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Fitpolo ID208PLUS

Fitpolo Smart Watch GTX12 User Manual

Model: ID208PLUS

1. INTRODUCTION

The Fitpolo Smart Watch GTX12 is a versatile wearable device designed to enhance daily life through smart features and comprehensive health monitoring. This manual provides essential information for setting up, operating, and maintaining your device, ensuring you get the most out of its capabilities.



Image: The Fitpolo Smart Watch GTX12, showcasing its main display with time and a call notification.

2. SETUP GUIDE

The setup process involves charging the smartwatch, downloading the companion app, and pairing the device with your smartphone via Bluetooth. Follow these steps for initial setup:

1. **Charge the Smartwatch:** Connect the magnetic charging cable to the watch and a power source. Ensure the watch is sufficiently charged before initial use.
2. **Download the "Veryfit" App:** Search for and download the "Veryfit" application from your smartphone's app store (available for iOS and Android).
3. **Register and Log In:** Open the "Veryfit" app and follow the on-screen instructions to create an account or log in.
4. **Enable Bluetooth:** On your smartphone, navigate to the settings and ensure Bluetooth is turned on.
5. **Pair the Device:** Open the "Veryfit" app, select the option to add a new device, and scan the QR code displayed on your smartwatch screen to initiate pairing. Follow any additional prompts in the app to complete the connection.

Easy to Set Up

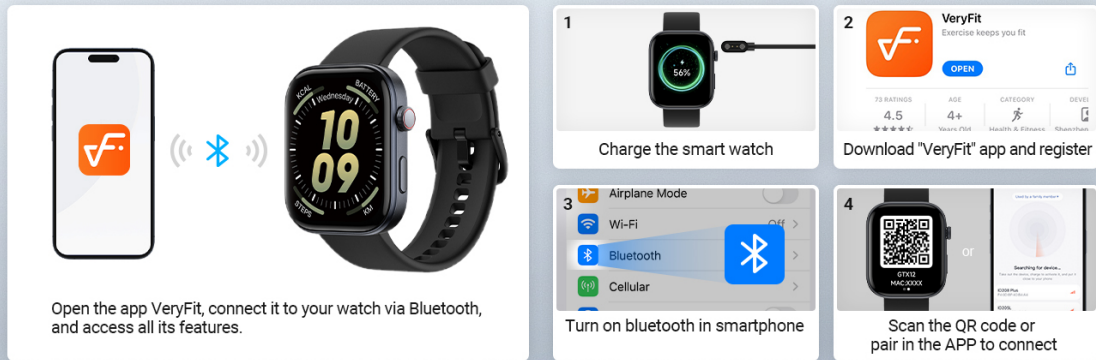


Image: A visual guide illustrating the four steps for setting up the Fitpolo Smart Watch GTX12, including charging, app download, Bluetooth activation, and QR code pairing.

3. OPERATING INSTRUCTIONS

The Fitpolo Smart Watch GTX12 offers various functions accessible through its touchscreen and physical buttons.

3.1 Basic Navigation

- **Touchscreen:** Swipe across the screen (up, down, left, right) to access different menus, notifications, and features. Tap to select items.
- **Side Button:** Press the side button to return to the home screen or access the main application menu. A long press may activate specific functions or power options.

3.2 Bluetooth Calls

The watch supports making and receiving calls directly, providing convenience when your phone is not immediately accessible.

- Ensure the watch is connected to your smartphone via Bluetooth 5.3.
- Use the built-in microphone and speaker for clear communication during calls.
- Access the dial pad, recent call history, or frequent contacts directly from the watch interface to initiate calls.

