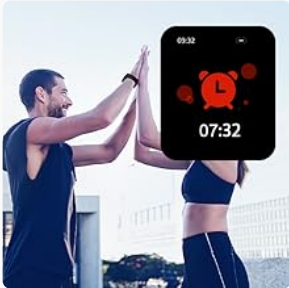
- **Music Control:** Control music playback on your phone directly from your watch.
- **Weather Display:** Get real-time weather updates.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Alarm Clock:** Set alarms for daily reminders.
- **Find My Phone:** Locate your misplaced phone by triggering an alert from your watch.
- **Flashlight:** Use the screen as a temporary light source.



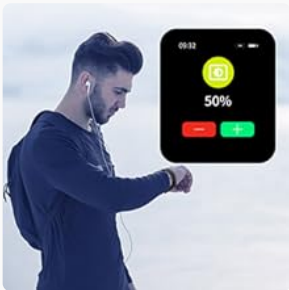
Music Control



Sedentary Reminder



Alarm Clock



Battery Indicator

5. MAINTENANCE

5.1 Charging

The smartwatch is equipped with a magnetic charging cable. A full charge takes approximately 2.5 hours and provides up to 10 days of normal use or 30 days of standby time.

Specification



- Charge Time: 2.5 hours
- Use Time: 12-15 days
- Standby Time: 60 days



Image: A visual representation of the IOWODO R3 Pro Smart Watch's charging time, typical use duration, and standby time.

5.2 Water Resistance

The IOWODO R3 Pro Smart Watch has a 5ATM waterproof rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and use in the rain, but it is not recommended for diving or high-pressure water activities.

5.3 Cleaning and Care

Regularly clean your smartwatch and band with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

5.4 Band Replacement

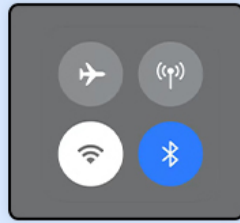
The smartwatch comes with interchangeable bands. To replace a band, locate the quick-release pins on the underside of the watch where the band connects. Slide the pin to detach the current band and attach the new one by aligning the pins and sliding them into place until they click securely.

Steps for IOS/Android Phone Connection



①

Turn on the smart watch.



②

Turn on your phone bluetooth.



(GloryFit QR code)

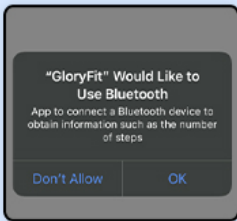
③

Scan the QR code to download "GloryFit" in App Store or Google Play.



④

Open App "GloryFit" login in your account and complete personal information.



⑤

Please allow "GloryFit" to use Bluetooth for IOS system



⑥

Click "Select device" or Scan code in the watch.



⑦

Find the nearby watch model "R3Pro" in the list, and click to connect.



⑧

If phone shows "Connect Successfully", means all complete connection steps.

Image: The smartwatch shown with both silicone and soft Velcro straps, emphasizing its versatility and compatibility with Android 4.4+ and iOS 9.0+.

6. TROUBLESHOOTING

- **Pairing Issues:** Ensure Bluetooth is enabled on your phone and the watch is sufficiently charged. Restart both devices and try pairing again. Check that the GloryFit app has all necessary permissions.
- **Notifications Not Received:** Verify that app notifications are enabled in your phone's settings and within the GloryFit app for each specific application. Ensure the watch is connected via Bluetooth.
- **Inaccurate Data:** Confirm that your personal data (height, weight, age) is correctly entered in the GloryFit app. Ensure the watch is worn snugly on your wrist for accurate sensor readings.

7. SPECIFICATIONS

Feature	Specification
Model Name	R3pro
Brand	IOWODO
Screen Size	1.54 Inches
Shape	Square
Battery Cell Composition	Lithium Ion
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth
Special Feature	Fitness Tracker, Sleep Monitor, Find My Phone, Messages, Alarm, Pedometer, Heart Rate Monitor
Operating System	iOS 9.0 or higher, Android 6.0 or higher
Date First Available	December 2, 2020
Manufacturer	IOWODO
Battery Power Rating	230 Milliamp Hours
Color	Marrs green
Scanner Resolution	240 x 240
Human Interface Input	Touchscreen
GPS	True
Item Weight	4.9 ounces
Product Dimensions	3.74 x 3.74 x 2.56 inches

8. WARRANTY AND SUPPORT

For product support, please refer to the contact information provided with your purchase or visit the official IOWODO website. The manufacturer is committed to customer satisfaction and will assist with any product-related inquiries.