

GRV FC1

GRV Smart Watch User Manual

MODEL: FC1

Introduction

Thank you for choosing the GRV Smart Watch. This device is designed to enhance your daily life by providing convenient access to communication, fitness tracking, and health monitoring features directly from your wrist. Compatible with both iOS and Android smartphones, this manual will guide you through the setup, operation, and maintenance of your new smartwatch.

Key features include:

- Bluetooth Calling: Answer/make calls directly from the watch.
- Smart Notifications: Receive messages and app alerts (Facebook, Instagram, Twitter, WhatsApp, etc.).
- Comprehensive Fitness Tracking: Over 100 sport modes, tracks calories, steps, and distance.
- Health Monitoring: Real-time heart rate, blood oxygen, and detailed sleep quality analysis.
- Customizable Watch Faces: Personalize your watch with 100+ options or your own photos.
- IP68 Waterproof: Suitable for daily use, including hand washing and sweating.
- Long Battery Life: Extended usage on a single charge.



The GRV Smart Watch in Gray, showcasing its sleek design and digital display.

Setup Guide

What's in the Box

Upon unboxing your GRV Smart Watch, please ensure all the following items are present:

- GRV Smart Watch (Model FC1)
- Charging Cable
- User Manual

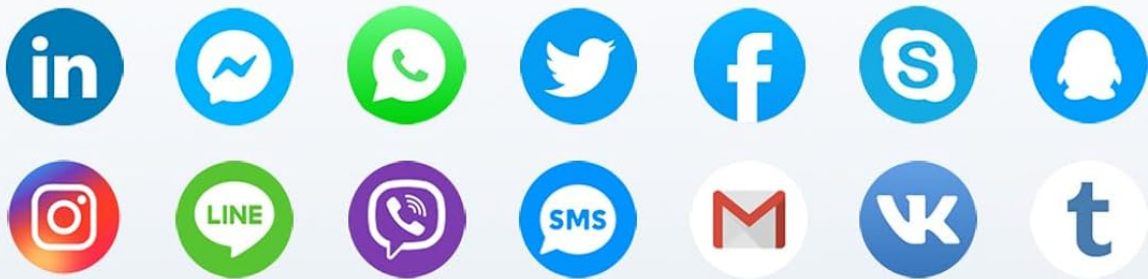
Charging Your Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

- Initial Charge Time: Approximately 2 hours for a full charge.

- Normal Use Battery Life: Up to 5 days.
- Standby Time: Up to 15 days.

Notification



Appels Bluetooth



The GRV Smart Watch connected to its magnetic charging cable, indicating battery status.

App Installation and Pairing

To unlock the full potential of your GRV Smart Watch, you need to install the companion application on your smartphone. The recommended app is **GloryFit** (for iOS) or **GloryFitPro** (for Android).

1. **Download the App:** Search for "GloryFit" or "GloryFitPro" in your phone's app store (Apple App Store for iOS, Google Play Store for Android) and install it.

2. **Register/Log In:** Open the app and follow the on-screen instructions to create an account or log in.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Watch:** In the GloryFit/GloryFitPro app, navigate to the 'Device' or 'My Device' section. Tap 'Add Device' or 'Scan for Device'. Select 'FC1' or the corresponding device name when it appears in the list.
5. **Confirm Pairing:** A pairing request may appear on your watch and phone. Confirm the pairing on both devices. Once connected, the watch's time and date will synchronize with your phone.

Operating Your Smart Watch

Basic Navigation

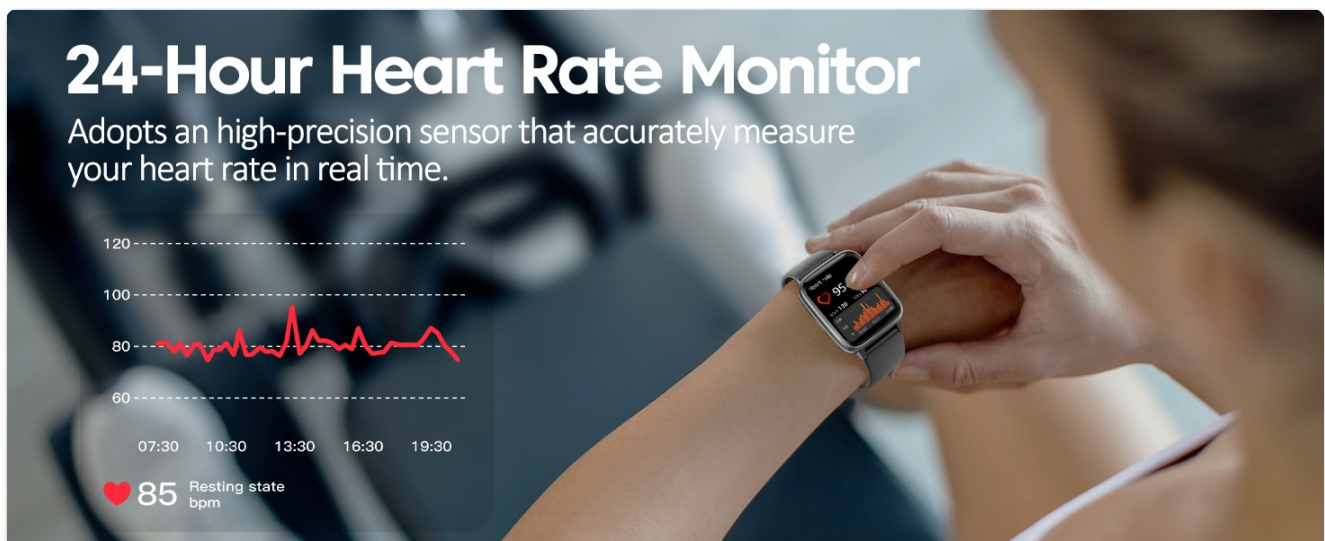
The GRV Smart Watch features a 1.83-inch HD touchscreen for intuitive navigation and a side button for quick access to functions.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu.

