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**TRANYA ES10**

# Tranya ES10 Smartwatch User Manual

Model: ES10

## Introduction

The Tranya ES10 Smartwatch is a versatile and stylish accessory designed to enhance your daily life and fitness journey. Featuring a vibrant 1.83-inch HD touch screen, robust IP68 water resistance, and an extended battery life of 7-10 days, this smartwatch offers comprehensive health and activity monitoring, seamless Bluetooth calling, and instant notifications. This manual provides detailed instructions for setting up, operating, and maintaining your Tranya ES10 Smartwatch.




Image: Front view of the Tranya ES10 Smartwatch, showcasing its display with time, calorie count, and step count. The watch has a black strap and a sleek, modern design.

## Setup

### 1. Initial Charging

Before first use, it is recommended to fully charge your Tranya ES10 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.




Image: The Tranya ES10 Smartwatch being charged with its magnetic cable, displaying a 100% battery icon on its screen.

## 2. Power On and Language Selection

Press and hold the side button to power on the smartwatch. Upon first boot, you may be prompted to select your preferred language. Use the touch screen to navigate and select "English".

## 3. App Download and Pairing

To unlock the full potential of your Tranya ES10 Smartwatch, download the "GloryFit" application on your smartphone. The app is compatible with both Android and iOS devices.

- Scan the QR code provided in the watch's packaging or search for "GloryFit" in your smartphone's app store.
- Install and open the GloryFit app.
- Follow the on-screen instructions to create an account or log in.
- In the app, navigate to the "Device" section and select "Add Device" or "Connect Device".
- The app will search for nearby Bluetooth devices. Select "Tranya ES10" from the list to pair.

- Confirm the pairing request on both your smartphone and the smartwatch.

For additional support and app download, you can visit the official support page:https://qrco.de/bbTuUU

Your browser does not support the video tag.

Video: An unboxing and initial setup guide for the Tranya ES10 Smartwatch, demonstrating how to power on, select language, and connect to the GloryFit app on a smartphone.

## Operating Your Smartwatch

### Basic Navigation

The Tranya ES10 features a full touch screen for intuitive navigation. Swipe left, right, up, or down to access different menus and functions. Tap to select an option.

### Notifications and Calls

Once paired with your smartphone, the ES10 Smartwatch will display incoming call alerts and notifications from various apps (e.g., messages, emails, social media). You can answer calls directly from your wrist.




Image: The Tranya ES10 Smartwatch displaying an incoming call, message notifications, and an inactivity reminder, highlighting its communication features.

### Music Control

Control music playback on your connected smartphone directly from your smartwatch. Play, pause, skip tracks, and adjust volume without needing to take out your phone.




Image: The Tranya ES10 Smartwatch showing various utility functions including a stopwatch, weather forecast, alarm settings, and music playback controls.

## Health and Fitness Monitoring

The Tranya ES10 Smartwatch is equipped with advanced sensors to provide comprehensive health and fitness tracking.

### Activity Tracking

Accurately track your daily activities including calories burned, steps taken, and distance covered. Set daily goals within the GloryFit app to stay motivated.




Image: A woman running, illustrating the Tranya ES10 Smartwatch's capabilities in tracking exercise modes, steps, distance, and calorie consumption.

## Sports Modes

With over 100 sports modes, the ES10 can precisely map your movements during various activities like running and cycling, utilizing your phone's GPS for accurate distance and route tracking.

## Heart Rate Monitoring

Monitor your heart rate throughout the day to gain insights into your cardiovascular health.

## Sleep Tracking

Track your sleep patterns, including deep sleep, light sleep, and REM cycles, to help you understand and improve your sleep quality.




Image: The Tranya ES10 Smartwatch showing detailed sleep analysis, including sleep stages, and a graph for stress monitoring, indicating comprehensive health tracking.

### Stress Monitoring

Obtain a complete overview of your stress levels throughout the day and night to gain valuable insights into your well-being.

### Blood Oxygen (SpO2)

The smartwatch also supports blood oxygen saturation monitoring, providing another vital health metric.

## Product Features

### Display

The Tranya ES10 features a 1.83-inch HD touch screen with a resolution of 240x284 pixels, offering clear visuals and responsive interaction.

