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SHANG WING L2

SHANG WING LYNN2 Fitness Tracker User Manual

Model: L2

1. INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your SHANG WING LYNN2 Fitness Tracker. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

2. WHAT'S IN THE Box

- SHANG WING LYNN2 Smart Watch
- Charging Cable
- User Manual

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your SHANG WING LYNN2 Fitness Tracker. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes approximately 2.5 hours.

Size



 Charging Time
2.5 Hrs

 Normal use
7 Day

 Standby Time
30 Day

Image: The SHANG WING LYNN2 Fitness Tracker connected to its charging cable, displaying a charging icon and battery percentage. Text indicates a charging time of 2.5 hours, 7 days of normal use, and 30 days of standby time.

3.2 App Installation and Pairing

1. Download the **GloryFit App** from your smartphone's app store (compatible with iOS 9.0/Android 6.0 or above).
2. Open the GloryFit App and follow the on-screen instructions to create an account or log in.
3. Ensure your watch is charged and Bluetooth is enabled on your smartphone.
4. In the app, navigate to the device pairing section and select your SHANG WING LYNN2 tracker from the list of available devices.
5. Confirm the pairing request on both your smartphone and the watch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The SHANG WING LYNN2 features a 1.47-inch TFT full-touch color screen. Swipe left, right, up, or down to navigate through menus and functions. Press the side button to return to the home screen or wake the device.

4.2 Activity Tracking

The tracker automatically records daily activity data including steps, distance, and calories burned. This data can be viewed directly on the watch or in detail within the GloryFit App.

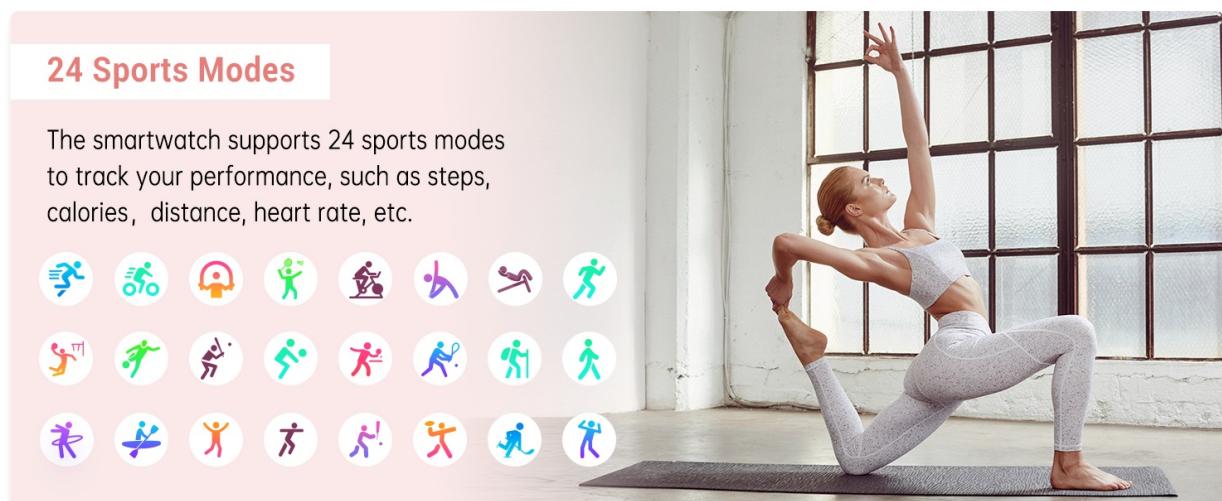


Image: A woman performing yoga with the SHANG WING LYNN2 Fitness Tracker on her wrist. The image highlights the watch's 24 sports modes, represented by various icons for activities like walking, running, cycling, and yoga.

4.3 Sports Modes

The device supports 24 built-in sports modes. To activate a specific mode, navigate to the sports section on your watch and select your desired activity. The watch will then provide real-time data for your workout.

4.4 Heart Rate Monitoring

The SHANG WING LYNN2 continuously monitors your heart rate throughout the day. To view your current heart rate, swipe to the heart rate interface on the watch. Detailed historical data and analysis are available in the GloryFit App.

