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KEEPONFIT K35

KEEPONFIT K35 Smart Watch User Manual

Model: K35

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your KEEPONFIT K35 Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience.

2. WHAT'S INCLUDED

Verify that all items are present in the package:

- KEEPONFIT K35 Smart Watch
- User Manual
- Type-C Charging Cable
- Watch Bands (2 sets)

3. INITIAL SETUP

3.1 Charging the Device

Before first use, fully charge your K35 Smart Watch. Connect the provided Type-C charging cable to the charging port on the back of the watch and to a USB power adapter (not included).

- A full charge typically takes approximately 1.5 hours.
- The watch will display a charging indicator.

3.2 App Download and Pairing

To unlock the full functionality of your K35 Smart Watch, download the **GloryFit** app on your smartphone.

1. **Scan QR Code:** Locate the QR code in this manual or on the watch screen to download the GloryFit app from your device's app store (Android or iOS).

2. **Enable Bluetooth:** On your smartphone, go to your phone's settings and ensure Bluetooth is turned on.
3. **Open GloryFit App:** Launch the GloryFit app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** Within the app, navigate to the "Device" section and select "Add a New Device." The app will search for nearby devices.
5. **Select K35:** From the list of found devices, select "K35" (or a similar identifier like "K53(ID-XXXX)" as shown in the image, adapting for K35). Confirm the pairing request on both your phone and the watch.

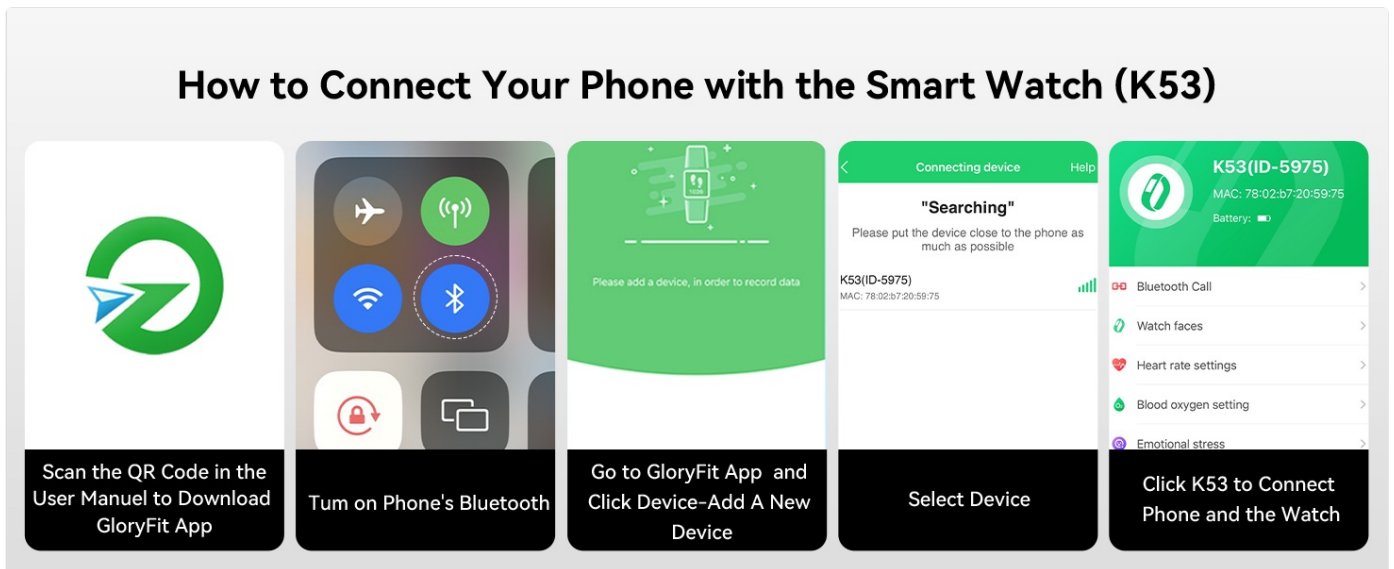


Image: Step-by-step guide showing how to connect the K35 Smart Watch to a smartphone using the GloryFit app, including scanning a QR code, enabling Bluetooth, adding a device, and selecting the watch for connection.

