

Popglory Popglory Smart Watch

Popglory Smart Watch User Manual

Model: Popglory Smart Watch

INTRODUCTION

The Popglory Smart Watch is designed to assist you in monitoring your health and fitness activities. It features a 1.69-inch touch display, health tracking capabilities including heart rate, blood pressure, blood oxygen, and sleep monitoring, along with over 110 sports modes. This manual provides instructions for setting up, operating, and maintaining your device.

WHAT'S IN THE BOX

- Popglory Smart Watch with Silicone Strap
- Charging Cable
- User Manual

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your Popglory Smart Watch. Connect the charging cable to the charging contacts on the back of the watch and to a USB power source. The watch will display a charging indicator.



Image: Battery icon representing the charging process.

2. App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the **GloryFit** app on your smartphone. The app is compatible with Android 5.0 or above and iOS 9.0 or above.

1. Search for "GloryFit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the app.
3. Open the GloryFit 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 Popglory Smart Watch.
6. Select your watch from the list to pair. Confirm the pairing request on both your watch and smartphone.

Engineered to Fitness

110+ Indoor / Outdoor Sports
Calories | Steps | Duration | Distance
Everything is under control!



Image: Popglory Smart Watch paired with the GloryFit app.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and functions. Tap to select.
- **Rotate Button (Functional Crown):** Rotate the side button to scroll through watch faces or menu options. Press the button to return to the home screen or confirm selections.

Learn Your Blood Oxygen Level

Adopting wrist-based optical heart sensor to help you stay on top of what's going on in your body.

Minimum blood oxygen Maximum blood oxygen

96%

99%



Image: Watch display with split screen and rotate button functionality.



Image: Functional crown for navigation and changing watch faces.

2. Health Monitoring

The watch provides continuous monitoring of various health metrics. Access these features through the watch menu or the GloryFit app.

- **Heart Rate Monitoring:** Measures your heart rate throughout the day. View real-time data on the watch and detailed trends in the app.
- **Blood Pressure Monitoring:** Provides blood pressure readings. For accurate results, ensure the watch is worn correctly and remain still during measurement. *Note: This device is not a medical device and should not be used for medical diagnosis or treatment.*
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation level.
- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake time.



Image: 24-hour health tracking display for heart rate, blood pressure, and blood oxygen.

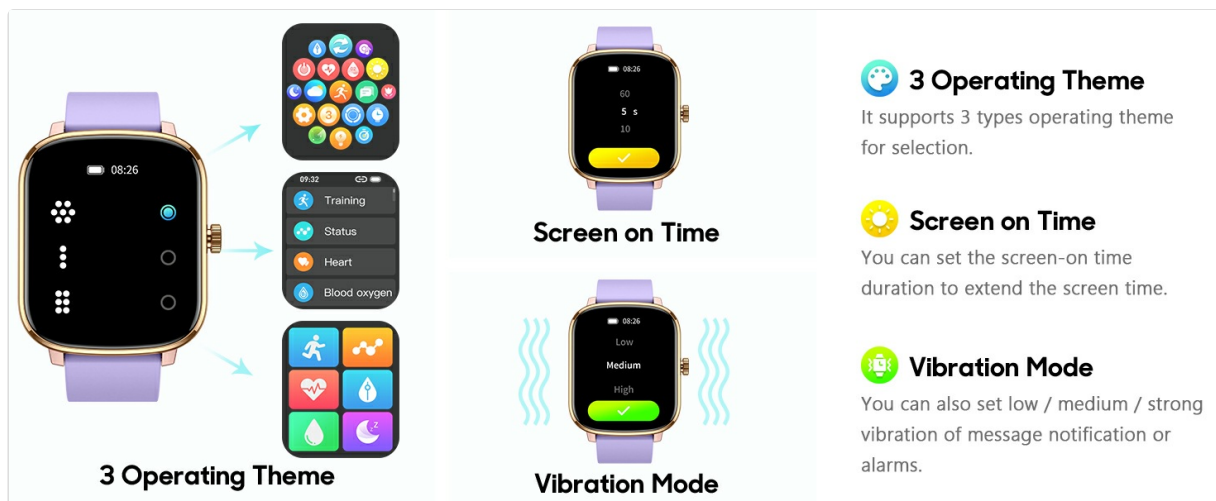


Image: Sleep tracking feature showing deep sleep, light sleep, and awake times.

3. Sports Modes

The watch supports over 110 indoor and outdoor sports modes. Select your desired activity from the sports menu to track calories burned, steps, duration, and distance.



Image: Interface for tracking fitness activities with various sports modes.

4. Notifications

Receive call alerts, SMS messages, and app notifications directly on your watch when connected to your smartphone. You can view messages on the watch screen.

- **Call Alerts:** The watch will vibrate and display incoming call information. You cannot answer calls from the watch.
- **Message Reminders:** View SMS and app messages (e.g., social media, email) on your watch. You cannot send replies from the watch.

24-hour Heart Rate Monitoring

 **80 bpm**
Tranquilization state

 **102 bpm**
Stress relieving state

 **123 bpm**
Fat burning state

 **151 bpm**
Cardiopulmonary state

 **176 bpm**
Anaerobic state

 **200 bpm**
Extremity state



Image: Real-time call and message notifications on the smartwatch.

