

## Yihou QX11

# Yihou Smart Watch User Manual

Model: QX11

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## INTRODUCTION

Welcome to the Yihou Smart Watch user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new Yihou Smart Watch (Model QX11). Please read this manual carefully to ensure proper use and to fully utilize all the features of your device.



Image: The Yihou Smart Watch, showcasing its beige strap and square display with various health and time indicators.

## SETUP

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### 1. Unboxing

Upon opening the package, ensure all the following items are present:

- Smart Watch x 1
- Charging Cable x 1
- User Manual x 1

### 2. Initial Charging

Before first use, fully charge your Yihou Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included). A full charge typically takes about 2-3 hours.

# Long Battery Life

The machine adopts 420 milliampere high-voltage pure cobalt cells.  
with stable performance, Longer battery life.

10

Daily usage mode

30

Daily standby mode



Image: A close-up of the Yihou Smart Watch screen displaying '420mAh' and indicators for 'Daily usage mode' (10 days) and 'Daily standby mode' (30 days), illustrating its long battery life.

### 3. App Installation and Pairing

To unlock the full functionality of your smart watch, download the **GloryFit** app on your smartphone.

- Search for "GloryFit" on Google Play Store (for Android devices) or Apple App Store (for iOS devices).
- Alternatively, scan the QR code provided in the physical user manual to download the app.
- Ensure your smartphone meets the equipment requirements: iOS 9.0 and above; Android 5.0 and above.
- Once installed, open the GloryFit app and follow the on-screen instructions to pair your Yihou Smart Watch via Bluetooth. Ensure Bluetooth is enabled on your phone.

### 4. Wearing the Watch

For accurate data monitoring and comfortable wear, position the watch about one finger's distance from your wrist bone. Adjust the strap tightness to a comfortable position, ensuring it is snug but not overly tight.

## OPERATING

## 1. Basic Navigation

The Yihou Smart Watch features a full touch screen for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. Press the side buttons for specific actions like power on/off or returning to the home screen.

## 2. Bluetooth Calling and Notifications

The watch supports high-definition Bluetooth calls using a premium AAC waterproof speaker. You can answer/make calls directly from your wrist.

- **Making/Receiving Calls:** Once paired with your phone, you can answer incoming calls or dial numbers from the watch. The watch can store over 100 contacts.
- **SOS Emergency Calling:** Utilize the SOS feature for emergency situations.
- **Smart Notifications:** Receive message notifications from various apps (e.g., WeChat, Facebook, Line, WhatsApp) directly on your watch.

# HD Bluetooth call Don't miss important calls

Adopting high fidelity AAC waterproof speaker,  
Bluetooth hands-free communication,  
Whether exercising or driving,  
Watch one click answer,  
Make communication more free.



**Store 100+  
Numbers**



**SOS Call**



Image: The Yihou Smart Watch screen showing the Bluetooth call interface, including options for contacts, call history, dialpad, and an SOS button.



# Raise your hand to view information

Support information push for tens of thousands of apps  
and don't miss important information



Image: The Yihou Smart Watch screen displaying a WeChat message notification, demonstrating its ability to show information from various apps.

## 3. Health Monitoring

The Yihou Smart Watch provides comprehensive health monitoring features:

- **Heart Rate Monitor:** Continuously monitors your heart rate 24/7.
- **Blood Pressure Monitor:** Tracks your blood pressure.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and wakefulness duration.
- **Breathe Training:** Guides you through breathing exercises.

**Important Note: Smartwatch data is for reference only and cannot be used for medical purposes. Consult a professional doctor for medical advice.**

# 24H Heart Rate/Blood Pressure Monitor



Using a low-power dynamic heart rate chip, the monitoring is faster and more accurate, 24-hour uninterrupted monitoring, APP recording, check at any time, and keep abreast of the heart condition in time.



Image: The Yihou Smart Watch displaying heart rate data (70 bpm) and a graph, indicating its 24-hour monitoring capability.

# Sleep Monitoring

More accurate and intimate scientific sleep, deep sleep, light sleep, wakefulness, and more eye movement monitoring data can be seen at a glance on the wrist.

