

GRV FC1

GRV Smart Watch User Manual

Model: FC1

Brand: GRV

1. INTRODUCTION

Thank you for choosing the GRV Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.



Figure 1: GRV Smart Watch (Gem Green)

This image shows the GRV Smart Watch in Gem Green color, highlighting its sleek design and vibrant display. The watch features a square face with rounded corners and a matching silicone strap.

2. SETUP GUIDE

2.1 Unboxing and Initial Charge

Upon unboxing, you will find the GRV Smart Watch, a charging cable, and this user manual. Before first use, fully charge your smartwatch.

- Connect the magnetic charging cable to the charging point on the back of the watch.
- Plug the USB end of the cable into a standard USB power adapter (not included) or a computer USB port.
- A full charge typically takes approximately 2 hours.

2.2 App Installation and Pairing

To unlock the full potential of your GRV Smart Watch, download and install the companion application on your smartphone.

1. Scan the QR code provided in the watch's settings or search for the "InksFit" app in your phone's app store (compatible with iOS 8.0+ and Android 4.4+).
2. Open the "InksFit" app and follow the on-screen instructions to create an account and set up your profile.
3. Enable Bluetooth on your smartphone.
4. Within the "InksFit" app, navigate to the device pairing section and select your GRV Smart Watch from the list of available devices.
5. Confirm the pairing request on both your phone and the watch.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The GRV Smart Watch features a responsive 1.83-inch HD touchscreen for intuitive navigation.

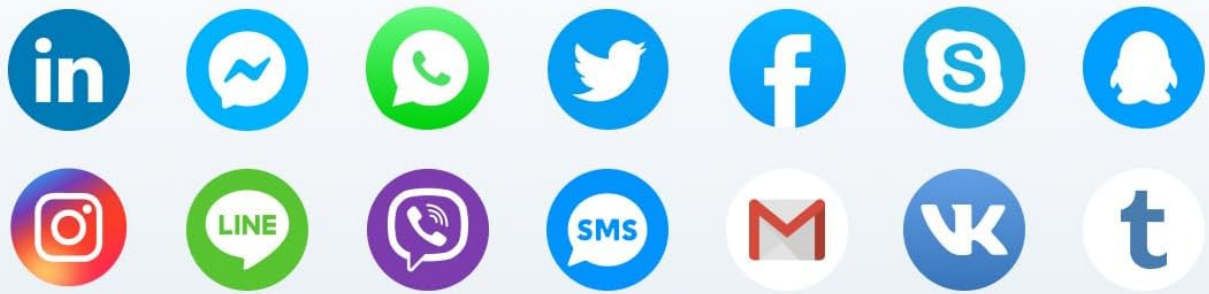
- **Swipe Up:** View recent notifications.
- **Swipe Left:** Access daily activity data (steps, distance, calories, heart rate, sleep, exercise records).
- **Swipe Right:** Open the main menu with various functions (Exercise, Heart Rate, SpO2, Relax, Timer, Alarm, Stopwatch, Sleep, Music Control, Settings).
- **Swipe Down:** Access quick settings (Do Not Disturb, Raise to Wake, Brightness, Settings).
- **Side Button:** Press to return to the home screen or wake the display.

3.2 Communication Features

Stay connected directly from your wrist.

- **Answer/Make Calls:** Once paired via Bluetooth, you can answer incoming calls or dial out directly from the watch.
- **Message & App Notifications:** Receive notifications from various apps including Facebook, Instagram, Twitter, and WhatsApp. The watch will vibrate to alert you of new messages.

Notification



Bluetooth calls



Figure 2: Notification and Bluetooth Call Features

This image illustrates the smartwatch's capability to display various app notifications and its interface for making and receiving Bluetooth calls, showing a dial pad and call screen.

3.3 Health and Fitness Tracking

Monitor your health and track your fitness progress with precision.