3.3 Profile Setup and Permissions

After successful pairing, complete your personal profile within the GloryFit app (gender, height, weight, etc.). Grant all necessary permissions requested by the app to ensure full functionality, including notifications and background activity. This is crucial for accurate data tracking and smart features.

4. OPERATING YOUR SMART WATCH

4.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or widgets.
- **Tap:** Select an item or confirm an action.
- **Side Buttons:** Typically used for power on/off, returning to the home screen, or quick access to specific functions.

4.2 Bluetooth Calling and Smart Notifications

Once paired, your K35 Smart Watch supports Bluetooth calling and displays notifications from your smartphone.

- **Answering Calls:** When a call comes in, you can answer or reject it directly from your watch. The watch uses its built-in microphone and speaker for communication.
- **Making Calls:** Use the dial pad on the watch or sync contacts via the GloryFit app to make calls.
- **Notifications:** Receive alerts for incoming calls, SMS messages, and app notifications (e.g., Facebook, WhatsApp, Instagram) directly on your wrist. Configure which app notifications you wish to receive through the GloryFit app settings.
- **AI Voice Assistant:** The watch features an AI voice assistant for hands-free control. Activate it and speak commands for tasks like playing music or initiating calls.

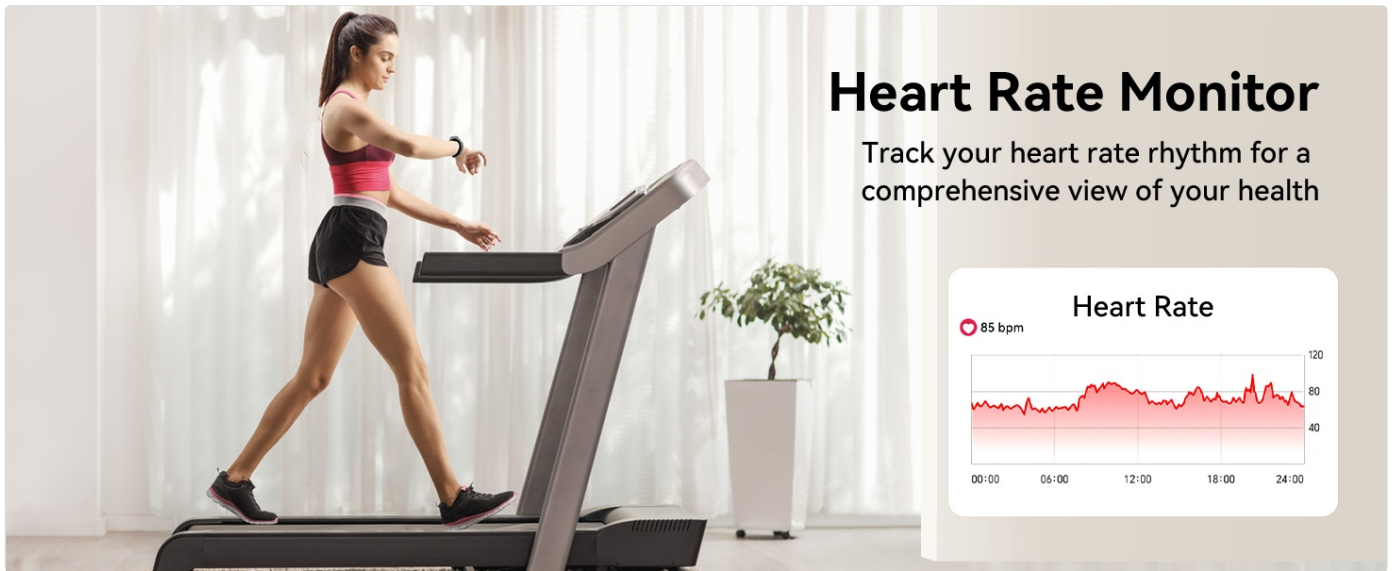


Image: The K35 Smart Watch showing an incoming call from "Tom" and various social media app notification icons, illustrating its Bluetooth calling and smart notification capabilities.

