Poounur Y6E

Poounur Smart Watch User Manual

Model: Y6E

1. Introduction

This user manual provides comprehensive instructions for the operation, maintenance, and troubleshooting of your Poounur Smart Watch, model Y6E. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.



Figure 1: Poounur Smart Watch with its main display and call interface examples.

2. Safety Information

- **Charging:** Use only the provided charging cable. Do not use damaged chargers or cables. Ensure the charging contacts are dry before connecting.
- **Water Resistance:** The watch is IP68 waterproof, suitable for daily use like hand washing and sweating. Avoid hot water, diving, or prolonged submersion. Do not operate buttons underwater.
- **Health Monitoring:** The health monitoring features (heart rate, sleep) are for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health concerns.
- **Temperature:** Avoid exposing the watch to extreme temperatures (very hot or very cold) as this may damage the battery and internal components.
- **Cleaning:** Clean the watch and strap regularly with a soft, dry cloth. Avoid harsh chemicals.

3. What's in the Box

Upon opening the package, please verify that all items are present:

- 1 × Poounur Smart Watch (Model: Y6E)
- 1 × Fast Charging Cable
- 1 × User Manual

4. Setup Guide

4.1 Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge takes approximately 1.5 hours.



Figure 2: Magnetic suction charging for the smart watch. The watch offers up to 7 days of daily use and 30 days of standby time.

4.2 App Installation and Pairing

To unlock the full functionality of your Poounur Smart Watch, download and install the "Gloryfit" app on your smartphone. The app is compatible with Bluetooth 4.0, Android 5.0, iOS 9.0, or later versions.

1. Scan the QR code in the included user manual or search for "Gloryfit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the "Gloryfit" app.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the "Gloryfit" app, navigate to the device section and search for your smart watch. Select "Y6E" or the corresponding device name to pair.
6. Confirm the pairing request on both your smartphone and the smart watch.

Once paired, the watch will synchronize time and data with your phone.

5. Operating Instructions

5.1 Basic Navigation

The Poounur Smart Watch features a 1.85-inch TFT-LCD touch screen for intuitive navigation. Swipe left/right, up/down, and tap

to access different functions and menus.



Figure 3: The 1.85-inch display offers a clear and responsive interface. Its alloy metal frame is lightweight and sturdy.

5.2 Bluetooth Call Functionality

With its built-in microphone and responsive single-chip processor, the smart watch allows you to make and receive calls directly from your wrist.

- **Making Calls:** Access the dial pad or contact list on your watch to initiate a call. You can add up to 100 frequently used contacts via the "Gloryfit" app.
- **Receiving Calls:** When a call comes in, the watch will vibrate and display the caller ID. You can answer or reject the call directly on the watch.



Figure 4: The Bluetooth call feature allows for convenient hands-free communication directly from your wrist.

5.3 Message and Social Media Notifications

The smart watch provides vibration alerts for incoming calls, text messages, and social media notifications from platforms like Facebook, WhatsApp, Instagram, and Twitter. Ensure notification permissions are enabled in the "Gloryfit" app and your phone's settings.

