RLQA Band 3

RLQA Fitness Tracker 1.47" Smart Watch User Manual

Model: Band 3

1. Product Overview

The RLQA Fitness Tracker is a 1.47-inch smart watch designed to monitor various health and fitness metrics. It features a full touch screen, 24/7 heart rate, blood pressure, and blood oxygen monitoring, sleep tracking, pedometer functions, and is IP68 waterproof. It is compatible with both Android and iPhone devices.

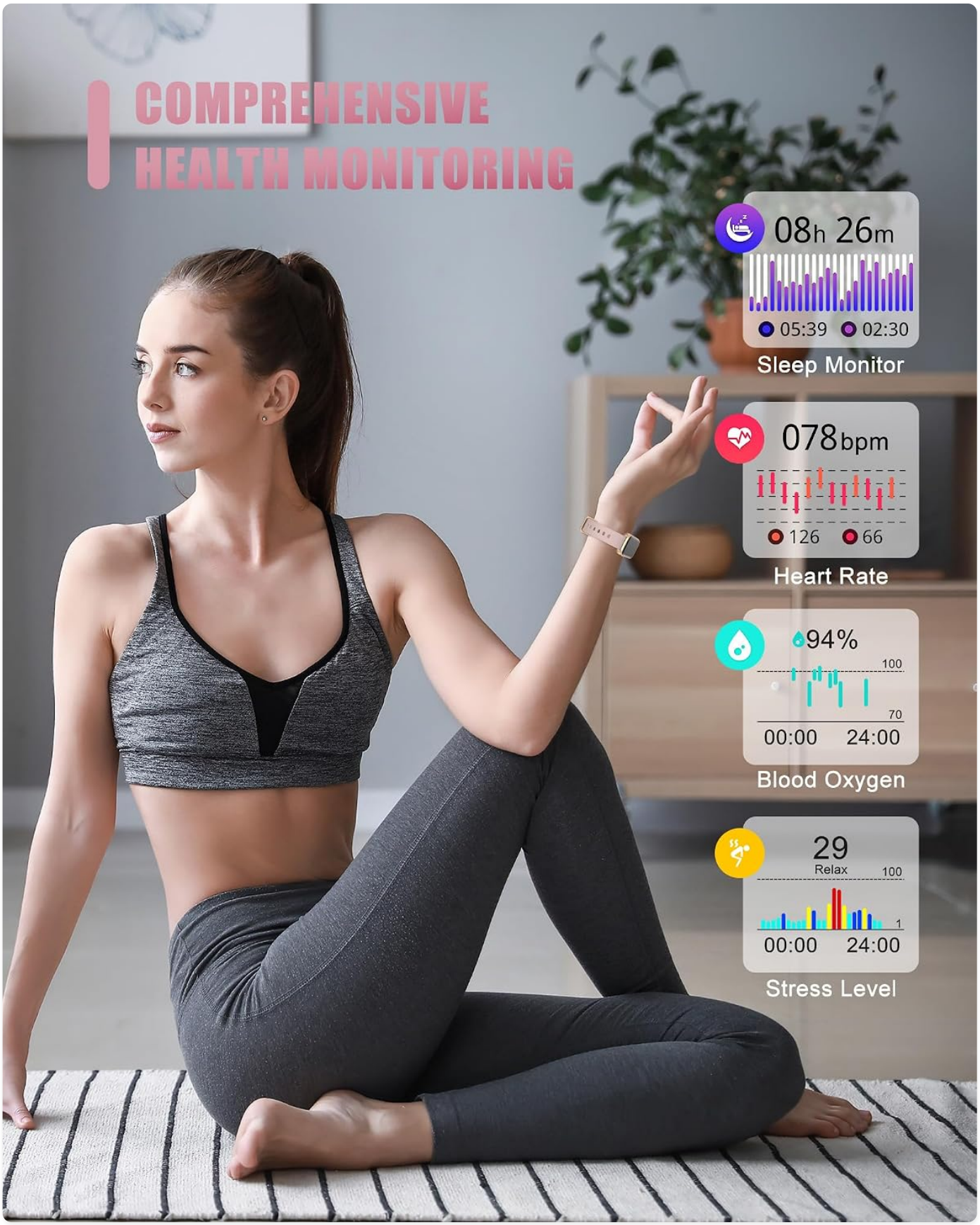


Figure 1: Comprehensive Health Monitoring features of the RLQA Fitness Tracker.