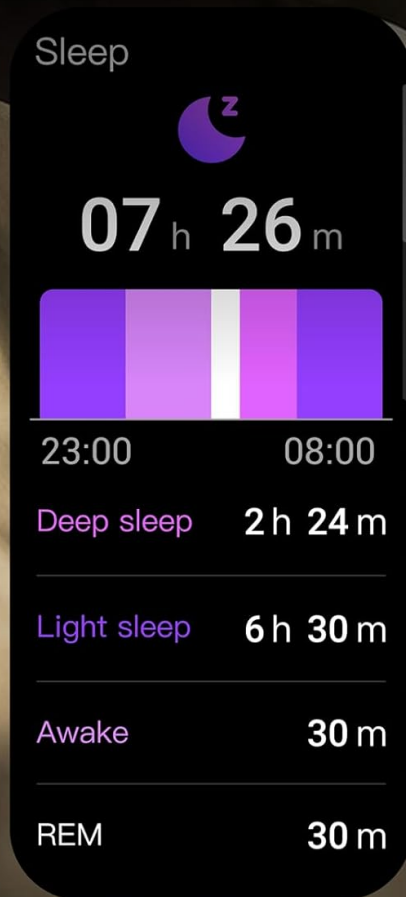


Image: The Yihou Smart Watch displaying sleep monitoring data, showing total sleep duration, deep sleep, light sleep, awake time, and REM sleep.

## 4. Sports Modes and Activity Tracking

The watch offers over 100 built-in sports modes to track various exercise types. It accurately records your steps, distance, and calorie burn.

- **Exercise Record:** Tracks steps, distance, and calorie calculation.
- **100+ Sports Modes:** Select from a wide range of activities like outdoor run, indoor run, outdoor walk, skipping, swimming, badminton, boxing, indoor walk, trail running, basketball, football, and more.





Image: The Yihou Smart Watch screen showing a list of over 100 sport modes, including outdoor run, indoor run, outdoor walk, skipping, swimming, and more.

## 5. Other Smart Features

The Yihou Smart Watch includes several other practical functions:

- Alarm Clock
- Camera Control
- Music Control
- Weather Forecast
- Sedentary Reminder
- Find Phone
- Stopwatch
- Custom Watch Dial
- AI Voice Assistant
- Play Music
- Brightness Adjustment



### 1. Durability and Water Resistance

The Yihou Smart Watch is built with military-grade quality, featuring an aviation alloy material body that is anti-fall, pressure-resistant, and protected against sand and extreme temperatures. It has a 3ATM waterproof rating, designed to withstand daily activities.

- **Water Resistance:** The 3ATM rating means the watch is resistant to splashes, rain, and brief immersion in water. It is suitable for daily wear, including hand washing and light rain. It is *not* recommended for showering, swimming, or diving.
- **Environmental Resistance:** The watch is designed to endure challenging conditions, offering protection against drops, pressure, sand, and extreme temperatures.

