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› AVUMDA Cronos S56A Smartwatch User Manual

AVUMDA Cronos S56A

AVUMDA Cronos S56A Smartwatch User Manual

Model: Cronos S56A

Brand: AVUMDA

INTRODUCTION

This manual provides detailed instructions for the AVUMDA Cronos S56A Smartwatch. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The Cronos S56A is designed for active lifestyles, featuring a 1.52-inch HD round touchscreen, Bluetooth calling, over 100 sports modes, and comprehensive health monitoring capabilities.



The AVUMDA Cronos S56A Smartwatch, showcasing its round display and robust design.

1. SETUP

1.1 Unboxing and Initial Inspection

Carefully unbox your AVUMDA Cronos S56A Smartwatch. Ensure all components are present: the smartwatch, charging cable, and user manual.

Video: Unboxing and initial setup of the AVUMDA Cronos S56A Smartwatch. This video demonstrates opening the box, identifying components, and the first power-on sequence.

1.2 Charging the Device

Before first use, fully charge the smartwatch using the provided charging cable. Connect the magnetic end of the cable to the charging points on the back of the watch and the USB end to a compatible power adapter (not included).

A full charge takes approximately 2 hours. The battery indicator on the watch screen will show charging status.

1.3 App Installation and Pairing

To unlock the full potential of your smartwatch, download the "Gloryfit" application on your smartphone. The app is compatible with most Android and iOS devices.

1. Scan the QR code displayed on the watch screen or in the manual to download the "Gloryfit" app.
2. Open the "Gloryfit" app and create an account or log in.
3. Navigate to the device section within the app and select "Add Device" or "Select Device".
4. The app will search for nearby devices. Select "S56A" from the list.
5. Confirm the pairing request on both your smartphone and the smartwatch.
6. Allow necessary permissions for contacts and call history to enable Bluetooth calling and notifications.



The AVUMDA Cronos S56A Smartwatch displaying a message notification, demonstrating its connectivity features.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

The Cronos S56A features a full touch screen and four physical buttons for intuitive control:

- **Swipe Left/Right:** Navigate between main function screens (e.g., activity tracker, heart rate, weather).
- **Swipe Up/Down:** Access quick settings or notifications.
- **Tap:** Select an item or confirm an action.
- **Physical Buttons:** Use for specific functions like "MODE", "OPEN", "INFO", and "BACK" as labeled on the watch bezel.

