

GTS-7

GTS7-Pro Smartwatch User Manual

Comprehensive guide for your GTS7-Pro Women's & Men's Flagship Smartwatch.

INTRODUCTION

The GTS7 Pro Smartwatch is designed to enhance your daily life with its advanced features and stylish design. This manual provides detailed instructions on how to set up, operate, and maintain your smartwatch to ensure optimal performance.

Important Note: This device is not a medical device and must not be used for medical purposes.

WHAT'S INCLUDED

Upon unboxing your GTS7-Pro Smartwatch, please verify that all components are present:

- GTS7-pro SMARTWATCH
- USB Cable
- Instruction Leaflet

Packing List



Image: Contents of the GTS7-Pro Smartwatch packaging, showing the smartwatch, USB cable, and instruction leaflet.

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your GTS7-Pro Smartwatch. Connect the provided USB cable to the charging contacts on the back of the watch and to a USB power source.



Image: The GTS7-Pro Smartwatch connected to its magnetic charging cable.

2. App Installation (Runmefit 3.0)

Download and install the **Runmefit 3.0 App** on your Android or iOS smartphone. This app is essential for full functionality, including health tracking, notifications, and settings customization.

Mood Trends

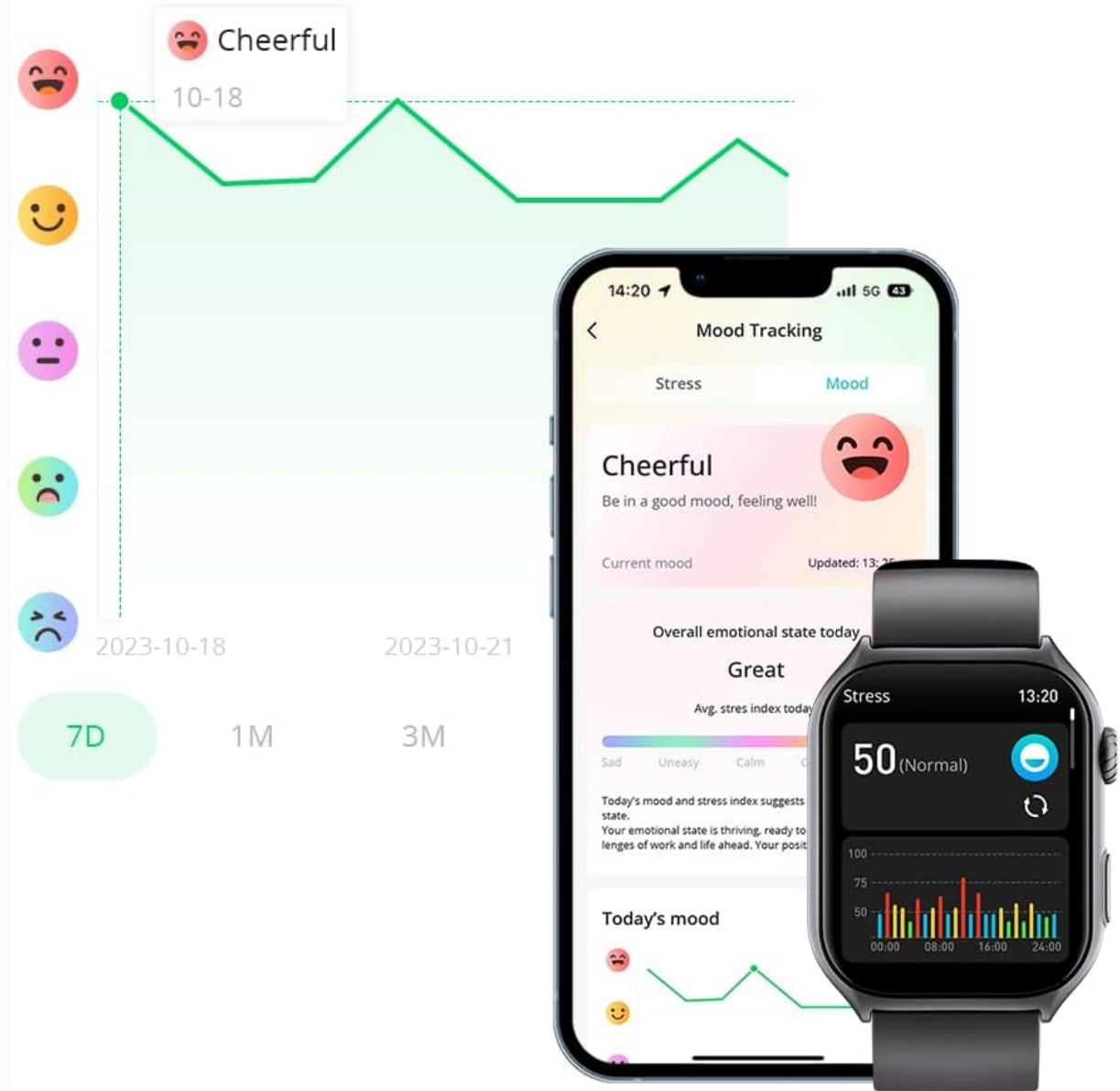


Image: Various screens from the Runmefit 3.0 mobile application, demonstrating health metrics and settings.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Runmefit 3.0 App and follow the on-screen instructions to search for and connect to your GTS7-Pro Smartwatch.
3. Confirm the pairing request on both your watch and smartphone.