4.3 Watch Faces and Customization

Personalize your K35 Smart Watch with a wide selection of watch faces.

- **Pre-installed Faces:** The watch comes with several pre-installed watch faces.
- **GloryFit App:** Access over 400 additional watch faces through the GloryFit app.
- **Custom Faces:** You can also upload your own photos to create custom watch faces, allowing for unique personalization.

Choose from 400+ Stylish Watch Faces

Match your style with a wide range of creative and fashionable designs.



Customize your display with your favorite photos using the GloryFit app.



Image: A collage showing the K35 Smart Watch with multiple watch face designs, alongside a smartphone screen demonstrating the GloryFit app's interface for selecting and customizing watch faces with personal photos.

5. HEALTH MONITORING

The K35 Smart Watch is equipped with high-precision sensors for continuous health tracking.



Image: An illustration of the K35 Smart Watch's 24/7 health monitoring capabilities, highlighting sleep tracking, heart rate, and blood oxygen (SpO2) measurements, powered by a 3D accelerated ROHMS sensor.

5.1 Heart Rate Monitoring

The watch continuously monitors your heart rate throughout the day. View your real-time heart rate on the watch or detailed historical data in the GloryFit app.



Image: A woman on a treadmill, demonstrating the K35 Smart Watch's heart rate monitoring function, with an overlay graphic showing a heart rate chart.

5.2 Blood Oxygen (SpO2) Monitoring

Measure your blood oxygen saturation levels on demand. This feature provides insights into your respiratory health. Access readings on the watch and trends in the app.

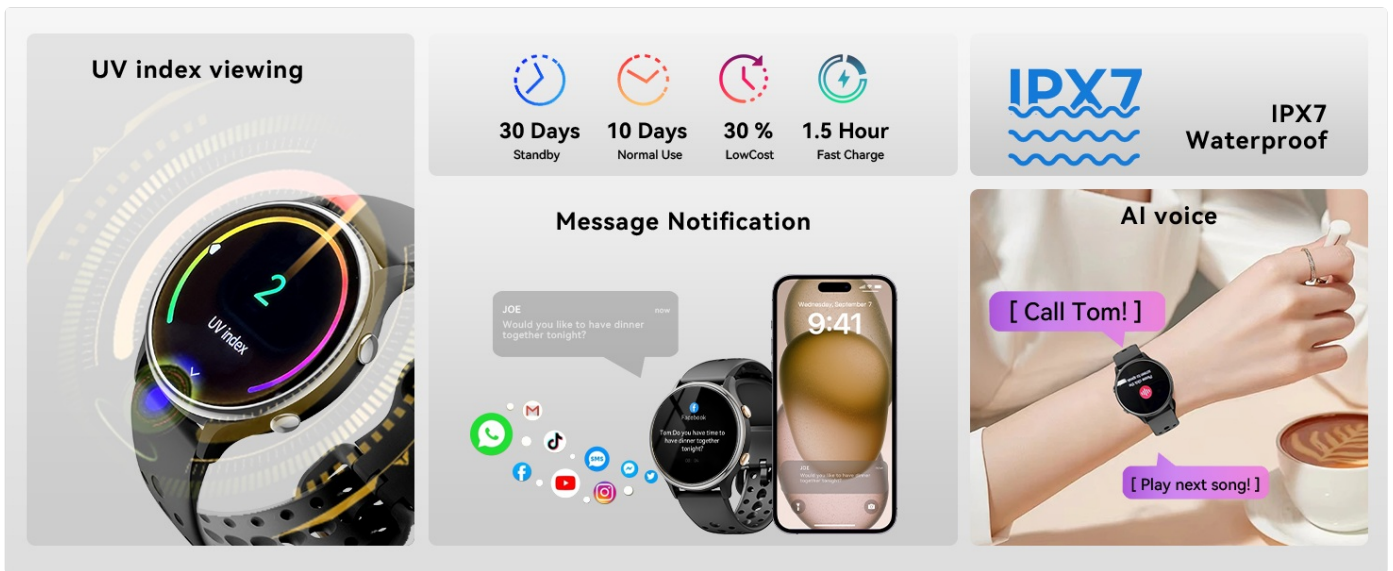


Image: A woman stretching during yoga, wearing the K35 Smart Watch, with an accompanying graphic illustrating blood oxygen level tracking.

