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› [G-TiDE R1 Smartwatch User Manual: Call Function, Health Monitoring, and Fitness Tracking](#)

## G-TiDE R1

# G-TiDE R1 Smartwatch User Manual

Model: R1

## 1. INTRODUCTION

The G-TiDE R1 Smartwatch is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart communication features. This manual provides detailed instructions to help you set up, operate, and maintain your device effectively.



**Image 1.1:** G-TiDE R1 Smartwatch. This image displays the main view of the G-TiDE R1 Smartwatch, showcasing its round display and black strap.

## 2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- G-TiDE R1 Smartwatch
- Watch Strap (pre-installed or separate)
- Charging Cable
- User Manual (this document)

# G-TiDE R1

## Parameters & Accessories



**Image 2.1:** G-TiDE R1 Smartwatch components. This image illustrates the smartwatch dimensions, including the watch face diameter (45.3mm) and strap length (258mm), along with an additional green strap.

### 3. SETUP GUIDE

#### 3.1 Charging the Smartwatch

Before first use, fully charge your G-TiDE R1 Smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately two hours.

# Professional Sensors 300mAh Big Battery



Heart rate sensor  
VC52



Reflective photoelectric  
sensor



Contact temperature  
sensor



**10 days**

Typical usage

**20 days**

Basic usage

**5 hours**

Bluetooth call



**Image 3.1:** Smartwatch sensors and battery. This image highlights the professional sensors on the back of the watch, including the VC52 heart rate sensor, reflective photoelectric sensor, and contact temperature sensor, alongside an illustration of the 300mAh battery capacity and its typical usage duration.

## 3.2 Downloading the GT FIT Pro App

To unlock all features and synchronize data, download the official **GT FIT Pro App** on your smartphone. The app is compatible with both Android and iOS devices.

1. **Scan the QR code:** Use your phone's camera or a QR code scanner app to scan the QR code provided in the manual or on the watch screen to download the app.
2. **Alternatively, download directly:** Visit <https://app.uteasy.com/gtfit/download/index.html> to download the GT FIT Pro App.



# Sports Smartwatch R1 Series

Deep Black / Gray / Gold Zinc Alloy

SKin-friendly Comfortable Strap

1.32-Inch HD IPS Screen

IP68 Waterproof

NEW ARRIVAL



1. The battery is full of regular use time up to 10 days. The specific length of use varies according to the use and habits of different people. 2. Due to the unstable voltage and current in the car, do not charge the watch in the car. 3. IP68 waterproof can be directly used for daily washing, showering, and other daily environments, do not operate in environments with corrosive liquids and hot steam and underwater no more than 10 meters. 4. All the data you test on the R1 Smart Watch are for reference only and can not be used for any medical diagnoses.

**Image 3.2:** GT FIT Pro App pairing instructions. This image shows the three steps to pair the smartwatch: scan the QR code to download the app, open mobile location services, and then use the app to search and connect via Bluetooth.

## 3.3 Pairing with Your Smartphone

Follow these steps to pair your G-TiDE R1 Smartwatch with the GT FIT Pro App:

1. Ensure your phone's Bluetooth is enabled.
2. Open the GT FIT Pro App.
3. Grant necessary permissions (e.g., location services) when prompted.
4. In the app, navigate to the "Device" section and select "Add Device."
5. The app will search for available devices. Select "G-TiDE R1" from the list.
6. Confirm the pairing request on both your phone and the smartwatch.
7. **Important:** Do not connect directly via your phone's Bluetooth settings. Always pair through the GT FIT Pro App to ensure full functionality.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down, and tap to navigate menus and select functions.
- **Side Buttons:** The physical buttons on the side of the watch typically serve as a power button, back button, or quick access to specific functions. Refer to the on-screen prompts for specific button actions.

### 4.2 Bluetooth Calling

The G-TiDE R1 Smartwatch supports Bluetooth calls, allowing you to make and receive calls directly from your wrist.

- Ensure the watch is connected to your phone via the GT FIT Pro App and Bluetooth.
- To make a call: Access the dial pad or contacts list on the watch.
- To receive a call: An incoming call notification will appear on the watch; tap to answer or decline.

# Smart Notification Always Connected

BLE5.2+BLE Audio dual mode  
Provide smoother bluetooth call



\*640kb+16MB Big Storage

**Image 4.1:** Smart notifications on the smartwatch. This image shows the smartwatch displaying notifications from various social media and messaging applications like Facebook, WhatsApp, and Line.

