

threesheep GTS2 Smart Watch

threesheep GTS2 Smart Watch User Manual

Model: GTS2 Smart Watch | Brand: threesheep

1. PRODUCT OVERVIEW

The threesheep GTS2 Smart Watch is a versatile fitness tracker designed for both men and women, offering comprehensive health and activity monitoring. It features an IP68 waterproof rating, heart rate and sleep monitoring, blood pressure and blood oxygen tracking, and is compatible with Android and iPhone iOS devices. This manual provides detailed instructions for setting up, operating, and maintaining your smart watch to ensure optimal performance.



Figure 1.1: threesheep GTS2 Smart Watch. This image displays the main view of the smart watch, highlighting its sleek design and digital display showing current time, date, battery level, heart rate, and activity metrics like steps and calories burned.

2. GETTING STARTED

2.1. Charging the Device

Before first use, fully charge your smart watch. Use the provided magnetic charging cable. Align the magnetic pins of the charger with the charging contacts on the back of the watch. The watch screen will indicate charging status.

- Connect the USB end of the charging cable to a USB power adapter (5V/1A recommended) or a computer USB port.
- Place the magnetic end of the cable onto the charging contacts on the back of the watch. It will snap into place.
- A full charge typically takes about 2-3 hours.



Figure 2.1: Magnetic Charging. This image illustrates the magnetic charging mechanism of the smart watch, showing the cable attaching securely to the back of the device.

2.2. App Installation and Pairing

To unlock all features, download the companion app and pair your smart watch with your smartphone.

1. Scan the QR code in the watch manual or search for the app name (usually mentioned in the watch packaging or quick start guide) in your phone's app store (App Store for iOS, Google Play Store for Android).
2. Install the app on your smartphone.
3. Ensure Bluetooth is enabled on your phone.
4. Open the app and follow the on-screen instructions to create an account or log in.
5. In the app, navigate to the device pairing section and select your smart watch from the list of available devices.