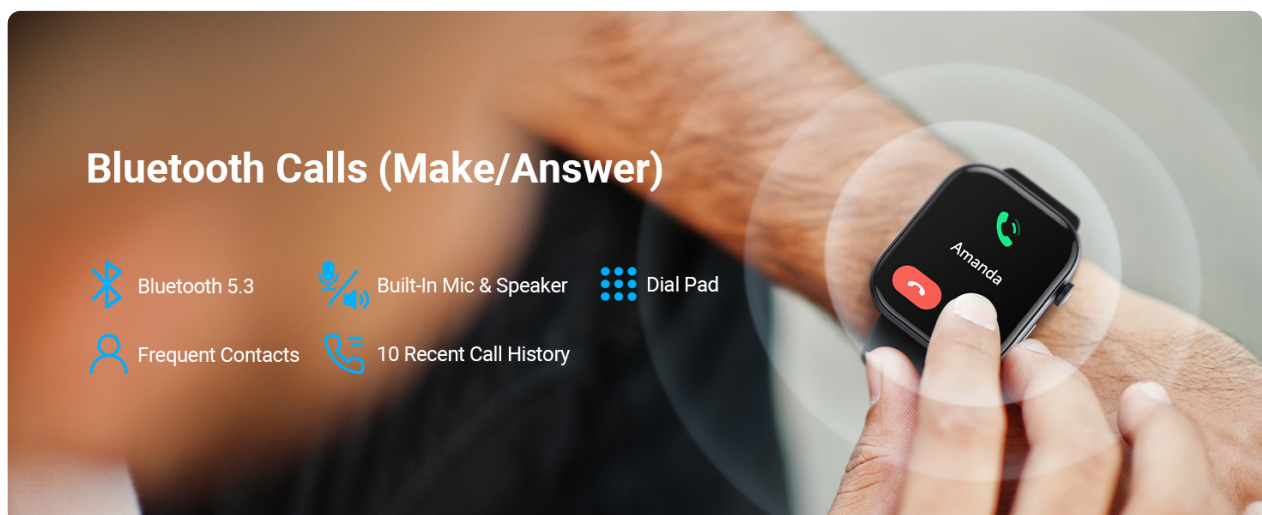


Image: The Fitpolo Smart Watch GTX12 displaying its Bluetooth 5.3 call capabilities, including a built-in mic and speaker, dial

pad, and frequent contacts.

3.3 Message Notifications

Stay informed by receiving alerts for SMS, emails, and messages from various social media applications directly on your wrist.

- Supported applications include Text, Facebook, WhatsApp, Instagram, X, Telegram, TikTok, Skype, and more.
- Configure notification settings within the "Veryfit" app to select which alerts you wish to receive.



Image: The Fitpolo Smart Watch GTX12 displaying an incoming message notification, with icons of various social media and messaging apps.

3.4 AI Voice Control

Connect to your smartphone's AI voice assistant (such as Siri, Bixby, or Google Assistant) to perform tasks hands-free.

- Ask questions, check the weather, set alarms, or control smart home devices by simply speaking to your watch.

3.5 Display Customization

The 1.99-inch AMOLED HD screen offers a vibrant and responsive user experience.

- **Screen Specifications:** 410x494 HD resolution with a 60FPS refresh rate.
- **Watch Faces:** Choose from over 120 colorful watch faces to personalize your device. You can also customize the watch face with your own photos. Dynamic watch faces are supported.
- **Always-On-Display:** Utilize the Always-On-Display mode for continuous time visibility.



Image: The Fitpolo Smart Watch GTX12 displaying its large 1.99-inch AMOLED HD screen with high resolution and refresh rate.



Image: A collection of colorful and dynamic watch faces available for the Fitpolo Smart Watch GTX12, including options for customization with personal photos.

4. HEALTH MONITORING FEATURES

The smartwatch provides continuous health tracking using advanced optical sensors, syncing data to the "Veryfit" app for insightful analysis.

4.1 Heart Rate Monitoring

- Continuously monitors your heart rate 24/7.
- Provides alerts for both high and low heart rate levels.



Image: The Fitpolo Smart Watch GTX12 showing real-time heart rate data and a graph of heart rate trends over time.

4.2 Blood Oxygen (SpO2) Monitoring

- Monitors your blood oxygen saturation levels throughout the day.



Image: The Fitpolo Smart Watch GTX12 displaying blood oxygen levels and a graph of SpO2 trends.

