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› Zeblaze GTS 3 IPS 2.03 Inch Display Ultra-Big Screen Smartwatch with Bluetooth Phone Calls, 100+ Stylish Watch Faces & Ultra-long 15-day Battery Life Android iOS (Jet Black) User Manual

Zeblaze GTS 3

Zeblaze GTS 3 Smartwatch User Manual

Model: GTS 3

INTRODUCTION

Welcome to the user manual for your Zeblaze GTS 3 Smartwatch. This guide provides comprehensive instructions on how to set up, operate, and maintain your device, ensuring you get the most out of its advanced features. The Zeblaze GTS 3 is designed to enhance your daily life with its ultra-big 2.03-inch HD color display, seamless Bluetooth phone calls, extensive sports modes, and continuous health monitoring capabilities.

Zeblaze GTS 3

Go Smart, Live More

Ultra-big Screen Smartwatch with Bluetooth Phone Calls

Super Slim & Light Design | Ultra-Big 2.03" HD Color Display

100+ Professional Sports Modes | Bluetooth Phone Calls

100+ Stylish Watch Faces | Ultra-long 15-day Battery Life

Heart Rate, SpO2 & Stress Monitoring



Image: The Zeblaze GTS 3 Smartwatch is available in multiple colors, offering a blend of style and functionality.

PRODUCT OVERVIEW AND KEY FEATURES

The Zeblaze GTS 3 Smartwatch is equipped with a range of features designed for convenience, health, and fitness tracking.

- **Ultra-Large High-Resolution Display:** Experience clarity with the 2.03-inch HD color display, providing a large and vibrant interface for all your data.

Ultra-Large High-Resolution Display

It's time to see the bigger picture of your health and fitness. Immerse yourself in the Zeblaze GTS 3's ultra-big 2.03" HD color display and view the data that matters to your wellness journey in pristine HD clarity.

2.03" HD Color Display

260 PPI



Image: The 2.03-inch HD display offers a clear and expansive view of your health and fitness metrics.

- **Lightweight & Stylish Design:** Weighing only 20.7g and with an 11mm slim profile, the watch is comfortable for all-day wear, complemented by a skin-friendly silicone strap.

Lightweight & Stylish

With the Zeblaze GTS 3, you'll look just as smart and stylish when working out as when you're out on the town.

The super lightweight design will feel natural with almost any of your outfits, and the skin-friendly silicone strap is comfortable to wear all day and night.

20.7 g
Lightweight

11 mm
Super Slim

Silicone Strap
Soft & Comfortable

Note: 11mm is without the heart rate sensor base, and 21g is without the strap.



Image: The lightweight and slim design of the Zeblaze GTS 3 ensures comfort and style.

- **Extended Battery Life:** Enjoy up to 15 days of typical usage on a single charge, reducing the need for frequent recharging.

The Power to Stay In-style for Longer

With typical usage, the Zeblaze GTR 3's long battery life can last up to 15 days so that you can pack your bag with more fun stuff and fewer chargers.

You need to stay energized for longer.
You need the Zeblaze GTR 3.

15 Days
Typical Usage

30 Days
Battery saver mode

7 Days
Heavy usage

Up to 365 mins
Continuous voice calling



Note: Based on tests conducted in-lab. Actual results may vary.

Image: The Zeblaze GTS 3 offers impressive battery longevity, supporting up to 15 days of typical use.

- **Comprehensive Health Monitoring:** Accurately track 24-hour heart rate, blood-oxygen saturation (SpO2), stress levels, blood pressure, breathing training, and sleep patterns.

No Loose End On Your Health

Enjoy highly accurate 24-hour heart rate monitoring, blood-oxygen saturation, and sleep. The Zeblaze GTR 3 smartwatch can also detect your breathing rate.

Wrist-based Heart Rate



SpO2 (Blood Oxygen)



Stress Levels



Blood Pressure



Breathing Training



Sleep Score and Insights



Image: The smartwatch provides comprehensive health monitoring, including heart rate, SpO2, and stress levels.

