

Amzhero D26

Amzhero Health Fitness Tracker User Manual

Model: D26

INTRODUCTION

Thank you for choosing the Amzhero Health Fitness Tracker. This device is designed to help you monitor your health and fitness activities with features such as 24/7 heart rate, blood oxygen, blood pressure, and sleep tracking. It also functions as an activity tracker with a step counter and pedometer, and is 5ATM waterproof. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your fitness tracker.



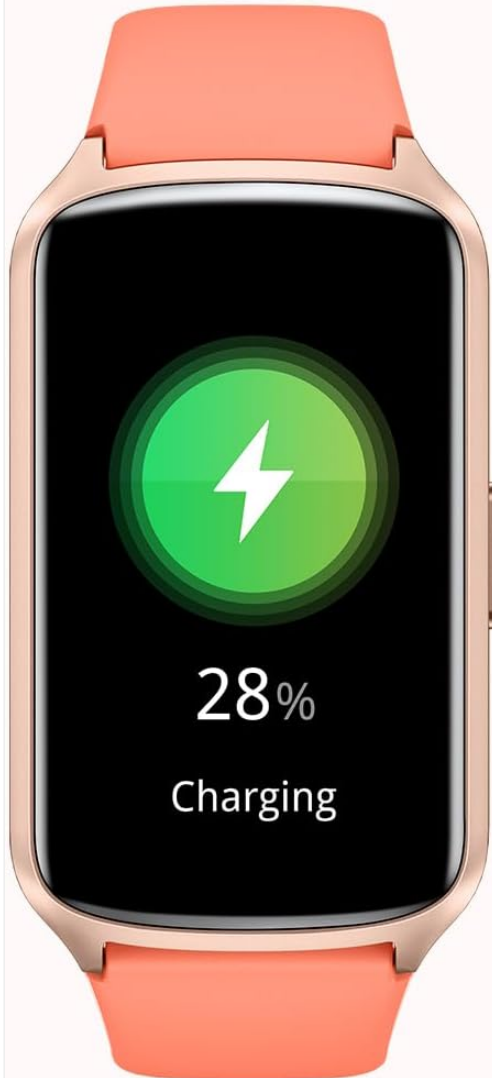
Image: The Amzhero Health Fitness Tracker in lemon yellow, displaying time, date, battery, steps, distance, and heart rate on its screen.

WHAT'S IN THE BOX

Upon unpacking your Amzhero Health Fitness Tracker, please ensure all the following items are present:

- Amzhero Health Fitness Tracker Device
- Magnetic Charging Cable
- S & L Bands (Small and Large size bands)
- User Manual (this document)

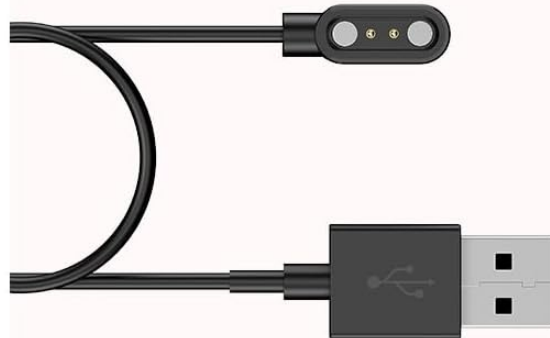
In the box



Device



2× Straps



Charger

Image: Contents of the product packaging, including the fitness tracker device, two interchangeable straps (S & L), and the magnetic charging cable.

SETUP

1. Initial Charging

Before first use, fully charge your fitness tracker. Connect the magnetic charging cable to the charging points on the back of the device and plug the USB end into a power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 2 hours.

Ultra Long Battery Life

15 DAY
Normal Use

7 DAY
Sports Modes

2 Hour
Magnetic Charging



15 DAY



Image: The fitness tracker screen showing a charging icon and "28% Charging", highlighting its battery life capabilities: 15 days for normal use, 7 days in sports modes, and 2 hours for magnetic charging.