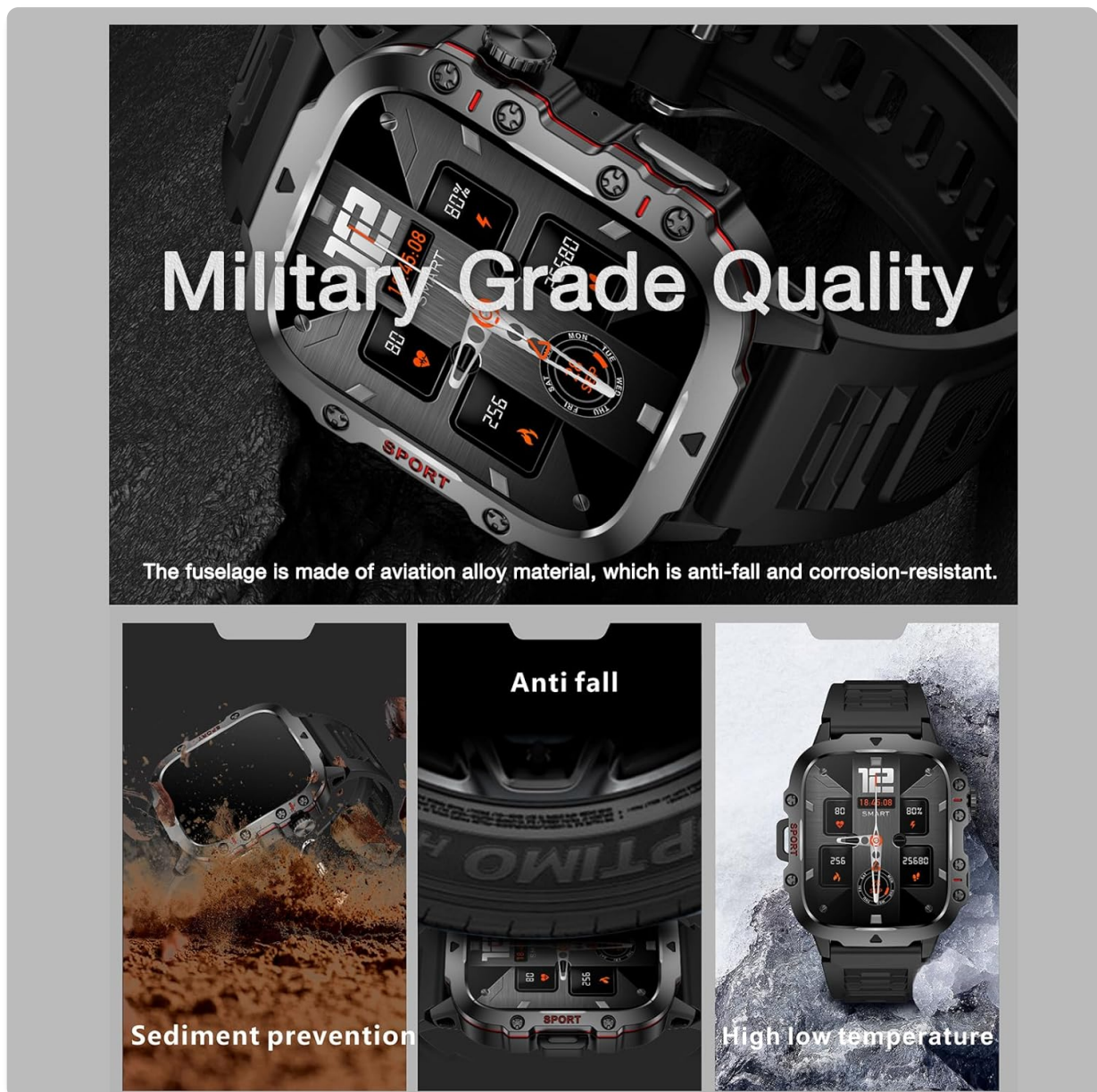


Image: The Yihou Smart Watch highlighting its military-grade quality, with insets showing anti-fall, sediment prevention, and high/low temperature resistance.



Image: The Yihou Smart Watch with water droplets, illustrating its 3ATM waterproof capability for daily use.

## 2. Cleaning

To keep your watch in optimal condition, regularly clean the watch body and strap. Use a soft, damp cloth to wipe away dirt and sweat. Avoid using harsh chemicals or abrasive materials that could damage the watch's surface.

## TROUBLESHOOTING

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### 1. Common Issues

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the magnetic charging cable and allow it to charge for at least 30 minutes before attempting to power it on.
- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the watch. Ensure the GloryFit app is open and attempting to connect. Try restarting both your phone and the watch.
- **Inaccurate health data:** Ensure the watch is worn correctly, snug but not too tight, and positioned about one finger's distance from your wrist bone. Environmental factors and movement can affect readings. Remember, data is for reference only.
- **Notifications not appearing:** Check app permissions in your phone's settings to ensure GloryFit has

access to notifications. Also, verify notification settings within the GloryFit app itself.

2. Important Notes

- **Software Updates:** Always upgrade to the latest software version for a better experience when prompted by the GloryFit app. Updates often include bug fixes and performance improvements.
- **Language Synchronization:** The app language automatically switches languages according to your phone's system language.
- **Medical Disclaimer:** The monitoring data from the smartwatch is for reference only and cannot be used for medical purposes. If you require medical assistance, please consult a professional doctor.

SPECIFICATIONS

Feature	Detail
Brand	Yihou
Model Name	QX11
Screen Size	1.96 inches (240*282 resolution)
Operate Type	Full Touch Screen
Connectivity Technology	Dual Bluetooth 5.2
Battery Capacity	420mAh Lithium Metal
Charging Type	Magnetic Charging
Full Charge Time	About 2-3 hours
Working Time	7-10 days (typical usage)
Standby Time	Up to 30 days
Case Material	Alloy
Band Material	Rubber
Dial Case Length	50mm (1.97")
Dial Case Width	43.5mm (1.71")
Dial Case Thickness	12.2mm (0.48")
Band Width	22mm (0.87")
Band Length	265mm (10.43")
Item Weight	65 Grams (2.29 ounces)
Product Dimensions	0.47 x 1.71 x 0.47 inches
Waterproof Rating	3ATM
Compatible OS	Android 5.0 and above; iOS 9.0 and above

Feature	Detail
Special Features	SOS Button, Multisport Tracker, Activity Tracker, Phone Call, Shockproof
GPS	No GPS
Manufacturer	Shenzhen Hanle Youpin Technology Co.,Ltd.
Country of Origin	China