Do More Than Track Your Data



Heart Rate



Blood Oxygen



Stress Levels

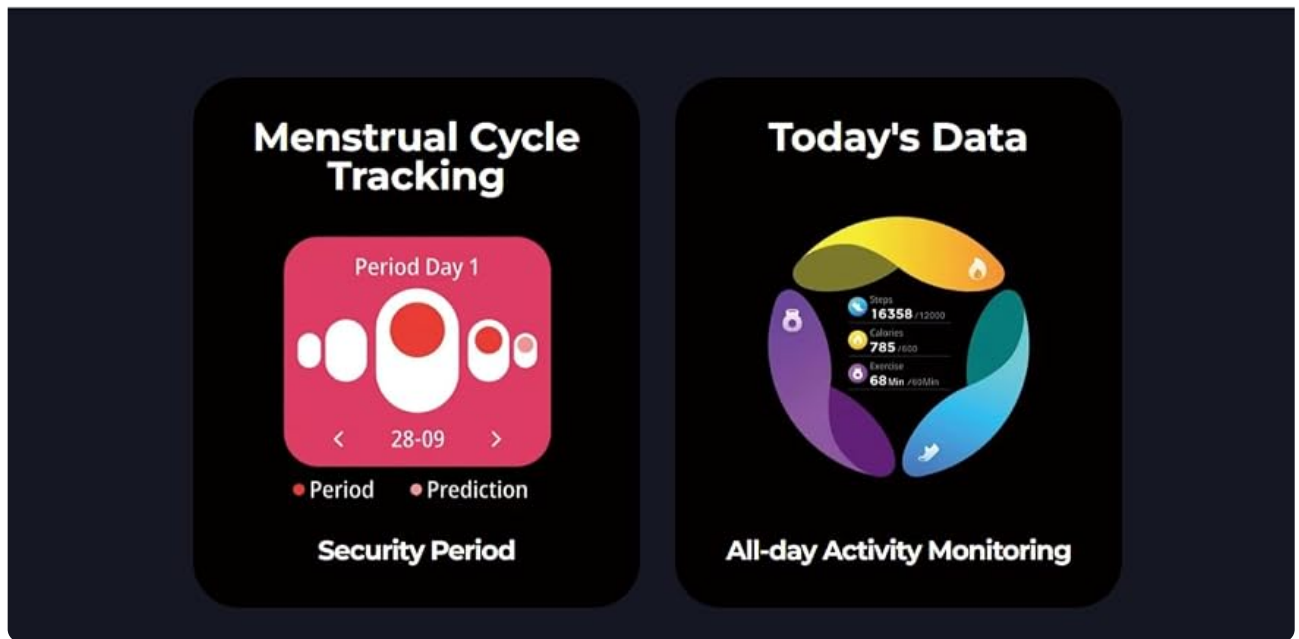


Image: Detailed views of health data available on the Zeblaze GTS 3, including menstrual cycle tracking and all-day activity monitoring.

- **100+ Sports Modes:** Supports a wide array of activities including walking, running, cycling, yoga, and more, helping you track your performance accurately.
- **Bluetooth Phone Calls & Voice Assistant:** Make and receive calls directly from your wrist and utilize the built-in voice assistant for convenient control.

More Options, More Motives Supports 100+ Sports Modes

Walking, running, cycling, yoga, and more. Whichever activity makes you challenge yourself, you'll likely find a sports mode for it on the Zeblaze GTS 3.



**Answer incoming calls or
outgoing calls via Bluetooth
connection to your phone.**



**The built-in voice assistant is
always ready to assist you.**

Image: The Zeblaze GTS 3 supports over 100 sports modes and offers convenient Bluetooth calling and voice assistant features.

- **Useful Smart Features:** Access notifications, control music, set alarms, and even play built-in games directly from your watch.

Useful Features You Might Like

Enjoy a huge selection of features that care for the little things in life. You can even check your watch and phone notifications in the same place by swiping up from the home screen.



Games



Young Bird



2048



Thunder



Hamster

Image: The smartwatch offers a variety of useful features, including notifications, music control, and integrated games.

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your Zeblaze GTS 3.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch display will show a charging indicator. Allow approximately 2 hours for a full charge.