2. App Installation

Download and install the "Gloryfit" app on your smartphone. The app is compatible with iOS 9.0 / Android 6.0 or above. You can find it on the Apple App Store or Google Play Store.

3. Device Pairing

1. Ensure your fitness tracker is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the "Gloryfit" app and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to the device section and search for your fitness tracker.

5. Select your device (e.g., "D26") from the list to initiate the pairing process.
6. Confirm the pairing request on both your phone and the fitness tracker if prompted.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select an option.
- **Side Button:** Press the side button to return to the previous screen or to wake up the device.

2. Health Monitoring

The tracker continuously monitors various health metrics. For accurate readings, ensure the device is worn snugly on your wrist.

- **Heart Rate:** Provides 24/7 heart rate monitoring. View real-time data on the device or detailed trends in the app.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Blood Pressure:** Monitors your blood pressure. *Note: This device is not a medical device. Readings are for reference only and should not be used for medical diagnosis or treatment.*
- **Sleep Tracking:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake time. Access detailed sleep analysis and scores in the Gloryfit app.

Keep Track of Health



Sleep Tracker



Heart Rate



Blood Pressure



Blood Oxygen



Heart Rate



Blood Oxygen



Blood Pressure

Image: The fitness tracker showing health data for heart rate (078 bpm), blood oxygen (97%), and blood pressure (106/69 mmHg). A person is shown sleeping, illustrating the sleep tracking feature with deep, light, and awake sleep durations.

3. Activity Tracking

The tracker records your daily activities and supports various sports modes.

- **All-Day Activity:** Tracks steps, distance, and calories burned automatically.
- **Sports Modes:** Supports 14+ sports modes including walking, running, mountaineering, swimming, yoga, hiking, cycling, and treadmill. Select a mode on the device to get specific workout data.

All DAY

Activity Tracking



Calories Burned



Step Count



Tracking Distance



Cloudy
18°C



24633 steps



2.68 km



2222 kcal

Image: A person cycling outdoors, with an overlay showing the fitness tracker's "ALL DAY Activity Tracking" features: Calories Burned, Step Count, and Tracking Distance, along with current weather, steps, distance, and calories.

25 Sports Modes



Image: An illustration showcasing "25 Sports Modes" with various activity icons. Below, images depict individuals engaged in running, cycling, and swimming, demonstrating the tracker's versatility across different exercises.

4. Smart Features

- **Notifications:** Receive vibration alerts for incoming calls, text messages, and social media app alerts directly on your wrist when connected to your smartphone.
- **Weather:** Check real-time weather forecasts.
- **Music Control:** Control music playback on your smartphone from the tracker.

Stay Connected to Your Day



Image: A hand wearing the fitness tracker, which displays notifications for a new email, an SMS reminder, and an incoming call. Various social media application icons are shown around the wrist, indicating the tracker's ability to stay connected.

MAINTENANCE

1. Charging

To maintain optimal battery performance, charge the device when the battery level is low. The tracker offers up to 15 days of standby time and 7 days of use in sports modes on a 2-hour charge.

2. Water Resistance

The Amzhero Fitness Tracker is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for activities like washing hands, showering, and swimming. It is not recommended for diving or high-pressure water activities.

3. Cleaning

Regularly clean your fitness tracker and bands to prevent skin irritation and maintain functionality. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

TROUBLESHOOTING

If you encounter issues with your Amzhero Health Fitness Tracker, please refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.
- **Unable to Pair with App:**
 - a. Ensure Bluetooth is enabled on your smartphone.
 - b. Make sure the tracker is within Bluetooth range of your phone.
 - c. Restart both your phone and the fitness tracker.
 - d. Check if the "Gloryfit" app is updated to the latest version.
 - e. If previously paired, try unpairing and re-pairing the device through the app settings.
- **Inaccurate Health Readings:**
 - a. Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone.
 - b. Avoid excessive movement during measurements.
 - c. Clean the sensor on the back of the device.
 - d. *Note: Blood pressure readings on fitness trackers are generally for reference and may not be as accurate as medical-grade devices.*
- **Notifications Not Appearing:**
 - a. Verify that the tracker is successfully paired with your phone.
 - b. Check notification settings within the "Gloryfit" app to ensure app alerts are enabled.
 - c. Ensure your phone's notification settings allow the Gloryfit app to display notifications.
- **Short Battery Life:**
 - a. Reduce screen brightness.
 - b. Disable continuous heart rate monitoring if not needed 24/7.
 - c. Limit the number of apps sending notifications to the tracker.

