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SHANG WING LYNN2

SHANG WING LYNN2 Fitness Tracker User Manual

Model: LYNN2

Brand: SHANG WING

INTRODUCTION

This user manual provides comprehensive instructions for the SHANG WING LYNN2 Fitness Tracker. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The LYNN2 is designed to help you monitor your health and fitness activities with features such as heart rate tracking, blood oxygen monitoring, sleep analysis, and various sports modes.



Figure 1: SHANG WING LYNN2 Fitness Tracker in Milky White.

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Video 1: An overview of the SHANG WING LYNN2 Slim Smart Watch for Women, highlighting its key features and design.

WHAT'S IN THE Box

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

- SHANG WING LYNN2 Smart Watch
- Charging Cable
- User's Manual



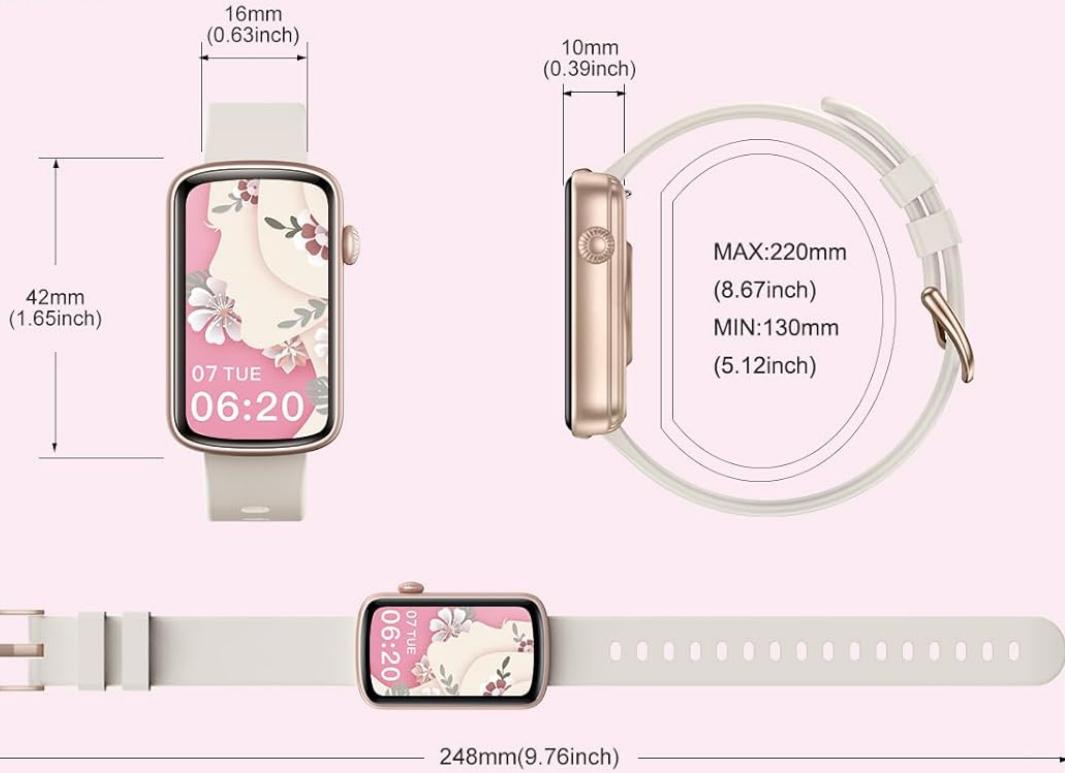
Figure 2: Packaging and contents of the SHANG WING LYNN2 Fitness Tracker.

SETUP

1. Charging the Device

Before initial use, fully charge your SHANG WING LYNN2 Fitness Tracker. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

Size



 Charging Time
2.5 Hrs

 Normal use
7 Day

 Standby Time
30 Day

Figure 3: The SHANG WING LYNN2 Fitness Tracker being charged via its magnetic cable. A full charge takes approximately 2.5 hours and provides up to 7 days of normal use or 30 days of standby time.

2. App Download and Pairing

To utilize all features of your fitness tracker, download the "GloryFit" app on your smartphone. The app is compatible with iOS 9.0/Android 6.0 or above.

1. Scan the QR code in the manual or search for "GloryFit" in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install and open the GloryFit app.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the GloryFit app, navigate to the "Device" section and select "Add Device" or "Search Device".