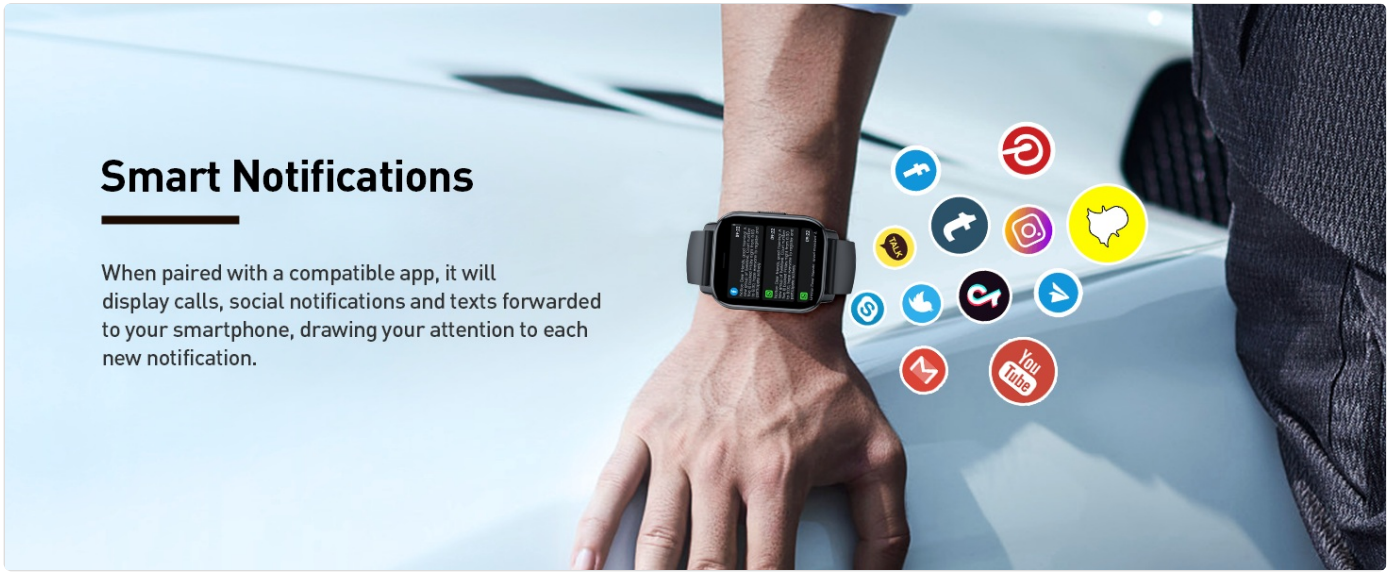


Figure 5: Stay informed with smart notifications delivered directly to your wrist.

5.4 Customizing Watch Faces

Personalize your smart watch with over 200 dial styles available through the "Gloryfit" app. You can also upload your favorite photo as a custom wallpaper.



Figure 6: Choose from over 200 online watch faces or create your own custom dial.

5.5 Health Monitoring

The watch is equipped with advanced sensors for all-day health monitoring. View detailed reports in the "Gloryfit" app.

- **Heart Rate Monitoring:** Detects real-time heart rate throughout the day.
- **Sleep Monitoring:** Automatically monitors sleep patterns, including deep sleep, light sleep, and wakefulness, to analyze sleep quality.



Figure 7: The watch provides 24-hour health monitoring for heart rate, sleep, and blood oxygen.

