KEEPONFIT K35 Purple

KEEPONFIT Smart Watch User Manual

Model: K35 Purple
Brand: KEEPONFIT

1. Introduction

The KEEPONFIT Smart Watch is a versatile fitness tracker designed for both men and women, offering comprehensive health monitoring and smart features. It includes heart rate and SpO2 monitoring, over 100 sports modes, smart notifications, Bluetooth calling, and a long-lasting battery. This manual provides detailed instructions to help you get the most out of your new smartwatch.



Figure 1: KEEPONFIT Smart Watch (Purple)

2. Setup

2.1 What's in the Box

- Smart Watch (1)
- User Manual (1)
- Type-C Charging Cable (1)
- Watch Bands (2)

2.2 Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the Type-C charging cable to the charging port on the back of the watch and plug the other end into a USB power adapter (not included). The watch display will indicate charging status. A full charge typically takes approximately 1.5 hours and provides up to one

week of battery life depending on usage.

2.3 App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the **GloryFit** app on your smartphone. The app is compatible with Android 4.4 and above, and iOS 9.0 and above.

1. Scan the QR code provided in the user manual or search for "GloryFit" in your phone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the GloryFit App and click "Add a New Device".
4. The app will search for nearby devices. Select your smartwatch (e.g., K53-ID-5976) from the list.
5. Confirm the connection on both your phone and the watch.

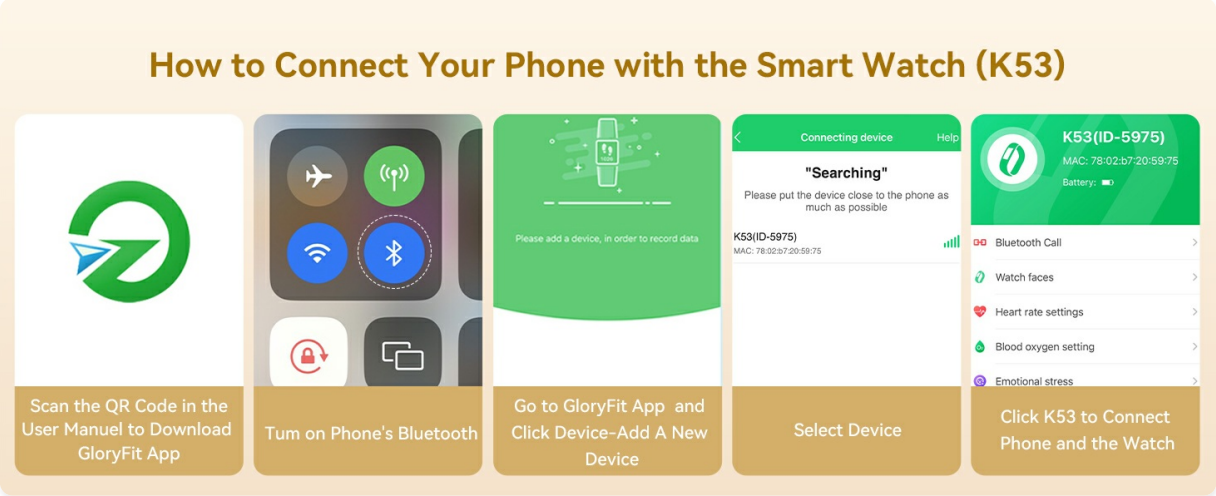


Figure 2: Connecting Your Smart Watch to the GloryFit App

2.4 Attaching Watch Bands

The smartwatch comes with two interchangeable silicone bands. To attach or change a band, locate the quick-release pins on the back of each band. Slide the pin to align with the holes on the watch casing and release to secure. Ensure the band is firmly attached before wearing.

3. Operating Instructions

3.1 Basic Navigation

The smartwatch features a responsive touch screen and physical buttons for navigation. Swipe left/right or up/down to access different functions and menus. Press the side button to return to the home screen or wake the device.



Figure 3: Smart Watch Display and Navigation

3.2 Customization: Watch Faces

Personalize your smartwatch with over 400 watch faces available through the GloryFit App. You can also create custom designs using your own photos. To change the watch face, open the GloryFit App, navigate to the watch face section, and select your desired design. The watch face will update automatically.



Figure 4: Customize Your Watch Face

3.3 Smart Notifications & Bluetooth Calling

Stay connected by receiving call, SMS, and app notifications directly on your wrist. The built-in Bluetooth call feature allows you to answer calls without needing to reach for your phone. Ensure your watch is paired with your phone via Bluetooth and notification permissions are granted in the GloryFit App.



Figure 5: HD Bluetooth Calling Feature



Figure 6: Smart Notifications on Your Wrist

3.4 Health Monitoring

The smartwatch is equipped with high-precision sensors for 24/7 health monitoring.

- **Heart Rate Monitor:** Track your heart rate rhythm for a comprehensive view of your health.
- **Blood Oxygen (SpO2) Tracking:** Check your blood oxygen levels anytime for deeper health protection.
- **Sleep Tracking:** Monitor your sleep patterns, including deep sleep, light sleep, and awake times, to improve sleep quality.
- **Menstrual Cycle Tracking:** Thoughtfully designed for women's health, this feature tracks and predicts menstrual cycles, providing accurate health advice and reminders.



