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› YMS GTS7 Pro Smart Watch User Manual

YMS GTS7 Pro

YMS GTS7 Pro Smart Watch User Manual

Your comprehensive guide to setting up, operating, and maintaining your YMS GTS7 Pro Smart Watch.

1. PRODUCT OVERVIEW

The YMS GTS7 Pro Smart Watch is a versatile fitness tracker designed for both men and women, compatible with Android and iOS devices. It features a vibrant 2.0-inch HD touch screen, Bluetooth calling capabilities, and extensive health monitoring functions including heart rate, blood oxygen, and sleep tracking. With over 100 sports modes and IP68 waterproofing, it's built to support an active lifestyle.



Figure 1: YMS GTS7 Pro Smart Watch (Brown Leather Band)

2. WHAT'S IN THE BOX

Please verify that all items are present in your product package:

- YMS GTS7 Pro Smart Watch
- Magnetic Charging Cable
- User Manual

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your 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 approximately 2.5 hours.



Figure 2: Rear view of the watch showing charging pins and sensors.

3.2 App Installation and Pairing

To unlock the full features of your YMS GTS7 Pro Smart Watch, you need to install the companion app on your smartphone.

1. **Turn on Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
2. **Download the App:** Open the Google Play Store (for Android) or App Store (for iOS) and search for "Runmefit". Download and install the app.
3. **Open and Connect:** Launch the Runmefit app. Follow the on-screen instructions to add your device. Select "GTS7

PRO" or "GTR2" from the list of available devices to bind it.

320*386 High Resolution Screen

2.0" AMOLED Large screen

Figure 3: App download and device connection process.

3.2.1 Activating Bluetooth Calling Function

After initial pairing, you need to enable the Bluetooth calling feature separately:

1. **Phone Bluetooth Settings:** Go to your phone's Bluetooth settings.
2. **Connect to GTS7 PRO-XXXX:** Find "GTS7 PRO-XXXX" (where XXXX is a unique identifier) in the list of available devices and click to connect.
3. **Enable System Notifications:** Ensure system notifications are enabled for the watch in your phone's Bluetooth settings.
4. **Activate Call Icon:** On your watch, locate and light up the call icon.
5. **Ready for Calls:** Once connected, you can make and answer calls directly from your watch.

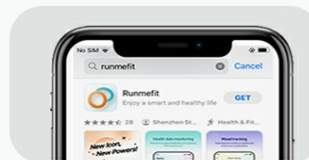
How To Connect The Watch To Your Phone?



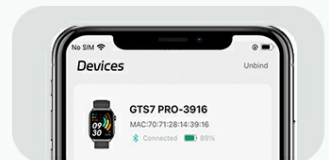
Turn On The "Bluetooth" Function Of Your Phone.



Open The "App Store".



Download The "Runmefit" App And Install It.



Open The App, Click "Add Device" Find "GTS7-PRO" And Bind It.

How To Activate The Bluetooth Calling Function?



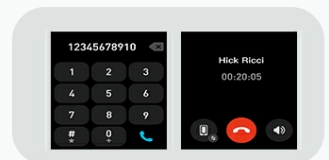
Turn On Phone "Bluetooth" Settings



Find "GTS7-PRO" and Click Connected



Light Up The Call Icon On Your Watch



After Connection, You Can Make/Answer Directly On The Watch

Figure 4: Steps to activate Bluetooth calling.

4. OPERATING INSTRUCTIONS

4.1 Navigating the Interface

The YMS GTS7 Pro features a 2.0-inch HD touch screen for intuitive navigation. Swipe across the screen to access different functions and menus. The watch also incorporates a dual-button design, with the lower button customizable as a

shortcut for frequently used features.



Figure 5: Watch screen displaying key information.

4.2 Personalized Watch Faces

Customize your watch face to match your style. The Runmefit app offers over 200 watch faces, or you can upload your own photos to create a unique display.