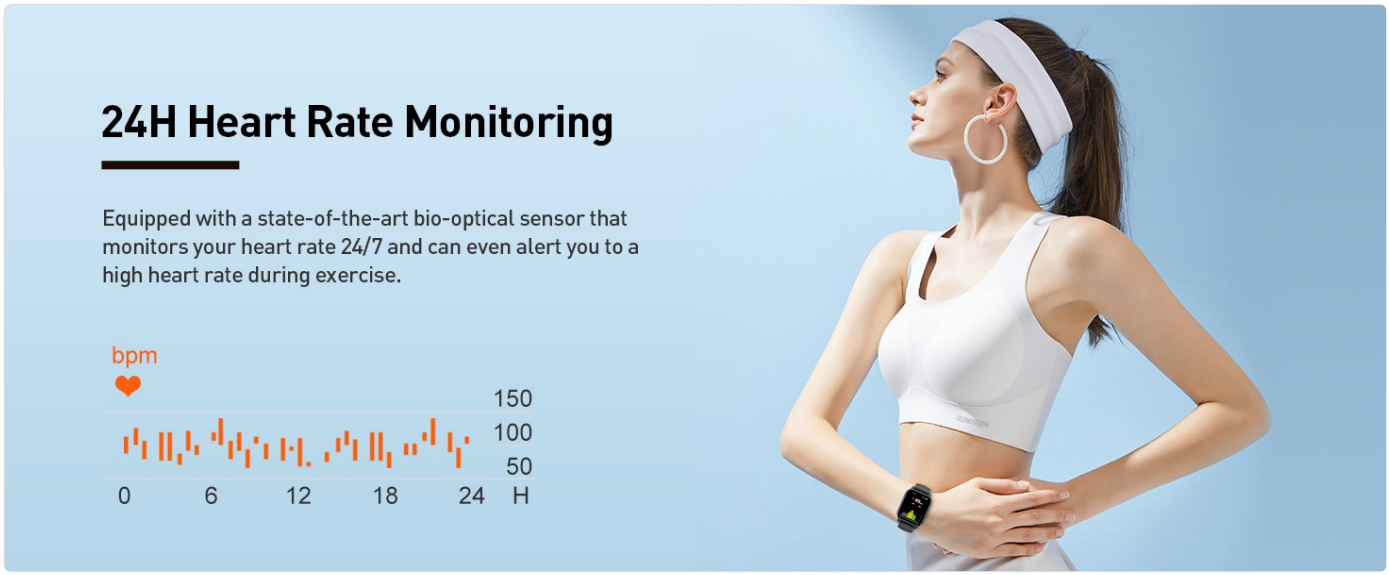


Figure 8: Equipped with a bio-optical sensor for continuous heart rate monitoring.

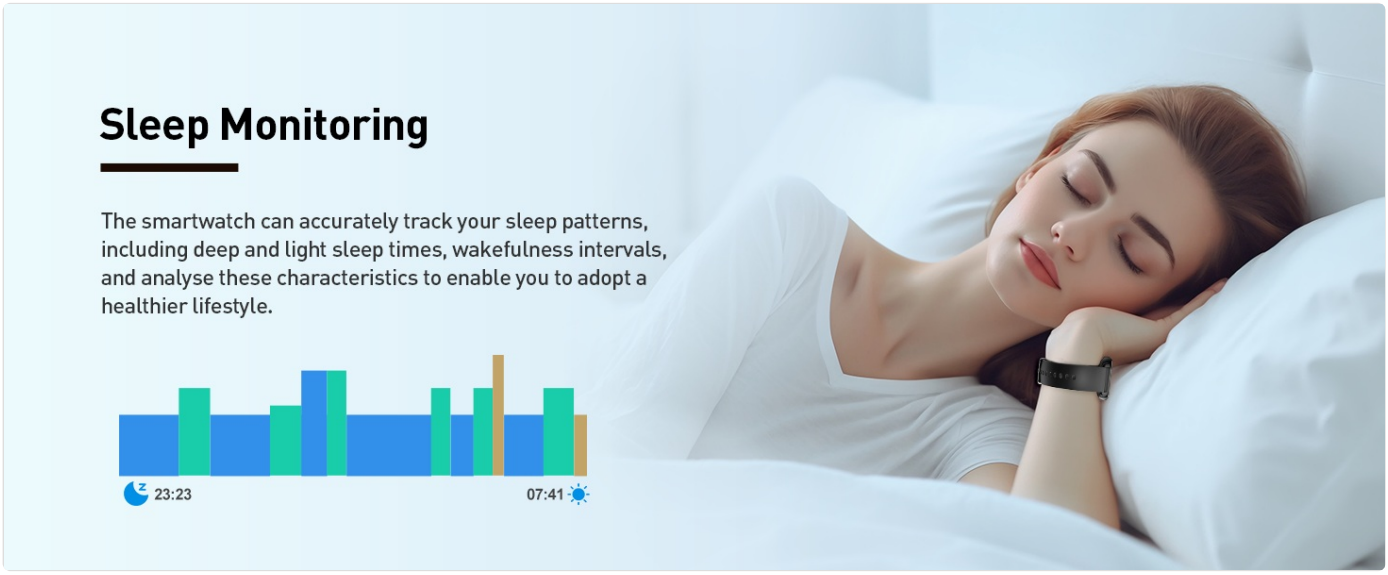


Figure 9: The smartwatch accurately tracks sleep patterns for a healthier lifestyle.