5.3 Sleep Tracking

The K35 Smart Watch automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality and duration in the GloryFit app to understand your rest better.



Image: A woman sleeping, wearing the K35 Smart Watch, with an infographic displaying sleep data such as total sleep duration and breakdown into awake, light sleep, and deep sleep phases.

5.4 Menstrual Cycle Monitoring (For Women)

This feature helps women track and predict menstrual cycles, including menstrual periods, security periods, and ovulation periods. Input your data into the GloryFit app for personalized insights and reminders.

Smart Health Tracking for Women—Menstrual Cycle Monitoring

- Menstrual period
- Security period
- Ovulation period



Image: A woman wearing the K35 Smart Watch, with a smartphone screen displaying the menstrual cycle tracking interface within the GloryFit app, showing a calendar view of physiological periods.

6. SPORTS TRACKING

The K35 Smart Watch supports over 100 sports modes to track your physical activities. Select your desired sport mode on the watch to record data such as steps, distance, calories burned, and heart rate during your workout.

- **Available Modes:** Includes running, cycling, walking, swimming, yoga, and many more.
- **IP67 Waterproof:** The watch is IP67 rated, making it resistant to splashes and brief immersion in water. It is suitable for activities like swimming, but not recommended for diving or hot showers.

100+ (Sport Modes)



IP67 Waterproof



Image: A visual representation of the K35 Smart Watch's 100+ sports modes, including icons for various activities, and an image of a person surfing to highlight its IP67 waterproof feature.

7. MAINTENANCE

7.1 Cleaning Your Smart Watch

- Wipe the watch screen and body with a soft, damp cloth.
- Clean the charging contacts regularly to ensure efficient charging.
- Avoid using harsh chemicals or abrasive materials.

7.2 Battery Care

- Charge the watch fully before long periods of inactivity.
- Avoid extreme temperatures, which can affect battery life.
- The watch offers up to one week of battery life under normal usage.

8. TROUBLESHOOTING

8.1 Connection Issues

- **Watch Not Connecting:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the GloryFit app.
- **Frequent Disconnections:** Keep your phone near the watch. Check app permissions to ensure GloryFit can run in the background without restrictions.

8.2 Notifications Not Appearing

- Verify that notification permissions are granted for the GloryFit app in your phone's settings.
- Check the GloryFit app settings to ensure specific app notifications are enabled.

8.3 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensor on the back of the watch regularly.
- Environmental factors and individual physiology can affect readings. For medical concerns, consult a healthcare professional.

9. SPECIFICATIONS

Feature	Detail
Model Number	K35
Screen Size	1.27 Inches (Visible screen diagonal: 2" / 4 cm)
Operating System Compatibility	Android 4.4 and above, iOS 9.0 and above
Connectivity	Bluetooth 5.3
Battery Capacity	240 mAh (Lithium Ion)
Waterproof Rating	IP67
Special Features	Activity Tracker, Alarm Clock, Notifications, Phone Call, Heart Rate Monitor, SpO2 Monitor, Sleep Tracker, Menstrual Cycle Tracking
Item Weight	3.84 ounces
Memory Storage Capacity	128 MB

10. WARRANTY AND SUPPORT

10.1 Warranty Information

Your KEEPONFIT K35 Smart Watch is covered by a manufacturer's warranty. Please refer to the warranty card included in your package or contact KEEPONFIT customer service for specific warranty terms and conditions.

10.2 Customer Support

For technical assistance, troubleshooting, or any questions regarding your KEEPONFIT K35 Smart Watch, please contact

KEEPONFIT customer support through their official website or the contact information provided in your product packaging.

You can also visit the [KEEPONFIT Store on Amazon](#) for more product information and support resources.