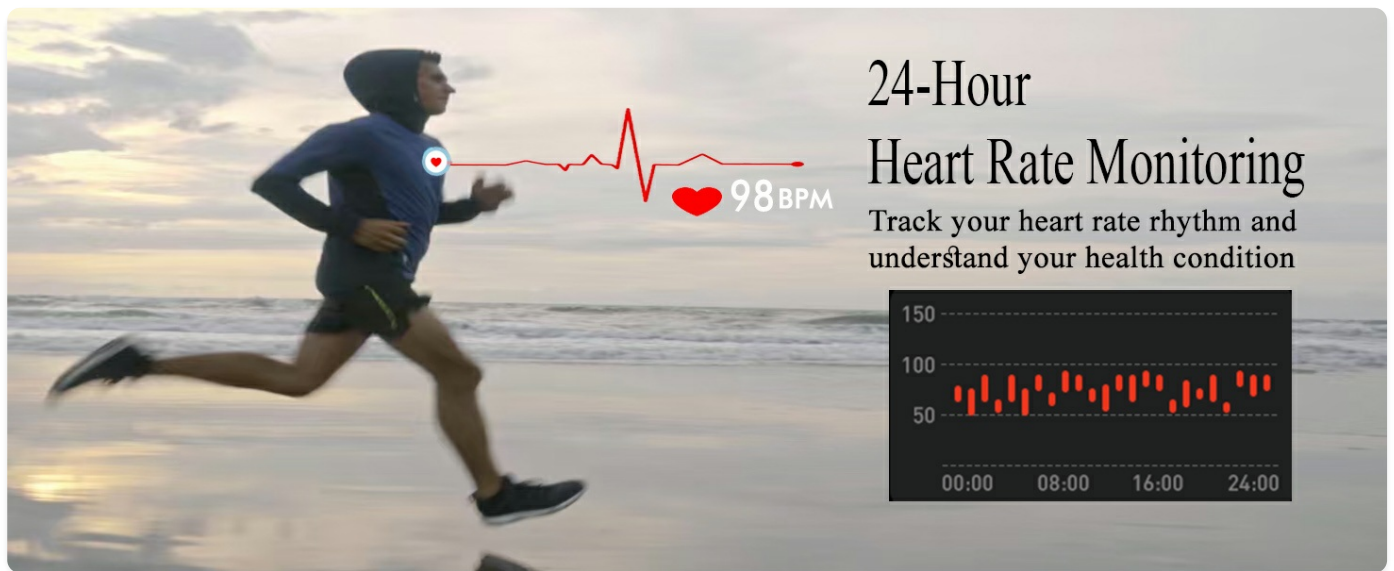


Figure 6: Options for customizing watch faces.

4.3 Bluetooth Call Functionality

Once connected via Bluetooth, you can answer and make clear calls directly from your watch, freeing your hands during activities or meetings.

Notification



Bluetooth calls



Figure 7: Watch displaying call and notification features.

Your browser does not support the video tag.

Video 1: Demonstrates various smart watch functions including health tracking, sports modes, and interface navigation.

4.4 Smart Notifications

Receive notifications for SMS, emails, and various app alerts directly on your watch. The watch will vibrate to keep you informed, ensuring you don't miss important messages.



Figure 8: Smart notifications from connected apps.