2. Setup Guide

2.1 Charging the Device

Before initial use, fully charge your RLQA Fitness Tracker. Connect the magnetic charging cable to the charging contacts

on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Duration of Use:** Up to 5 days with typical usage.
- **Standby Time:** Up to 30 days.



Figure 2: Charging the RLQA Fitness Tracker and battery life indicators.

2.2 App Installation

To utilize all features of your fitness tracker, download the companion application on your smartphone. Search for the official RLQA app in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

1. Scan the QR code provided in the quick start guide or search for the app name.
2. Download and install the application.
3. Follow the on-screen instructions to create an account and set up your profile.

2.3 Device Pairing

After installing the app, pair your fitness tracker with your smartphone via Bluetooth.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the RLQA app and navigate to the 'Device' or 'My Device' section.
3. Select 'Add Device' or 'Scan for Device'.
4. Choose your RLQA Fitness Tracker from the list of available devices.
5. Confirm the pairing request on both your phone and the watch if prompted.

2.4 Initial Configuration

Once paired, configure your personal information within the app, such as age, height, weight, and gender, to ensure accurate tracking of health metrics and activity data.

3. Operating Instructions

3.1 Basic Navigation

The RLQA Fitness Tracker features a 1.47-inch TFT full touch screen. Navigate through menus and functions using touch gestures:

- **Swipe Up/Down:** Scroll through menus or notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Customize watch faces or access specific settings.