- **Activity Tracking:** Accurately tracks daily steps, distance traveled, and calories burned.
- **100+ Sport Modes:** Choose from a wide variety of indoor and outdoor activities to get real-time workout data.
- **Heart Rate Monitor:** Continuously monitors your heart rate throughout the day.

- **Blood Oxygen Monitor (SpO2):** Measure your real-time blood oxygen saturation levels.
- **Sleep Tracker:** Monitors your sleep quality, including deep sleep, light sleep, and REM sleep, providing comprehensive analysis in the app.
- **Sedentary Reminder:** Alerts you when you've been inactive for too long.
- **Female Menstrual Cycle Tracker:** Helps track and predict menstrual cycles.

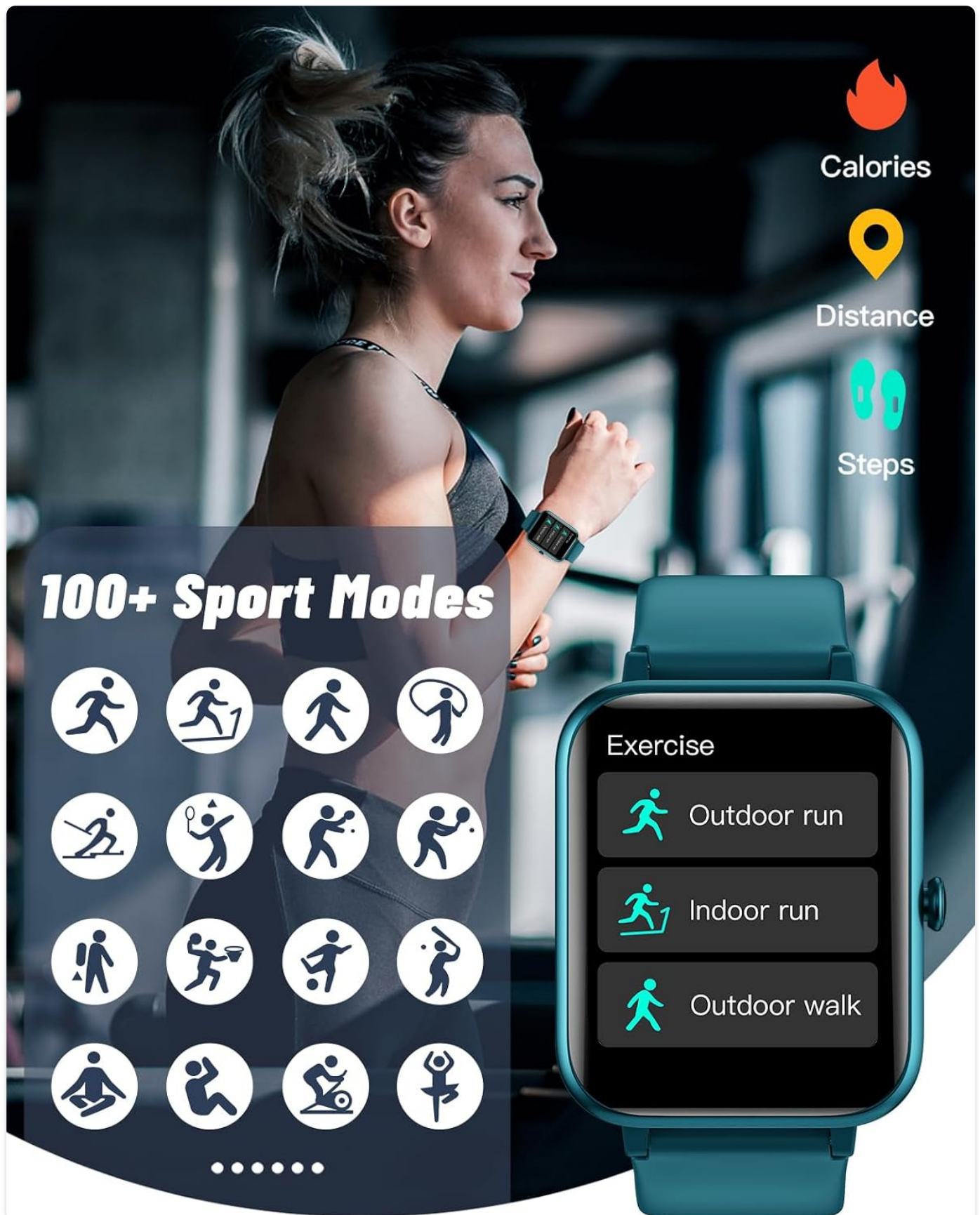


Figure 3: 100+ Sport Modes

This image shows the smartwatch interface displaying various sport modes, including icons for running, cycling, yoga, and more, indicating the wide range of

activities it can track.



Figure 4: Blood Oxygen and Heart Rate Monitoring

This image features two panels: one showing the smartwatch measuring blood oxygen levels on a wrist, and the other showing the heart rate monitor displaying BPM and a heart rate graph during exercise.