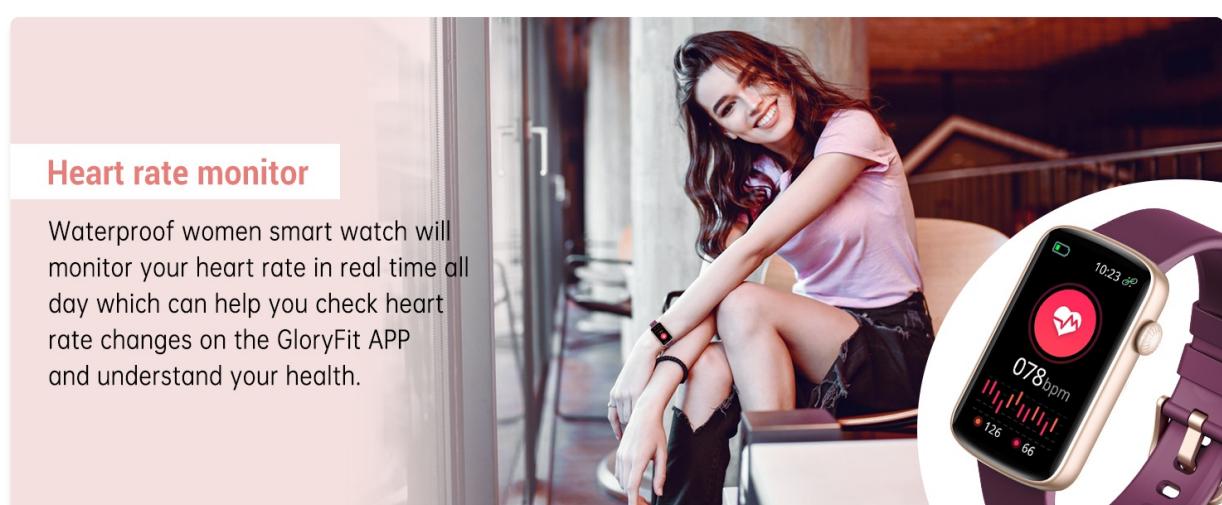


Image: A woman meditating with the SHANG WING LYNN2 Fitness Tracker on her wrist, showing a heart rate display of 78 bpm with a graph of heart rate fluctuations.

4.5 Blood Oxygen Monitoring (SpO2)

The device can measure your blood oxygen saturation. To initiate a measurement, navigate to the SpO2 function on your watch. Ensure the watch is worn snugly on your wrist for accurate readings. Data can be reviewed in the GloryFit App.



Image: A woman running outdoors with the SHANG WING LYNN2 Fitness Tracker on her wrist, showing the watch displaying 'Testing' for blood oxygen and then a result of 'SpO2 98%'.

4.6 Sleep Tracking

The tracker automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Wear the watch during sleep to record data. Sleep analysis and trends are accessible through the GloryFit App.

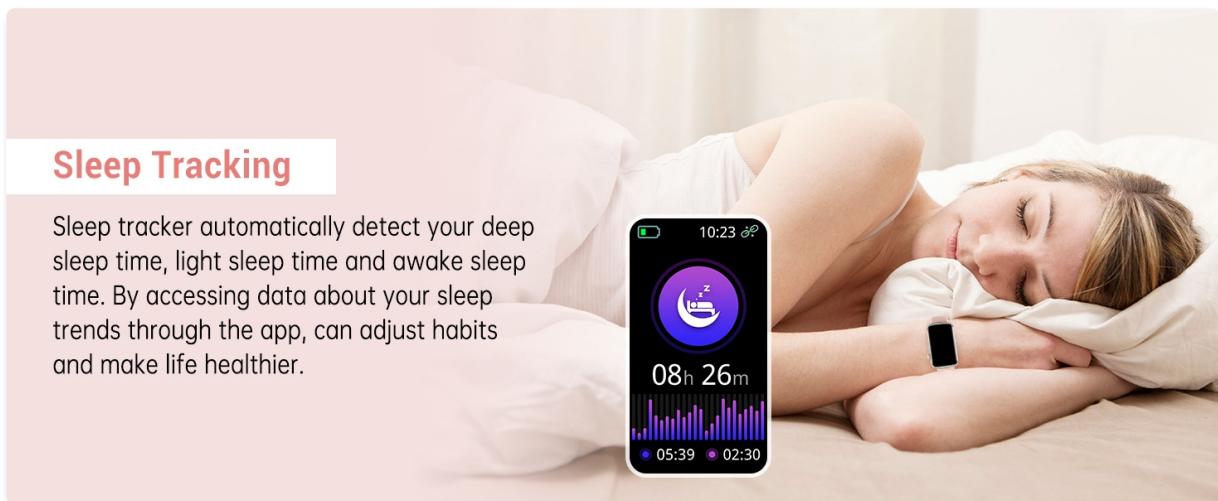


Image: A woman sleeping with the SHANG WING LYNN2 Fitness Tracker on her wrist, showing the watch displaying sleep duration (7h 25m) and a graph of sleep stages. A smartphone screen next to it shows detailed sleep quality analysis.