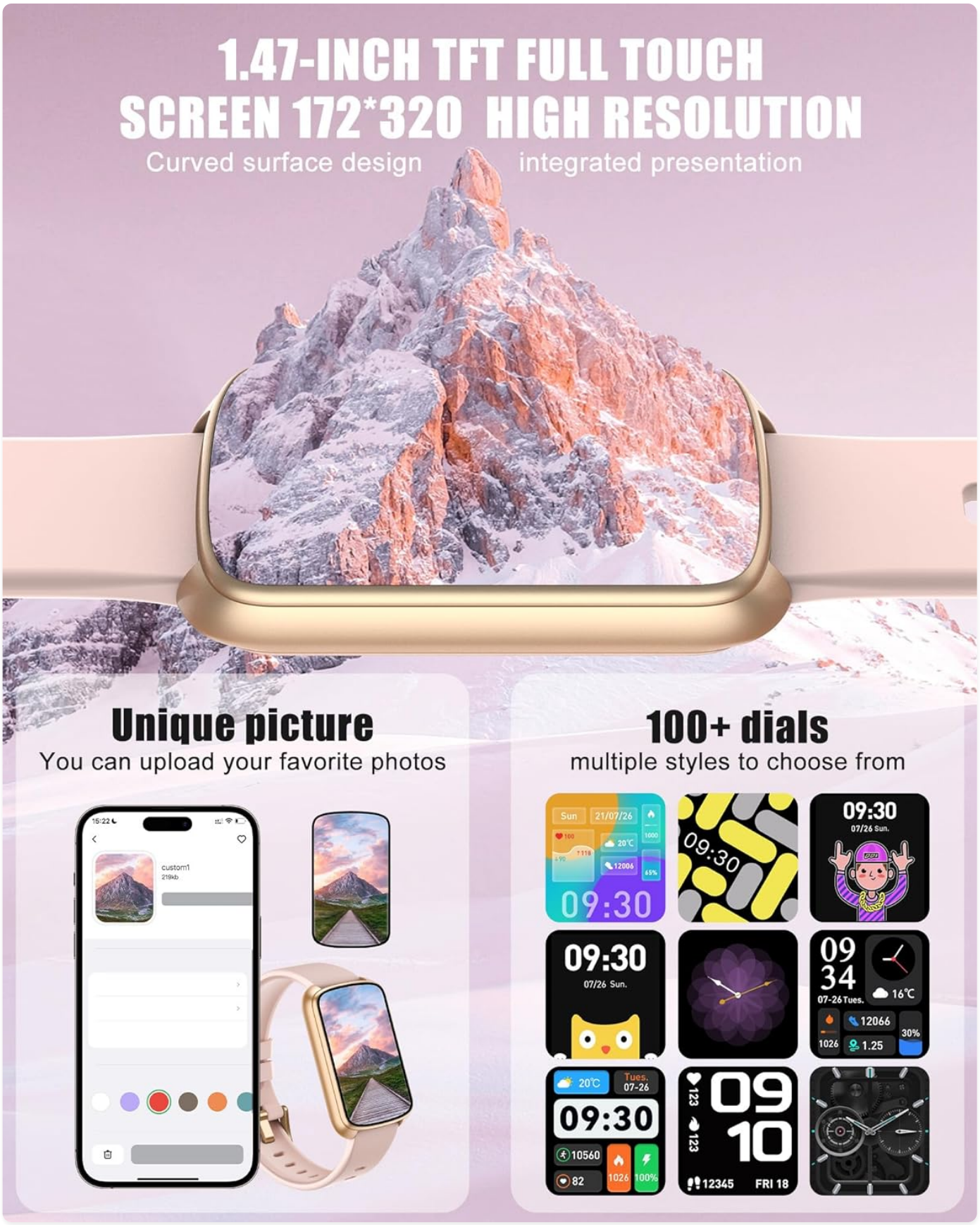


Figure 3: The 1.47-inch full touch screen and customizable watch faces.

3.2 Health Monitoring

The device continuously monitors several health metrics:

- **Heart Rate:** Provides 24/7 heart rate tracking. View real-time data on the watch or detailed trends in the app.
- **Blood Pressure:** Measures blood pressure. For accurate readings, remain still and follow instructions. Note: This device is not a medical device and should not be used for medical diagnosis.

- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation levels.
- **Sleep Tracker:** Automatically tracks sleep patterns, including deep sleep, light sleep, and wake times.
- **Stress Level:** Provides an indication of your stress levels throughout the day.

3.3 Activity Tracking

The fitness tracker records your daily activities and supports multiple sports modes:

- **Pedometer:** Counts your steps, distance covered, and calories burned throughout the day.
- **Multiple Sports Modes:** Select from various sports modes (e.g., running, cycling, swimming, skiing) to track specific workout data, including exercise duration, heart rate, distance, calories, and average pace.



Figure 4: Multiple sports modes and activity tracking data.

3.4 Smart Notifications & Reminders

Once paired with your smartphone, the watch can display notifications and reminders:

- **Call Reminder:** Receive incoming call alerts on your watch.
- **Message Notification:** View messages from various apps (e.g., SMS, Facebook, WhatsApp, Instagram) directly on your wrist.

- **Drink Water Reminder:** Set reminders to stay hydrated.
- **Prolonged Sitting Reminder:** Get alerts to move after periods of inactivity.
- **Alarm Reminder:** Set alarms through the app to vibrate on your watch.



Figure 5: Smart message notifications and call reminders on the watch.

3.5 Additional Features

The RLQA Fitness Tracker includes several other convenient functions:

- **Women's Health:** Track menstrual cycles and related health data (requires setup in the app).
- **Find Mobile Phone:** Use your watch to locate your paired smartphone.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Photography and Photo Taking:** Remotely trigger your phone's camera.
- **Weather Forecast:** View current weather conditions and forecasts.