4.3 Sleep Quality Monitoring

- Tracks sleep patterns, including deep sleep, light sleep, and awake times.
- Provides detailed sleep data to help improve sleep quality.

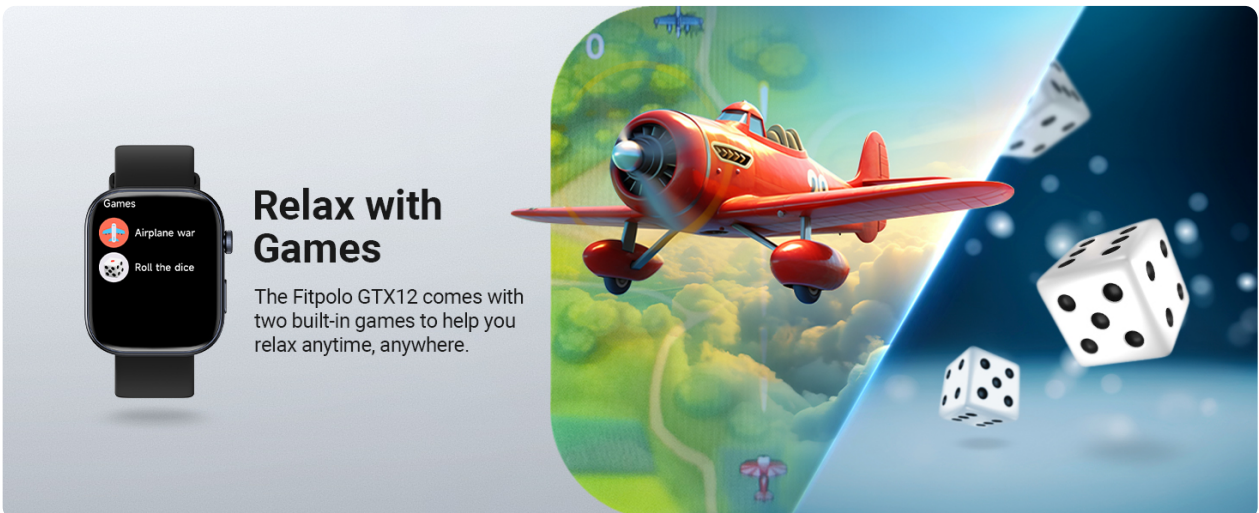


Image: The Fitpolo Smart Watch GTX12 displaying sleep duration and a breakdown of sleep stages (deep, light, awake).

4.4 Stress Level Monitoring

- Helps you better understand your stress levels.
- Provides insights to improve mood and promote a healthier lifestyle.



Image: The Fitpolo Smart Watch GTX12 displaying current stress levels and a historical graph of stress over time.

4.5 Female Cycle Tracking

- Offers tracking for menstrual cycles, providing predictions and insights.

5. SPORTS MODES

The watch functions as a daily pedometer and supports over 105 sports modes to track various physical activities.

- **Activity Tracking:** Automatically counts steps, distance, and calorie consumption.
- **Available Modes:** Includes Running, Walking, Hiking, Badminton, Basketball, Boating, Climbing, Cycling, Fitness, Football, Swimming, Yoga, and many more.
- **Data Analysis:** All recorded data is synced to the "Veryfit" app for detailed analysis. Data can also be shared with Apple Health and Strava for broader health tracking.