6. Confirm the pairing request on both your phone and the watch if prompted.

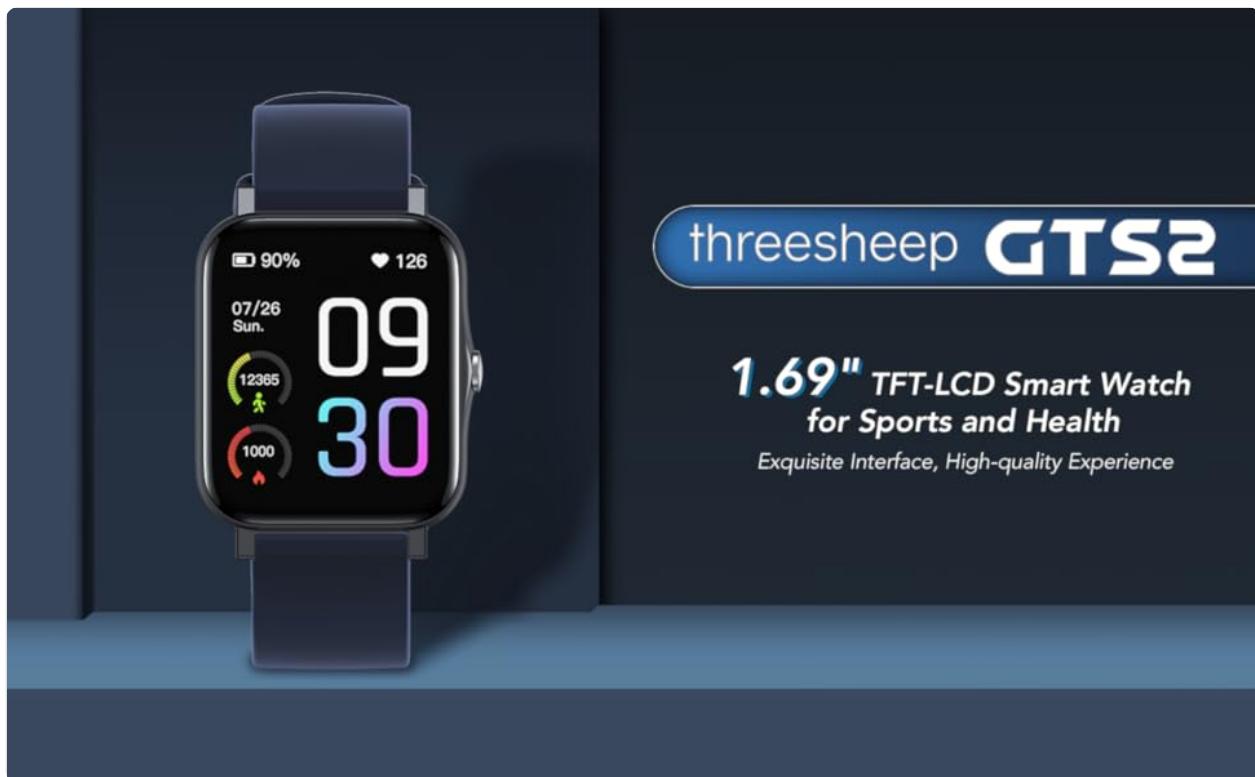
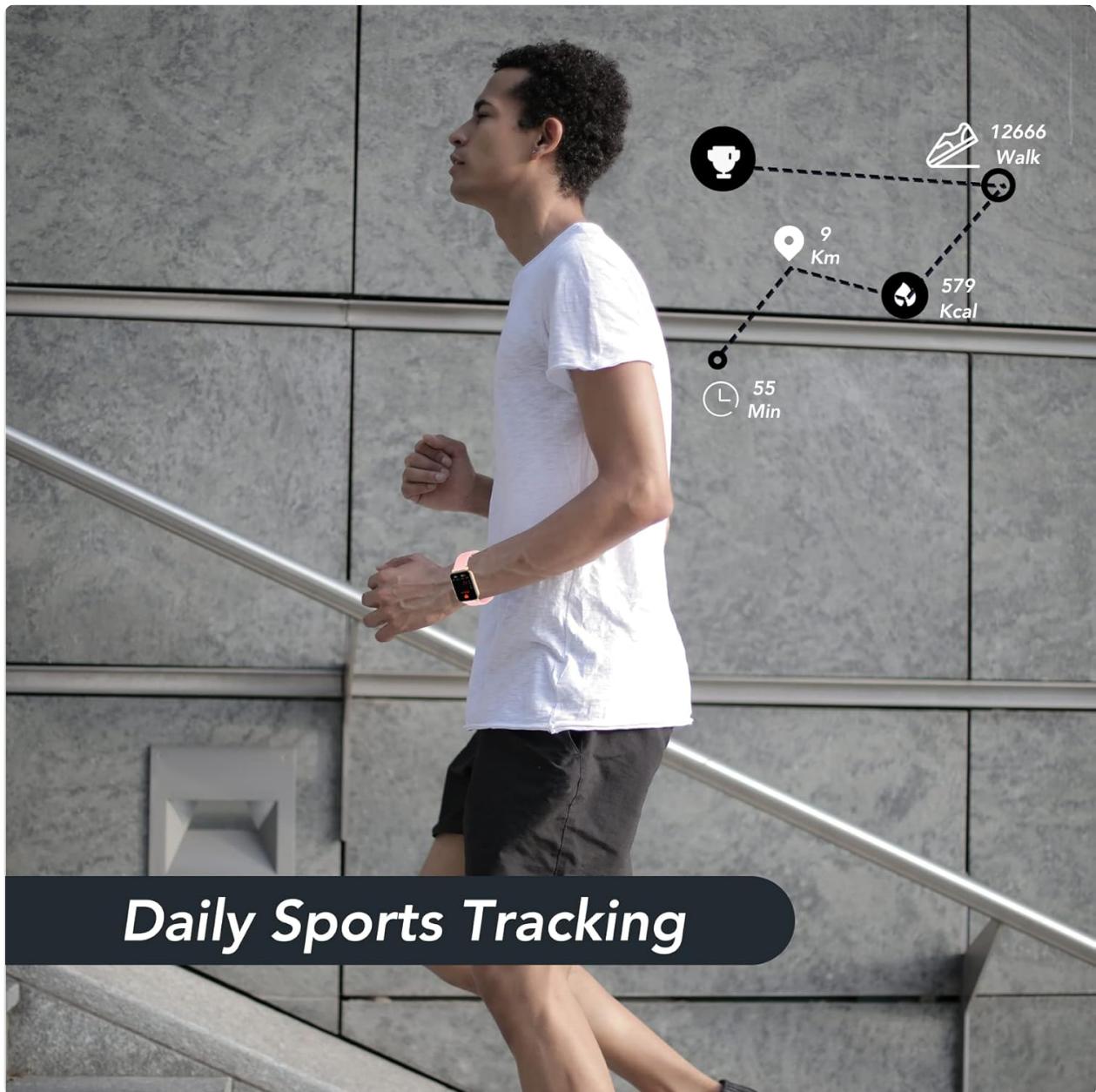


Figure 2.2: App Interface. This image shows the smartphone app interface, demonstrating how the watch connects to the phone and displays various health and activity data.

3. OPERATING THE SMART WATCH

3.1. Activity Tracking

The smart watch automatically tracks your daily activities, including steps, distance, and calories burned. View your progress directly on the watch face or in the companion app for detailed insights.



Daily Sports Tracking

Figure 3.1: Daily Sports Tracking. This image illustrates the watch's ability to track daily activities, showing a person walking and the watch displaying steps, distance, and calories.

3.2. Sports Modes

The GTS2 Smart Watch supports up to 100 sports modes, allowing you to track specific workouts with precision. Select your desired sport mode from the watch menu to begin tracking.

- **Indoor/Outdoor Running:** Tracks distance, pace, and calories for your runs.
- **Cycling:** Monitors speed, distance, and duration for indoor and outdoor cycling.
- **Walking:** Records steps, distance, and time for casual walks.
- **Football, Badminton, Tennis:** Specific modes for various sports activities.
- **Yoga, Strength Training, Trekking:** And many more customizable options.



