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LAMA V22

User Manual

LAMA FITNESS TRACKER SMART WATCH (MODEL: V22)

Your guide to a healthier, smarter lifestyle.

1. Introduction

This user manual provides comprehensive instructions for the LAMA Fitness Tracker Smart Watch, Model V22. It covers setup, operation, maintenance, and troubleshooting to help you maximize your device's potential. This smart watch is designed to assist you in monitoring your health, tracking your fitness activities, and staying connected.

2. What's in the Box

- 1x Smart Watch
- 1x Charging Cable
- 1x User Manual

3. Setup Guide

3.1 Initial Charging

Before first use, fully charge your LAMA Smart Watch. Connect the provided charging cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours and provides 5-7 days of normal usage or up to 20 days of standby time.



Image: The LAMA Smart Watch connected to its charging cable, illustrating the charging process.

3.2 App Download and Pairing

To unlock all features, download the "GloryFit" app on your smartphone. The app is compatible with iOS 9.0 or higher and Android 4.4 or higher, requiring Bluetooth 5.0. The watch is not compatible with PC, iPad, or Tablet devices.

1. Scan the QR code in the manual or search for "GloryFit" in your smartphone's app store.
2. Install and open the "GloryFit" app.
3. Follow the in-app instructions to create an account and set up your personal profile.
4. Enable Bluetooth on your smartphone.
5. In the "GloryFit" app, navigate to the device section and search for your LAMA Smart Watch.
6. Select your watch from the list to pair. Confirm the pairing request on both your phone and the watch if prompted.

4. Operating Instructions

4.1 Bluetooth Call & Smart Notifications

Once paired with the "GloryFit" app via Bluetooth, your smart watch can answer and make calls directly. It features a built-in microphone and speaker. You can also store contacts and view call records. Additionally, the watch displays message notifications from various apps like Text, Messenger, Gmail, Facebook, Whatsapp, Snapchat, Skype, and Twitter.



Image: The smartwatch screen showing an incoming call and icons for various social media and messaging applications, indicating smart notification capabilities.

4.2 Multifunctional Features

The LAMA Smart Watch serves as a comprehensive life assistant with numerous useful functions:

- **Alarm Clock:** Set multiple alarms for daily reminders.
- **Weather Forecasts:** Get real-time weather updates directly on your wrist.
- **Music Player Control:** Control music playback on your connected smartphone.
- **Female Cycle Reminders:** Track and predict menstrual cycles.
- **Camera Control:** Remotely trigger your smartphone's camera.
- **Find Phone:** Locate your misplaced smartphone by making it ring.
- **Timer & Stopwatch:** Useful for various activities and time management.
- **Calculator & Calendar:** Basic utility tools for convenience.
- **Customizable Watch Faces:** Choose from over 300 watch faces in the GloryFit app or use your own photos.

Multifunctional Smart Watch

Make your life smarter and easier



Image: A collage of smartwatch screens showing different functions like music control, calculator, weather, timer, and more, highlighting its versatility.

4.3 Health Monitoring

The LAMA Smart Watch provides 24/7 health monitoring capabilities:

- **Heart Rate Monitor:** Continuously tracks your heart rate. You can view real-time data on your wrist and all-day records in the app.
- **Blood Oxygen Monitor:** Measures your blood oxygen levels. Check real-time data on the watch and historical data in the app.
- **Sleep Tracker:** Monitors your sleep patterns, including REM, light sleep, deep sleep, and wake-up times, to help you understand and improve your sleep quality.

Heart Rate & Blood Oxygen Monitor



Sleep Tracker



Image: Visual representations of heart rate, blood oxygen saturation, and sleep duration as displayed on the smartwatch and accompanying app, with a person meditating and another sleeping.

4.4 Activity Tracking and Sport Modes

The watch tracks your daily activity, including steps, distance, and calories burned, to help you achieve your fitness goals. It supports over 100 sport modes, providing real-time data for heart rate, steps, distance, and calories during your workouts.



100+ Sport Modes



IP68 Waterproof



Image: A collage of smartwatch screens showing different functions like music control, calculator, weather, timer, and more, highlighting its versatility.

24/7 Health Tracking

Knows yourself better and healthier

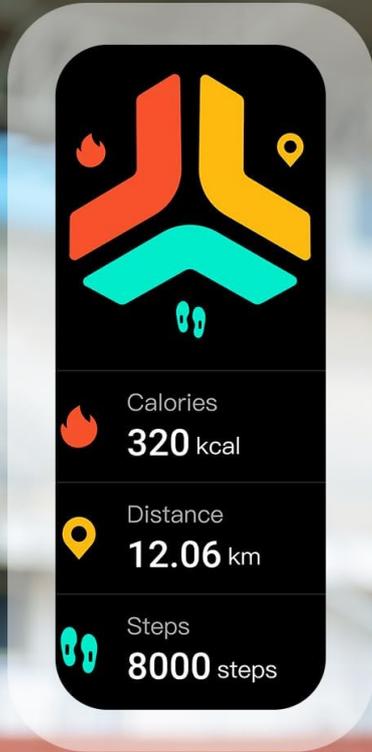


Image: A smartwatch screen displaying daily activity metrics such as calories burned, distance covered, and steps taken, with a person preparing to run on a track.

4.5 Display and Customization

The 1.85" HD touch screen offers clear visuals. You can personalize your watch with over 300 watch faces available in the GloryFit app, or even upload your own photos to create custom dials.

1.85" HD Touch Screen, 300+ watch faces in app



Image: A smartwatch screen displaying various watch face designs, illustrating the variety of customization options available through the app.

5. Maintenance

5.1 Waterproof Rating

The LAMA Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can damage the seals.

Size of Smart Watch



Image: The smartwatch partially submerged in water, visually confirming its IP68 waterproof capability.

5.2 Cleaning and Care

To maintain your watch's condition and ensure accurate sensor readings:

- Regularly clean the watch and strap with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.

5.3 Battery Care

To prolong battery life:

- Avoid fully discharging the battery frequently.
- Charge the watch when the battery level is low, rather than waiting for it to completely die.
- Store the watch in a cool, dry place if not used for an extended period.

Long Battery Life



20 Days
Standby time



5 Days
normal use



2 Hours
Charging Time



Image: The smartwatch displaying its battery level and charging status, alongside a view of the watch's rear with charging contacts, emphasizing battery life and charging features.

6. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to turn it on.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both the watch and your smartphone.
 - Check if the "GloryFit" app is updated to the latest version.
 - If previously paired, try unpairing and re-pairing the device from your phone's Bluetooth settings.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, but not too tight.
 - Keep the back of the watch clean and free from debris.
 - For heart rate and blood oxygen measurements, remain still during the measurement.

- **Notifications not received:**

- Verify that notifications are enabled in the "GloryFit" app for the desired applications.
- Check your smartphone's notification settings to ensure the "GloryFit" app has permission to send notifications.
- Ensure the watch is connected via Bluetooth.

7. Specifications

Feature	Detail
Model Number	V22
Screen Size	1.85 Inches
Display Type	HD Touch Screen
Connectivity	Bluetooth 5.0
Battery Life (Normal Use)	5-7 days
Battery Life (Standby)	Up to 20 days
Charging Time	Approx. 2 hours
Waterproof Rating	IP68
Compatibility	iOS 9.0+ & Android 4.4+
Item Weight	3.17 ounces (90 Grams)
Memory Storage Capacity	100 MB

8. Warranty and Support

LAMA products are designed with quality and reliability in mind. For warranty information, technical support, or customer service inquiries, please refer to the contact details provided on the product packaging or visit the official LAMA website. Keep your purchase receipt for warranty claims.