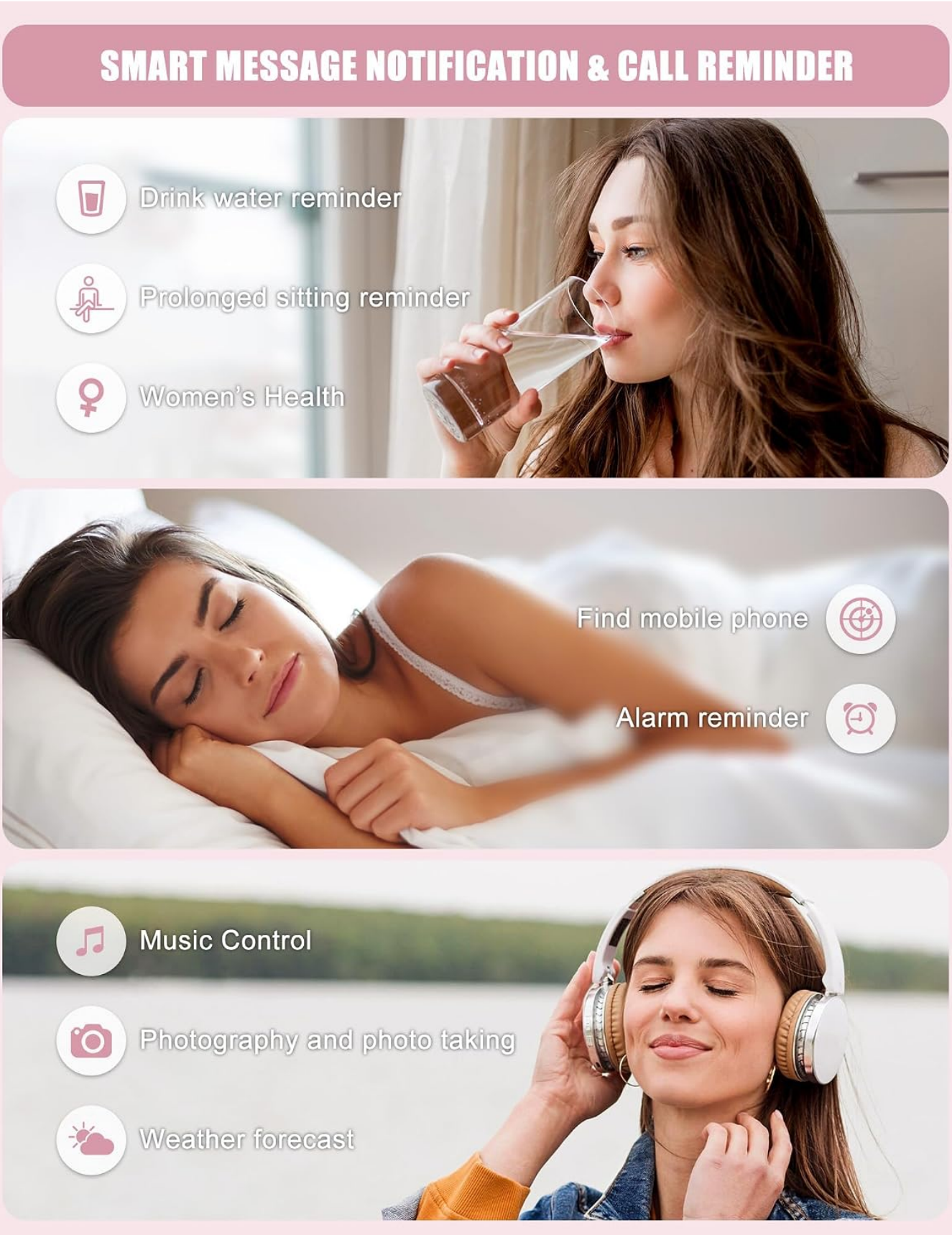


Figure 6: Overview of additional smart features.

4. Maintenance

4.1 Water Resistance (IP68)

The RLQA Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including showering, hand washing, and swimming. However, it is not recommended for hot water activities, diving, or high-pressure water exposure.

- **Swim:** Suitable for swimming in shallow water.
- **Rain:** Protected against rain.
- **Sweat:** Resistant to sweat.
- **Washing Hands:** Safe for washing hands.

4.2 Cleaning

Regularly clean your fitness tracker to maintain hygiene and functionality:

- Wipe the screen and band with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

4.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the device fully before long periods of inactivity.
- Do not leave the device fully discharged for extended periods.

5. Troubleshooting

5.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- If the issue persists, contact customer support.

5.2 Pairing Issues

- Make sure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your smartphone and the fitness tracker.
- Clear the Bluetooth cache on your phone (if applicable).
- Try unpairing and re-pairing the device through the app.

5.3 Inaccurate Readings (Heart Rate, Blood Pressure, SpO2)

- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
- Remain still during measurements.
- Clean the sensor on the back of the watch.
- Note that environmental factors and individual physiology can affect readings. This device is not intended for

medical use.

5.4 Notifications Not Appearing

- Check if the app is running in the background on your phone.
- Verify that notification permissions are granted for the RLQA app in your phone's settings.
- Ensure notifications are enabled within the RLQA app for specific applications.
- Confirm the watch is connected via Bluetooth.

6. Specifications

Feature	Specification
Model Number	Band 3
Display	1.47-inch TFT Full Touch Screen, 172*320 Resolution
Connectivity	Bluetooth
Sensors	Heart Rate, Blood Pressure, Blood Oxygen, Pedometer, Sleep Tracker
Water Resistance	IP68
Battery Life (Typical Use)	Up to 5 days
Standby Time	Up to 30 days
Charging Time	Approximately 2.5 hours
Product Dimensions	10.2 x 3.15 x 0.67 inches
Item Weight	3.52 ounces
Compatibility	iOS and Android devices
Band Material	Silicone

7. Warranty and Support

For warranty information and technical support, please refer to the documentation included with your purchase or visit the official RLQA website. Keep your proof of purchase for any warranty claims.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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

Answered questions about this manual

How do I connect the RLQA Band 3 Fitness Tracker to a Samsung Galaxy A51 running Android 13, and which app should I use?

Based on the RLQA Band 3 manual, there appears to be a discrepancy between the app you are using (GloryFit) and the official recommendation. The manual specifies searching for the official RLQA app in...

Read full answer