5. Other Functions

The Popglory Smart Watch includes several additional features to enhance your daily experience:

- **Alarm Clock:** Set alarms through the GloryFit app to vibrate on your watch.
- **Do Not Disturb (DND) Mode:** Mute notifications during specific times.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Find Phone:** Use your watch to make your paired smartphone ring.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Weather Display:** View current weather conditions and forecasts.
- **Timer & Stopwatch:** Utilize built-in timing functions.
- **Flashlight:** Turn on the watch screen at maximum brightness for a temporary light source.
- **Female Health Tracking:** Monitor menstrual cycles and related health data.
- **Screen On Time:** Adjust the duration the screen stays active.
- **Vibration Intensity:** Customize the vibration strength for notifications and alarms.

Care About Your Sleep

Better understand your sleep quality,
including deep sleep / light sleep /
awake time.

2h14m
Deep sleep

6h3m
Light sleep

1m
Awake



Image: Overview of various functions available on the smartwatch.

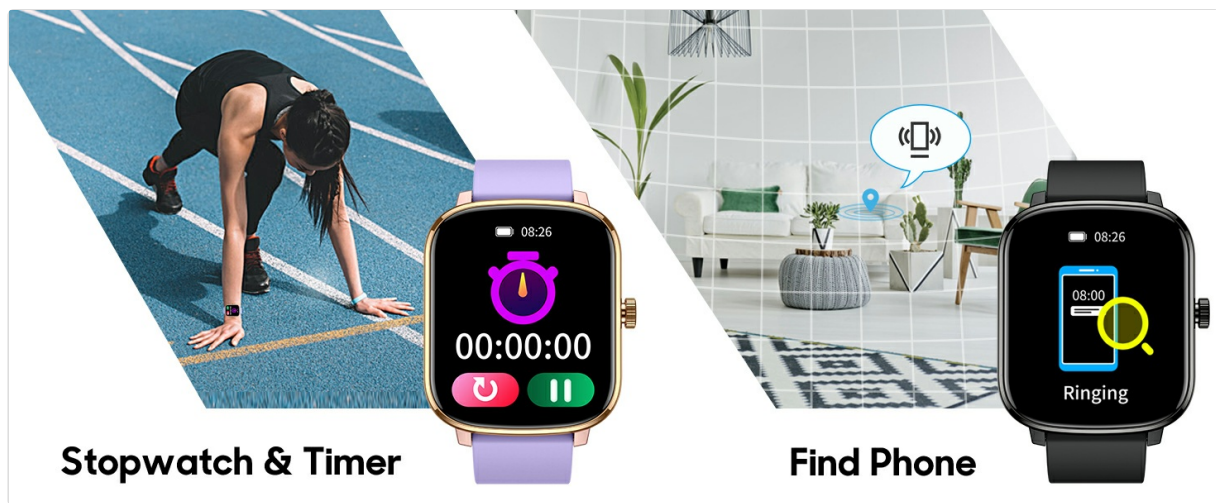


Image: Flashlight function in use.



Image: Customization options for themes, screen-on time, and vibration mode.

MAINTENANCE

1. Cleaning Your Watch

Regularly clean your watch and strap to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the watch body and strap. Avoid harsh chemicals or abrasive materials.



Image: Icon representing the watch strap for cleaning reference.

2. Water Resistance

The Popglory Smart Watch has an IP67 water resistance rating. This means it is resistant to splashes, rain, and brief immersion in water. It is suitable for daily use and light exercise but not recommended for swimming, showering with hot water, or diving.



3. Battery Life

The watch offers up to 5 days of typical use and 25 days of standby time on a single charge. Actual battery life may vary based on usage patterns and settings.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both the watch and your smartphone.
 - Check if the GloryFit app is updated to the latest version.
- **Inaccurate health readings:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
 - Remain still during measurements.
 - Clean the sensor on the back of the watch.
- **Notifications not received:**
 - Verify that the watch is successfully paired with your smartphone.
 - Check notification settings in the GloryFit app and your smartphone's system settings.
 - Ensure DND mode is not active on the watch.

SPECIFICATIONS

Feature	Detail
Model Number	Popglory Smart Watch
Screen Size	1.69 Inches
Operating System	Android (compatible with Android 5.0+ / iOS 9.0+)
Connectivity Technology	Bluetooth
Water Resistance	IP67
Item Weight	3.52 ounces
Special Features	Heart Rate, Blood Pressure, Blood Oxygen, Sleep Monitor, 110+ Sports Modes, Sedentary Reminder, Call/Message Notifications, Music Control, Weather, Alarm, Timer, Stopwatch, Find Phone, Flashlight, Female Health Tracking

WARRANTY AND SUPPORT

Popglory is committed to providing quality products and customer service.

- **30-Day Return Policy:** You may return the product within 30 days for any reason.
- **1-Year Replacement:** A 1-year replacement warranty is provided for damaged products.
- **Lifetime Technical Support:** Access to lifetime technical support for your device.



Image: Popglory's commitment to customer satisfaction.

Contacting Customer Service

If you have any questions, encounter problems during use, or have suggestions, please contact us:

1. Through your Amazon account: Go to "Your Orders" → Find the relevant order → Click "Contact Seller".
2. Through the product details page: Click on "Seller Name" → Click the button "Ask a question" → Enter "Seller messaging assistant" to contact the seller.



Image: Instructions for contacting customer service.