

TRANYA ES11

Tranya ES11 Smartwatch User Manual

Model: ES11

1. INTRODUCTION

Thank you for choosing the Tranya ES11 Smartwatch. This device combines style and technology to enhance your daily life and fitness journey. With its 1.47-inch HD touch screen and sleek design, it fits comfortably on your wrist. The IP68 water-resistant design, coupled with precise activity monitoring, makes it an excellent choice for sports enthusiasts and anyone seeking to stay connected and track their health.



Image: Front view of the Tranya ES11 Smartwatch.

2. WHAT'S IN THE Box?

Before you begin, please ensure all components are present in your Tranya ES11 Smartwatch package:

- Tranya ES11 Smartwatch (with strap)
- Magnetic Charging Cable
- User Manual / Quick Start Guide



Image: The Tranya ES11 Smartwatch, its magnetic charging cable, and a small instruction card. For additional support and resources, you may scan the QR code found on the included guide or visit the official support page: <https://qrco.de/bbTuUU>

3. SETUP

3.1 Initial Charging

Before first use, fully charge your Tranya ES11 Smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port.

- Charging Time: Approximately 1 hour for a full charge.
- Battery Life: Up to 5-7 days on a single charge, depending on usage.

Mais detalhes do produto



IP68 à prova
d'água



Relógio fino e leve



1.47 Polegadas
172x320
Pixels Esolução



Image: The Tranya ES11 Smartwatch being charged with its magnetic cable.

3.2 App Installation and Pairing

To unlock the full potential of your Tranya ES11, download and install the companion app on your smartphone. The app is typically named "GloryFit" and can be found on your device's app store (Google Play Store for Android, Apple App Store for iOS).

1. Download the "GloryFit" app from your smartphone's app store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to the device pairing section and search for your Tranya ES11.
5. Select "ES11" from the list of available devices to initiate pairing.
6. Confirm the pairing request on both your smartphone and the smartwatch if prompted.

4. OPERATING THE SMARTWATCH

4.1 Basic Navigation

The Tranya ES11 features a responsive touch screen for easy navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu.

4.2 Activity Tracking

The ES11 accurately tracks your daily activities and exercise sessions:

- **Steps, Distance, Calories:** The watch automatically records your steps, calculates distance covered, and estimates calories burned throughout the day.
- **Exercise Modes:** Select from over 24 exercise modes, including outdoor running, cycling, skipping, and badminton, for detailed tracking of your workouts.



Image: The Tranya ES11 Smartwatch showing different exercise modes.

