

- Manuals.plus /
- › ENGERWALL /
- › ENGERWALL Fitness Tracker Smart Watch User Manual

ENERGWALL GTL2

ENERGWALL Fitness Tracker Smart Watch User Manual

Model: GTL2

1. INTRODUCTION

The ENGERWALL Fitness Tracker Smart Watch is designed to help you monitor your health and fitness activities throughout the day. Featuring a 1.47-inch high-resolution display, this device offers comprehensive tracking of steps, mileage, calories, heart rate, sleep patterns, and blood oxygen saturation. It also provides smart notifications and various convenient functions to enhance your daily life.



Image: The ENGERWALL Fitness Tracker Smart Watch, highlighting its sleek design and IP68 waterproof capability.

2. SETUP

2.1 Charging the Device

Before first use, fully charge your ENGERWALL Fitness Tracker. The device typically requires approximately 2 hours for a full charge, providing 5-7 days of use depending on feature usage.

1.47-inch HD Display

172*320px High Resolution

2 hours
charging time



5-7 DAYS
use support

Image: The fitness tracker connected to its charging cable, illustrating the 1.47-inch HD display and battery information.

2.2 App Installation and Pairing

To unlock the full functionality of your fitness tracker, download and install the companion app on your smartphone. The app is compatible with both Android and iOS devices. Once installed, open the app and follow the on-screen instructions to pair your device via Bluetooth. This connection enables data synchronization, notification delivery, and access to advanced settings.

2.3 Band Installation

The wristband is designed for secure attachment. Ensure the band is properly aligned and pushed firmly into place until it clicks, indicating a secure connection. An incorrectly installed band may easily detach.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The 1.47-inch touchscreen allows for intuitive navigation. Swipe left/right or up/down to access different features and menus. The auxiliary button on the side can be used to return to the home screen or activate certain functions.

3.2 Activity Tracking

The tracker continuously monitors your daily activity, including steps taken, distance covered, and calories burned. This data is displayed on the watch and can be viewed in detail within the connected app.



Image: The fitness tracker displaying daily health tracking data, including steps, calories, and distance.

3.3 Health Monitoring

The device provides comprehensive health monitoring features:

- **Heart Rate Monitoring:** Tracks your heart rate 24/7, providing real-time measurements and historical data.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times, to help you understand your sleep quality.
- **Blood Oxygen Saturation (SpO2):** Measures your blood oxygen levels.

- **Stress Detection:** Provides insights into your stress levels.



Bio-tracking sensor



Sleep monitoring



Image: The fitness tracker displaying heart rate data and a person sleeping, demonstrating its health monitoring capabilities.

3.4 Smart Features

Connect your watch to the app to enable various smart functions:

- **Call and Message Notifications:** Receive alerts for incoming calls, text messages, and SNS notifications (Facebook, Twitter, WhatsApp, Instagram) directly on your wrist.
- **Multiple Sports Modes:** Track specific workouts with dedicated sports modes.
- **Alarm Clock & Event Reminders:** Set alarms and reminders for important events.
- **Water Drinking Reminder:** Get alerts to stay hydrated.
- **Music Control:** Control music playback on your phone from your watch.
- **Weather Check:** View current weather conditions.
- **Customizable Watch Faces:** Choose from over 65 watch face options or customize your own.
- **Find Phone Feature:** Locate your misplaced phone.

- **Flashlight:** Use the screen as a simple flashlight.



Image: The fitness tracker displaying message notifications while a user is working on a laptop, demonstrating its smart notification feature.

4. MAINTENANCE

4.1 Water Resistance (IP68)

The ENGERWALL Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, showering, and swimming. However, it is not recommended for hot water baths, saunas, or diving.



Image: The fitness tracker submerged in water, illustrating its IP68 waterproof capability.

4.2 Cleaning

Regularly clean your fitness tracker and wristband to prevent skin irritation and maintain optimal performance. Wipe the device with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

4.3 Battery Care

To prolong battery life, avoid extreme temperatures and do not leave the device fully discharged for extended periods. Charge the device using the provided charging cable and a standard USB power adapter.

5. TROUBLESHOOTING

5.1 Band Falling Off

If the wristband frequently detaches, ensure it is correctly installed. The band should be firmly pushed into the tracker's slot until it is fully secured and no gap is visible. Refer to the video below for a visual guide on proper band installation.

Your browser does not support the video tag.

Video: This video demonstrates the correct method for attaching the fitness tracker band to ensure it is fully secured and does not fall off.

5.2 Connectivity Issues

If your tracker fails to connect to the app:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the tracker is within Bluetooth range of your phone.
- Restart both your smartphone and the fitness tracker.
- Try unpairing and re-pairing the device in the app settings.

5.3 Pedometer Accuracy

The pedometer uses a built-in 3D sensor to calculate steps by detecting wrist movements. While this is a common method for fitness trackers, its accuracy may vary and cannot be compared to the precision of GPS-based tracking.

6. SPECIFICATIONS

Feature	Detail
Model Number	GTL2
Screen Size	1.47 Inches
Display Type	TFT Display
Resolution	172*320px
Item Weight	15 Grams (0.529 ounces)
Battery Capacity	200 Milliamp Hours
Battery Type	Lithium Polymer (1 required, included)
Operating System	Android & iOS
Connectivity Technology	Bluetooth
Water Resistance	IP68
Special Features	Activity Tracker, Lightweight, Notifications, Touchscreen
GPS	GPS Via Smartphone

7. WARRANTY AND SUPPORT

ENERWALL products are designed for reliability and performance. For any questions, technical assistance, or warranty claims, please contact ENGERWALL customer support through the official website or the contact information provided with your purchase. Keep your purchase receipt as proof of purchase for warranty purposes.

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Model number, symptoms, what you tried, or the section of the manual you are using.

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