Communication Features

Once paired with your smartphone, the GRV Smart Watch allows you to manage calls and notifications directly from your wrist.

- **Bluetooth Calling:** Answer incoming calls or dial numbers from the watch's interface. Ensure the watch is connected via Bluetooth for this feature.
- **Message & App Notifications:** Receive alerts for SMS, Facebook, Instagram, Twitter, WhatsApp, and other apps. Notifications will vibrate on your wrist, and you can read messages directly on the watch screen.



The GRV Smart Watch enables direct Bluetooth calling, freeing your hands.



Professional Health Monitor

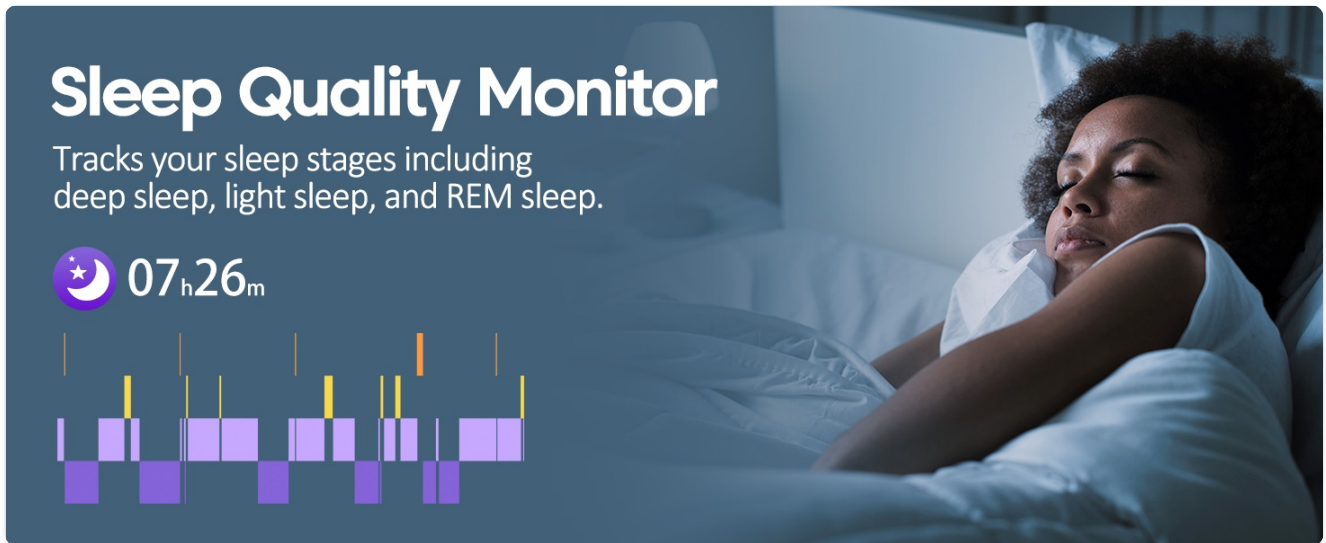
Automatically monitors your heart rate, stress level, sleep quality, measure your blood oxygen saturation to understand your physical state.

Receive smart notifications from various apps directly on your watch.

Fitness Tracking

The watch is equipped with an accurate fitness tracker that monitors your daily activity and supports over 100 sport modes.

- **100+ Sport Modes:** Select from a wide range of activities like outdoor running, indoor running, outdoor walking, cycling, yoga, and more to get real-time workout data.
- **Activity Tracking:** Automatically tracks steps taken, calories burned, and distance traveled throughout the day.



Sleep Quality Monitor

Tracks your sleep stages including deep sleep, light sleep, and REM sleep.

07h26m

Explore over 100 sports modes to track your diverse physical activities.

Health Monitoring

Your GRV Smart Watch provides continuous health monitoring to help you stay informed about your well-being.

- **Heart Rate Monitor:** Automatically monitors your heart rate throughout the day. View detailed charts in the app.
- **Blood Oxygen Monitor:** Measure your real-time blood oxygen saturation (SpO2) levels.
- **Sleep Tracker:** Tracks your sleep quality, including deep sleep, light sleep, and REM sleep stages. Provides a comprehensive analysis in the app to help improve sleep habits.