Figure 3.2: 100 Sport Modes. This image showcases the wide array of sport modes available on the smart watch, with icons representing different activities and people performing them.

3.3. Health Monitoring

The smart watch is equipped with advanced sensors to monitor your health metrics in real-time.

- **Heart Rate Monitor:** Automatically monitors your heart rate throughout the day. Access historical data in the app.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and awake time, providing insights into your sleep quality.
- **Blood Pressure & Blood Oxygen Tracking:** Provides estimates of blood pressure and blood oxygen levels. These measurements are for reference only and should not be used for medical diagnosis.



Figure 3.3: Heart Rate Monitoring. This image depicts the heart rate monitoring feature, showing the watch displaying heart rate data and a connected smartphone app with detailed graphs.



Figure 3.4: Automatic Sleep Monitoring. This image visually explains the sleep tracking capabilities, showing a person sleeping and icons representing different sleep stages.

3.4. Notifications and Smart Functions

Stay connected with smart notifications and control features directly from your wrist.

- **Message & Call Notifications:** Receive alerts for incoming calls, SMS messages, and notifications from social media apps (e.g., Facebook, Twitter, WhatsApp) directly on your watch.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) from the watch.
- **Camera Remote:** Use your watch as a remote shutter for your phone's camera.
- **Sedentary Reminders:** Get alerts to move if you've been inactive for too long.
- **Alarm Clock & Stopwatch:** Set alarms and use the stopwatch function.
- **Weather:** View current weather conditions.
- **Find Your Phone:** Locate your paired smartphone by making it ring.

3.5. Customization

Personalize your smart watch experience with customizable watch faces.

- Choose from a variety of pre-installed watch faces.
- Download additional watch faces through the companion app.
- Create custom watch faces using your own photos.



Figure 3.5: Personalized Watch Faces. This image demonstrates the variety of watch faces available and the ability to customize the watch's display.

4. CARE AND MAINTENANCE

4.1. Water Resistance (IP68)

The threesheep GTS2 Smart Watch is IP68 water-resistant, meaning it can withstand dust, dirt, and sand, and is resistant to submersion up to a maximum depth of 1.5m underwater for up to 30 minutes. It is suitable for daily use, such as washing hands, showering, or swimming in shallow water. However, it is not recommended for hot baths, saunas, or diving.

- Avoid exposing the watch to hot water or steam.
- Do not press any buttons underwater.
- Dry the watch thoroughly after exposure to water.



Figure 4.1: IP68 Waterproof. This image visually confirms the watch's IP68 water resistance, showing it being splashed with water.

4.2. Battery Life

The smart watch offers approximately 7 days of working time and up to 25 days in standby mode on a single charge. Actual battery life may vary based on usage and settings.

4.3. Cleaning

To keep your watch clean and functioning properly:

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

5. TROUBLESHOOTING

Q: The watch does not turn on or charge.

A: Ensure the charging cable is properly connected to both the watch and a power source. Check if the power adapter is working. Allow the watch to charge for at least 10 minutes before attempting to turn it on.

Q: Cannot pair the watch with my smartphone.

A: Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch. Ensure the correct app is installed and updated. If issues persist, try unpairing and re-pairing the device through the app settings.

Q: Health monitoring data seems inaccurate.

A: Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid excessive movement during measurements. Remember that these measurements are for reference and not for medical use.

Q: Notifications are not appearing on the watch.

A: Check the app settings to ensure notification permissions are granted for the watch. Verify that notifications are enabled for specific apps on your phone. Ensure the watch is connected via Bluetooth and the app is running in the background.

6. TECHNICAL SPECIFICATIONS

Feature	Specification
Brand	threesheep
Screen Size	1.69 Inches
Water Resistance	IP68
Operating System	Wear OS (Compatible with iOS 10.0+/Android OS 4.4+)
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
Special Features	Heart Rate Monitor, Sleep Monitor, Blood Pressure, Blood Oxygen, Activity Tracker, 100 Sports Modes, Notifications, Music/Camera Control
Color	Blue (as per product data, other colors may be available)
Item Package Dimensions	10.63 x 3.78 x 0.71 inches
Package Weight	0.1 Kilograms

7. OFFICIAL PRODUCT VIDEO

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Video 7.1: GTS2 Smart Watch Overview. This official product video provides a visual demonstration of the threesheep GTS2 Smart Watch, highlighting its design, various color options, activity tracking features, health monitoring capabilities, and magnetic charging process. The video is 37 seconds long.

8. WARRANTY AND SUPPORT

The threesheep GTS2 Smart Watch comes with a limited warranty. For specific warranty terms and conditions, please refer to the warranty card included in your product packaging or contact threesheep customer support. For technical support, troubleshooting assistance, or any inquiries regarding your product, please visit the official threesheep website or contact their customer service team through the contact information provided in your product documentation.

You can also visit the [threesheep Store on Amazon](#) for more information and support resources.