OPERATING YOUR SMARTWATCH

Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and access different features.
- **Side Button:** Press the side button to return to the home screen or wake the device.



Image: Front view of the GTS7-Pro Smartwatch displaying time, steps, calories, and distance.

Health Monitoring

The GTS7-Pro Smartwatch offers comprehensive health tracking features:

- **Heart Rate Monitoring:** Continuously tracks your heart rate.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.
- **Blood Pressure Monitoring:** Provides blood pressure readings.
- **Sleep Tracking:** Monitors your sleep patterns and quality.
- **Women's Health Tracking:** Specific features for tracking menstrual cycles.



Image: Rear view of the GTS7-Pro Smartwatch showing the optical heart rate and SpO2 sensors.

Fitness Tracking (100+ Sports Modes)

Track your workouts with over 100 sports modes. The watch accurately records steps, calories burned, and distance. Built-in GPS allows for precise mapping of outdoor activities.

- **Activity Tracking:** Steps, calories, distance.
- **GPS:** Built-in for outdoor activity mapping.
- **Sports Modes:** Select from a wide range of activities like outdoor walk, indoor walk, stationary bike, jump rope, rowing machine, and more.

100+ Sports Modes, Unleash Your Full Potential

The GTS7 Pro Smart Watch supports more than 100 sports modes, such as running, skipping, and cycling, providing a comprehensive fitness experience. Supports automatic detection of regular sports modes without manual activation.⁸



Image: The GTS7-Pro Smartwatch screen showing a list of available sports modes, including outdoor walk, indoor walk, and stationary bike.



Image: A man stretching outdoors while wearing the GTS7-Pro Smartwatch, which displays workout metrics.

Smart Features

- **Call & Text Notifications:** Receive alerts directly on your wrist.
- **Music Control:** Manage your smartphone's music playback.
- **Alexa Technology:** Utilize voice commands for various tasks.
- **SOS Emergency Feature:** For safety in critical situations.
- **Weather Updates:** Get current weather information.
- **Lifestyle Reminders:** Sedentary reminders, hydration alerts, and smart time reminders.

Customization

Personalize your smartwatch with different watch faces and strap options.



Image: A collection of GTS7-Pro Smartwatches showcasing various watch faces and strap colors/materials.

MAINTENANCE

Cleaning Your Smartwatch

Regularly clean your smartwatch to ensure proper function and hygiene. Use a soft, lint-free cloth. For stubborn dirt, slightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.

Water Resistance (IP67)

The GTS7-Pro Smartwatch has an IP67 water resistance rating, meaning it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use and light water exposure, but not recommended for swimming or diving.

Battery Life

The smartwatch boasts a long battery life, with an average of 10 days of use and up to 60 days of standby time. Battery performance may vary based on usage and settings.

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Image: An internal view of the GTS7-Pro Smartwatch highlighting its 300mAh battery.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot 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.
 - Clear Bluetooth cache on your phone (Android) or reset network settings (iOS) if issues persist.
- **Inaccurate health readings:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensors on the back of the watch.
 - Avoid excessive movement during readings.
- **Notifications not appearing:**
 - Check app permissions on your phone to ensure the Runmefit 3.0 App has access to notifications.

- Verify notification settings within the Runmefit 3.0 App.
- Ensure the watch is connected via Bluetooth.

For further assistance, please refer to the official product support channels.

SPECIFICATIONS

Feature	Detail
Model Number	GTS-7
Screen Size	2 Inches (HD Touch Screen)
Operating System	Android (Compatible with iOS)
Connectivity	Bluetooth
GPS	Built-in GPS
Water Resistance	IP67
Battery Capacity	300 mAh (Lithium Polymer)
Average Battery Life	10 days (up to 60 days standby)
Item Weight	3.7 Ounces
Manufacturer	RUNMEFIT

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: Discover the GTS7-Pro Smartwatch in more detail, showcasing its features and design.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided in your product packaging or visit the manufacturer's official website. Keep your proof of purchase for warranty claims.

Manufacturer: RUNMEFIT

Brand: Generic