SPECIFICATIONS


Feature	Detail
Model Number	D26
Brand	Amzhero
Product Dimensions	10.16 x 3.11 x 0.67 inches






Feature	Detail
Item Weight	2.89 ounces
Screen Size	1.47 Inches
Connectivity Technology	Bluetooth (BLE5.0)
Battery Type	Lithium Polymer
Battery Capacity	300 mAh
Battery Life (Normal Use)	Up to 15 days standby
Charging Time	Approx. 2 hours
Water Resistance	5ATM
Operating System	Proprietary OS
App Compatibility	Gloryfit (iOS 9.0+ / Android 6.0+)
Special Features	Heart Rate, Blood Oxygen, Blood Pressure, Sleep Tracking, Step Tracker, Pedometer, 24 Sports Modes, Notifications

WARRANTY AND SUPPORT

The Amzhero Health Fitness Tracker comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and ensures your product functions as intended under normal use. For any questions, technical assistance, or warranty claims, please do not hesitate to contact Amzhero customer support. Refer to your purchase platform or the official Amzhero website for specific contact details. When contacting support, please have your product model number (D26) and proof of purchase readily available.

Related Documents - D26

	<p>D26 Wireless Karaoke Microphone & Speaker User Manual</p> <p>User manual for the D26 Wireless Karaoke Microphone & Speaker, detailing setup, functions, troubleshooting, and specifications. Supports Bluetooth and TF card playback with multiple sound modes and lighting effects.</p>
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	<p>D26 Smartwatch User Manual</p> <p>Comprehensive user manual for the D26 smartwatch, covering setup, features, health tracking, app integration, and troubleshooting.</p>
	<p>D26 Smartwatch User Manual - Features, Setup, and Troubleshooting</p> <p>Comprehensive user manual for the D26 smartwatch, covering product overview, charging, wearing instructions, touchscreen operations, health and sports features, app integration, device pairing, settings, and troubleshooting.</p>
 <p>AmzHero IDW19 User Manual Fitness Smartwatch</p>	<p>AmzHero IDW19 Fitness Smartwatch User Manual</p> <p>This user manual provides comprehensive instructions for the AmzHero IDW19 Fitness Smartwatch, covering setup, health monitoring (heart rate, blood oxygen, stress, sleep), sports tracking, Alexa integration, Bluetooth calls, and various functions like stopwatch, alarm, timer, and more.</p>
	<p>Oilsky D26 MP3 Player User Manual: Operation, Features, and Specifications</p> <p>Official user manual for the Oilsky D26 MP3 Player. Discover how to use its music, video, FM radio, Bluetooth, and other features. Includes detailed instructions, settings, and technical specifications.</p>
	<p>Wouxun KG-D26 Digital and Analogue Radio User Manual</p> <p>Comprehensive user manual for the Wouxun KG-D26 digital and analogue radio, covering preparation, basic operation, main functions, troubleshooting, and accessories.</p>

Documents - Amzhero – D26



[D26 Smartwatch User Manual - Features, Setup, and Troubleshooting](#)

Comprehensive user manual for the D26 smartwatch, covering product overview, charging, wearing instructions, touchscreen operations, health and sports features, app integration, device pairing, settings, and troubleshooting.

lang:en score:25 filesize: 3.91 M page_count: 17 document date: 2023-12-28



[D26 Smartwatch User Manual](#)

Comprehensive user manual for the D26 smartwatch, covering setup, features, health tracking, app integration, and troubleshooting.

lang:en score:24 filesize: 4.14 M page_count: 17 document date: 2023-12-14