5. Select "L2" from the list of found devices to pair.
6. Follow any on-screen prompts to complete the pairing process.

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Video 2: Instructions on how to connect the SHANG WING LYNN2 smartwatch to your smartphone via the GloryFit app.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu.

Customizing Watch Faces

Personalize your watch face through the GloryFit app. You can choose from a variety of pre-designed faces or upload your own photos to create a unique display.

Customize Watch Face



Figure 4: Various customizable watch faces available for the LYNN2 Fitness Tracker, including options to use personal photos.

Women Health Reminder

Support Menstrual cycle reminder, safe period and ovulation day tracking. Raise your hand to check your status and provide you with intimate protection on special days.

A woman with blonde hair, wearing a pink t-shirt, is lying on a light-colored couch, smiling and holding a white mug. She is wearing a black smartwatch on her left wrist. To the right of the image, a close-up of the smartwatch screen shows a pink circular icon with a white footprint-like shape, and the text "Menstrual period". The top right corner of the screen shows the time 10:23 and a battery icon.

Figure 5: The GloryFit app interface showing options for customizing watch dials with over 100 designs or personal images.

Notifications

Once paired with your smartphone, the LYNN2 Fitness Tracker will vibrate to alert you of incoming calls, text messages, and social media notifications (e.g., Facebook, Instagram, WhatsApp). Manage notification settings within the GloryFit app.



Figure 6: The smartwatch displaying a message notification from a connected smartphone.

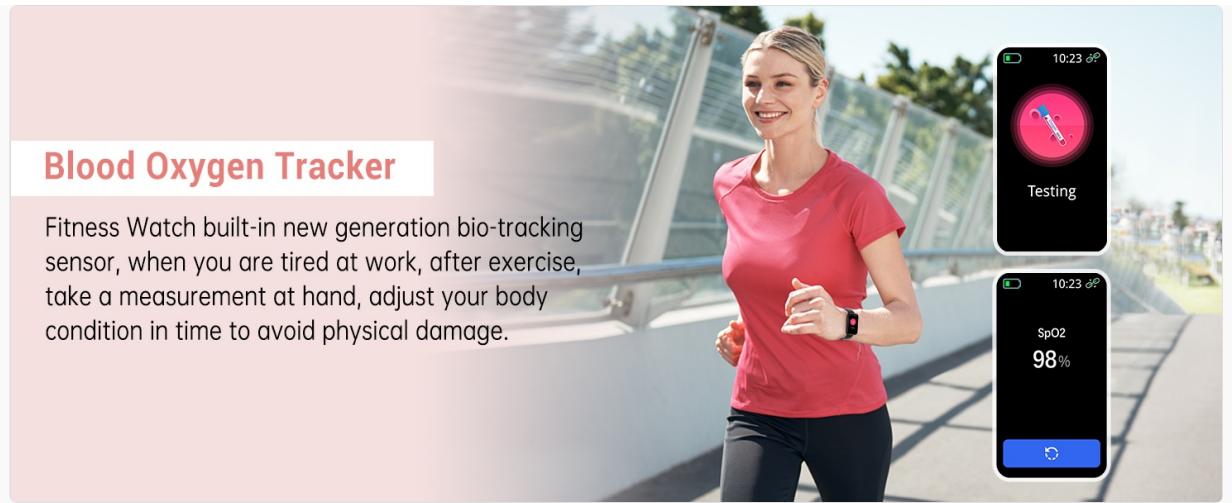


Figure 7: The smartwatch receiving various social media and call notifications.

Sports Modes

The fitness tracker includes 24 built-in sports modes to track your performance during various activities. Access these modes from the watch menu to record data such as steps, distance, calories burned, and heart rate specific to your workout.



Figure 8: Icons representing the 24 different sports modes supported by the LYNN2 Fitness Tracker.

Sleep Tracking

Sleep tracker automatically detect your deep sleep time, light sleep time and awake sleep time. By accessing data about your sleep trends through the app, can adjust habits and make life healthier.