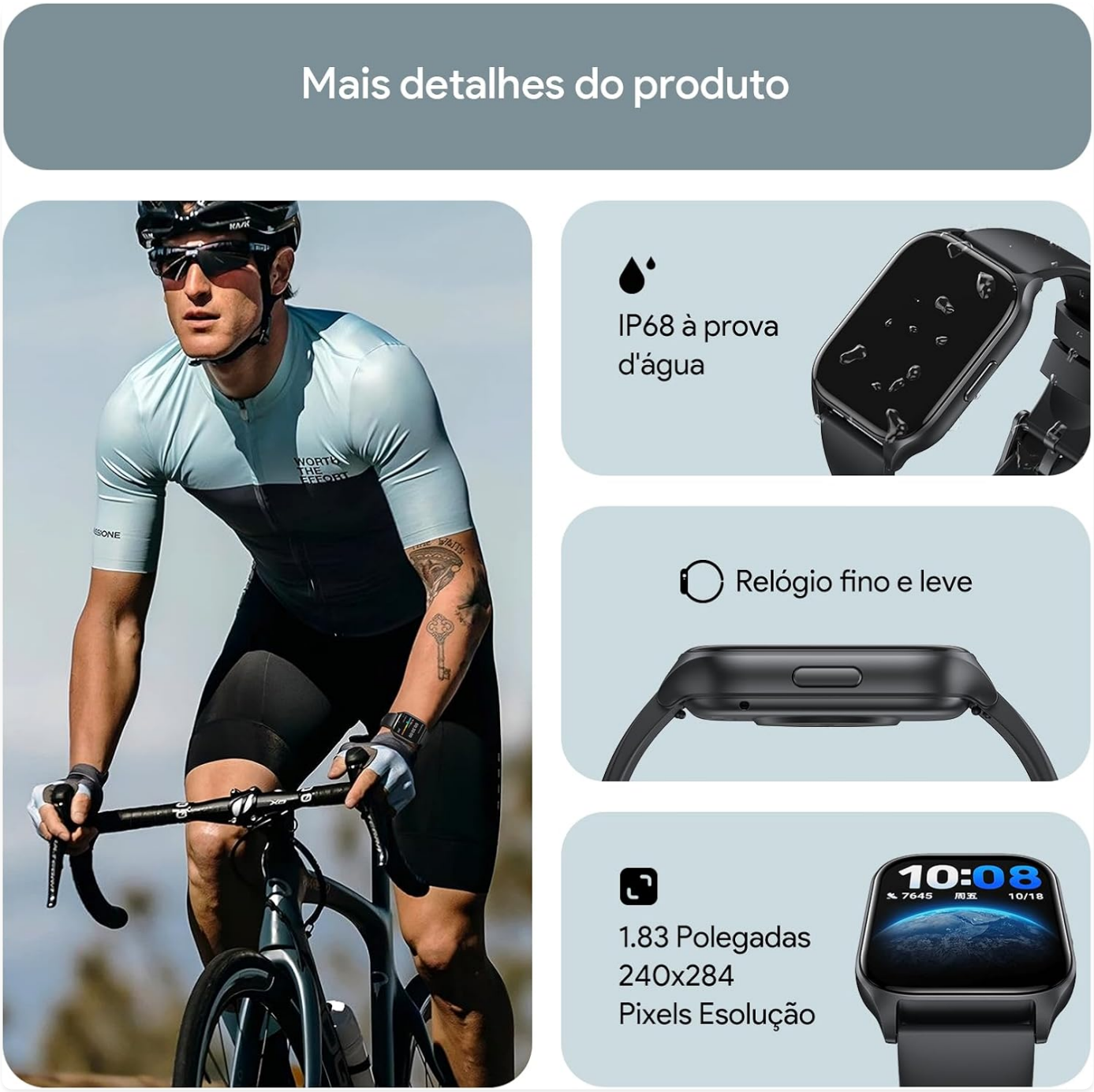



Image: The Tranya ES10 Smartwatch showcasing its IP68 water resistance, slim and lightweight profile, and the specifications of its 1.83-inch display with 240x284 pixel resolution.

### Water Resistance

With an IP68 waterproof rating, the Tranya ES10 is designed to withstand splashes, rain, and even brief immersion, making it suitable for various activities.

### Battery Life

Enjoy up to 7-10 days of battery life on a single charge, depending on usage. The watch charges fully in approximately 1 hour.

### Design

The ES10 boasts an elegant and thin design, adapting perfectly to your wrist for comfortable all-day wear.

## What's in the Box

Upon unboxing your Tranya ES10 Smartwatch, you will find the following items:

- Tranya ES10 Smartwatch
- Magnetic Charging Cable
- User Manual / Quick Start Guide (with QR code for app download)




Image: The contents of the Tranya ES10 Smartwatch packaging, including the smartwatch itself, its magnetic charging cable, and a quick start guide with a QR code for app access.

## Specifications

| Feature | Specification |
|---|---|
| Brand | TRANYA |
| Model | ES10 |

| | |
|---|---|
| Screen Size | 1.83 inches (45 mm) |
| Display Type | LCD |
| Memory Storage Capacity | 128 MB |
| Operating System | Tranya OS |
| Compatible Devices | Smartphone |
| Special Features | Activity Tracker |
| Power Source | Battery Powered |
| Battery Capacity | 300 mAh (Lithium-ion) |
| Wireless Connectivity | Bluetooth |
| Color | Black |
| Product Weight | 130 g |
| Water Resistance | IP68 |

## Maintenance

### Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain its appearance. Use a soft, lint-free cloth. If necessary, dampen the cloth with a small amount of water. Avoid using harsh chemicals or abrasive materials.

### Charging

Ensure the charging contacts on the watch and cable are clean and dry before charging. Do not force the magnetic charger into place. Charge the device in a cool, well-ventilated area.

### Storage

When not in use for extended periods, store the smartwatch in a cool, dry place. It is recommended to charge the device periodically (e.g., every few months) to prevent deep discharge of the battery.

## Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes before attempting to power it on again.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the smartwatch is within Bluetooth range (typically 10 meters).
  - Restart both your smartphone and the smartwatch.
  - Check if the GloryFit app is updated to the latest version.
  - If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the GloryFit app.

- **Notifications not appearing:**
  - Verify that notification permissions are enabled for the GloryFit app in your smartphone's settings.
  - Ensure the smartwatch is connected to the app.
  - Check notification settings within the GloryFit app to ensure desired apps are selected.
- **Inaccurate sleep tracking:** Ensure the watch is worn snugly on your wrist during sleep. Check the GloryFit app for any specific settings related to sleep monitoring. Some users have reported occasional disconnections; ensure the app is running in the background and not being aggressively closed by your phone's power-saving features.
- **Screen not lighting up with wrist movement:** This feature can usually be toggled on/off in the watch settings or within the GloryFit app. Check these settings.

## Warranty and Support

For warranty information, technical support, or further assistance, please refer to the official TRANYA website or contact their customer service. You can also visit the TRANYA store on Amazon for product updates and additional resources: TRANYA Amazon Store.

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