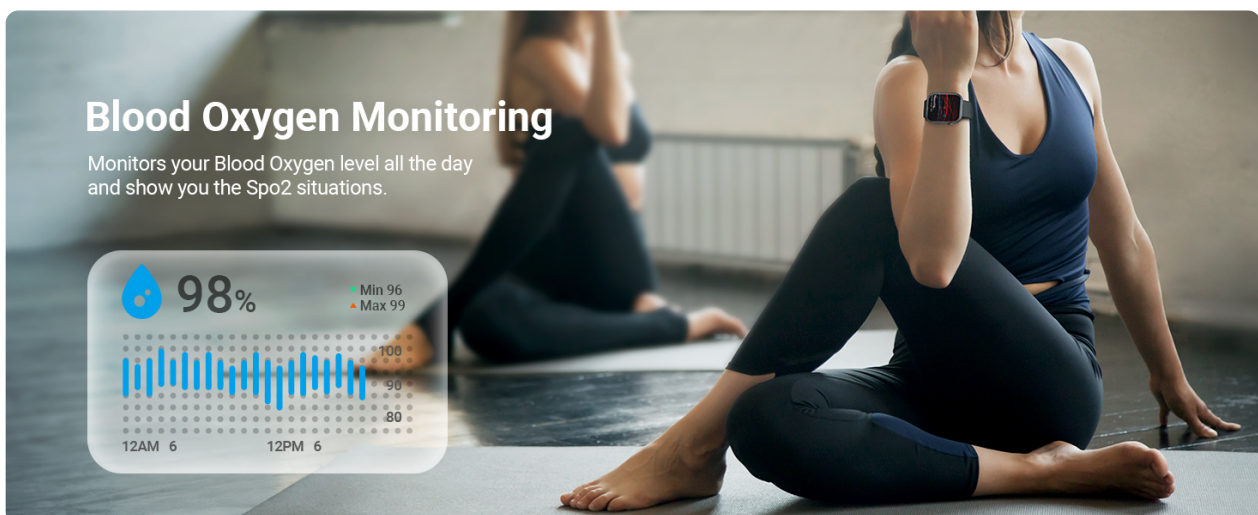


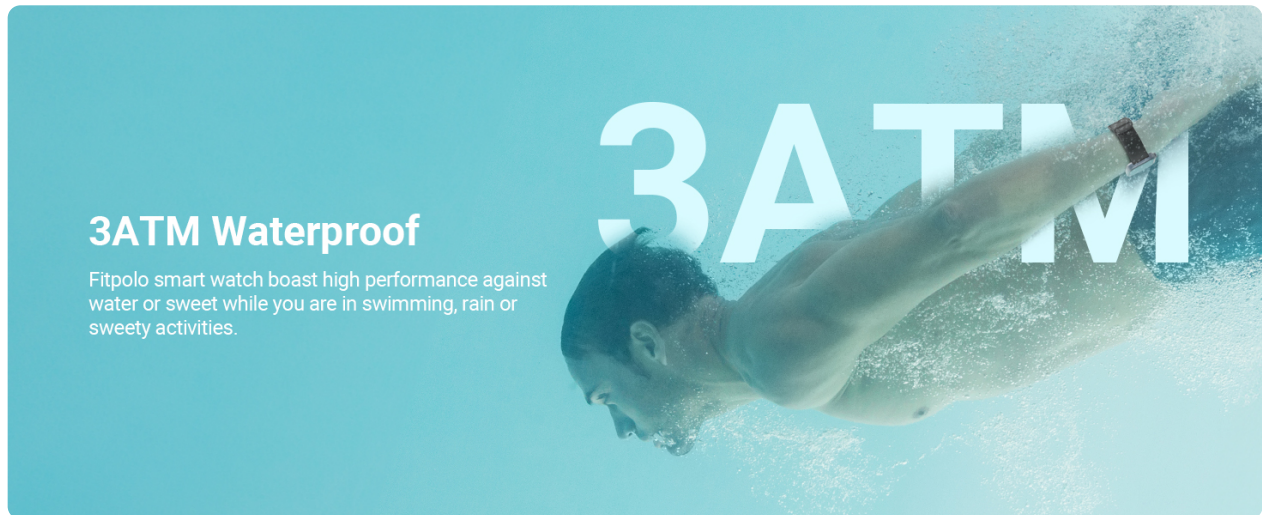
Image: A person cycling outdoors, with text indicating "105+ Built-in Sports Modes" and icons representing various activities

like running, swimming, and yoga.