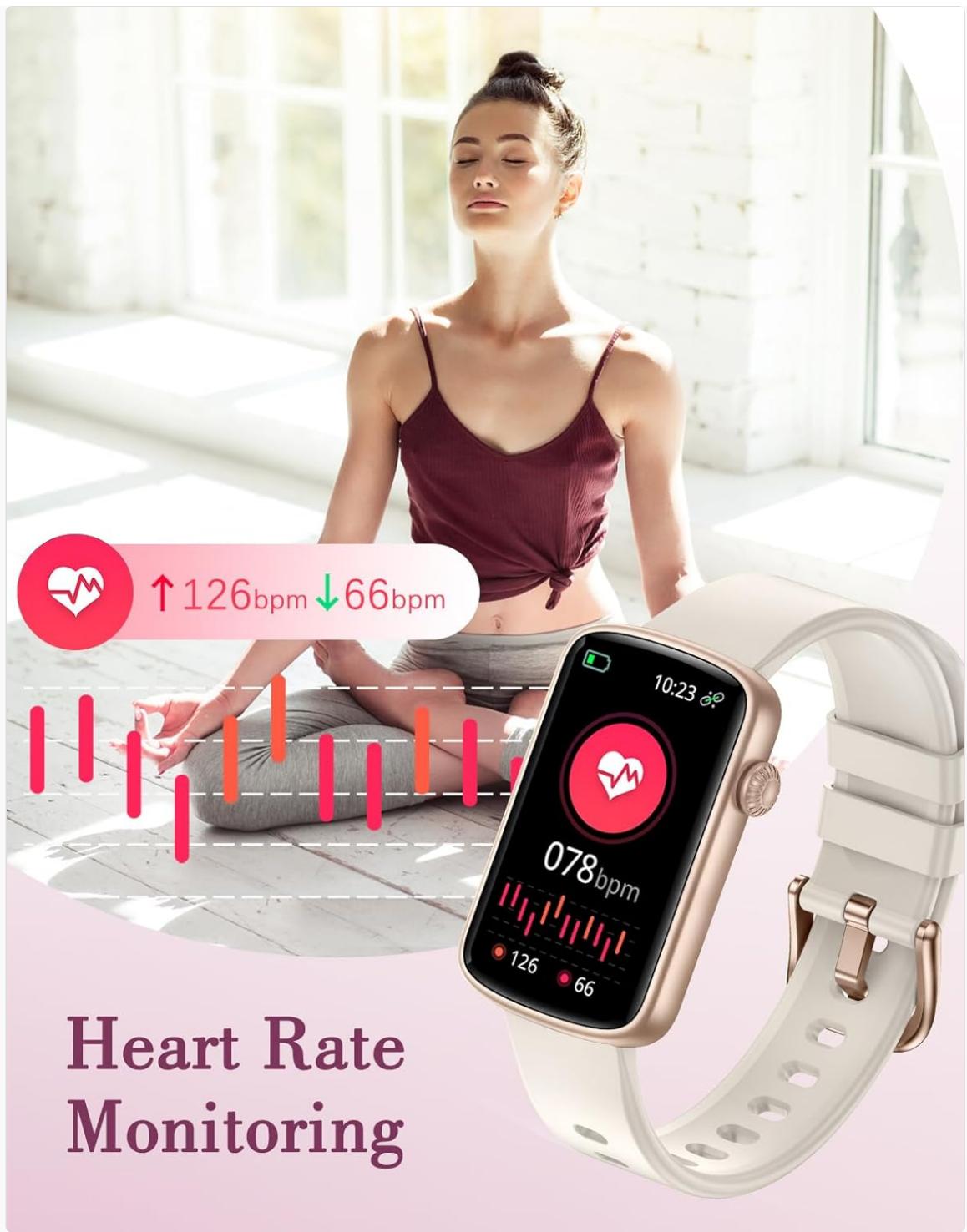


Figure 9: The smartwatch supports 24 sports modes to track performance metrics like steps, calories, distance, and heart rate.

Health Monitoring

The LYNN2 Fitness Tracker offers comprehensive health monitoring features:

- **Heart Rate Monitor:** Continuously tracks your heart rate throughout the day. View real-time data on the watch and detailed trends in the GloryFit app.



Heart Rate Monitoring

Figure 10: The smartwatch screen showing current heart rate readings.

