

Sanorum G56

Sanorum Smart Watch (Model G56) Instruction Manual

Brand: Sanorum | Model: G56

INTRODUCTION

Welcome to the comprehensive instruction manual for your Sanorum Smart Watch, Model G56. This fitness tracker is designed for both men and women, offering a wide array of features including Bluetooth call functionality, 24/7 health monitoring (heart rate, SpO2, sleep), 120+ sport modes, and 5ATM waterproofing. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your device, ensuring you get the most out of its advanced capabilities.

WHAT'S IN THE BOX

Upon unboxing your Sanorum Smart Watch, you will find the following components:

- Smartwatch x1
- Three Bands (Nylon/Sport/Silicone) x1
- Charging Cable x1
- Instruction Manual x1

In The Box



Figure 1: Contents of the Sanorum Smart Watch package.

The package includes three distinct bands, allowing for personalization and comfort across various activities. The charging cable is provided for convenient power replenishment.

SETUP

Initial Charging

Before first use, fully charge your smartwatch. A full charge takes approximately 2.5 hours and provides 7-10 days of usage, depending on features utilized. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source.

App Download & Pairing

To unlock the full potential of your Sanorum Smart Watch, download the 'GloryFit' APP from your smartphone's app store. You can typically find a QR code in the included user manual for direct download. Once installed, open the app and follow the on-screen instructions to pair your watch via Bluetooth. Ensure Bluetooth is enabled on your phone and keep the watch close during the pairing process.



Figure 2: Sanorum Smart Watch ready for setup.

Changing Watch Bands

Your Sanorum Smart Watch comes with three interchangeable bands. To change a band, locate the quick-release pins on the underside of the watch where the band connects. Pull the pin inwards to detach the current band. Align the new band with the watch lugs, insert one end of the pin into the lug hole, then pull the pin inwards to slide the other end into the opposite lug hole. Release the pin to secure the band.

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Video 1: How to change smartwatch bands. This video provides a step-by-step guide on how to easily change the wrist bands of your Sanorum Smart Watch.

OPERATING YOUR SMART WATCH

General Navigation

The Sanorum Smart Watch features a responsive touchscreen for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. The side button typically serves as a home button or to wake the screen.

Voice Assistant

Utilize the integrated voice assistant for hands-free control. Simply activate the voice assistant feature on your watch and speak commands to ask questions, set reminders, or control smart devices.

Battery Lasts a 10-day Trip

10 DAY

- 10 DAY**
Normal Use
- 7 DAY**
Sports Modes
- 2 HOUR**
Fast Charge

Figure 3: Customizable watch faces and screen clarity.

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Video 2: What The Sanorum Smart Watch Looks Like Up Close. This video provides a detailed close-up view of the Sanorum Smart Watch's design and interface.

COMMUNICATION FEATURES

Bluetooth Calls & Notifications

Stay connected directly from your wrist. The Sanorum Smart Watch supports Bluetooth calls, allowing you to make and answer calls without reaching for your phone. You will also receive SMS and app notifications (e.g., Facebook, WhatsApp, Twitter) directly on your watch display. Ensure message and call notifications are enabled in the GloryFit APP after connecting via Bluetooth.



Figure 4: Bluetooth call and text notification features.

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Video 3: Awesome Smartwatch! Would buy again & again! This video showcases the smartwatch's features and user experience.

HEALTH MONITORING

The Sanorum Smart Watch is equipped with advanced sensors to help you monitor your health continuously.

- **Heart Rate & SpO2 Monitoring:** Track your heart rate and blood oxygen levels (SpO2) 24/7 to gain insights into your cardiovascular health.
- **Sleep Monitoring:** Analyze your sleep patterns, including deep sleep, light sleep, and REM analysis, to develop healthier sleep habits.
- **Breathing Training:** Access guided breathing exercises to help you relax and manage stress.
- **Female Cycle Tracking:** The watch includes features to help women track menstrual regularity and predict cycles.



Figure 5: 24-Hour Health Follow-up on the smartwatch.