6. BATTERY LIFE AND CHARGING

The Fitpolo Smart Watch GTX12 is designed for extended use with efficient power management.

- **Charging Time:** Approximately 1.5 hours for a full charge using the provided magnetic charging cable.
- **Typical Battery Life:** Up to 12 days with standard usage.
- **Standby Time:** Up to 30 days.
- **Heavy Use:** Battery life may be reduced to approximately 7 days with frequent use of features like calls, continuous monitoring, and GPS.



3ATM Waterproof

Fitpolo smart watch boast high performance against water or sweat while you are in swimming, rain or sweaty activities.

Image: The Fitpolo Smart Watch GTX12 on a charging pad, highlighting its 1.5-hour charging time and up to 12 days of typical battery life.

7. WATERPROOF INFORMATION

The device has a 3ATM waterproof rating, making it suitable for various daily activities.

- **Usage:** The watch can withstand splashes, rain, handwashing, face washing, sweaty activities, and swimming.
- **Limitations:** It is not recommended for hot showers, saunas, or diving. Avoid exposure to hot water or steam, as this can compromise the waterproof seals.
- **Post-Water Exposure:** Always dry the watch thoroughly after swimming or exposure to water to prevent skin irritation and maintain device integrity.



Image: A person swimming, with text indicating the Fitpolo Smart Watch GTX12's 3ATM waterproof rating, suitable for swimming and other water activities.

8. ADDITIONAL FEATURES

Beyond health and fitness tracking, the smartwatch includes several utility functions to enhance daily convenience.

- **Notifications:** SMS and message notifications from various apps.
- **Tools:** Find My Phone, Calculator, Calendar, Clock, Stop Watch, Timer, Music Control, Camera Control, Weather Forecast, Flashlight.
- **Games:** Two built-in games, "Airplane War" and "Roll the Dice," for entertainment and relaxation.
- **Convenience:** Raise to wake screen functionality for quick access to information.

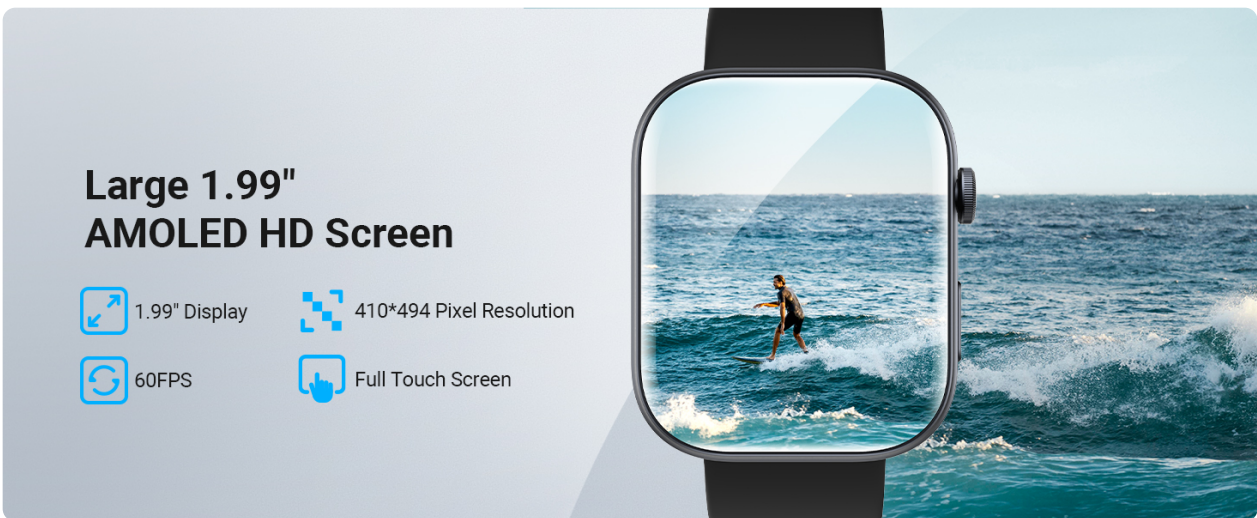


Image: The Fitpolo Smart Watch GTX12 surrounded by icons representing its additional features, such as Find My Phone, Camera Control, Music Control, and Weather Forecast.