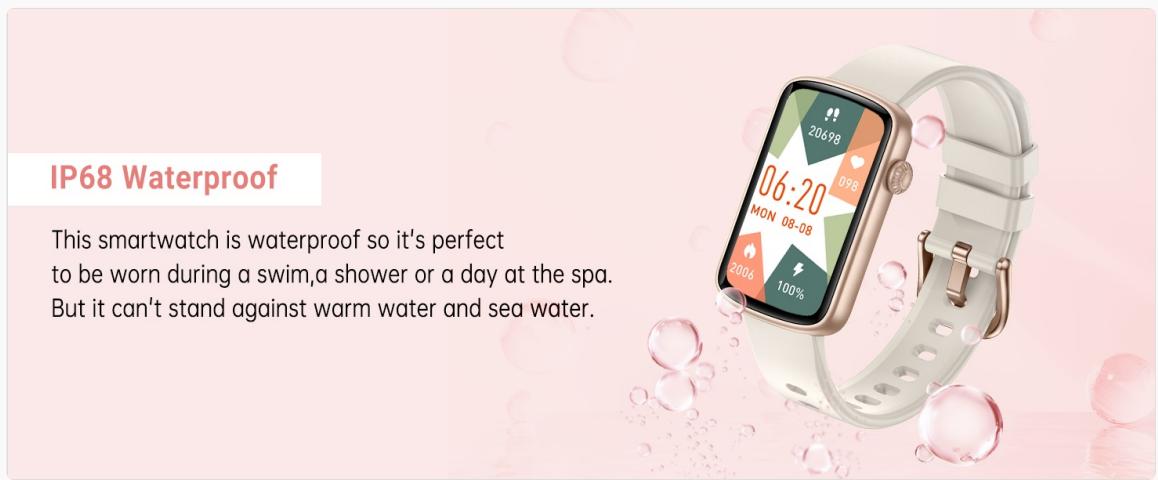


Figure 11: The heart rate monitor feature helps track heart rate changes throughout the day via the GloryFit app.

- **Blood Oxygen Monitor:** Measures your blood oxygen saturation (SpO2) levels. This feature is useful for checking your body's condition, especially after physical exertion.



Figure 12: The smartwatch displaying blood oxygen testing and results, alongside women's health tracking.

Music Control

Find and turn on music controls in your fitness watch for quick and easy control of your music (play/pause, next/previous song) during training sessions.

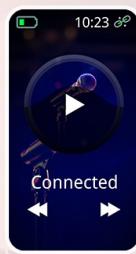


Figure 13: The fitness watch's bio-tracking sensor allows for blood oxygen measurement to help adjust body condition.

- **Sleep Tracker:** Automatically detects and analyzes your sleep patterns, including deep sleep, light sleep, and awake times. Review sleep trends in the app to improve your sleep habits.