4.7 Notifications

Once paired with your smartphone, the watch will vibrate to notify you of incoming calls, text messages, and social media alerts (e.g., Facebook, Instagram, WhatsApp). Ensure app notifications are enabled in your phone's settings and the GloryFit App.

Message Notification

This smartwatch is compatible with iOS 9.0/Android 6.0 or above Smartphones. Once paired, it can timely vibrate your wrist to remind you of the SMS messages, incoming calls and other social media apps' like Facebook, Instagram, WhatsApp, etc.



Image: A hand wearing the SHANG WING LYNN2 Fitness Tracker, which displays a message notification. Various social media app icons (Facebook, LinkedIn, Twitter, WhatsApp, etc.) are shown around the watch.

4.8 Customizable Watch Faces

Personalize your watch by choosing from numerous watch faces available in the GloryFit App. You can also upload your own photos to create unique custom dials.

Custom Watch Dials

Elegant women smart watches support choose from over 100 beautiful watch dial in the app. And can also customize it by uploading your favorite images to show your unique style.



Image: The SHANG WING LYNN2 Fitness Tracker displaying a custom watch face, alongside a smartphone screen showing various watch dial options and customization settings, including uploading personal images.

4.9 Music Control

Control music playback on your connected smartphone directly from your watch. Functions include play/pause, next track, and previous track.

Music Control

Find and turn on music controls in your fitness watch for quick and easy control of your music (play/pause, next/previous song) during training sessions.

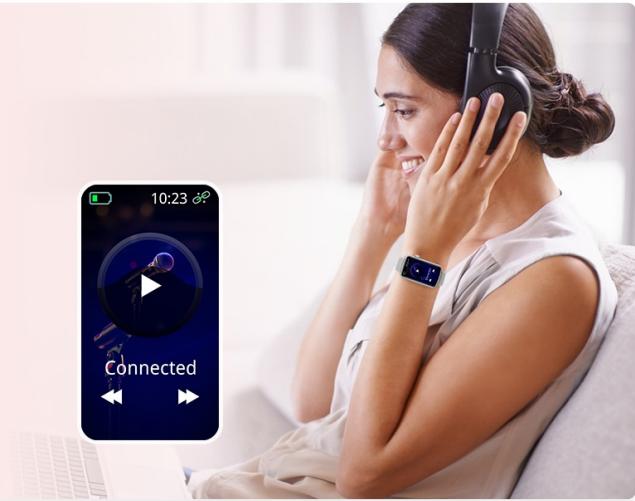
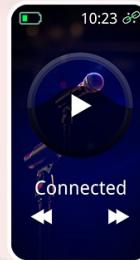


Image: A woman wearing headphones and using the SHANG WING LYNN2 Fitness Tracker to control music. The watch screen shows a music player interface with 'Connected' status and navigation buttons.

4.10 Weather Forecast

When connected to your phone, the watch displays current weather conditions and forecasts for the next two days in your city.