Descanse melhor, viva mais leve

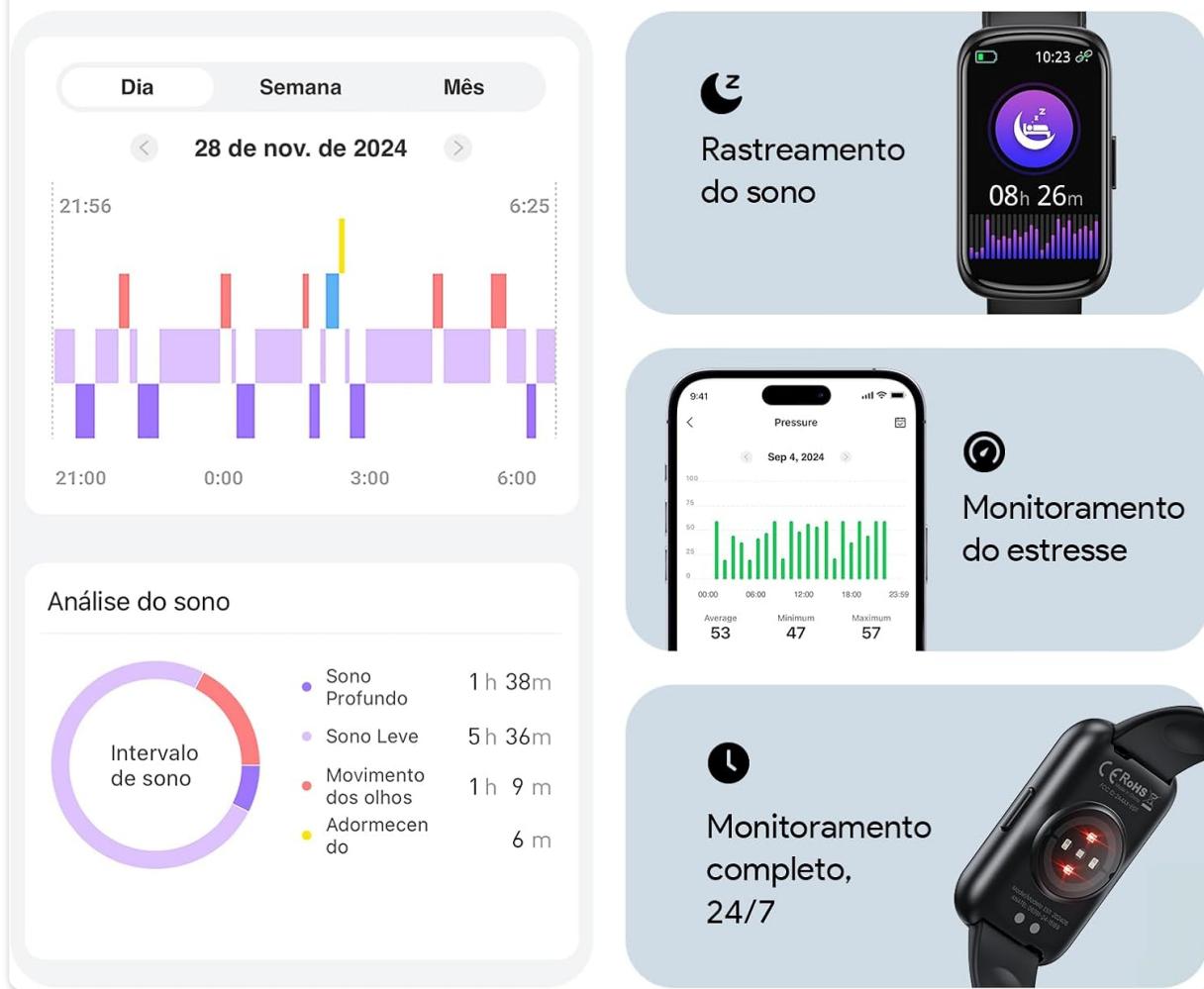


Image: The Tranya ES11 Smartwatch displaying steps, distance, and calorie count.

4.3 Health Monitoring

Monitor your well-being with the ES11's health tracking features:

- Sleep Tracking:** The watch monitors your sleep patterns, including deep sleep, light sleep, and REM, providing insights into your sleep quality.
- Stress Monitoring:** Track your stress levels throughout the day to help manage your mental well-being.

Estilo e tecnologia em perfeita harmonia



Lembrete de chamada



Notificações de mensagens e apps



Lembrete de inatividade



Image: The Tranya ES11 Smartwatch showing sleep analysis and stress monitoring.

4.4 Notifications

Stay connected with instant notifications directly on your wrist:

- Receive alerts for incoming calls, messages, and social media updates.
- The watch also provides inactivity reminders to encourage movement.



5-7 Dias
Duração da
bateria



1 Hora
Tempo de
carregamento

Image: The Tranya ES11 Smartwatch showing call, message, and inactivity notifications.

4.5 Other Useful Functions

The Tranya ES11 includes several convenient features:

- **Stopwatch:** For timing activities.
- **Weather:** Get real-time weather updates.
- **Alarm:** Set alarms to wake up or for reminders.
- **Music Control:** Control music playback on your connected smartphone.

O que tem dentro da caixa?



Image: The Tranya ES11 Smartwatch showing various utility functions.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The Tranya ES11 is IP68 water-resistant, meaning it can withstand submersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including hand washing, rain, and shallow water activities. However, it is not recommended for hot showers, saunas, or diving, as steam and high temperatures can affect the seals.