5.6 Sports Modes and Activity Tracking

The smart watch offers 112 indoor and outdoor training modes to accurately record steps, distance, calories, and exercise time.



Figure 10: Track your exercise time and calories burned across 112 sports modes.

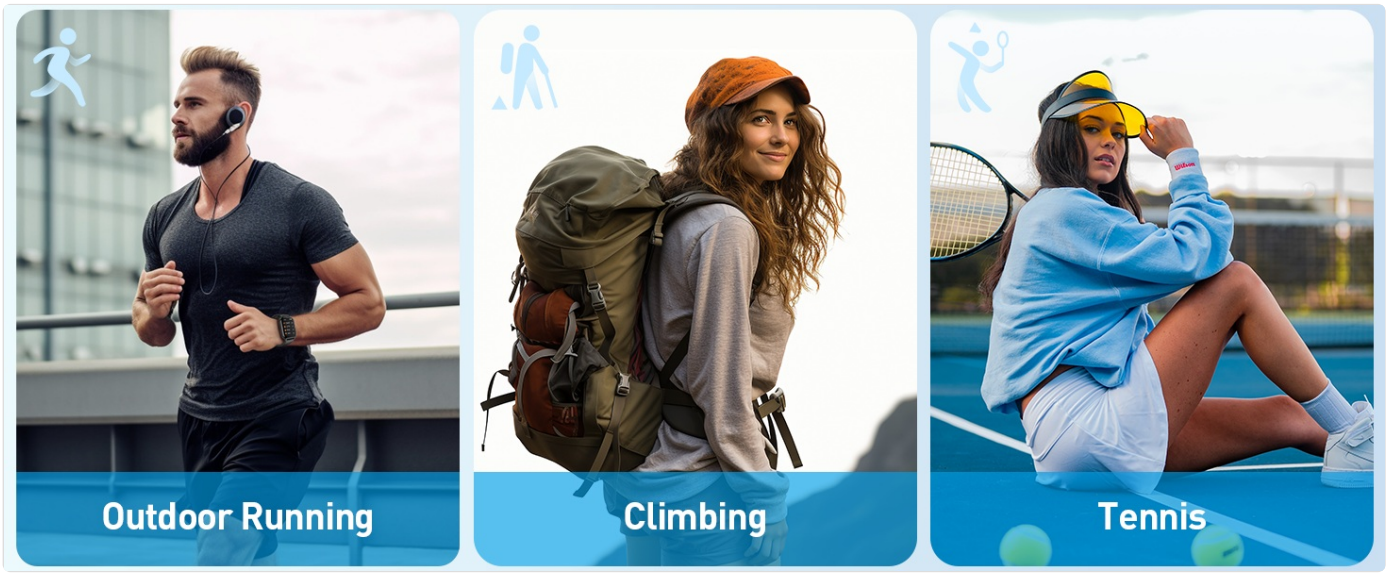


Figure 11: Examples of tracked outdoor activities: Running, Climbing, Tennis.



Figure 12: Examples of tracked indoor activities: Yoga, Cycling, Skipping.

5.7 Additional Features

The Poounur Smart Watch includes several useful features to enhance your daily life:

- **Alarm Clock:** Set alarms to wake up or for reminders.
- **Stopwatch & Timer:** For precise timekeeping during activities.
- **Phone Search:** Locate your paired smartphone if it's within Bluetooth range.
- **Camera Control:** Remotely control your smartphone's camera.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Music Control:** Play, pause, skip tracks on your smartphone's music player.
- **Weather Forecast:** View current weather conditions and forecasts.