Weather Forecast

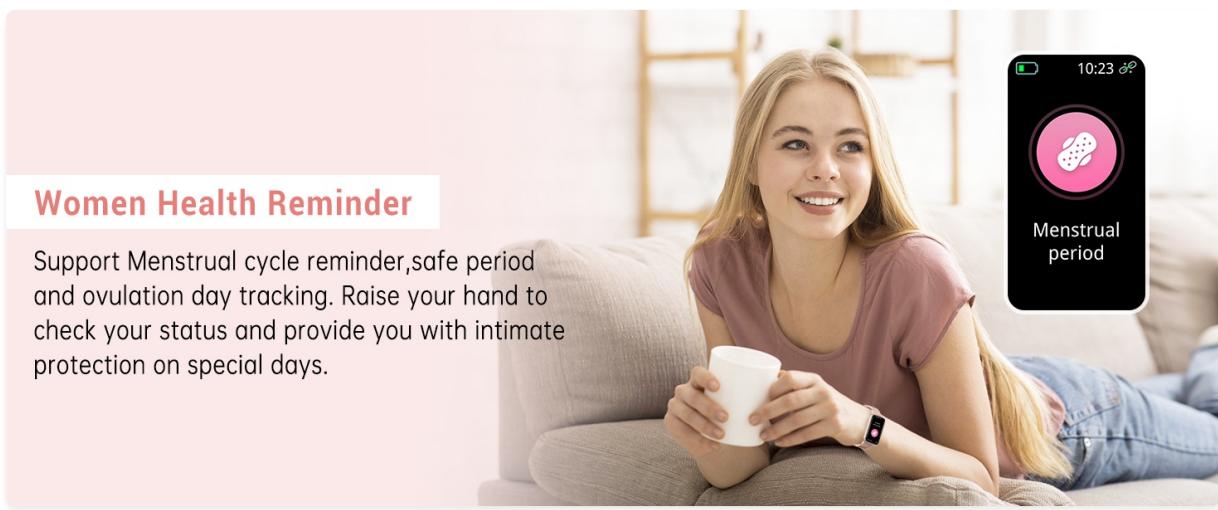
Connected the smartwatch to your phone , sport watch will display the weather conditions in your city for the day and the next 2 days, you can travel without worry.



Image: The SHANG WING LYNN2 Fitness Tracker displaying a weather forecast with cloud icon and temperature. Background images show sunny, rainy, and snowy weather conditions.

4.11 Women's Health Tracking

The device supports menstrual cycle reminders, safe period tracking, and ovulation day tracking. This feature helps users monitor their physiological cycle.



Women Health Reminder

Support Menstrual cycle reminder, safe period and ovulation day tracking. Raise your hand to check your status and provide you with intimate protection on special days.

Image: A woman smiling with the SHANG WING LYNN2 Fitness Tracker on her wrist, showing the watch displaying a menstrual period reminder. A calendar overlay indicates physiological cycle tracking.

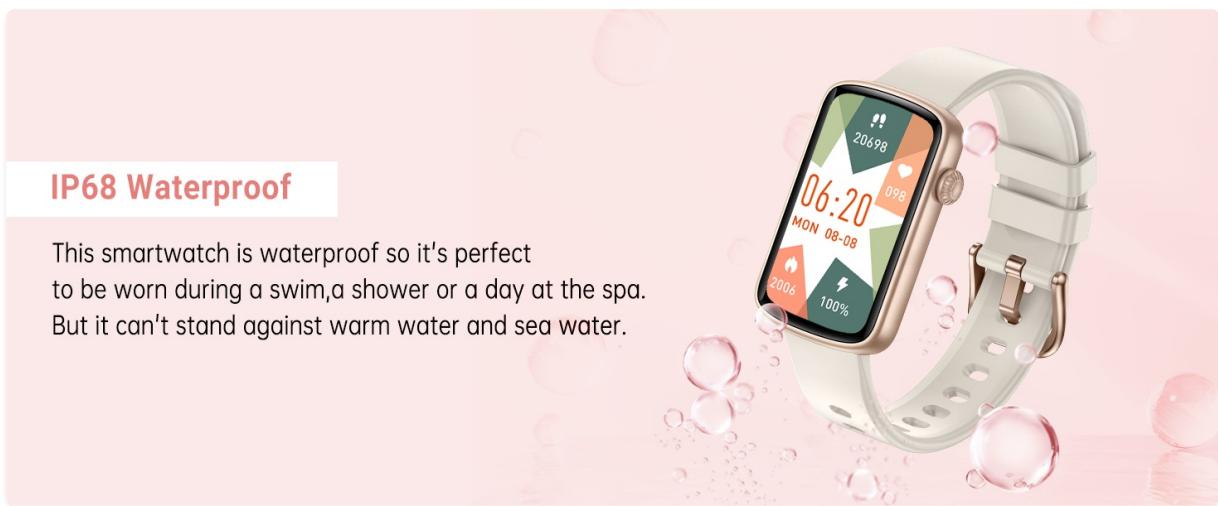
4.12 Other Functions

The SHANG WING LYNN2 also includes practical tools such as alarm clocks, breath training, stopwatch, and a 'find your phone' feature.