Mais funções úteis

Cronômetro



Clima



Despertador



Controle de Música



Image: The Tranya ES11 Smartwatch demonstrating its IP68 water resistance.

5.2 Cleaning and Care

- Regularly clean your smartwatch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.
- Store the watch in a cool, dry place when not in use.

6. TROUBLESHOOTING

If you encounter any issues with your Tranya ES11 Smartwatch, please refer to the following common solutions:

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.

Issue	Possible Solution
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Restart both the watch and your phone. Make sure the watch is within Bluetooth range. Check if the "GloryFit" app is updated.
Inaccurate activity data	Ensure the watch is worn snugly on your wrist. Calibrate the app settings if available.
Notifications not received	Check app notification permissions on your phone. Ensure the watch is connected via Bluetooth. Verify notification settings within the "GloryFit" app.
Screen unresponsive	Restart the watch by pressing and holding the side button until it powers off, then power it back on.

If the issue persists after trying these steps, please contact Tranya customer support for further assistance.

7. SPECIFICATIONS

Feature	Specification
Model	ES11
Display	1.47-inch HD Touch Screen (172x320 pixels)
Water Resistance	IP68
Battery Life	5-7 Days (typical usage)
Charging Time	Approx. 1 Hour
Connectivity	Bluetooth
Operating System	Tranya OS
Memory Capacity	127.98 MB
Battery Capacity	190 mAh (Amperes Hours)
Product Weight	110 g
Compatible Devices	Smartphone
Certification	ANATEL: 06391-24-15189

8. WARRANTY AND SUPPORT

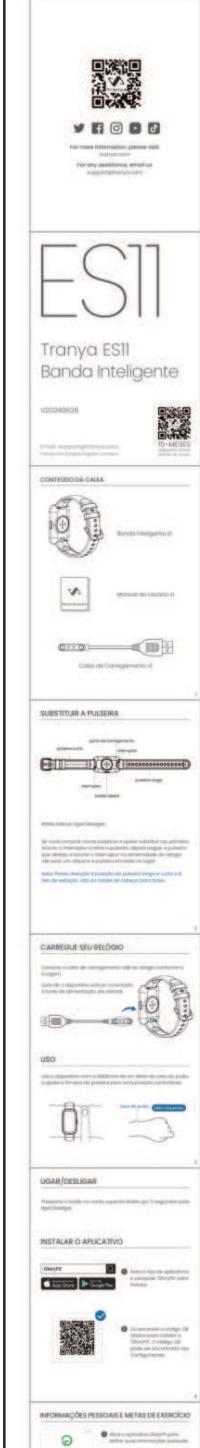
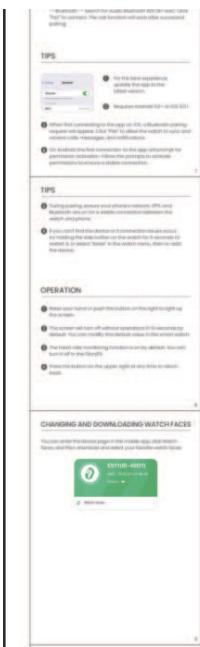
The Tranya ES11 Smartwatch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including coverage duration and claim procedures.

For technical support, product inquiries, or warranty claims, please visit the official Tranya support website or contact their customer service. The QR code provided in the "What's in the Box?" section links to additional support resources.

Please retain your proof of purchase for warranty purposes.

Related Documents

	<p>Tranya ES11 Smart Band User Manual</p> <p>User manual for the Tranya ES11 Smart Band, covering product introduction, connection, operation, functions, charging, FAQs, and safety instructions.</p>
	



[Tranya ES11 Smart Band User Manual - Setup, Connection, and Operation Guide](#)

Comprehensive user manual for the Tranya ES11 Smart Band, covering setup, device connection, app installation, operation, and features. Learn how to pair your device, manage settings, and use its functions.

