

GRV S1A

GRV S1A Fitness Tracker Instruction Manual

Model: S1A

INTRODUCTION

This manual provides essential information for the proper use and maintenance of your GRV S1A Fitness Tracker. This device is designed to monitor your daily activities without the need for Bluetooth connectivity or a smartphone application, making it user-friendly for all ages.

Please read this manual thoroughly before using the device to ensure correct operation and to prevent damage.

WHAT'S IN THE BOX

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

- GRV S1A Fitness Tracker (main unit)
- Watch Strap
- User Manual (this document)

SETUP

1. Charging the Device

Before initial use, fully charge your fitness tracker. The device features an integrated USB charging design.

1. Remove the strap from the watch body to expose the USB charging connector.
2. Locate the side of the watch body with the metal charging contacts.
3. Insert this side into any standard USB-A port (e.g., on a computer, wall adapter, or power bank). Ensure the metal contacts align correctly. If the charging icon does not appear on the screen, flip the watch and try again.

A full charge typically takes approximately 1.5 hours. The battery indicator on the screen will show charging status.

Metodo di carica



Figure 1: Charging instructions for the GRV S1A Fitness Tracker.

2. Initial Setup and Personal Information

After charging, the device will power on. You may need to set personal parameters for accurate tracking. Use the touch button (or side button, if applicable) to navigate through the settings menu.

- **Time and Date:** Set the current time and date.
- **Personal Data:** Input your age, gender, height, and weight. These details are crucial for accurate calorie and distance calculations.

Easy Settings



Figure 2: Easy settings interface for personalizing your fitness tracker.

OPERATING INSTRUCTIONS

1. Basic Navigation

The GRV S1A Fitness Tracker typically features a single touch-sensitive area or button on the front. Tap or long-press this

area to navigate through different display modes and settings.

- **Short Press:** Cycles through different data displays (e.g., time, steps, calories, distance).
- **Long Press:** Enters or exits a specific mode, or confirms a selection (refer to on-screen prompts).

2. Activity Tracking

The device automatically tracks your daily physical activity. It records the following metrics:

- **Steps:** Total number of steps taken.
- **Calories:** Estimated calories burned based on your activity and personal data.
- **Distance:** Estimated distance covered in kilometers.
- **Activity Time:** Duration of active movement.