5. MAINTENANCE

5.1 Waterproof Rating

The LYNN2 fitness tracker has an IP68 waterproof rating, making it suitable for daily use, including swimming and showering. However, it is not designed to withstand warm water or seawater exposure.



IP68 Waterproof

This smartwatch is waterproof so it's perfect to be worn during a swim, a shower or a day at the spa. But it can't stand against warm water and sea water.

Image: The SHANG WING LYNN2 Fitness Tracker in a milky white color, surrounded by water bubbles, illustrating its IP68 waterproof capability.

5.2 Cleaning

Wipe the watch and strap regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

6. TROUBLESHOOTING

6.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for several seconds to attempt a power-on.

6.2 Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your smartphone and the watch.
- Try unpairing and re-pairing the device through the GloryFit App.

6.3 Notifications Not Appearing

- Verify that notifications are enabled in the GloryFit App settings.
- Check your smartphone's system settings to ensure the GloryFit App has permission to send notifications.
- Ensure the watch is not in 'Do Not Disturb' mode.

6.4 Inaccurate Readings

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensors on the back of the watch.
- Avoid excessive movement during measurements for heart rate and blood oxygen.

7. SPECIFICATIONS

Feature	Detail
Model Number	L2
Screen Size	1.47 Inches
Product Dimensions	9.76 x 1.57 x 0.43 inches
Item Weight	0.1 Kilograms (3.52 ounces)
Battery Type	Lithium Polymer (1 included)
Charging Time	Approx. 2.5 hours
Normal Use Battery Life	Up to 7 days
Standby Time	Up to 30 days
Waterproof Rating	IP68
Connectivity	Bluetooth
Operating System Compatibility	iOS 9.0/Android 6.0 or above
Memory Storage Capacity	32 MB
GPS	No

8. WARRANTY AND SUPPORT

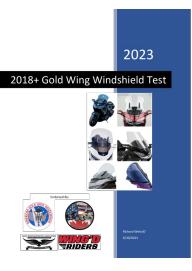
For warranty information and customer support, please refer to the documentation included with your

purchase or contact SHANG WING customer service through their official channels. Details are typically available on the product packaging or the brand's website.

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Related Documents - L2

<p>Manuel d'utilisation</p>  <p>L2</p>	<p><u>Manuel d'utilisation de la Smartwatch L2</u></p> <p>Manuel d'utilisation complet pour la montre connectée L2, couvrant le chargement, le port, la connexion à l'application GloryFit, les fonctions sportives et de santé, les paramètres, le dépannage Bluetooth et les consignes de sécurité. Optimisez votre expérience avec votre smartwatch L2.</p>
<p>SHANG WING L2</p> <p>Manuale Utente</p> 	<p><u>Manuale Utente Smartwatch SHANG WING L2: Guida alla Connessione e Notifiche</u></p> <p>Guida completa per l'utente dello smartwatch SHANG WING L2. Scopri come scaricare l'app GloryFit, connettere l'orologio al telefono Android o iOS, risolvere problemi di disconnessione e ricevere notifiche di messaggi e chiamate. Include istruzioni dettagliate per la configurazione delle impostazioni di background dell'app.</p>
<p>MagicQ User Manual</p>	<p><u>MagicQ User Manual: Comprehensive Guide to ChamSys Lighting Control</u></p> <p>A detailed user manual for the ChamSys MagicQ lighting control system, covering software, hardware, programming, effects, networking, and troubleshooting for professional lighting design.</p>
<p>VTS</p>  	<p><u>VTS WING Series Air Curtains: Electric Diagrams and Control Systems</u></p> <p>This document provides detailed electric diagrams and control system information for the VTS WING series air curtains, including models W100-200, E100-200, and C100-200. It covers various connection scenarios with wall-mounted controllers and door sensors, along with standard warranty terms and conditions.</p>
<p>MagicQ User Manual</p>	<p><u>MagicQ User Manual: Comprehensive Guide to Lighting Control Software and Consoles</u></p> <p>Discover the full potential of the ChamSys MagicQ lighting control system with this detailed user manual. Learn about installation, programming, effects, networking, and advanced features for professional lighting design and operation.</p>



[2018+ Honda Gold Wing Windshield Test and Tryout Event](#)

A comprehensive test and tryout event report comparing various aftermarket windshields for the 2018+ Honda Gold Wing models, evaluating performance, material, shape, and rider preferences. Includes detailed measurements and user feedback.