Sleep Monitor

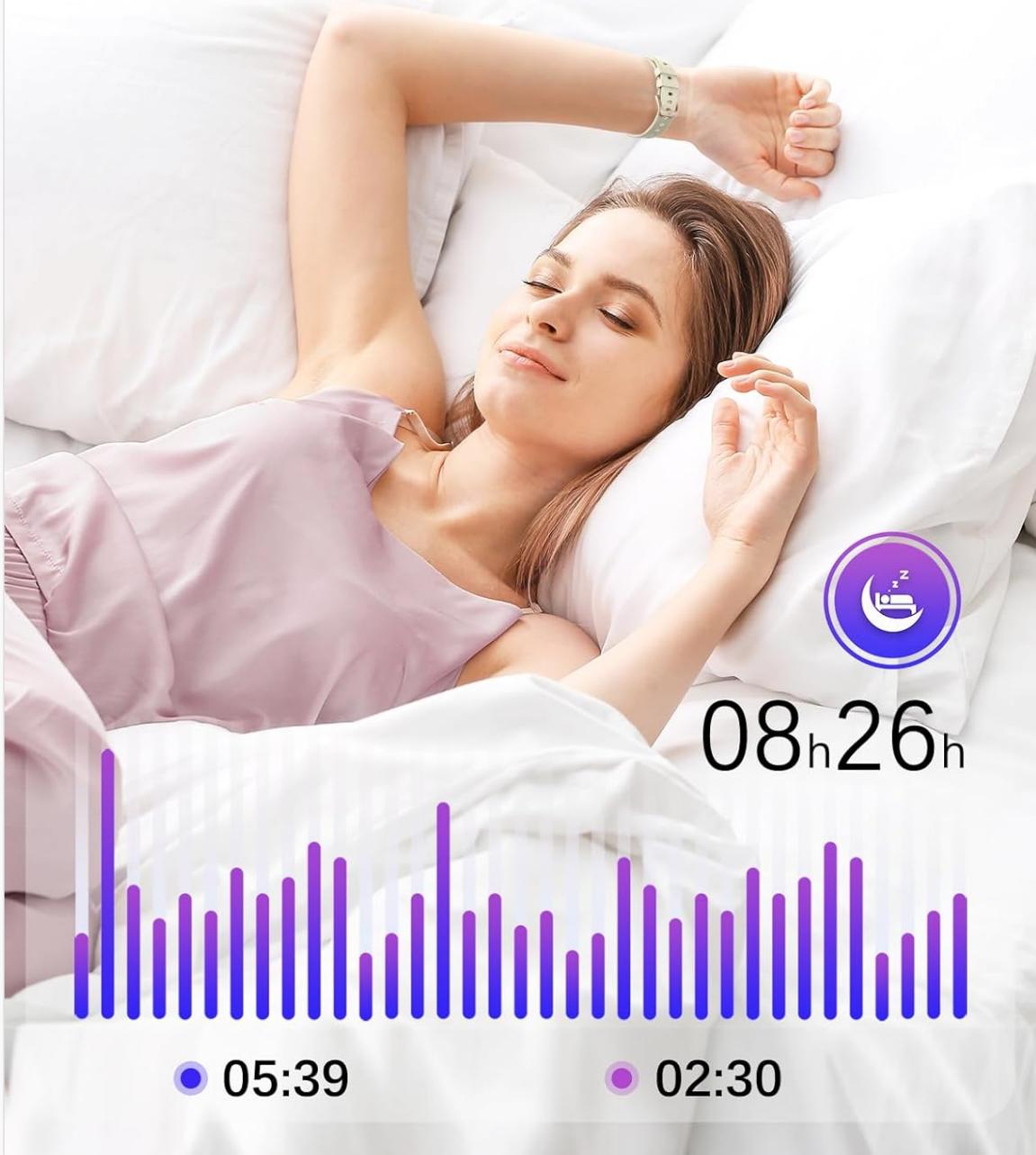


Figure 14: The smartwatch screen showing sleep duration and sleep quality analysis.

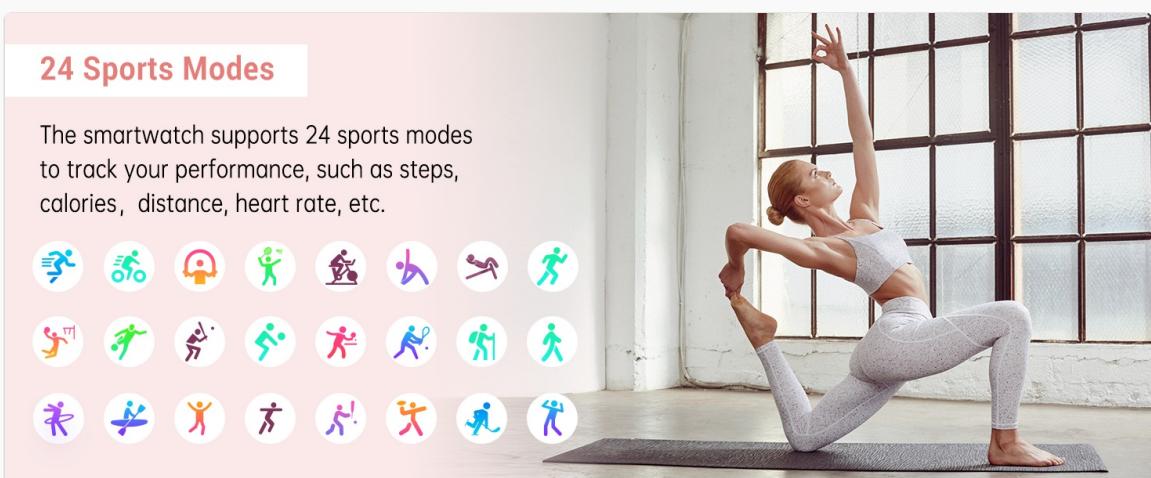


Figure 15: The sleep tracker automatically detects deep, light, and awake sleep times, with data accessible via the app.

- **Women's Health Reminder:** Supports menstrual cycle tracking, including menstrual period, safe period, and ovulation day tracking.