## 4.3 Smart Notifications

Receive notifications for calls, messages, and social media apps directly on your smartwatch.

- Enable app notifications within the GT FIT Pro App settings.
- Notifications will appear on your watch screen. Swipe to dismiss or view details.

## 4.4 Health Monitoring

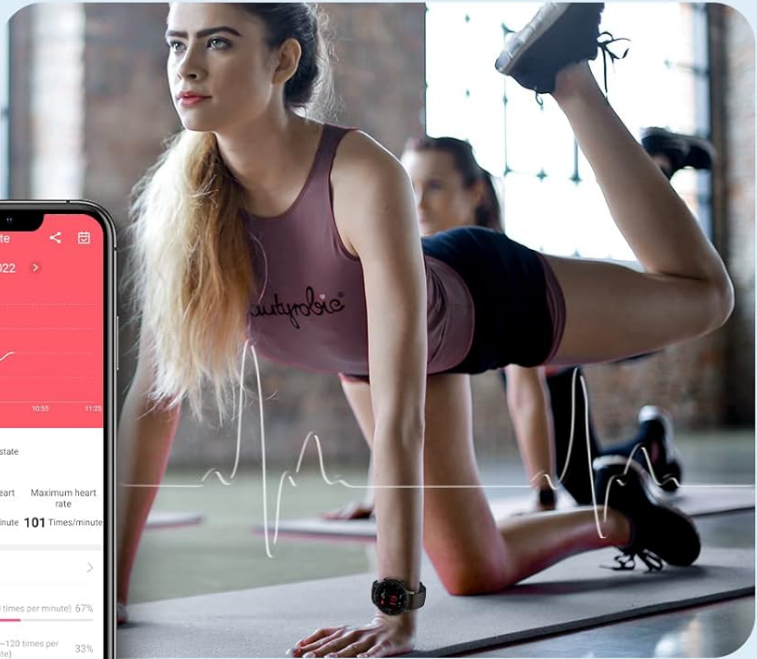
The G-TiDE R1 Smartwatch features advanced sensors (VC52) for comprehensive health tracking.

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking. View real-time data on the watch or detailed graphs in the app.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels.
- **Sleep Tracking:** Analyzes sleep quality, including deep, light, and awake times.

- **Temperature Monitoring:** Real-time body temperature measurement.
- **Stress and Mood Tracking:** Monitor your stress levels and mood status.

## Follow Your Heart VC52

Upgraded heart rate monitor and SPO2 sensor track your all day heart rate for a clear view of your physical and mental health.



\* Heart Rate Sensor- VC52, Work Accurately Same On Dark Skin.

## Analyze Sleep

Accurately record the sleep information of each night, and analyze the deep, light and awake sleep data.



**Image 4.2:** Heart rate and sleep analysis. This image shows the smartwatch monitoring heart rate with the VC52 sensor and analyzing sleep patterns, with data viewable on the watch and in the app.

**Note:** Health data provided by the smartwatch is for reference only and should not be used for medical diagnosis or treatment.