Sleep Tracker

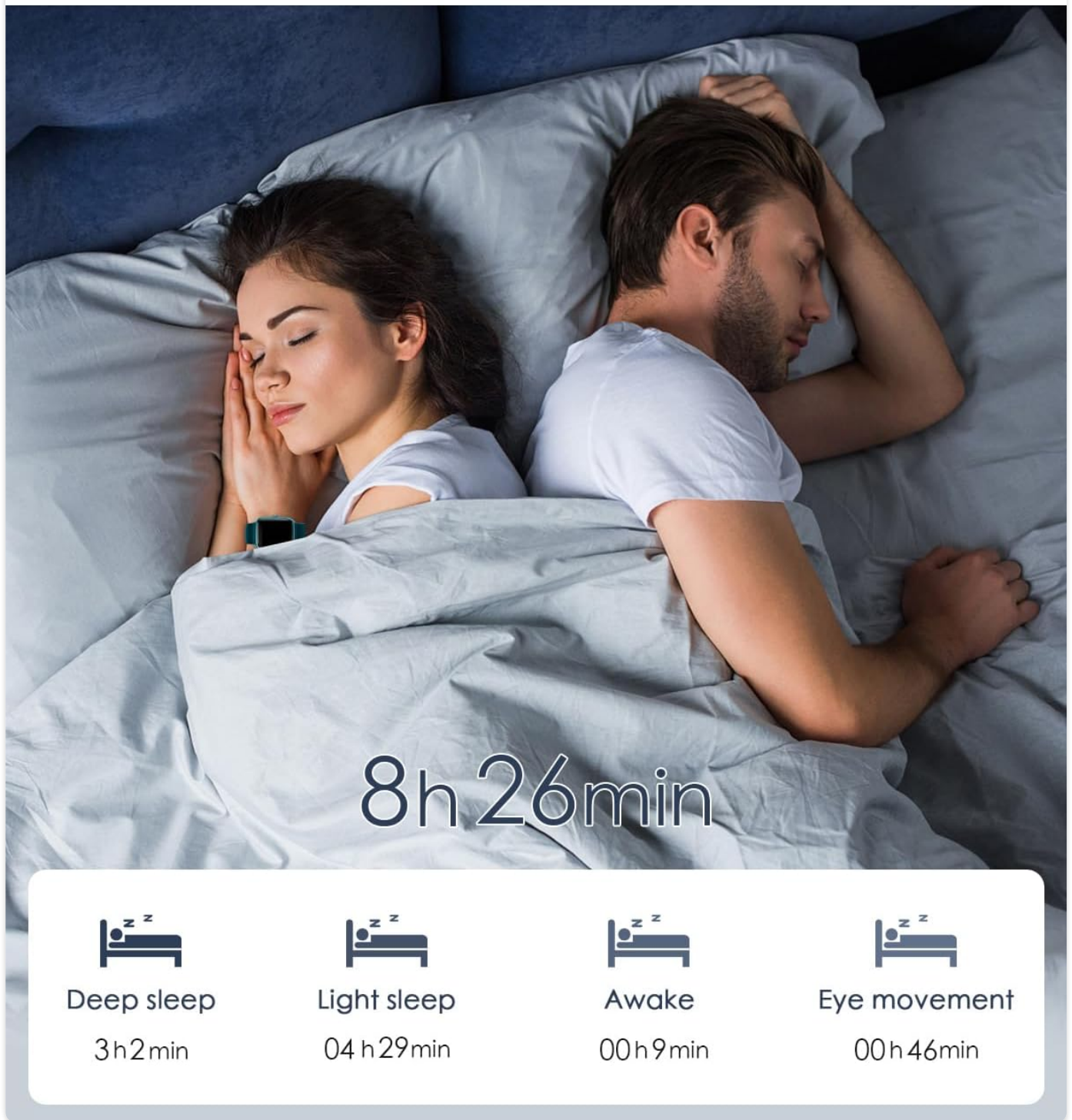


Figure 5: Sleep Tracking

This image depicts a couple sleeping, with the smartwatch displaying sleep duration and breakdown into deep sleep, light sleep, awake time, and eye movement, illustrating its sleep tracking capabilities.

3.4 Customization and Other Features

- **Customized Watch Faces:** Choose from over 100 watch face options in the app or upload your favorite photo to create a personalized watch face.
- **Music Control:** Control music playback on your phone directly from the watch.
