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> [GRV Smart Watch FC1 User Manual: Bluetooth Call, Activity Tracking, Notifications for iPhone & Android](#)

GRV FC1

GRV Smart Watch FC1 User Manual

Model: FC1

INTRODUCTION

Welcome to the GRV Smart Watch FC1 user manual. This guide provides detailed instructions to help you set up, operate, and maintain your new smartwatch. The GRV FC1 offers a range of features including Bluetooth calling, comprehensive activity tracking, and smart notifications, compatible with both iPhone and Android devices.



Image: The GRV Smart Watch FC1, featuring a green band and a gold-colored casing, displaying an analog clock face.

SETUP

1. Unboxing and Initial Charge

Your GRV Smart Watch FC1 package includes:

- Smartwatch Body x1
- Strap x1
- USB Charging Cable x1
- Instruction Manual (English/Japanese) x1
- Charging Instruction Card x1

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the back of the watch, ensuring a secure connection. A full charge typically takes about 2 hours.



ペアリング方法

接続できない場合：

- ① スマホのBluetooth記録をすべて削除し、Bluetoothをオフにしてから、オンにして再試行ください。
- ② 10メートル離れて再試行ください。
- ③ 時計をリセットして再試行ください。

Image: Package contents and dimensions of the GRV Smart Watch FC1. The image shows the watch, charging cable, and manual, alongside a diagram detailing the watch's measurements.

2. App Installation and Pairing

To unlock the full potential of your GRV Smart Watch, download the dedicated app **GloryFit**, from the App Store (for iPhone) or Google Play (for Android).

1. Download the GloryFit app.
2. Register an account if you are a new user.
3. In the app, select 'Smartwatch' to begin pairing.
4. Ensure Bluetooth is enabled on your smartphone and search for nearby devices.
5. Select the correct device (e.g., FC1(ID-D25B)) from the list.
6. Allow pairing requests and notification permissions.
7. Once connected, you can confirm the connection in your phone's Bluetooth settings.

便利なマグネット式充電

- 30** 日間
待機時間
- 5** 日間
通常使用
- 2** 時間
充電時間

注：磁力が反発するのは正常です。
この場合、時計を水平方向に180°回転させ、充電ケーブルを再度放置ください。



Image: A visual guide demonstrating the app installation and pairing process for the GRV Smart Watch, showing screenshots of the GloryFit app interface.

OPERATING INSTRUCTIONS

1. Basic Navigation

The GRV Smart Watch FC1 features a 1.85-inch full-touch HD screen for easy navigation. Swipe across the screen to access different functions and menus. Raise your wrist to activate the screen and view

notifications.

2. Bluetooth Call Function

The watch supports stable and clear Bluetooth calls. After connecting to your phone via Bluetooth, you can answer, reject, or make calls directly from the watch. Volume adjustment and one-touch mute during calls are also available.



Image: Two GRV Smart Watches showcasing the Bluetooth call function, with one displaying an incoming call and the other a dial pad.

Setting up Call Function:

1. Enable the call function on your watch.
2. Confirm the connection for calls in your phone's Bluetooth settings.
3. Once these steps are complete, you can make calls.



Image: A diagram illustrating the three steps to activate and use the Bluetooth call feature on the smartwatch.

3. Notifications

Receive notifications from various apps like LINE, X, TikTok, and SMS directly on your watch. The watch screen will light up and display the content, allowing you to view important alerts without checking your phone. The watch stores up to 8 notifications in its history.

多種類のカラーをご用意 & 交換可能なベルト

ベルト交換方法：ウォッチの裏側にあるバネ棒を押すと、ベルトが外れます。取り付けは、片側の溝を合わせ、バネ棒を押して反対側の溝を合わせれば完了です。



バネ棒



注：ゴールドのスマートウォッチの裏面は薄いピンク色です。



Image: A GRV Smart Watch displaying an incoming LINE message notification, with icons for various social media and messaging apps.

Setting up Notifications:

1. In your smartphone settings, allow LINE notifications and enable banner display.
2. In your smartphone's Bluetooth settings, enable system notifications for the smartwatch.
3. In the dedicated app, turn on LINE notifications.

あらゆる場面で活躍し、贈り物にもおすすめ！



Image: A detailed guide showing smartphone and app settings for enabling notifications from messaging applications on the smartwatch.

4. Activity Tracking & Sports Modes

The watch automatically records daily activity data such as steps taken and distance covered. It features over 100 sports modes, covering most common exercises. During workouts, you can access music controls directly from the watch. Sync your daily activity data with the dedicated app to review past performance and plan future exercise schedules.

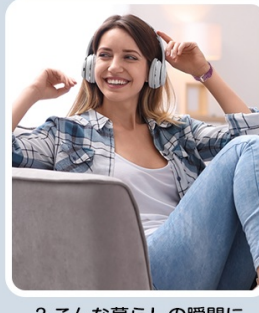
はじめてのスマートウォッチにも、選ばれる理由



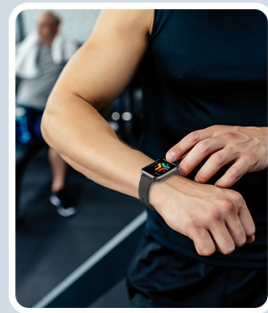
1.雨の日も、汗をかき日も、
安心の防水防塵仕様



2.仕事や生活に溶け込んだ
信頼のスマートウォッチ



3.こんな暮らしの瞬間に、
ずっと寄り添う



4.活動データを毎日確認でき
て、健康意識の高めます

Image: A woman practicing yoga on a beach, wearing the GRV Smart Watch, which displays music controls and workout data. Icons representing various sports modes are shown around her.

