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Gerrit Z79

Gerrit Z79 Max Smartwatch User Manual

Model: Z79 Max

INTRODUCTION

This manual provides comprehensive instructions for the Gerrit Z79 Max Smartwatch. It covers essential information regarding setup, operation, maintenance, and troubleshooting to ensure optimal performance and user experience. The Z79 Max is a feature-rich smartwatch designed for daily use, fitness tracking, and communication.



Figure 1: Gerrit Z79 Max Smartwatch (Yellow band variant)

PACKAGE CONTENTS

Upon unboxing your Gerrit Z79 Max Smartwatch, please verify that all components are present:

- Gerrit Z79 Max Smartwatch (with pre-installed band)
- Charging Cable (Magnetic)
- Additional Band (if included in specific package)
- User Manual (this document)



Figure 2: Smartwatch and included accessories in packaging

SETUP

1. Charging the Smartwatch

Before first use, fully charge the smartwatch. 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) or a computer USB port. The watch display will indicate charging status.

2. Powering On/Off

- **Power On:** Press and hold the side button until the screen illuminates.
- **Power Off:** Press and hold the side button, then select "Power Off" on the screen.

3. Pairing with Your Smartphone

To unlock full functionality, pair your Z79 Max Smartwatch with your smartphone via Bluetooth.

1. Download the companion application (APP) from your smartphone's app store. Refer to the watch screen or packaging for the specific app name or QR code.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the APP and follow the on-screen instructions to add a new device.
4. Select "Z79 Max" from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

Once paired, the watch will synchronize time, date, and notifications from your phone.

OPERATING THE SMARTWATCH

Navigation

The Z79 Max features a 2.1-inch high-definition touch screen for intuitive navigation. Swipe gestures and button presses control various functions.

- **Swipe Up:** Access quick settings/control center.
- **Swipe Down:** View notifications.
- **Swipe Left/Right:** Navigate through widgets and main functions (e.g., activity, heart rate, weather).
- **Press Side Button:** Return to the home screen or access the app menu.

2.1 High definition display screen

2.1 inch retinal screen, 326ppi high-definition resolution for better display effect
clear and delicate, even in strong outdoor light
the display content is still clearly visible.



Figure 3: The 2.1-inch high-definition display provides clear visuals.

Key Functions

- **Bluetooth Calls:** Make and receive calls directly from your watch when connected to your smartphone.
- **NFC:** Utilize NFC for compatible functions (e.g., access control, mobile payments, if supported by your region and service provider).
- **Voice Assistant:** Activate your smartphone's voice assistant through the watch for hands-free commands.
- **Notifications:** Receive alerts for calls, messages, and app notifications from your paired smartphone.
- **Compass:** Access a digital compass for navigation.
- **Music Control:** Control music playback on your smartphone.
- **Remote Photography:** Use the watch as a remote shutter for your smartphone camera.
- **Lock Screen Password:** Set a password for enhanced privacy.
- **Calculator:** Basic arithmetic functions available on the watch.
- **Stopwatch & Countdown:** Timing functions for various activities.
- **Weather:** View current weather conditions and forecasts.

HEALTH MONITORING

The Z79 Max Smartwatch is equipped with multiple sensors to monitor various health metrics. These features are intended for general wellness and fitness purposes and should not be used for medical diagnosis or treatment.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Pressure Monitoring:** Provides estimated blood pressure readings.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes sleep patterns, including deep sleep, light sleep, and wake times.
- **ECG Testing:** Supports electrocardiogram (ECG) testing for heart rate and electrocardiogram data.
- **Stress Monitoring:** Estimates stress levels based on heart rate variability.

For accurate readings, ensure the watch is worn snugly on your wrist, approximately one finger-width above the wrist bone. View detailed health data and trends within the companion APP.

**Heart rate, blood pressure
blood oxygen
Multiple sensors**

3300 heart rate monitoring chip
provide multiple indicators
for exercise and health
provide comprehensive guidance.

blood pressure monitoring

Wrist blood pressure data, one click monitoring
raise your wrist to view blood pressure data
accurate monitoring of blood pressure trends
timely control of physical changes
balancing work and rest

APP | **24** Hour
Interval record | Intelligent detection

Figure 4: Health monitoring features including heart rate and blood pressure.

SPORTS MODES AND GPS

The Z79 Max Smartwatch offers multiple sports modes to track your physical activities and includes built-in GPS for outdoor exercises.

Available Sports Modes:

- Walking
- Running
- Hiking
- Cycling
- Skipping Rope
- Basketball
- Badminton
- Football
- Yoga
- And more...

Select the desired sports mode before starting your activity. The watch will record data such as duration, distance (with GPS), calories burned, and heart rate. Review your workout summaries in the companion APP.

GPS Functionality

The built-in GPS allows for accurate tracking of outdoor activities without needing your phone. Ensure a clear view of the sky for optimal GPS signal acquisition before starting a GPS-enabled workout.

Multiple sports to meet different scenarios

Whether indoors or outdoors, sports mode paired with professional sensors comprehensive recording of motion data, scientific analysis, effectively improve your athletic skills and accompany you on the wilderness.



Figure 5: The smartwatch supports multiple sports modes for comprehensive activity tracking.

MAINTENANCE

Proper care will extend the life of your Z79 Max Smartwatch.

- **Cleaning:** Wipe the watch and band regularly with a soft, damp, lint-free cloth. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is rated IP68 waterproof. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. *Do not use it for swimming, diving, or in hot water/steam environments (e.g., sauna, hot showers) as this can compromise the seal.*
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Charging:** Use only the provided charging cable. Avoid exposing the charging contacts to water or corrosive liquids.

TROUBLESHOOTING

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect to the charger for at least 30 minutes.
Cannot pair with smartphone.	• Ensure Bluetooth is enabled on your phone. • Make sure the watch is within range of your phone. • Restart both the watch and the phone. • Clear Bluetooth cache on your phone (if applicable). • Try unpairing and re-pairing the device in the APP.
Inaccurate health readings.	• Ensure the watch is worn snugly on your wrist, not too loose or too tight. • Clean the sensor on the back of the watch. • Avoid excessive movement during readings.
Notifications not received.	• Check if the watch is connected to the phone via Bluetooth. • Verify notification permissions are enabled for the companion APP on your phone. • Ensure "Do Not Disturb" mode is off on both the watch and phone.

SPECIFICATIONS

Feature	Detail
Model Number	Z79
Screen Size	2.1 Inches
Operating System	Android (compatible with Android/iOS smartphones)
Connectivity	Bluetooth
GPS	Built-in GPS
Special Features	Multisport Tracker, GPS, Notifications, Bluetooth Calls, Compass, NFC, Voice Assistant, Health Monitoring (Heart Rate, Blood Pressure, SpO2, Sleep, ECG, Stress)
Water Resistance	IP68
Compatible Devices	Smartphone
Band Colour	Yellow (as per product variant)

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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

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