- **Stopwatch & Timer:** Utilize built-in stopwatch and timer functions for various activities.
- **Deep Breath Guide:** Follow guided breathing exercises for relaxation.

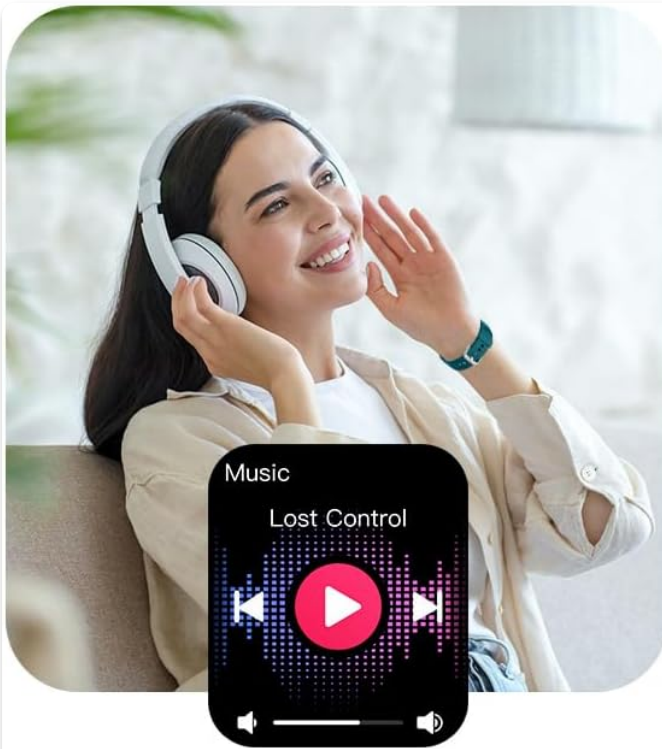
- **Weather Forecast:** Get real-time weather updates on your wrist.
- **Alarm Clocks:** Set multiple alarms to help manage your day.

Customized watch face



Figure 6: Customized Watch Faces

This image showcases the smartwatch's ability to display a variety of customizable watch faces, including options with personal photos, demonstrating its personalization features.