Figure 7: Smart Health Monitoring Overview

Figure 8: Heart Rate Monitoring in Action



Figure 9: Blood Oxygen Tracking



Figure 10: Sleep Tracking Functionality



Figure 11: Women's Health Tracking Interface

3.5 Multi-Functional Sports Tracking

The smartwatch supports over 100 sports modes, including running, cycling, swimming, and more. Real-time tracking helps you monitor your performance and reach your fitness goals. Select your desired sport mode from the watch menu before starting your activity.



Figure 12: Over 100 Sports Modes

3.6 Smart Reminders

The smartwatch features smart reminders to help you maintain a healthy lifestyle:

- **Alarms:** Set custom alarms for daily routines.
- **Sedentary Alerts:** Reminds you to move after periods of inactivity.
- **Hydration Reminders:** Prompts you to drink water throughout the day.
- **Medication Alerts:** Helps you remember to take your medication on time.

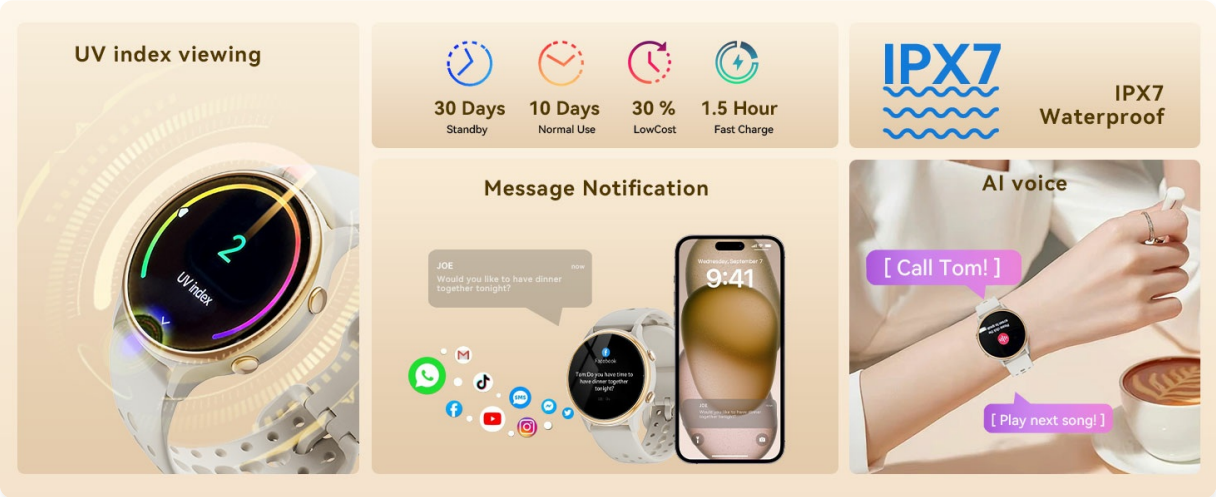


Figure 13: Smart Reminders and Features

3.7 UV Index Viewing

Raise your hand to check the UV intensity directly on your watch. This feature helps you decide how to protect yourself from the sun based on the current UV index.



Figure 14: UV Index Viewing

4. Maintenance

4.1 Waterproof Rating

The KEEPONFIT Smart Watch has an IP67 waterproof rating, meaning it is protected from dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use, including hand washing and light rain. Avoid prolonged immersion or use in hot water/steam.

4.2 Cleaning

To keep your smartwatch clean, gently wipe the screen and bands with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

4.3 Battery Care

To prolong battery life, avoid extreme temperatures and do not leave the watch fully discharged for extended periods. Charge the watch regularly, even if not in frequent use.

5. Troubleshooting

5.1 Connectivity Issues

- Ensure Bluetooth is enabled on your phone and the watch is within range.
- Restart both your phone and the smartwatch.
- Check the GloryFit App for any pending updates or connection issues.

5.2 Inaccurate Tracking

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensors on the back of the watch regularly.
- Calibrate the device through the GloryFit App if available.

5.3 Unresponsive Screen/Buttons

- Try restarting the watch by pressing and holding the side button.
- Ensure the screen is clean and dry.
- If the issue persists, contact customer support.

6. Specifications

Feature	Detail
Model Number	K35 Purple
Screen Size	1.27 Inches
Operating System	Android 4.4 and above, IOS 9.0 and above
Connectivity Technology	Bluetooth
Battery Capacity	240 mAh (Lithium Ion)
Waterproof Rating	IP67
Item Weight	4.2 ounces
Memory Storage Capacity	128 MB
Special Features	Activity Tracker, Alarm Clock, Notifications, Phone Call

7. Warranty and Support

7.1 Protection Plans

Optional protection plans are available for your KEEPONFIT Smart Watch:

- 2-Year Protection Plan
- 3-Year Protection Plan
- Complete Protect (monthly plan covering eligible purchases)

Please refer to the specific terms and conditions of these plans for full details.

7.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact KEEPONFIT customer support through the official website or the contact information provided with your purchase. Please have your model number (K35 Purple) and purchase details ready when contacting support.