Call



Sleep
tracker



Smart
notifications



Heart
rate



IP68
waterproof



100+ sports
mode



Blood
oxygen



Music
control



Weather
forecast



Timer



Step
counter



HD touch
screen

The watch offers professional health monitoring for heart rate, blood oxygen, stress, and sleep.

Bluetooth Calling

Answer and make clear calls directly from your watch after connecting to your smartphone via Bluetooth, free your hands.

420357046

1	2	3
4	5	6
7*	8	9#
	0+	

420357046
00:08

Detailed sleep quality monitoring helps you understand your sleep patterns.

Customization

Personalize your GRV Smart Watch to match your style and mood.

- **Customized Watch Faces:** Choose from a vast collection of watch faces available in the GloryFit/GloryFitPro app. You can also upload your favorite photos (e.g., pets, selfies) to create unique watch faces.

Countdown & Stopwatch

Use the watch to track the duration of your workout for optimization.

Stopwatch

00:00.00

Stopwatch

00:24.08

03	00:25.00
02	00:22.00
01	00:08.00

Choose from a wide array of customized watch faces to suit your preference.

Additional Features

The GRV Smart Watch includes several other practical features for daily convenience:

- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Stopwatch & Timer:** Use for workouts, cooking, or other timed activities.
- **Deep Breath Guide:** Guided breathing exercises for relaxation.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Female Menstrual Cycle Tracker:** Helps track and predict menstrual cycles.
- **Weather Forecast:** Get real-time weather updates directly on your watch.

The Best Gift

A great gift choice for your friends and family members to help them stay motivated.



Utilize the countdown and stopwatch features for precise timing during activities.

Maintenance

Water Resistance (IP68)

The GRV Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it suitable for daily activities such as:

- Washing hands
- Sweating during exercise
- Light rain exposure

Note: While IP68 rated, it is not recommended for hot water activities (e.g., hot showers, saunas) as steam and hot water can compromise the seal over time. Avoid prolonged immersion or high-pressure water exposure.

Cleaning and Care

To ensure the longevity and proper functioning of your watch, follow these cleaning and care guidelines:

- **Clean Regularly:** Wipe the watch screen and strap with a soft, damp cloth. For stubborn dirt, use a mild soap solution and rinse thoroughly.
- **Dry Completely:** Ensure the watch is completely dry before charging or wearing, especially after exposure to water.
- **Avoid Harsh Chemicals:** Do not use abrasive cleaners, solvents, or strong detergents, as these can damage the watch's finish and components.

- **Store Properly:** When not in use, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

Battery Management

To maximize battery life and performance:

- **Charge Regularly:** Avoid letting the battery drain completely before recharging.
- **Optimize Settings:** Reduce screen brightness, shorten screen-on time, and disable unnecessary notifications to conserve battery.
- **Use Original Charger:** Always use the provided charging cable to prevent damage to the battery.

Troubleshooting

If you encounter any issues with your GRV Smart Watch, please refer to the following common solutions:

Issue	Possible Solution
Watch not connecting to phone / Bluetooth issues	Ensure Bluetooth is enabled on your phone. Make sure the watch is within Bluetooth range (approx. 10 meters). Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and re-pair through the GloryFit/GloryFitPro app. Check if the GloryFit/GloryFitPro app is running in the background and has necessary permissions.
Notifications not appearing on watch	Ensure notifications are enabled in the GloryFit/GloryFitPro app for specific applications. Check your phone's notification settings to ensure apps are allowed to send notifications. Verify that the watch is properly connected via Bluetooth. Disable 'Do Not Disturb' mode on both your phone and watch.
Inaccurate fitness/health tracking data	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensors on the back of the watch. Update the watch firmware via the GloryFit/GloryFitPro app if an update is available. Calibrate steps/distance in the app if an option is available.
Watch screen is unresponsive	Restart the watch by pressing and holding the side button until it powers off, then power it back on. Ensure the watch is charged.

If the issue persists after trying these solutions, please refer to the support section for further assistance.

Specifications

Feature	Detail
Model Number	FC1
Product Dimensions	9.84 x 1.38 x 0.67 inches
Item Weight	1.2 ounces (34 Grams)
Screen Size	1.83 Inches
Display Type	HD Touchscreen
Operating System Compatibility	iOS 8.0 and above, Android 4.4 and above
Connectivity	Bluetooth
Water Resistance Rating	IP68
Battery Type	Lithium Metal (included)
Memory Storage Capacity	128 MB
Special Features	Heart Rate Monitor, Sleep Monitor, Blood Oxygen Monitor, Bluetooth Phone Call, Message Notification, Customizable Watch Faces, Alarm Clock, Time Display, Touchscreen, Waterproof, Steps Tracker, Calorie Tracker, Distance Tracker, Pedometer, Activity Tracker, Multisport Tracker

Warranty and Support

GRV products are manufactured to high quality standards. For information regarding warranty coverage and terms, please refer to the documentation included with your purchase or visit the official GRV website.

For technical support, troubleshooting assistance beyond this manual, or any product-related inquiries, please contact GRV customer service through the contact information provided on the official GRV website or within the GloryFit/GloryFitPro application.

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