Activity Tracking

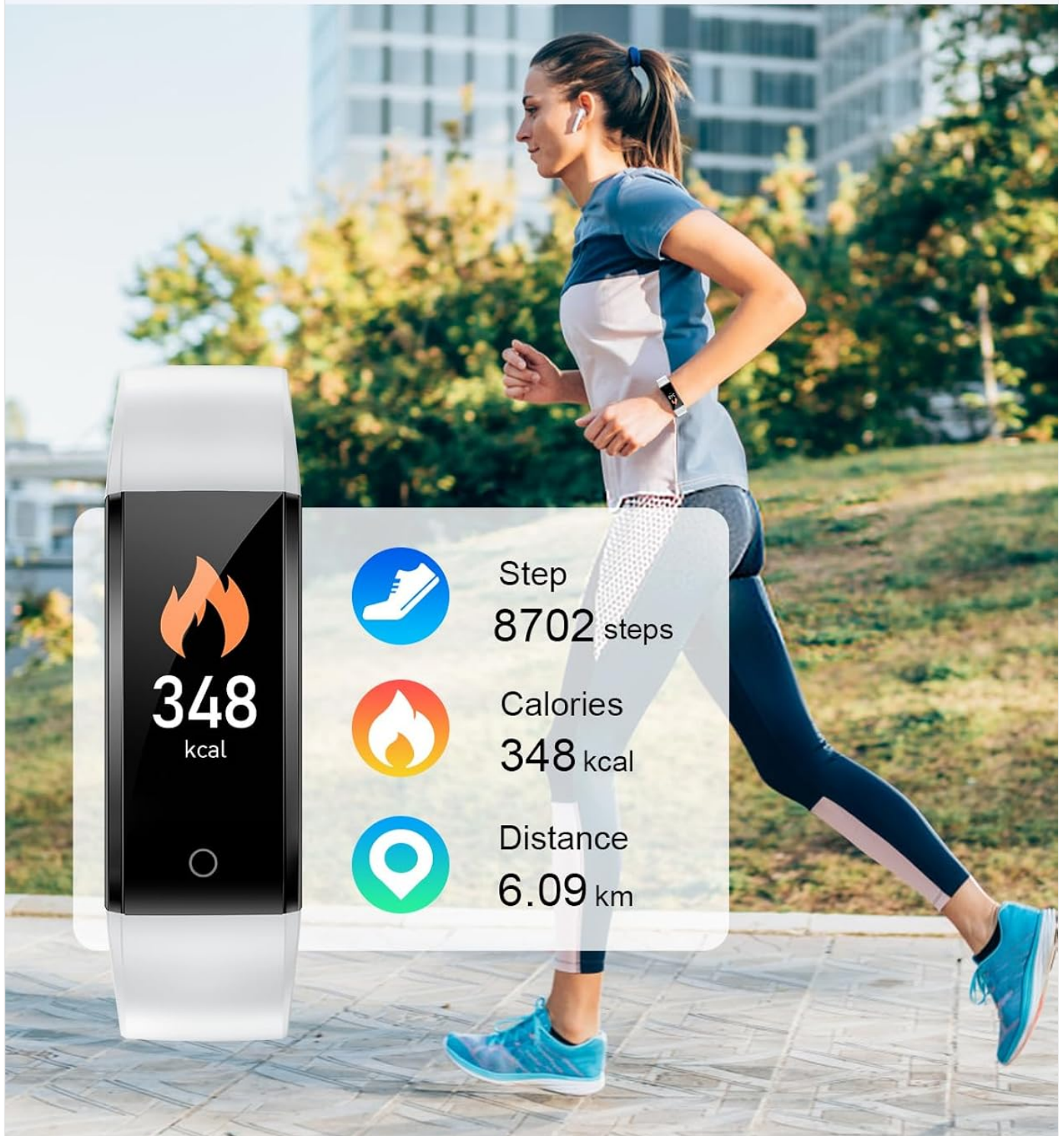


Figure 3: Activity tracking display showing steps, calories, and distance.

3. Sleep Monitoring

To monitor your sleep, activate the sleep mode before going to bed. The tracker will record your sleep duration and quality.

- **Activating Sleep Mode:** Navigate to the sleep mode display and long-press the button to activate it. The display will

typically show "ON" or a sleep icon.

- **Deactivating Sleep Mode:** Long-press the button again upon waking up to deactivate sleep mode and view your sleep data.

Sleep Monitor



Figure 4: Sleep monitoring display showing sleep duration.

4. IP68 Waterproof Rating

The GRV S1A Fitness Tracker is IP68 waterproof certified. 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 washing hands, showering, or light swimming.

Important Considerations:

- Avoid exposure to hot water, steam, or saunas, as this can compromise the waterproof seals.
- Avoid exposure to seawater or corrosive liquids.
- Do not operate the device's button while it is submerged in water.

IP68 Waterproof



Figure 5: The GRV S1A Fitness Tracker demonstrating its IP68 waterproof capability.

MAINTENANCE

Proper care ensures the longevity and optimal performance of your fitness tracker.

- **Cleaning:** Regularly clean the device and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive

materials.

- **Battery Care:** To maximize battery life, avoid fully discharging the device frequently. Charge it when the battery level is low. Store the device in a cool, dry place if not used for extended periods.
- **Strap Replacement:** The strap is removable and can be replaced if damaged or worn.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device for at least 1.5 hours.
Device does not charge.	Incorrect USB insertion; dirty contacts.	Ensure the metal contacts are clean and fully inserted into the USB port. Try flipping the device. Use a different USB port or power adapter.
Inaccurate step count.	Incorrect personal data; loose fit.	Verify your age, gender, height, and weight settings. Ensure the tracker is worn snugly on your wrist.
Sleep monitoring not working.	Sleep mode not activated.	Ensure sleep mode is manually activated before going to bed.
Display is unresponsive.	Temporary software glitch.	Try restarting the device (if a restart option is available, otherwise let the battery drain and recharge).

