

GRV S1A

GRV Pedometer Activity Tracker Smartwatch S1A User Manual

Model: S1A

1. INTRODUCTION

This manual provides detailed instructions for the GRV Pedometer Activity Tracker Smartwatch, Model S1A. This device is designed for straightforward activity tracking without the need for smartphone connectivity, apps, or Bluetooth pairing. It is suitable for users of all ages, including the elderly and children, who prefer a simple and direct approach to monitoring their daily activity.

The GRV S1A tracks steps, distance, and calories, and includes a sleep monitor. It features a long battery life and IP67 waterproof rating for daily use.

アプリ & スマホ不要、Bluetoothなし



Image: The GRV S1A Pedometer Activity Tracker Smartwatch in green, shown on the wrist of a child and an adult cycling, highlighting its independence from smartphones and Bluetooth.

2. PACKAGE CONTENTS

Please verify that all items are present in the package:

- GRV Pedometer Activity Tracker Smartwatch (main unit with one band) x 1

- User Manual (English/Japanese) x 1
- Charging Instruction Card (English/Japanese) x 1

Note: A charging cable and USB power adapter are not included. The device charges directly via a standard USB-A port.

3. INITIAL SETUP

Before first use, ensure the device is fully charged. The GRV S1A does not require a smartphone app for setup. All settings are configured directly on the device.

3.1. Charging the Device

1. Gently remove the band from the main unit to expose the USB charging connector. One end of the main unit detaches to reveal the USB-A plug.
2. Insert the USB connector into any standard USB-A port (e.g., computer USB port, USB wall adapter, power bank). Ensure the metal contacts on the tracker align with the USB port's contacts. If it doesn't charge, try rotating the tracker 180 degrees and reinserting it.
3. The charging indicator will appear on the screen. A full charge typically takes approximately 2 hours.



Image: Step-by-step guide for charging the device, showing the USB connector and proper insertion into a USB port.

3.2. Basic Settings

The device has a single touch-sensitive button at the bottom of the screen. Short presses cycle through display modes, and long presses enter settings or confirm selections.

1. **Power On/Off:** Long press the touch button to power on or off.
2. **Accessing Settings:** From the main time display, long press the touch button to enter the settings menu.
3. **Navigating Settings:** Short press the touch button to cycle through setting options (e.g., Time, Date, Unit, Gender, Age, Height, Weight, Stride).
4. **Adjusting Values:** When an option is selected (e.g., Hour), long press to enter adjustment mode. Short press to change the value, then long press to confirm and move to the next setting (e.g., Minute).
5. **Exiting Settings:** Continue long-pressing until you cycle through all settings or select the 'Exit' option.

設定簡単



Image: The device screen showing icons for various settings, including time, date, units, gender, age, height, weight, and stride length.

4. OPERATING INSTRUCTIONS

The GRV S1A is designed for simple, intuitive operation.

4.1. Display Modes

From the main time display, short press the touch button to cycle through the following information screens:

- **Time and Date:** Current time, date, and day of the week.
- **Step Count:** Total steps taken for the day.
- **Distance:** Total distance covered (calculated based on steps and stride length).
- **Calories Burned:** Estimated calories burned.
- **Sleep Monitor:** Displays sleep duration (activated automatically).