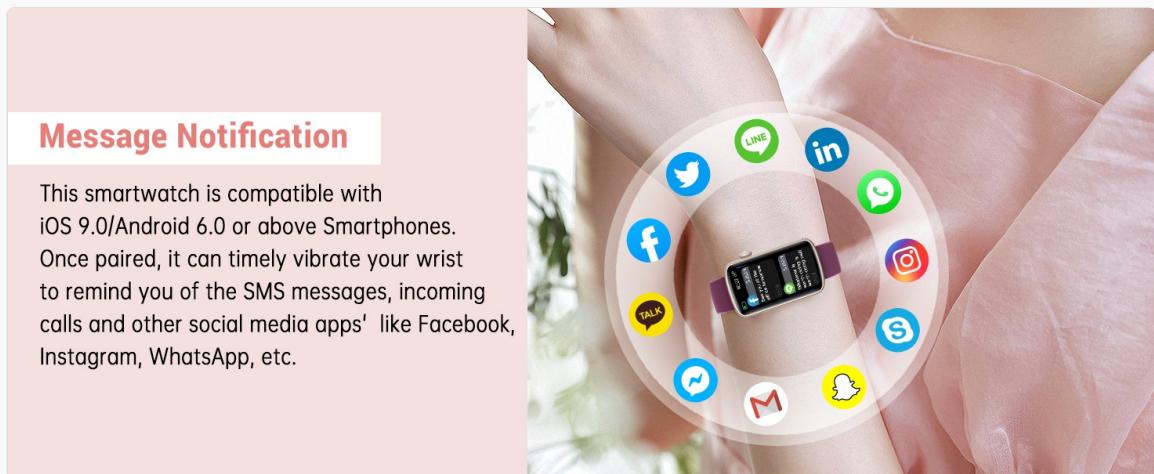


Figure 16: The smartwatch provides intimate protection on special days by supporting menstrual cycle, safe period, and ovulation day tracking.

Other Features

- **Weather Forecast:** When connected to your phone, the watch displays current weather conditions and forecasts for the next two days.

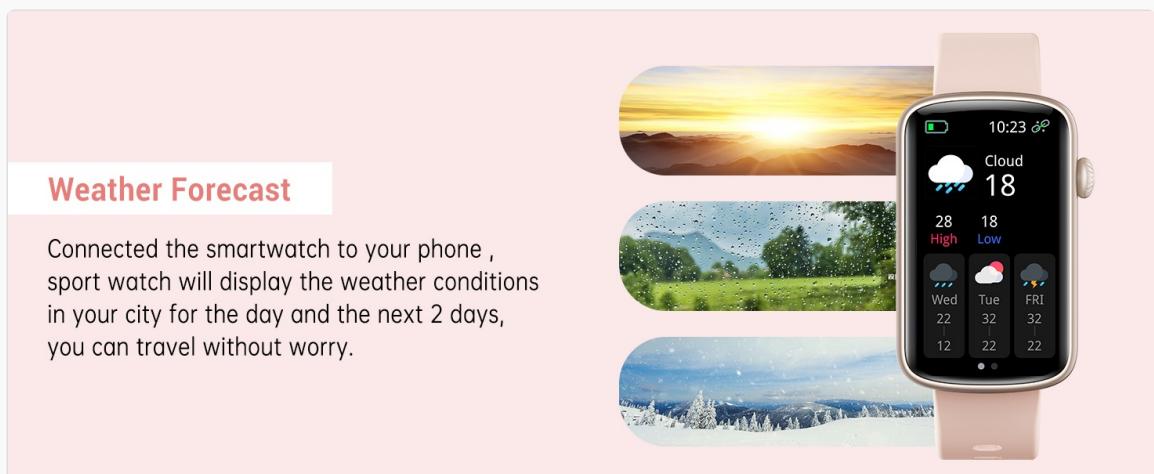


Figure 17: The smartwatch displays weather conditions for the current and next two days when connected to a phone.

- **Music Control:** Control music playback (play, pause, next, previous song) directly from your watch when connected to your phone.