Top of the screen: when the screen is off or the screen is on, you never need to touch the screen again.

Note: Pay attention to the position of the long and short band and the display screen, do not stretch them upside down.

CHARGE YOUR WATCH

Connect the USB charging cable with the watch according to the diagram.

When the device is connected to the power supply, it will charge.



WEARING

Wear the device with a finger's distance from the wrist bone and adjust the tightness of the wristband to a comfortable position.



POWER ON/OFF

Long press the button on the upper right for 4-6 seconds to power on/off.

INSTALL THE APP

  Open your App store and search "Dove Fit" download.



PERSONAL INFORMATION AND EXERCISE GOALS

  Open the app Dove Fit to set up your personal information.

 Set up your personal information, gender, age, height, weight, and exercise goals. You can also receive the exercise plan.

 Set your daily exercise goals.

DEVICE CONNECTION

Before connecting, ensure the following conditions:

 The device is a clean and compatible 3.0 or higher version of the watch.

 The device is connected to a power source.

 The device is connected to other devices via Bluetooth.

 The device is connected to other devices via mobile phones.

 The device is connected to other devices via mobile phones.

 The distance between the mobile phone and the device should be less than 1m.



DEVICE CONNECTION

Then follow the below steps to connect your smart watch:



Note: If you can't find "Dove Fit" in the list, please check whether the device has been selected in the Bluetooth list of your mobile phone. If no, please click "Sync" and wait again.

BLUETOOTH CALL FUNCTION CONNECTION

 Download phone after pairing the app with the watch you will be prompted to pair with your Bluetooth (Dove Fit).

 iOS phones (XS and newer) will automatically connect to the device via Bluetooth.

 Android phones (Xiaomi and newer) will automatically connect to the device via Bluetooth.

 If the connection fails, please click "Sync" and wait again.

 If you can't find "Dove Fit" in the list, please check whether the device has been selected in the Bluetooth list of your mobile phone. If no, please click "Sync" and wait again.



TIPS

 For the best experience, please connect the watch to the mobile device.

 Response speed: 0.5-1.5s.

 When connecting to the app on iOS, a Bluetooth pairing confirmation will appear on the screen. Please click "Pair" to connect.

 If you are unable to connect, please click "Sync" and wait again.

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Some heart rate monitoring will be suspended when monitoring blood oxygen, and vice versa.

HEART INTERFACE

Switch to the heart interface, click the screen to view the heart rate.

Note:

- The heart rate monitoring is enabled by default, if you don't want the function, you can turn it off in the Once Fit App.
- If the heart rate monitoring is turned off, the green light on the back of the watch will keep flashing.

If you find that the heart rate data is inaccurate, please try the following methods to improve the accuracy of the sensor:

- 1. Turn on the heart rate monitoring function in the Once Fit App.
- 2. Turn on the heart rate monitoring function in the watch.
- 3. If it is still inaccurate, please remove the watch.

BLOOD OXYGEN INTERFACE

In the blood oxygen interface and measure your blood oxygen level at any time.

Note:

- Some heart monitoring will be suspended when monitoring blood oxygen, and vice versa.
- If the blood oxygen monitoring does not succeed, please ensure the following methods during monitoring:

 - 1. Turn on the blood oxygen monitoring function in the Once Fit App.
 - 2. Turn on the blood oxygen monitoring function in the watch.
 - 3. Keep your wrist flat on the table without moving.

SLEEPING INTERFACE

Switch to the sleeping interface and check the sleep status. Sleep data is mainly based on heart rate and body movement single monitoring process. The heart rate will be more accurate.

Note:

- 1. Falling asleep: when it is 8:00 p.m. or later, the Once Fit App will automatically begin to record your sleep data.
- 2. If you are sleeping longer than 8 hours, please turn off the phone for a long time, the heart rate and body movements are easier to the state of sleep. The watch may determine that you are sleeping.

WEATHER INTERFACE

Switch to the weather interface, you can view the weather and temperature.

Note: Some weather functions are only available after you turn on the location of the mobile phone.