Votre assistant intelligent personnel

Appel Bluetooth & Notifications de messages



Bluetooth
4.0



iOS 10.0
ou supérieur



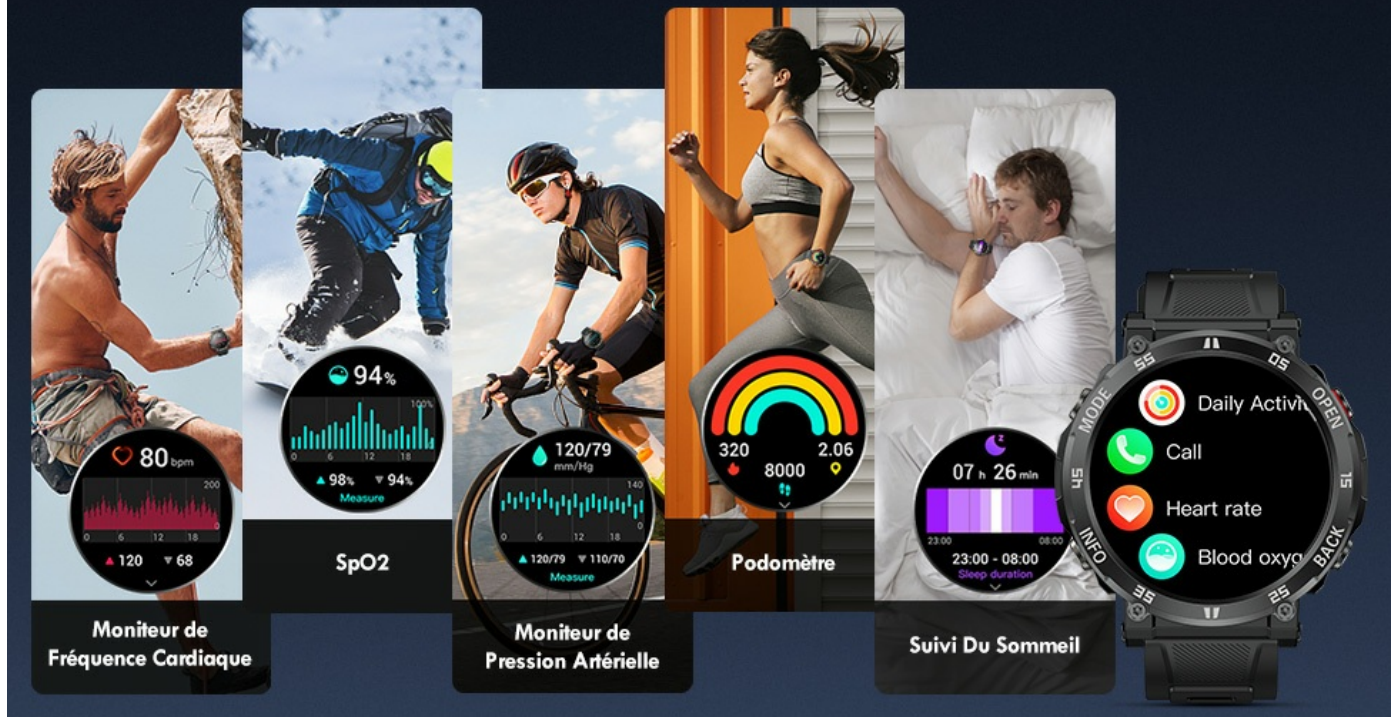
Android 9.0
ou supérieur

The AVUMDA Cronos S56A Smartwatch highlighting its 1.52-inch HD screen and four distinct control buttons.

2.2 Customizing Watch Faces

Personalize your smartwatch with various watch faces available through the "Gloryfit" app. You can choose from pre-loaded designs or upload your own photos.

Surveillance Continue de la Santé



A selection of customizable watch faces for the AVUMDA Cronos S56A Smartwatch, allowing for personal expression.

3. HEALTH MONITORING FEATURES

The Cronos S56A provides comprehensive health tracking:

- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.
- **Blood Pressure Monitoring:** Provides blood pressure readings.
- **Sleep Monitoring:** Tracks sleep duration and quality.
- **Sedentary Reminders:** Prompts you to move after periods of inactivity.

Note: This device is not a medical device. Health data is for reference only and should not be used for medical diagnosis or treatment.

Plus de 100 Modes Sportifs

AVUMDA Cronos S56A suit toutes vos façons préférées de vous entraîner. Contrôlez la musique en mode sport, profitez de la musique tout en faisant de l'exercice !



The AVUMDA Cronos S56A Smartwatch showcasing its health monitoring capabilities, including heart rate, SpO2, blood pressure, and sleep tracking.

4. SPORT MODES

The smartwatch supports over 100 sports modes, including running, cycling, yoga, and more. It tracks steps, distance, calories burned, and heart rate during workouts.

Suivez Vos Performances de Mouvement

Il compte les pas, les calories et plus encore, prend en charge plus de 100 exercices. Vous pouvez définir le mode d'entraînement et l'ordre que vous souhaitez afficher sur la montre dans l'application "Gloryfit".



5. COMMUNICATION FEATURES

Stay connected with the Bluetooth calling function. You can make, answer, or reject calls directly from your watch. Receive notifications from various applications such as SMS, WhatsApp, Snapchat, and Messenger.

AVUMDA Cronos S56A

Montre Connectée aux Normes Militaires



Test à haute température



Test brouillard salin



Test à basse température



Test d'humidité



Test de choc



Test de sable et de poussière



Test de vibration



Essai pluvial



Test de rayonnement solaire



The AVUMDA Cronos S56A Smartwatch showing its Bluetooth call interface, including contacts and dial pad.

6. OTHER SMART FEATURES

The Cronos S56A includes several useful functions to simplify your daily life:

- **Weather Forecasts:** Get real-time weather updates.
- **Music Control:** Manage music playback on your smartphone.
- **Stopwatch & Timer:** For precise timekeeping.
- **Calculator:** Perform basic calculations.
- **Camera Control:** Remotely trigger your phone's camera.
- **Alarm Clock:** Set multiple alarms.
- **Voice Assistant:** Access your phone's voice assistant.
- **Password Protection:** Secure your personal data.

Découvrez d'Autres Fonctionnalités Intelligentes Pour Vous Simplifier Votre Vie



The AVUMDA Cronos S56A Smartwatch showing its array of smart features, including weather, music control, and voice assistant.

7. DURABILITY AND RESISTANCE

The AVUMDA Cronos S56A is built to military standards, offering enhanced durability:

- **Temperature Resistance:** Tested for high and low temperatures.
- **Impact Resistance:** Designed to withstand shocks.
- **Dust and Sand Resistance:** Protected against environmental particles.
- **Water Resistance:** IP68 rated, suitable for swimming and daily water exposure. *Note: Avoid hot water.*

Video: Demonstrating the military-grade durability of the AVUMDA Cronos S56A Smartwatch, including tests for temperature, impact, and water resistance.



The AVUMDA Cronos S56A Smartwatch highlighting its military-grade durability and resistance to extreme conditions.

8. BATTERY AND CHARGING

The smartwatch is equipped with a 400 mAh Lithium-polymer battery.