Figure 13: Control music, check weather, and remotely capture photos.

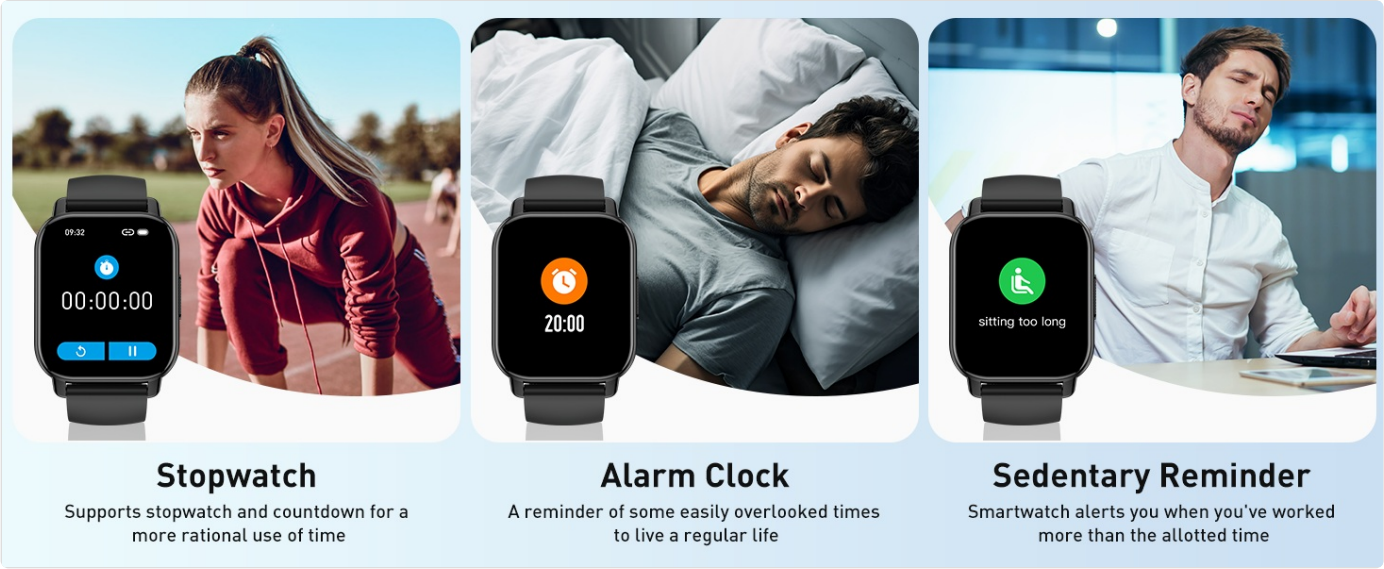


Figure 14: Utilize stopwatch, alarm clock, and sedentary reminder features.

6. Maintenance

6.1 Cleaning Your Smart Watch

Regular cleaning helps maintain the watch's appearance and functionality. Wipe the screen and strap with a soft, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid using abrasive cleaners or solvents.

6.2 Water Resistance Guidelines

The watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily activities such as hand washing, sweating, and light rain. However, it is not recommended for swimming, diving, or showering with hot water, as steam and high pressure can compromise the seal. Do not operate buttons while the watch is submerged.