活動量計

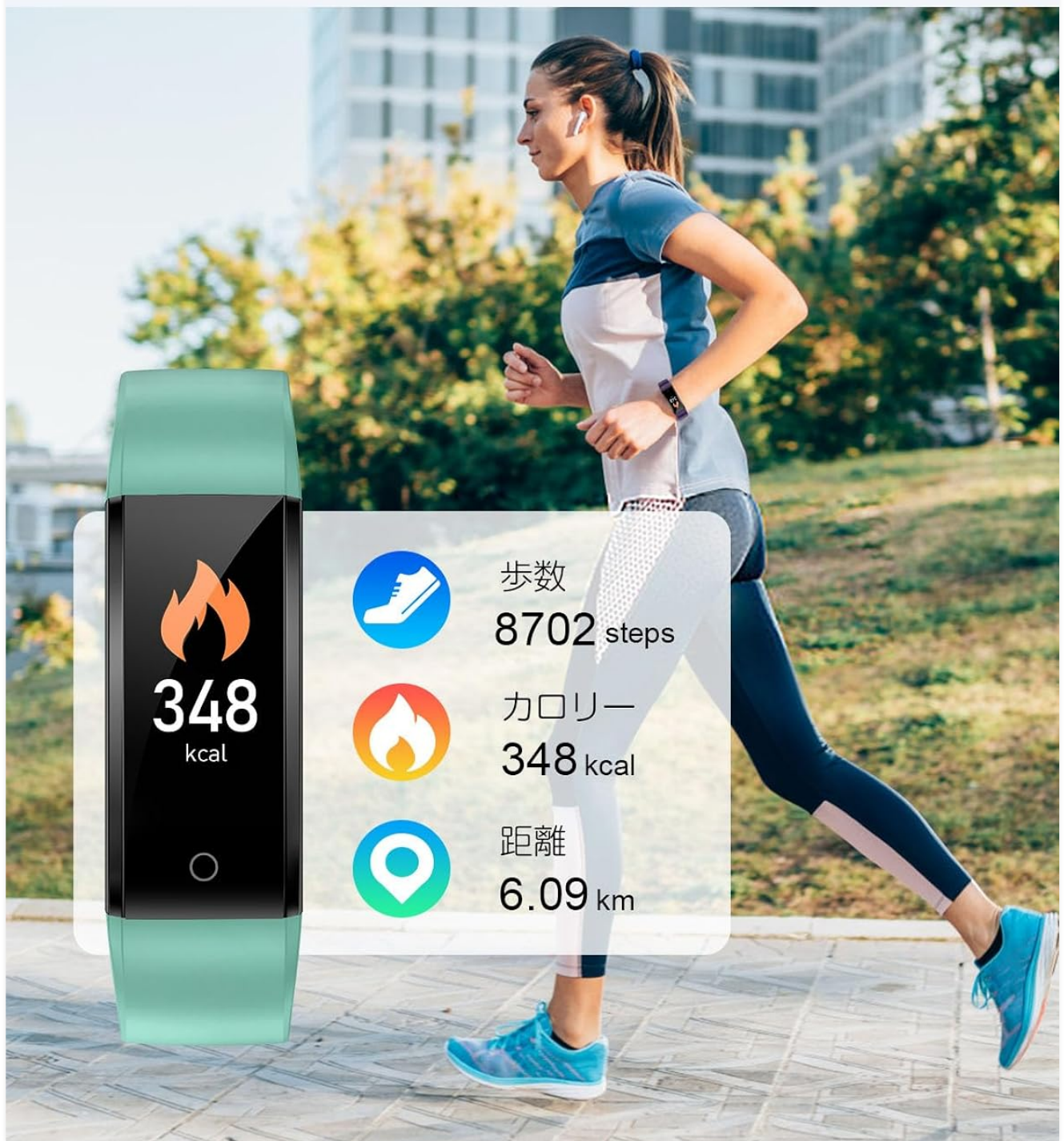


Image: The device screen showing activity data including steps, calories, and distance, with a person exercising.

4.2. Sleep Monitoring

The device automatically monitors your sleep patterns. Wear the tracker to bed, and it will record your sleep duration. You can view your sleep data on the device screen by cycling through the display modes.

睡眠モニター



Image: The device screen showing sleep duration, with individuals sleeping in the background, illustrating the sleep monitoring feature.

5. KEY FEATURES

- **No Bluetooth, No App, No Smartphone Required:** Enjoy simple and direct activity tracking without complex pairing or app installations. Ideal for users who prefer simplicity.
- **Activity Tracking:** Accurately records your daily steps, distance traveled, and estimated calories burned, helping you monitor your fitness progress.
- **Sleep Monitoring:** Automatically tracks your sleep duration, providing insights into your rest patterns.
- **Long Battery Life:** Equipped with a 90mAh battery, providing approximately 3-5 days of normal use and up to 30 days of standby time on a single charge.
- **IP67 Waterproof and Dustproof:** Designed to withstand daily exposure to water and dust. You can wear it while washing hands or in the rain without worry.

Caution: Avoid hot water, saunas, and corrosive seawater, as these can damage the product.

IP67防水



Image: The device shown in water, demonstrating its IP67 waterproof rating.

6. MAINTENANCE

6.1. Cleaning

Wipe the device and band regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that

could damage the screen or casing.

6.2. Band Replacement

The wristband can be detached and replaced. To remove, firmly pull the band away from the main unit at the charging end. To reattach, align the band with the main unit and push until it clicks securely into place.