## 4.5 Fitness Tracking and Sports Modes

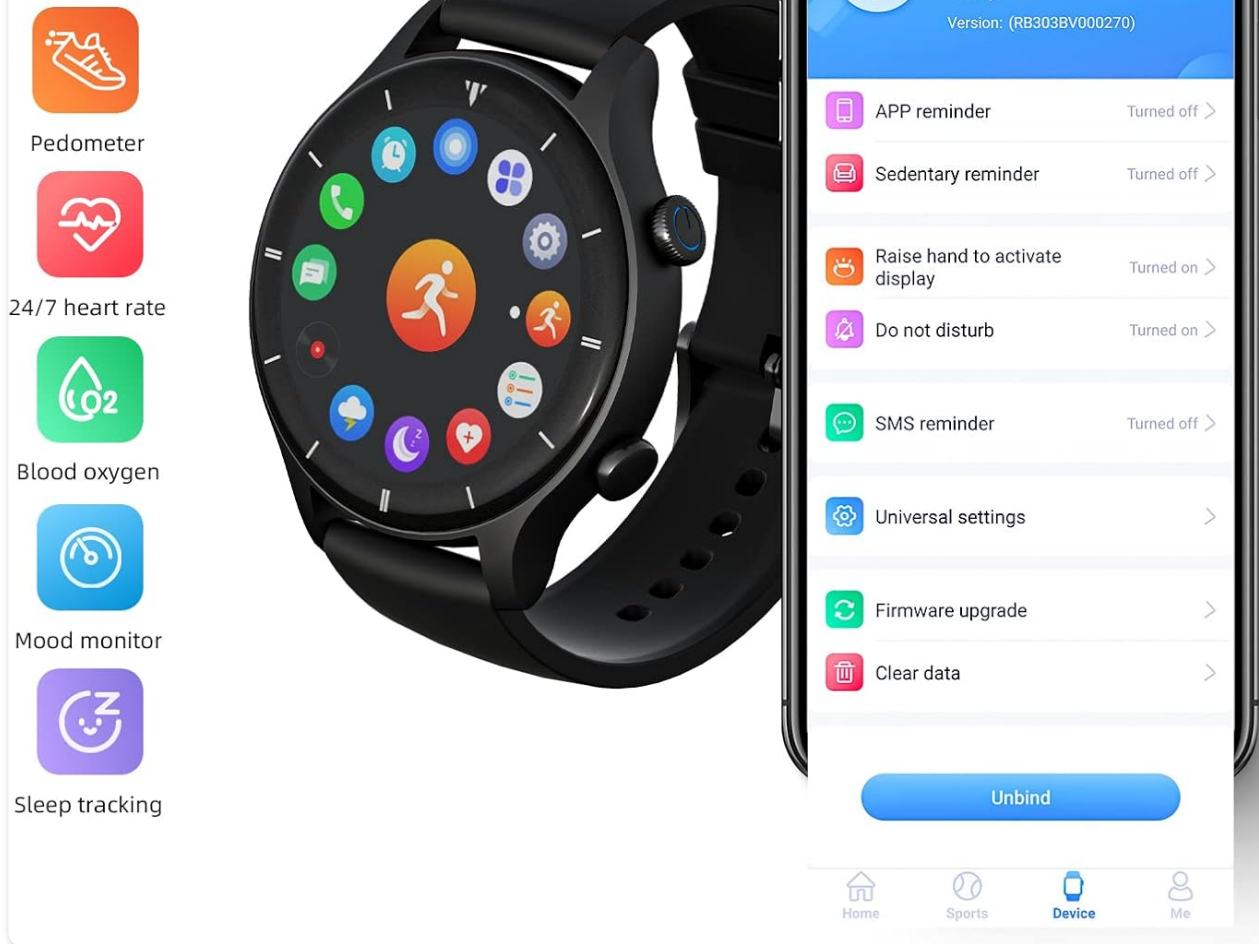
Track your daily activities and workouts with 110 built-in sports modes.

- **Activity Tracking:** Records steps, calories burned, distance, and active time throughout the day.
- **Sports Modes:** Includes running, cycling, swimming, badminton, tennis, mountaineering, and many more. Select your activity to get specific metrics.
- **GPS Tracking:** For outdoor activities, the watch can record real-time routes when connected to your phone's GPS.



# Achieve Your Goal Faster

Run, bike, hike...  
All sports under your control



**Image 4.3:** Sports modes and app interface. This image displays various sports icons on the smartwatch screen and the corresponding settings within the GT FIT Pro app, including pedometer, heart rate, blood oxygen, mood monitor, and sleep tracking.

## 4.6 Music Control

Control music playback on your smartphone directly from your smartwatch.

- Ensure the watch is connected to your phone.
- Access the music control interface on the watch to play, pause, skip tracks, and adjust volume.



# Enjoy Music On Your Wrist

Upgraded touchscreen sensitivity,  
better music control



\*Built-in "health sensors",  
work accurately same on dark skin.

**Image 4.4:** Music control on the smartwatch. This image shows a user controlling music playback on the G-TiDE R1 Smartwatch, with play/pause, skip, and volume controls visible on the watch face.

## 4.7 Customizing Watch Faces

Personalize your smartwatch by choosing from various watch faces available in the GT FIT Pro App.

- Open the GT FIT Pro App and navigate to the watch face section.
- Browse and select your preferred watch face to synchronize it with your device.

## 5. MAINTENANCE

### 5.1 Water Resistance (IP68)

The G-TiDE R1 Smartwatch is IP68 waterproof, meaning 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 washing, showering, and swimming.