MESSAGE INTERFACE

In the message interface, click the main screen to view the message, and then click the screen to read the message. Press the button on the right to reply to the message.

Note: Message reminder is just a function to remind you to read messages. You can also click the message to view detailed notifications for ICs and analysis per paragraph.

FEMALE HEALTH INTERFACE

Through the app, you can record your personal menstrual cycle information, including the start date, end date, and cycle length, which can help women understand their physical condition in a timely manner.

If not, please use the mobile app.



PRECAUTIONS

Q: How to avoid strong impact, enhanced hand and response to the watch?

- 1. Please avoid strong impact, enhanced hand and response to the watch.
- 2. Please avoid the environment's 45-degree and 45-degree wind, it is best to turn off the watch in the air or not to use on express flights.
- 3. Please avoid the environment's 45-degree and 45-degree wind, it is best to turn off the watch in the air or not to use on express flights.
- 4. If it is often used, it is recommended to turn the waterproof function off, and it is best to turn off the watch when it is not used.
- 5. Do not touch the chemical substance such as perfume, cream, solvent, fragrance solution or paint required.

SPECIFICATIONS

Display	AMOLED	Weight	40g
Display size	1.3 inch	Water resistance	5ATM
Resolution	320*320	Screen density	320PPI
Speaker	Support	Heart rate monitoring	100bpm
Microphone	Support	Charging interface	USB
Application	Smart	Bluetooth	2.0

FAQ

Q: What should I do when my watch can't be connected to the phone normally?

- 1. Please follow the instructions:

 - ① Turn on the Once Fit App, and then click the "Add Device" icon to add the watch.
 - ② Turn on the Bluetooth function of the phone, and then click the "Bluetooth" icon to turn on. It would be better that the distance between the phone and the watch is less than 1m.
 - ③ If the watch is not connected to the mobile phone through the Once Fit App, but directly through the Bluetooth, you can turn off the Once Fit App, and then click the "Bluetooth" icon of your mobile phone.
 - ④ If the watch is not connected to the mobile phone through the Once Fit App, but directly through the Once Fit App, and then click the "Bluetooth" icon of your mobile phone, you also need to delete the watch LS from the Bluetooth list of the phone.

Q: Why can't my watch receive calls? / App information modification?

- 1. Please follow the instructions:

 - ① Turn on the Once Fit App, and then click the "Call" icon to connect the field/loop modification for the Once Fit App.
 - ② Turn on the Once Fit App, and then click the "Call" icon to connect the mobile phone through the Once Fit App.

Q: Make sure the watch is not started / mode on the watch is turned off / mode on the watch is not turned on / mode on the watch is not turned on in the background.

Note: Some Android phones automatically close the app running in the background. If the watch is not connected to the phone, it may be stopped by the system, the watch will not receive any information. You can run the Once Fit App running in the background. **Once Fit App** running in the background.

Q: How do I turn on the Once Fit App running in the background?

If you don't know how to set it, you can search "your mobile phone" in the search bar of the app, and then click the "app setting" - "background" on Google.

Q: Is the time and weather on the watch incorrect?

- 1. The time and weather of the watch is synchronized with your smart phone.
- 2. Please make sure that your watch has been connected to your phone through the Once Fit App, and the Once Fit App is running in the background.
- 3. At the same time, the "location" of your mobile phone is turned on.

Q: Is the sleep data accurate?

- 1. Sleep data is accurate.
- 2. The accuracy of the heart rate and body movement range. When you are sleeping, the heart rate will be more accurate, and the body movement range will be more accurate when you are sleeping. If you are not sleeping, the watch may determine that you are sleeping.
- 3. The accuracy of the heart rate and body movement range of our watch has been tested.
- 4. If you are sleeping between it is 8:00 and 8:00, the accuracy is lower.

Q: How can I keep the heart rate more accurate?

- 1. Keeping the wrist with moderate tightness, and the sensor behind the watch should close to the skin.
- 2. Avoid the corresponding objects made when wearing.