2. Pairing with Your Smartphone

To unlock all features, pair your Zeblaze GTS 3 with the companion app on your smartphone.

1. Download the official Zeblaze companion app from the App Store (iOS) or Google Play Store (Android). Search for "Zeblaze Fit" or refer to the QR code in the watch's initial setup screen.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Zeblaze Fit app, create an account or log in.
4. Follow the in-app instructions to add a new device. Select "Zeblaze GTS 3" from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.
6. Once paired, synchronize your personal information (height, weight, age) within the app for accurate health tracking.

OPERATING INSTRUCTIONS

Basic Navigation

- **Wake Screen:** Raise your wrist or press the side button.
- **Home Screen (Watch Face):** The default display showing time, date, and quick access to information.
- **Swipe Down:** Access quick settings (e.g., brightness, DND mode, battery saver).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through widgets (e.g., activity data, heart rate, weather, music control).
- **Press Side Button:** Return to the home screen or open the app menu from the home screen.

Making and Receiving Calls

Ensure your watch is connected to your phone via Bluetooth.

- **To Make a Call:** Access the phone function from the app menu, dial a number, or select from recent calls/contacts (synced from your phone).
- **To Receive a Call:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.

Sports Modes

The Zeblaze GTS 3 supports over 100 sports modes.

- Navigate to the "Workout" or "Sports" icon from the app menu.
- Select your desired activity (e.g., Outdoor Run, Cycling, Yoga).
- Tap to start the activity. The watch will begin tracking relevant metrics like duration, distance, calories burned, and heart rate.
- To pause or end an activity, press the side button or swipe on the screen as prompted.

Notifications

Receive notifications from your smartphone directly on your watch.

- Ensure notification permissions are enabled for the Zeblaze Fit app in your phone's settings.
- Swipe up from the watch face to view your notification history.

HEALTH MONITORING

The Zeblaze GTS 3 provides continuous monitoring of key health metrics. For accurate readings, ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.

- **Heart Rate:** Monitors your heart rate 24/7. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2):** Measures the oxygen saturation in your blood. Perform a manual measurement from the watch or view continuous data if enabled.
- **Sleep Tracking:** Automatically tracks your sleep stages (deep, light, REM) and provides a sleep score and insights in the app.
- **Stress Levels:** Monitors your stress levels throughout the day.
- **Breathing Training:** Guided breathing exercises to help reduce stress and improve relaxation.
- **Menstrual Cycle Tracking:** For female users, track and predict menstrual cycles within the app.

MAINTENANCE

Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.
- The watch is water-resistant, but avoid prolonged submersion or hot water exposure. Dry thoroughly after contact with water.

Software Updates

Periodically check for firmware updates via the Zeblaze Fit app to ensure optimal performance and access to new features.

- Open the Zeblaze Fit app.
- Navigate to "Device" or "Profile" settings.
- Look for "Firmware Update" or "System Update" and follow the on-screen instructions. Ensure your watch is sufficiently charged before starting an update.

TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the charger and wait a few minutes.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone. Make sure the watch is within range of your phone. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again through the app.

Problem	Possible Solution
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch. Update your personal information (height, weight, age) in the app.
Notifications not appearing	Check if notification permissions are granted for the Zeblaze Fit app in your phone's settings. Ensure the watch is connected to your phone. Disable "Do Not Disturb" mode on the watch.

SPECIFICATIONS

Feature	Detail
Model Number	GTS 3
Display Size	2.03 inches
Battery Capacity	280 Milliamp Hours
Typical Usage Battery Life	Up to 15 days
Connectivity	Bluetooth
Operating System Compatibility	Android 5.0 or iOS 9.0 and above
Special Features	Lightweight, Activity Tracker, Bluetooth Phone Calls, Health Monitoring (HR, SpO2, Sleep, Stress)
Package Dimensions	17 x 8.7 x 2.4 cm
Item Weight	80 g (Package)
Manufacturer	Zeblaze
Country of Origin	China

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation included with your purchase or visit the official Zeblaze website.

If you encounter issues not covered in this manual, please contact Zeblaze customer support for assistance.