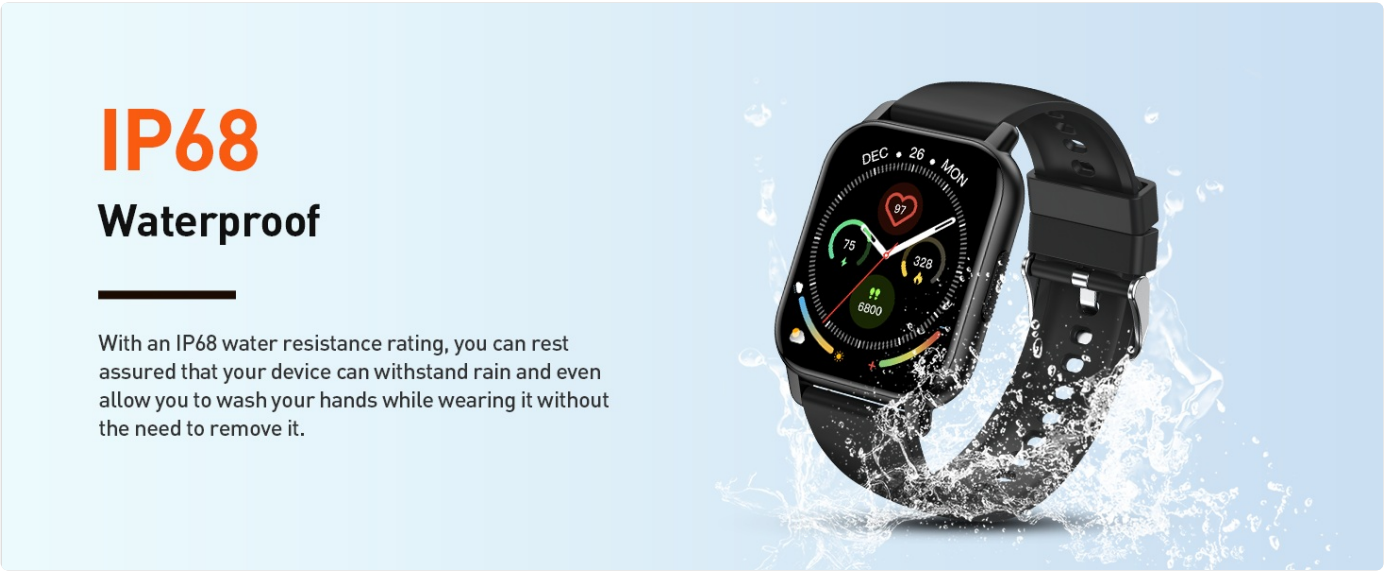


Figure 15: The IP68 waterproof design allows for worry-free daily use.

7. Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Watch does not turn on	Low battery	Charge the watch for at least 30 minutes.
Cannot pair with phone	Bluetooth off, app issue, watch too far	Ensure Bluetooth is on, restart watch and phone, try pairing again in the "Gloryfit" app. Keep devices close.
Notifications not received	App permissions, phone settings	Check notification permissions in "Gloryfit" app and phone settings. Ensure app is running in the background.
Inaccurate health data	Improper fit, sensor obstruction	Ensure the watch is worn snugly on the wrist, not too tight or too loose. Clean the sensor on the back of the watch.
Screen unresponsive	Software glitch, water on screen	Restart the watch. Wipe the screen dry if wet.

8. Specifications

Feature	Detail
Model Number	Y6E
Screen Size	1.85 Inches TFT-LCD
Resolution	240 x 280
Battery Capacity	280 mAh Lithium Polymer
Charging Time	Approx. 1.5 hours
Battery Life (Typical Use)	Up to 7 days
Standby Time	Up to 30 days
Waterproof Rating	IP68
Connectivity	Bluetooth 4.0
Compatibility	Android 5.0+, iOS 9.0+
App Name	Gloryfit
Weight	0.035 ounces (approx. 1 gram)
Color	Black

9. Product Video Demonstration

Watch the official product video for a visual overview of the Poounur Smart Watch features and functionalities.

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Video 1: Poounur Smart Watch Overview. This video highlights the 1.85-inch color touch screen, customizable dials, heart rate and sleep monitoring, 100+ sports modes, and various color options of the Poounur Y6 Smart Watch.

10. Warranty and Support

For warranty information, technical support, or any inquiries regarding your Poounur Smart Watch, please contact Poounur customer service through the official website or the contact information provided in your purchase documentation. Please retain your proof of purchase for warranty claims.

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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

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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