- **Important:** Not suitable for diving activities at depths greater than 10 meters.

- After use in seawater, rinse the watch with fresh water and dry it thoroughly to prevent corrosion.



**Image 5.1:** IP68 Waterproof feature. This image shows a person swimming while wearing the G-TiDE R1 Smartwatch, illustrating its IP68 water resistance for various activities.

## 5.2 Cleaning and Care

- Wipe the watch screen and body with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Keep the charging contacts clean and dry to ensure proper charging.

## 5.3 Battery Life

The 300mAh battery provides approximately 10 days of typical usage and up to 30 days in standby mode. Battery life may vary based on usage patterns and enabled features (e.g., continuous heart rate monitoring, frequent Bluetooth calls).

## 6. TROUBLESHOOTING



- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:**
  - Make sure Bluetooth is enabled on your phone.
  - Ensure the GT FIT Pro App is open and has necessary permissions.
  - Restart both the watch and your phone.
  - Remember to pair through the app, not directly via phone's Bluetooth settings.
- **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.
  - Avoid excessive movement during measurements.
- **Notifications not received:**
  - Check app notification settings in the GT FIT Pro App.
  - Ensure your phone's notification settings allow the app to send alerts.
  - Verify the watch is connected to your phone.

For further assistance, please refer to the "Warranty and Support" section.

7. SPECIFICATIONS

Feature	Specification
Brand	G-TiDE
Model	R1
Display Size	1.35 inches (Full Touch HD)
Resolution	360 x 360 pixels
Battery Capacity	300 mAh
Battery Life (Typical)	Up to 10 days
Standby Time	Up to 30 days
Water Resistance	IP68
Connectivity	Bluetooth 5.2 (BLE Dual Audio)
Compatible OS	Android / iOS
Health Sensors	VC52 Heart Rate, SpO2, Temperature, Stress, Mood
Sports Modes	110+
Dimensions	12 x 9.8 x 6.4 cm (Package); Watch: 45.3mm diameter, 13mm thickness
Weight	220 g (Product)

8. WARRANTY AND SUPPORT

G-TiDE offers a 12-month worry-free warranty for the R1 Smartwatch. If you encounter any issues or have questions regarding your device, please contact our official customer service. You can find the official mailbox information on the back of your product packaging.

G-TiDE is committed to providing excellent support and ensuring your satisfaction.






## 9. SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to corrosive liquids.
- Do not use the device while driving or in situations where it could distract you.
- Dispose of the device and its battery according to local regulations.
- Consult a medical professional before starting any new exercise regimen or if you have health concerns.



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### Related Documents - R1

<div>Smart Watch</div> <div>Quick guide</div> <div></div> <div>Please read this manual carefully before use and keep it for future reference.</div>	<div><a href="#">G-Tide Smart Watch Quick Guide: Features, Setup, and Precautions</a></div> <div>Comprehensive quick guide for the G-Tide Smart Watch, covering touch controls, phone connectivity via CO-FIT APP, key features like health monitoring (heart rate, blood pressure, blood oxygen), activity tracking, music control, and essential precautions. Includes FCC compliance information.</div>
<div></div>	<div><a href="#">G-Tide STYLE Smartwatch: FCC Compliance Information</a></div> <div>Official FCC compliance statement and guidelines for the G-Tide STYLE smartwatch (Model 2BKMA-STYLE), detailing interference prevention and radiation exposure limits.</div>
<div>G-TIDE</div> <div></div> <div>S1 Lite</div> <div>Smartwatch User Manual</div>	<div><a href="#">G-TIDE S1 Lite Smartwatch User Manual</a></div> <div>User manual for the G-TIDE S1 Lite smartwatch, providing comprehensive instructions on charging, operation, Bluetooth connectivity, and general usage guidelines from G-TIDE.</div>
<div>G-TIDE</div> <div></div> <div>H2</div> <div>User Manual</div>	<div><a href="#">G-Tide H2 Tablet User Manual</a></div> <div>User manual for the G-Tide H2 tablet, covering setup, features, safety information, troubleshooting, and specifications.</div>
<div></div>	<div><a href="#">G-TIDE Tablet Warranty Instructions and Service Information</a></div> <div>Official warranty instructions and service details for G-TIDE tablet PCs, including warranty period, service procedures, and contact information for customer support.</div>





[Catálogo G-TIDE 2025: Smartwatches, TWS, Speakers y Accesorios](#)

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