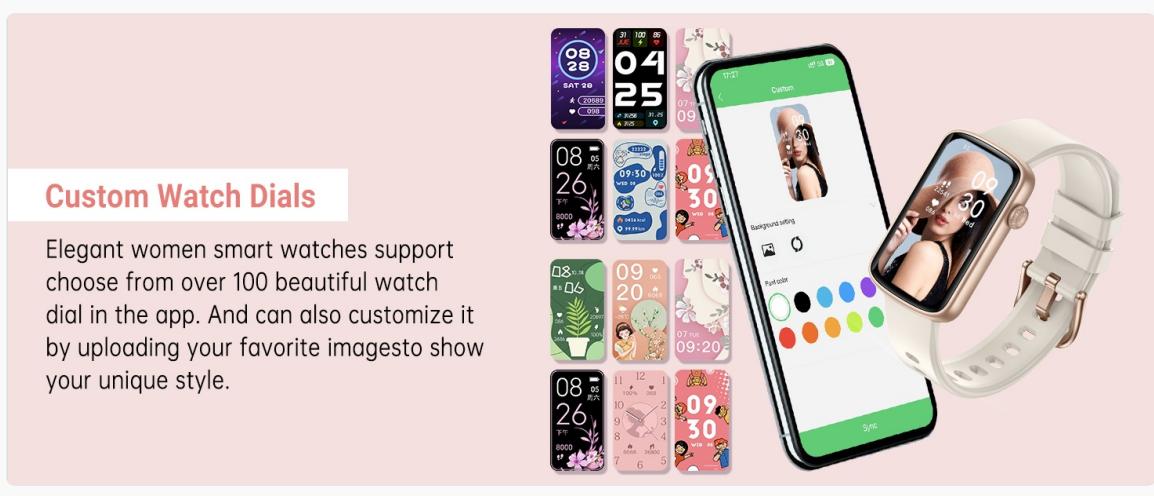


Figure 18: The smartwatch allows for quick and easy control of music during training sessions.

- **Find Your Phone:** Use this feature on the watch to make your phone ring, helping you locate it.
- **Alarm Clock:** Set alarms directly on the watch or through the app.
- **Breath Training:** Guided breathing exercises for relaxation.
- **Stopwatch:** A standard stopwatch function for timing activities.

MAINTENANCE

Cleaning

Regularly clean your fitness tracker to maintain its appearance and functionality. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials.

Water Resistance

The SHANG WING LYNN2 Fitness Tracker has an IP68 waterproof rating, meaning it can withstand daily use, including hand washing, rain, and even swimming. However, it is not recommended for use in warm water, hot showers, saunas, or seawater, as these can compromise the seal.



Figure 19: The smartwatch is IP68 waterproof, suitable for swimming, but not warm or sea water.

TROUBLESHOOTING

Connectivity Issues

If your watch is not connecting to the app:

- Ensure Bluetooth is enabled on your phone and the watch.
- Make sure the watch is within range of your phone.
- Restart both your phone and the watch.
- Check if the GloryFit app has necessary permissions (e.g., location, Bluetooth).
- If previously paired, try unpairing and re-pairing the device.

Incorrect Unit of Measurement (Celsius/Fahrenheit, etc.)

To change the unit of measurement for weather or other data:

Your browser does not support the video tag.

Video 3: Guide on how to switch the weather display between Celsius and Fahrenheit within the GloryFit app.

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Video 4: Instructions on how to change the unit of measurement for various data points within the GloryFit app. These settings are typically managed within the GloryFit app under your profile or device settings. Look for options related to "Unit Settings" or "Temperature Unit".

SPECIFICATIONS

Feature	Detail
Product Dimensions	9.76 x 1.57 x 0.43 inches
Item Weight	0.882 ounces (25 Grams)
Model Number	L2 (LYNN2)
Batteries	1 Lithium Polymer battery (included)
Standing Screen Display Size	1.47 Inches
Memory Storage Capacity	32 MB
Operating System Compatibility	iOS 9.0/Android 6.0 or above Smartphones
Connectivity Technology	Bluetooth
Waterproof Level	IP68
Manufacturer	SHANG WING
Date First Available	April 5, 2024

WARRANTY AND SUPPORT

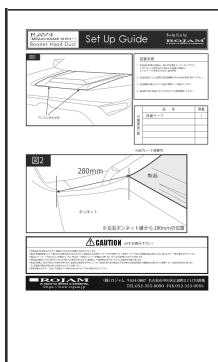
For warranty information and customer support, please refer to the contact details provided in your product packaging or visit the official SHANG WING store on Amazon:

[SHANG WING Amazon Store](#)

You may also find additional usage guidelines and support resources by scanning the Transparency barcode on the product's packaging or downloading the Transparency app.

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Related Documents - LYNN2



[ROJAM Body Kit Installation Guide for Toyota RAV4 \(2019-2024\)](#)

Comprehensive installation guide for ROJAM's premium body kit components, including Bonnet Hood Duct, Rear Wing, Rear Gate Spoiler, Rear Diffuser, and Side Steps, designed for the Toyota RAV4 (MXAA5/AXAH5 2019-2024 models).

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