5. Watch Faces & Customization

Choose from over 300 watch faces available in the dedicated app to match your style or mood. You can also set your favorite photos as watch faces for a personalized touch.

100+
運動モード

女性
生理周期

300+文字盤&写真に設定可能

長いバッテリー持ち
30 日間
待機時間
5 日間
通常使用

Androidと
iPhoneに対応

IP68レベル
の防水防塵

Image: A diverse selection of watch faces for the GRV Smart Watch, including options for customizing with personal images.

6. Health Monitoring Features

The GRV Smart Watch includes features to support a healthy lifestyle:

- **Menstrual Cycle Management:** Predicts menstrual and ovulation periods based on previous records, with reminders before your period.
- **Sedentary Reminders:** Alerts you when you've been inactive for too long, encouraging movement.
- **Breathing Training:** Guides you through breathing exercises for relaxation.
- **Sleep Tracking:** Monitors your sleep patterns.
- **Heart Rate & Blood Oxygen:** Provides measurements for these vital signs.

光学センサー- & 加速度センサー-



Image: Visual representations of the watch's health features, including menstrual cycle tracking, sedentary alerts, and breathing exercises, alongside an image of a couple sleeping, indicating sleep monitoring.

7. Other Functions

The GRV Smart Watch FC1 offers a variety of additional useful functions:

- **Weather Forecast:** Get real-time weather updates.
- **Voice Assistant:** Control your watch with voice commands.
- **Alarm:** Set alarms for reminders.
- **Mini-games:** Enjoy simple games on your wrist.
- **Password Setting:** Secure your watch with a password.
- **Timer & Stopwatch:** Essential tools for timing activities.
- **Find Phone:** Locate your misplaced smartphone by making it ring.
- **Flashlight:** Use the screen as a small light source.
- **Remote Camera:** Control your phone's camera remotely.
- **Calculator:** Perform basic calculations.
- **Do Not Disturb Mode:** Silence notifications and screen activation during specific times.



Image: A visual overview of the smartwatch's diverse functions, including weather, alarm, mini-games, and phone finder.

8. Sound and Vibration Settings

You can customize the sound and vibration settings of your device. Access these settings through the

watch's menu or the dedicated app.

- **Do Not Disturb Mode:** When activated, notifications and wrist-raise screen activation are suspended.
- **Mute Mode:** When activated, incoming calls will vibrate but not ring.
- **Entertainment Sound:** Turn this on to play music and video sounds through the watch.



Image: Screenshots illustrating how to navigate the watch's interface to adjust sound and vibration settings, including activating 'Do Not Disturb' and mute modes.

MAINTENANCE

1. Water Resistance

The GRV Smart Watch FC1 has an IP68 rating for water and dust resistance. This means it can operate in cold water up to 2 meters deep. It is suitable for swimming, rainy days, and hand washing. However, please note the following precautions:

- Avoid use in hot water, seawater, saunas, or water exceeding 2 meters in depth.
- High temperatures, high pressure, or corrosive environments can damage the watch.



Image: The GRV Smart Watch FC1 being splashed with water, demonstrating its IP68 water resistance feature.

2. Cleaning

Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and dry

thoroughly. Avoid harsh chemicals or abrasive materials.

3. Band Replacement

To replace the watch band, press the spring bar located on the back of the watch to detach the strap. To attach a new strap, align one side with the groove, press the spring bar, and align the other side with its groove until it clicks into place.

LINEを例にとると、通知設定は以下の通りです。



1. スマホの設定で、LINE通知をパナーに表示するように設定します

2. スマホのBluetoothでシステム通知共有をオンにします

3. 専用アプリでLINE通知をオンにします

注：通知は、スマホの通知バナーにのみ表示される内容をキャプチャすることも可能です。そのため、スマホのバナーに内容が表示されていない場合は、時計にも表示されません。

通話機能の設定方法



1. 時計で通話機能をオンにします

2. スマホのBluetoothで通話に対して接続済を確認ください

3. 上記の確認が完了すると、通話が可能になります。

注：通知通話機能は、スマホに初めからある電話アプリにのみ対応しています。

Image: A visual guide demonstrating the process of replacing the watch band using the spring bar mechanism.

TROUBLESHOOTING

Connection Issues

If you experience difficulty connecting your smartwatch:

1. Delete all Bluetooth records for the watch on your smartphone, then turn Bluetooth off and on again.
2. Move within 10 meters of your smartphone and try again.
3. Reset the watch and attempt to pair again.

SPECIFICATIONS

Feature	Specification
Brand Name	GRV
Model Number	FC1
Color	Greenglod (Green Gold)
Compatible Devices	Smartphones (Android 5.0+, iOS 9.0+)
Operating System	Android Wear 1.0
Connectivity Technology	Bluetooth
Display Type	TFT

Feature	Specification
Product Dimensions	25 x 3.5 x 1.7 cm
Item Weight	100 g
Battery Capacity	300 mAh
Battery Life (Typical Use)	Approx. 5 days
Battery Life (Standby)	Approx. 30 days
Charging Time	Approx. 2 hours
Water Resistance	IP68
Memory Storage Capacity	128 MB

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official GRV website. Keep your purchase receipt as proof of purchase.