Q: How can I make the heart rate more accurate?

- 1. It supports 50Hz measurement and dual-point test. (50Hz estimation is 100 meters apart with 100m, usually, you can use the 50Hz measurement function to measure the heart rate, but be sure to enter the measurement room with your watch, turn on the heart rate function, and turn on the heart rate function).



For more information, please visit:
http://www.tranya.com
For any assistance, email us:
support@tranya.com

Tranya LS Smart Watch User Manual

User manual for the Tranya LS Smart Watch (V20240705). Covers package contents, band replacement, charging, wearing, power operations, app installation, device connection (including Bluetooth calls), data synchronization, notifications, physical health monitoring (heart rate, blood oxygen, sleep, weather, female health), precautions, specifications, and FAQs.

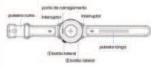


NOTA: O seu smartwatch
V20240705 Email: support@mywatch.com.br
www.mywatch.com.br/pt-br/painel-de-controle

CONTÉUDO DA CAIXA

 Relógio Inteligente AI
 Manual do Usuário AI
 Cabo de Carregamento AI

SUSTITUIR A PULSERA


Bordas internas 1: Ligue o dispositivo, abra o fecho deslizante, amarre a pulseira desejada, amarre o fecho deslizante.
Bordas internas 2: Deslize o fecho e amarre.

Se a borda interna nova estiver posicionada a direita, o dispositivo não se sincronizará com o smartphone. Deslize o fecho para a esquerda e amarre a pulseira desejada. Se a borda interna nova estiver posicionada a esquerda, amarre a pulseira desejada, deslize o fecho para a direita e amarre.

Nota: Peça desculpas ao profissional da assistência técnica se não é o caso de substituição de pulseira devido a danos.

CARREGUE SEU RELÓGIO

Conecte o cabo de carregamento USB ao relógio conforme a imagem.
O seu dispositivo estará conectado. Informe de sincronização, via e-mail.

USO

Use o dispositivo com a distância de um dedo da pele. Evite o contacto da pele com o dispositivo para não provocar irritação.



LUGAR/DESLOGAR

Pressione e segure o botão no centro superior direito por 4-5 segundos para logar/deslogar.

INSTALAR O APLICATIVO

                              <img alt="Icone de Mac" data-bbox="10300 45

Introdução

Este manual de utilizador fornece informações sobre o uso e funcionamento do smartwatch Choupo. O seu conteúdo é dividido em sete seções principais: Interface de Saúde, Interface Cardíaca, Interface de Oxigênio no Sangue, Interface de Sono, Interface de Tempo, Interface de Mensagem e Interface de Saúde Feminina. Cada seção contém instruções detalhadas, dicas e notícias relevantes para o uso adequado do dispositivo.

INTERFACE DE SAÚDE

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Saúde

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Oxigênio

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Frequência Cardíaca

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Oxigênio no Sangue

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Sono

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Tempo

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Mensagem

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

Interface de Saúde Feminina

Este menu fornece informações sobre a saúde do utilizador. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

PRECAUÇÕES

Este menu fornece informações sobre as precauções de uso do dispositivo. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

FAQ

Este menu fornece informações sobre as perguntas frequentes de uso do dispositivo. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

ESPECIFICAÇÕES

Este menu fornece informações sobre as especificações técnicas do dispositivo. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.

NOTAS

Este menu fornece informações sobre as notícias e notícias do dispositivo. Ele inclui a interface de saúde, a interface de oxigênio, a interface de frequência cardíaca, a interface de sono, a interface de tempo e a interface de mensagens.



[Tranya X3 Sports Open Earbuds User Manual](#)



Comprehensive user manual for Tranya X3 Sports Open Earbuds, covering setup, smart touch controls, charging, troubleshooting, and FAQs.

Documents - TRANYA – ES11



[Tranya ES11 Smart Band User Manual](#)

User manual for the Tranya ES11 Smart Band, covering product introduction, connection, operation, functions, charging, FAQs, and safety instructions.

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