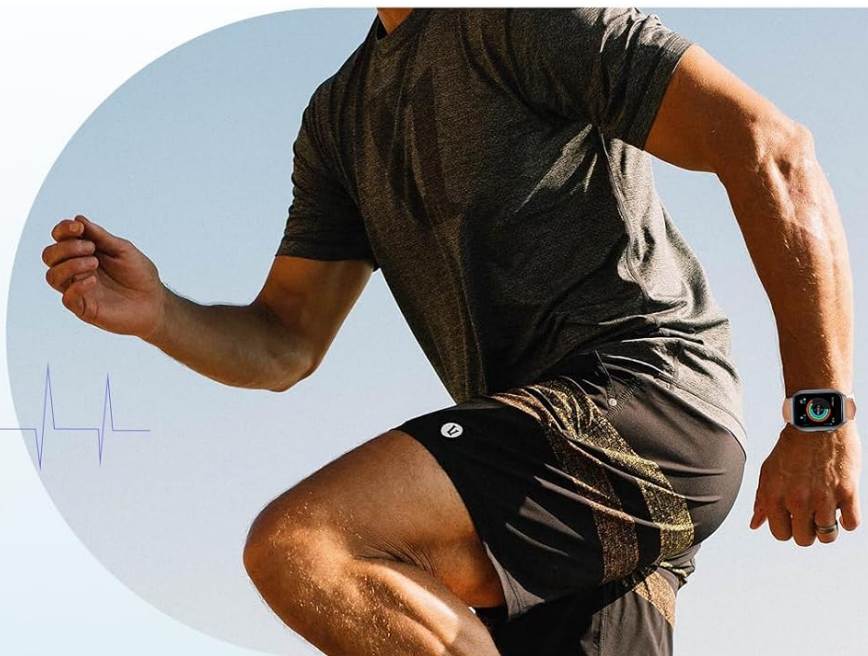
4.5 Health Monitoring

The GTS7 Pro is equipped with an advanced dual-color three-channel high-precision PPG bio-tracking sensor for accurate health data. It continuously monitors:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation levels.
- **Blood Pressure:** Provides real-time blood pressure readings.
- **Sleep Tracking:** Analyzes sleep patterns (deep sleep, light sleep, awake time).
- **Stress Level:** Assesses your stress levels.
- **Steps & Calories:** Records daily steps, distance, and calorie consumption.

Heart rate monitor

89bpm  ▲120 ▼65



Blood oxygen monitor


98%
SpO2



Figure 9: Heart rate and SpO2 monitoring in action.



Smart Notifications

With connected to the app, you'll never miss important messages, as it keeps you updated with vibration.



Figure 10: Sleep quality monitoring.



Figure 11: Comprehensive health monitoring features.

4.6 Sports Modes

The GTS7 Pro supports over 100 sports modes, including running, walking, hiking, badminton, basketball, rowing, rock climbing, cycling, fitness, football, swimming, yoga, and more. It tracks your activity, steps, distance, and calories during workouts.



The image features a man in a dark grey t-shirt and black shorts running on a paved path. A smartwatch is shown in the foreground, displaying a circular activity ring with 13,456 steps. The watch face also shows 'Min 20' and 'Stand 8'. In the background, there are icons for various sports modes: walking, yoga, running, basketball, swimming, and cycling. A heart rate monitor line is visible across the runner's torso. On the right, a vertical panel displays activity statistics: Steps (20/2000), Exercise (20/30), Stand (8/12), Distance (1.8 Km), and Calories (128 Kcal).

100+ Sports Modes

All day event tracking

Easily Track Your Daily Activity Steps, Calorie Consumption, Heart rate, And activity Distance.

Figure 12: Tracking activity with 100+ sports modes.

4.7 Other Functions

The smart watch includes many other useful tools to enhance your daily life:

- Event Reminders
- Cycle Tracking
- Weather Forecast
- Music Control
- Set Alarm
- Stopwatch
- Timer
- Find Phone
- Women's Health
- Pomodoro Timer

- World Clock
- Flashlight
- Calculator
- Breathing Training



Figure 13: Additional smart watch features.

5. MAINTENANCE AND CARE

5.1 Waterproofing

The YMS GTS7 Pro Smart Watch has an IP68 waterproof rating. This means 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, such as hand washing, showering, and swimming in shallow water. However, it is not recommended for hot baths, saunas, or diving, as steam and high water pressure can damage the seals.

5.2 Cleaning

To maintain your watch's appearance and functionality, regularly clean the device and strap. Use a soft, dry cloth to wipe the screen and body. For the strap, follow the manufacturer's recommendations based on the material (e.g., leather, silicone). Avoid using harsh chemicals or abrasive materials.

5.3 Battery Life

The watch offers extended battery life:

- Up to 40 days of standby time.
- 7-10 days of regular usage.

To maximize battery life, consider reducing screen brightness, limiting background app refresh, and disabling unnecessary notifications.