- **Battery Capacity:** 400 Milliampere-hour (mAh)
- **Charging Time:** Approximately 2 hours for a full charge.
- **Typical Usage:** 5-7 days.
- **Standby Time:** Up to 25 days.

Use only the provided charging cable. Ensure the charging contacts are clean and dry before connecting.

Faites-le Vôtre

Vous pouvez personnaliser votre smartwatch en choisissant parmi 6 cadrans de montre préchargés ou en téléchargeant une photo personnalisée. De nombreux cadrans gratuits sont également disponibles en téléchargement sur l'application "GloryFit".



Details on the 400mAh battery capacity and expected usage times for the AVUMDA Cronos S56A Smartwatch.

9. MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Exposure:** While the watch is IP68 waterproof, avoid prolonged exposure to hot water, steam, or corrosive liquids. Do not press buttons underwater.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Charging:** Only use the original charging cable. Do not attempt to charge if the watch or cable is wet.

10. TROUBLESHOOTING

Problem	Solution
Watch does not turn on.	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the "Gloryfit" app has necessary permissions. Try re-scanning the QR code.
Notifications are not received.	Check app notification settings in "Gloryfit" and your phone's system settings. Ensure the watch is connected via Bluetooth.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist. Avoid excessive movement during measurements. Remember, data is for reference, not medical use.
Screen is unresponsive.	Restart the watch. If the issue persists, ensure the screen is clean and dry.

11. SPECIFICATIONS

Feature	Detail
Model Name	Cronos S56A
Brand	AVUMDA
Screen Size	1.52 Inches
Display Type	LCD
Resolution	360 x 360
Connectivity Technology	Bluetooth
Battery Capacity	400 Milliampere-hour (mAh)
Average Battery Life	6 days (typical usage)
Water Resistance Level	IP68 (Waterproof up to 1.5 meters)
Compatible Devices	Most Android/iOS Smartphones
Operating System	Android Wear
Special Features	Heart Rate, Blood Pressure, SpO2, Sleep Monitoring, Sedentary Reminder, Multi-Sport Mode, Music Control, Alarm, Voice Assistant, Weather, Stopwatch, Timer, Camera Control, Password Protection.
Band Material Type	Resin
Case Material Type	Plastic
Item Weight	57.2 Grams
Item Dimensions	26 x 4.7 x 1 Centimeters
What's in the Box	Charging Cable

Votre Meilleur Partenaire Fitness

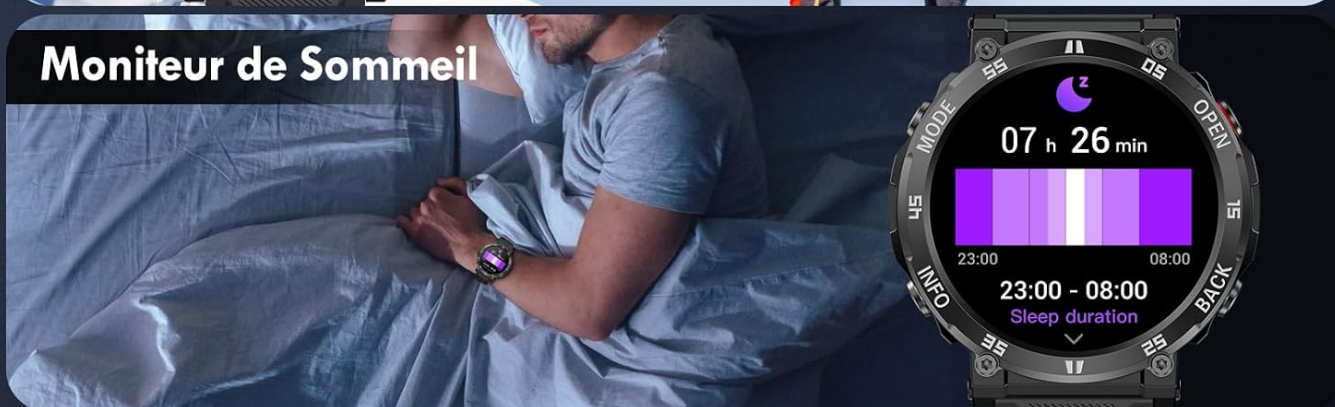
Fréquence Cardiaque 24H



Oxygène Sanguin + Tension Artérielle



Moniteur de Sommeil



Technical drawing showing the dimensions of the AVUMDA Cronos S56A Smartwatch.

12. WARRANTY AND SUPPORT

For any product-related issues, suggestions, or support, please contact AVUMDA customer service. Refer to the contact information provided in your product packaging or on the official AVUMDA website.

Service Client

N'hésitez pas à nous contacter à tout moment

- Lorsque vous rencontrez des problèmes lors de l'utilisation du produit
- Faire des suggestions de produits ou de services



AVUMDA customer support is available to assist with product inquiries and suggestions.

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

Open the live page

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