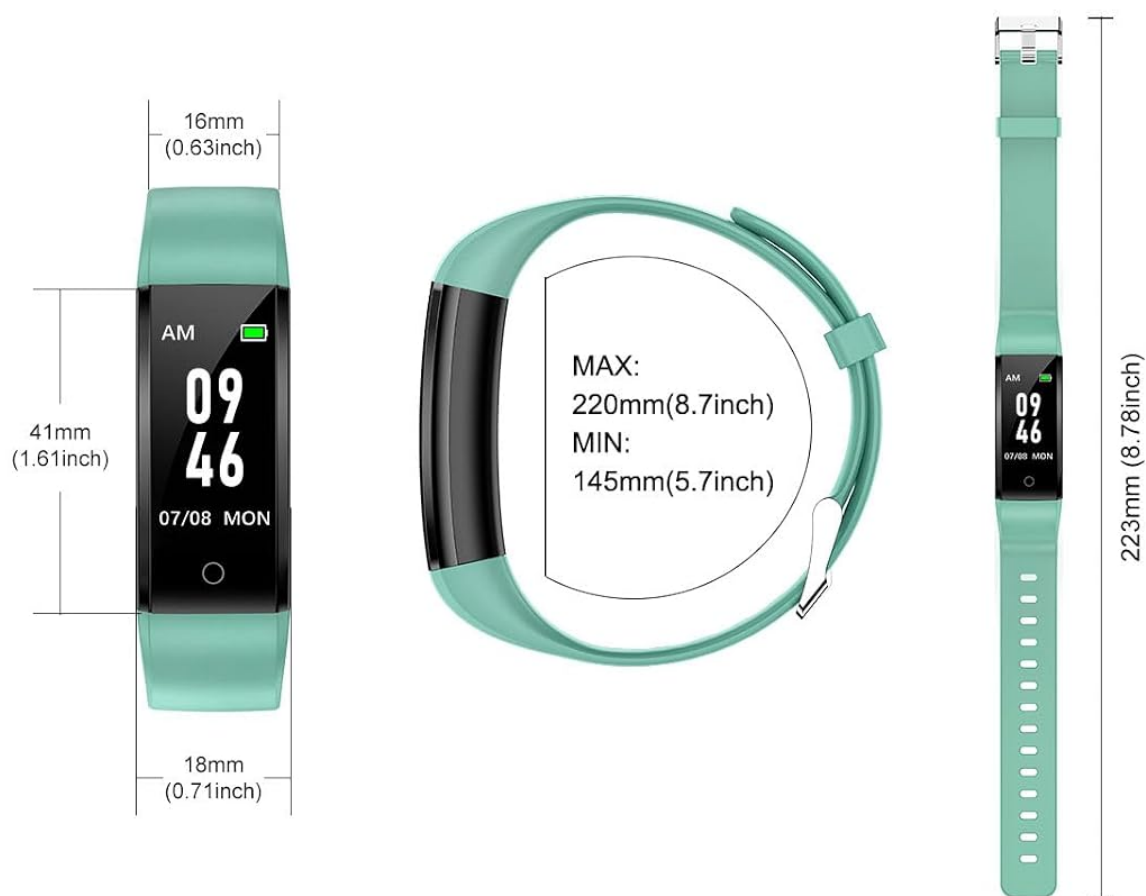


Image: Visual guide for detaching and reattaching the wristband.

7. SPECIFICATIONS

Model Number	S1A
Screen Size	0.96 inches
Battery Capacity	90mAh
Charging Time	Approx. 2 hours
Battery Life (Normal Use)	3-5 days
Battery Life (Standby)	Up to 30 days
Waterproof Rating	IP67
Material	Plastic
Product Dimensions	25.7 x 7.5 x 1.7 cm
Product Weight	24 g
Wrist Circumference	15-22 cm

製品の仕様



約2Hrs
充電時間



約3~5日
通常使用



Image: Detailed dimensions of the device and band, alongside battery and charging information.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not power on.	Battery is depleted.	Charge the device for at least 2 hours.
Device does not charge.	Incorrect USB insertion; faulty USB port.	Ensure the USB connector is fully and correctly inserted. Try rotating the device 180 degrees. Use a different USB port or power adapter.
Inaccurate step count.	Incorrect personal settings (height, stride); improper wearing.	Verify your personal settings (height, weight, stride length) are accurate in the device settings. Wear the tracker snugly on your wrist.
Time/Date is incorrect.	Time not set after charging or power off.	Enter the settings menu and adjust the time and date manually.
Screen is unresponsive.	Temporary software glitch.	Long press the touch button to attempt a restart. If unresponsive, allow the battery to fully drain and then recharge.

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included in your product package or contact GRV customer service through the retailer where you purchased the product.

Please retain your proof of purchase for warranty claims.