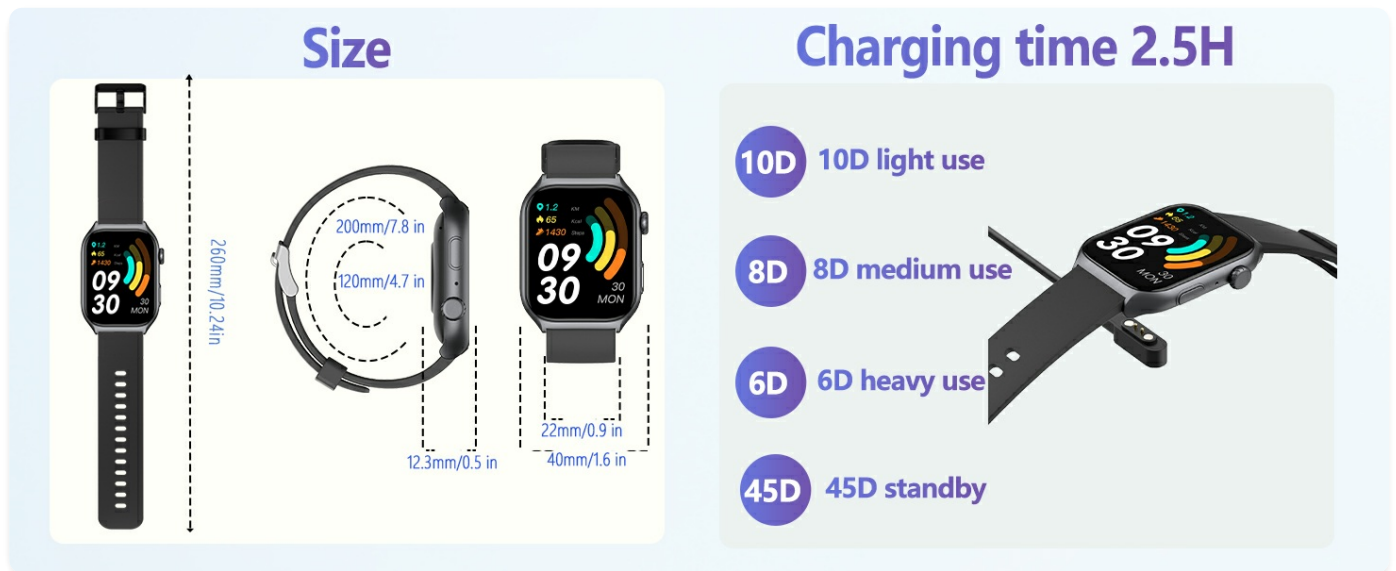


Figure 14: Watch dimensions and battery life overview.

6. TROUBLESHOOTING

6.1 Common Issues and Solutions

- **Watch not connecting to phone:**
Ensure Bluetooth is on for both devices. Restart the watch and your phone. Re-pair the device through the Runmefit app. Check if the watch is connected to another phone.
- **Notifications not appearing:**
Verify that notifications are enabled in the Runmefit app and in your phone's system settings for the app. Ensure the watch is properly connected via Bluetooth.
- **Inaccurate health data:**
Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch. Avoid excessive movement during measurements. Note that smartwatches are not medical devices and readings are for reference only.
- **Short battery life:**
Reduce screen brightness. Disable unnecessary features like 'Always-On Display' if available. Limit background app refresh. Ensure the watch is fully charged using the provided magnetic cable.
- **Watch screen unresponsive:**
Try restarting the watch by pressing and holding the power button. If unresponsive, allow the battery to drain completely and then recharge.

If issues persist, refer to the official YMS support website or contact customer service for further assistance.

7. TECHNICAL SPECIFICATIONS

Feature	Specification
Model Number	GTS7 Pro
Screen Size	2.0 Inches
Display Type	HD Touch Screen
Connectivity	Bluetooth 5.3

Feature	Specification
Waterproof Rating	IP68
Battery Capacity	300 Milliamp Hours
Typical Usage Battery Life	7-10 days
Standby Time	Up to 40 days
Charging Time	Approx. 2.5 hours
Operating System	Android Wear 2.9
Memory Storage Capacity	128 MB
Item Weight	1.7 ounces

8. WARRANTY AND SUPPORT

Your YMS GTS7 Pro Smart Watch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your packaging for specific terms and conditions, including coverage duration and claim procedures.

For technical support, troubleshooting assistance, or warranty claims, please contact YMS customer service through the contact information provided on the official YMS website or within the Runmefit application. Ensure you have your product model number (GTS7 Pro) and purchase details ready when contacting support.

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

Anonymous

Email

you@example.com

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