120+ Colorful Watch Faces

Features over 120 colorful watch faces. You can select your favorite or customize with your own photos. Dynamic watch faces are also supported.



Image: The Fitpolo Smart Watch GTX12 displaying its built-in games, "Airplane War" and "Roll the Dice," for user entertainment.

9. APP COMPATIBILITY

The Fitpolo Smart Watch GTX12 is widely compatible with various smartphones.

- **Operating System Requirements:** Compatible with Apple iOS (9.0 or above) and Android smartphones (6.0 or above).
- **Supported Devices:** Includes iPhone 6 through iPhone 16 Series, Samsung Galaxy/Note, Google Pixel/Nexus, Microsoft, Huawei, Xiaomi, HTC, and more.



Image: The Fitpolo Smart Watch GTX12 positioned above a row of various smartphone models, illustrating its wide compatibility with both iOS and Android devices.

10. MAINTENANCE

To ensure the longevity and optimal performance of your Fitpolo Smart Watch GTX12, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Charging Contacts:** Keep the magnetic charging contacts on the back of the watch clean and free of debris to ensure proper charging.

- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While 3ATM waterproof, it is advisable to dry the watch thoroughly after swimming or exposure to water to prevent skin irritation and maintain device integrity.

11. TROUBLESHOOTING

If you encounter issues with your Fitpolo Smart Watch GTX12, refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the magnetic charging cable and a power source for at least 10 minutes.
- **Connection Issues (Bluetooth):**
 - Verify Bluetooth is enabled on your smartphone.
 - Ensure the "Veryfit" app is open and running in the background.
 - Try restarting both your smartphone and the smartwatch.
 - If issues persist, unpair the watch from your phone's Bluetooth settings and re-pair it through the "Veryfit" app.
- **Inaccurate Health Data:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - Clean the optical sensors on the back of the watch.
 - Avoid excessive movement during measurements.
- **Notifications Not Appearing:**
 - Check notification settings within the "Veryfit" app to ensure they are enabled for desired applications.
 - Verify that your smartphone's notification permissions allow the "Veryfit" app to display alerts.
 - Ensure the watch is within Bluetooth range of your phone.
- **Short Battery Life:**
 - Reduce screen brightness.
 - Disable unnecessary features like Always-On-Display if not required.
 - Limit frequent heart rate or SpO2 monitoring if continuous data is not essential.
 - Ensure the watch is fully charged each time.
- **Screen Unresponsive:** Try restarting the watch by pressing and holding the side button, then selecting the restart option. If unresponsive, allow the battery to drain completely and then recharge.

12. SPECIFICATIONS

Feature	Detail
Model Number	ID208PLUS
Screen Size	1.99 Inches AMOLED
Resolution	410x494 HD
Connectivity	Bluetooth 5.3
Operating System Compatibility	Android (6.0+) and iOS (9.0+)
Battery Capacity	350 Milliamp Hours
Typical Battery Life	Up to 12 Days
Charging Time	Approx. 1.5 Hours
Waterproof Rating	3ATM
Item Weight	0.176 ounces (approx. 5 grams)
Supported Languages	English, German, French, Spanish, Italian, Japanese, Portuguese

What's in the Box:

- 1x Fitpolo Sport Watch GTX12
- 1x Magnetic Charging Cable
- 1x User Manual



Image: A visual representation of the items included in the Fitpolo Smart Watch GTX12 package: the smartwatch, magnetic charging cable, and user manual.

13. WARRANTY AND SUPPORT

Fitpolo provides a 3-year warranty for the Smart Watch GTX12, ensuring peace of mind with your purchase. For any technical assistance, product-related inquiries, or warranty claims, 24/7 lifetime technical support is available.

Please refer to the contact information provided in the product packaging or on the official Fitpolo website for direct support channels.