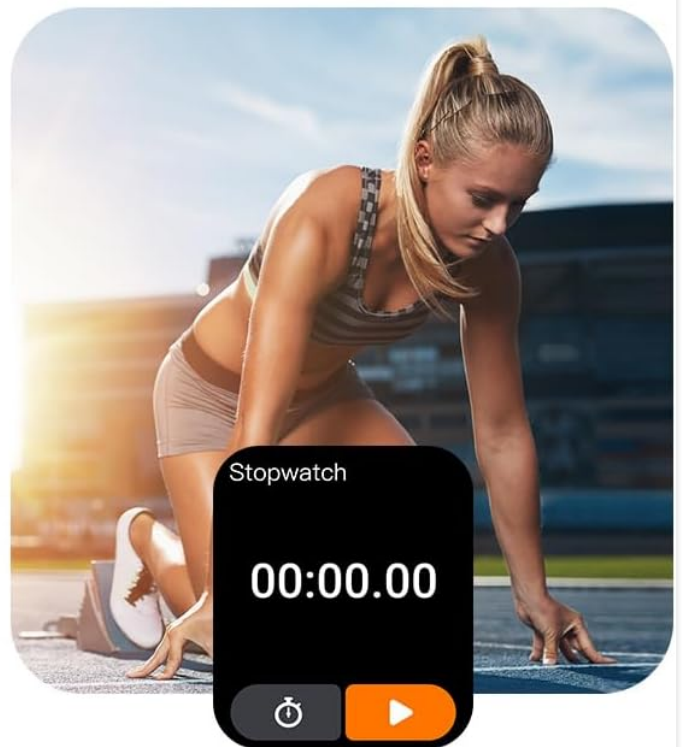
Music control



Breath training



Weather forecast



Stopwatch

Figure 7: Additional Smart Watch Features

This image highlights four key features of the smartwatch: music control, breath training, weather forecast display, and a stopwatch function, each shown with its respective icon and interface.

4. MAINTENANCE

4.1 Cleaning Your Smart Watch

Regular cleaning helps maintain the appearance and functionality of your watch.

- Wipe the screen and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

4.2 Water Resistance

The GRV Smart Watch has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use like washing hands or sweating during exercise. However, it is not recommended for hot water, diving, or prolonged submersion.

4.3 Battery Care

To maximize battery life:

- Avoid extreme temperatures.
- Charge the watch fully before long periods of inactivity.
- Battery life is up to 7 days with normal use, 15 days on standby.

5. TROUBLESHOOTING

If you encounter issues with your GRV Smart Watch, try the following steps:

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Check if the correct app ("InksFit") is installed.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not received:** Check app permissions on your phone to ensure "InksFit" has access to notifications. Verify notification settings within the app and on the watch (e.g., Do Not Disturb mode is off).
- **Short battery life:** Reduce screen brightness, turn off "Raise to Wake" if not needed, and limit background app refresh for the "InksFit" app.

If problems persist, consult the "InksFit" app's help section or contact GRV customer support.

6. SPECIFICATIONS

Feature	Specification
Model Number	FC1
Product Dimensions	9.84 x 1.38 x 0.67 inches
Item Weight	1.2 ounces (34.1 Grams)
Screen Size	1.83 Inches
Display Resolution	176 x 176

Operating System Compatibility	iOS 8.0 and above, Android 4.4 and above
Connectivity Technology	Wireless (Bluetooth)
Battery Type	Lithium Metal (included)
Battery Life (Normal Use)	Up to 7 days (5-6 days normal use, 15 days standby)
Charging Time	Approx. 2 hours
Waterproof Rating	IP68
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
Color	Gem Green
Manufacturer	GRV
Country of Origin	China
Date First Available	October 15, 2021



Long battery life

- 15** Days Standby
- 5** Days Normal use
- 2** Hour Charge



Figure 8: Product Dimensions and Battery Life

This image provides detailed measurements of the smartwatch (45mm x 35mm, 22mm band width, 255mm total length) and outlines its impressive battery life: 15 days standby, 5 days normal use, and 2 hours for a full charge.

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official GRV website. Warranty terms and conditions may vary by region and retailer.

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