SPECIFICATIONS

Brand	GRV
Model Number	S1A
Material	TPE
Item Weight	24 Grams
Battery Type	Lithium-ion
Battery Life	Up to 5-7 days (168 hours)
Charging Time	Approximately 1.5 hours
Sensor Type	Pedometer
Waterproof Rating	IP68
Connectivity	None (No Bluetooth, No APP required)

Product Parameter

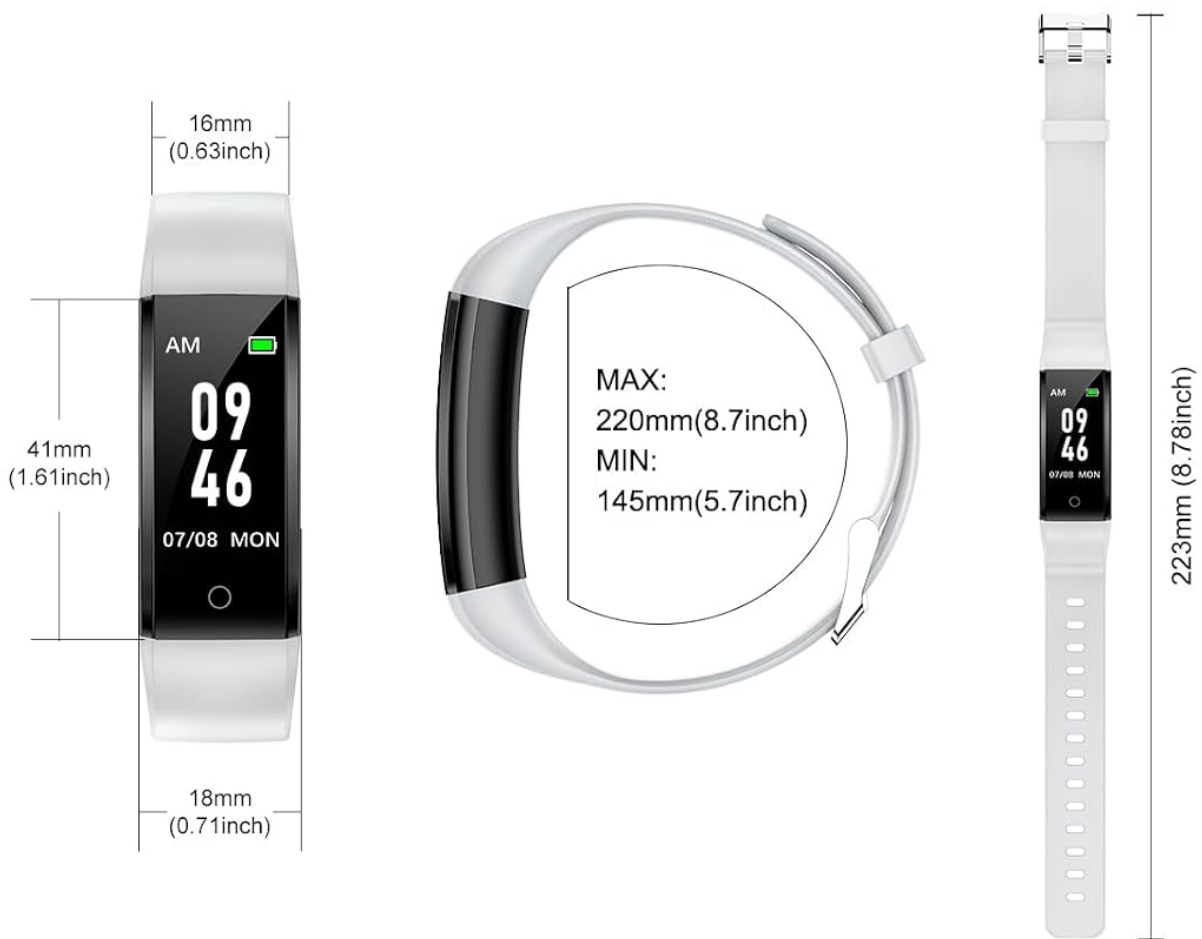


Figure 6: Product dimensions and battery specifications.

WARRANTY AND SUPPORT

The GRV S1A Fitness Tracker comes with a 2-year product warranty from the date of purchase. This warranty covers manufacturing defects and material faults under normal use.

For warranty claims, technical support, or any inquiries, please contact GRV customer service through the retailer where you purchased the product. Please retain your proof of purchase for warranty validation.

Exclusions:

- Damage caused by misuse, accident, abuse, negligence, or improper operation.
- Damage caused by unauthorized modification or repair.
- Normal wear and tear, including strap degradation.
- Damage from exposure to extreme temperatures, corrosive substances, or water beyond the IP68 rating (e.g., hot water, seawater).

© 2026 GRV. All rights reserved.

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