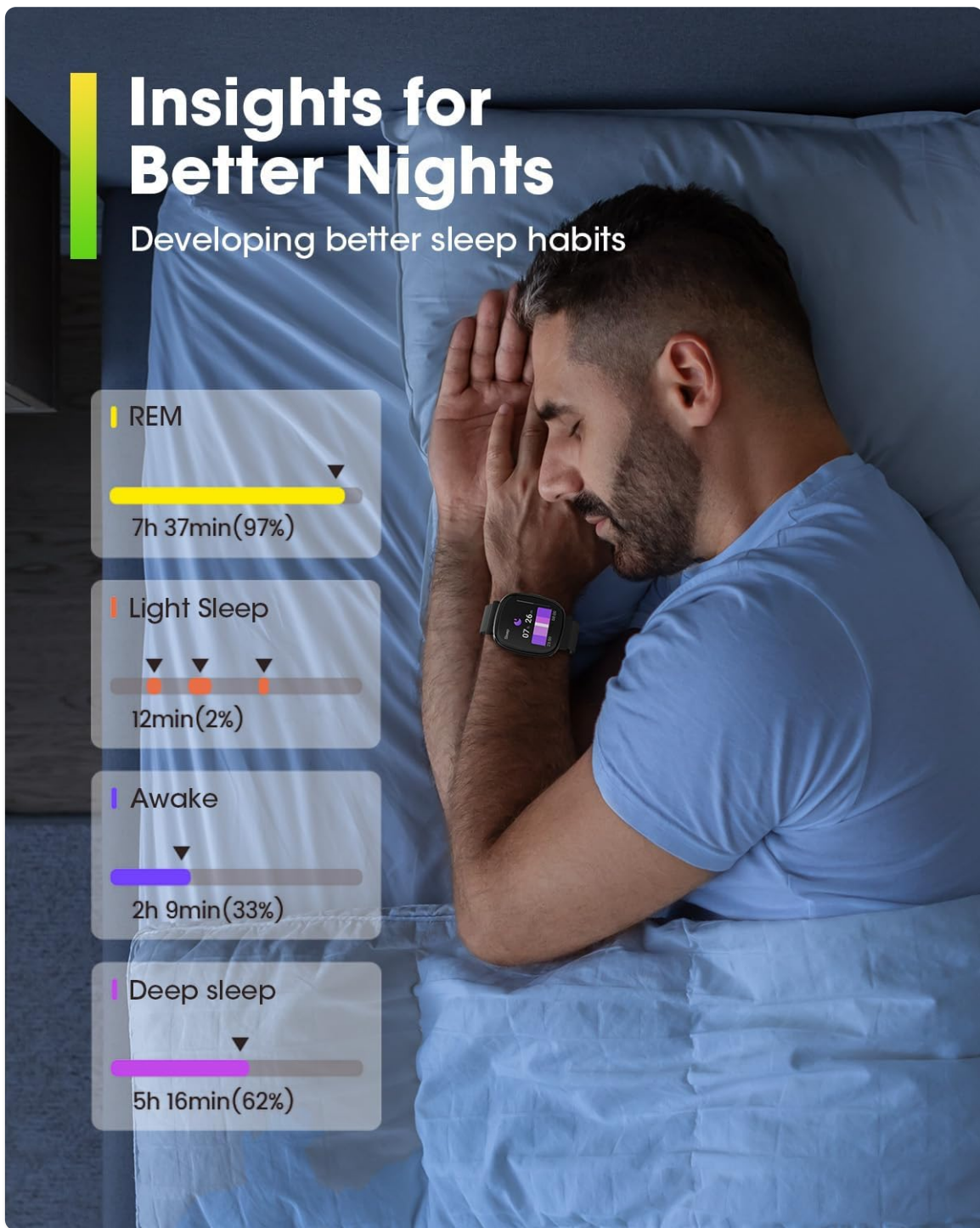


Figure 6: Sleep monitoring insights for improved sleep habits.

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Video 4: Heart Rate / Blood Oxygen / Women's Health. This video illustrates the smartwatch's capabilities in monitoring heart rate, blood oxygen levels, and providing features for women's health tracking.

ACTIVITY TRACKING

Achieve your fitness goals with the Sanorum Smart Watch's comprehensive activity tracking features:

- **120+ Sport Modes:** Choose from a wide variety of sport modes, including snowboarding, running, cycling, and swimming, to accurately track your workouts.

- **5ATM Waterproof:** The watch is water-resistant up to 5 ATM, making it suitable for swimming and other water-based activities.
- **Daily Activity Metrics:** Records calories burned, number of steps, training time, and distance for various activities.

5 ATM Waterproof & 120+ Sport Mode

All-day activity data tracking

Calorie: **210** kcal

Steps: **8340** Steps

Distance: **4.2** km

Figure 7: 5ATM Waterproof and 120+ Sport Modes.

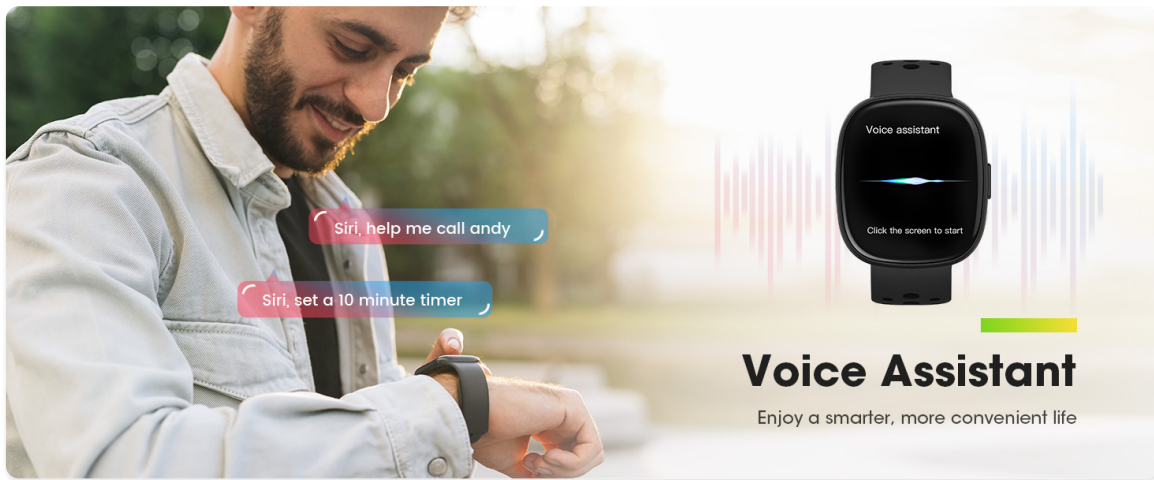


Figure 8: All-day activity fitness recording.

MAINTENANCE

Cleaning

Regularly clean your smartwatch and bands to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and watch body. For the bands, follow the specific cleaning instructions based on their material (nylon, sport, silicone). Avoid using harsh chemicals or abrasive materials, as these can damage the device.

Water Resistance

While your Sanorum Smart Watch is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters, it is important to note that this rating applies to cold water and normal pressure. Avoid exposing the watch to hot water, saunas, steam rooms, or seawater, as these conditions can compromise the water resistance seals and lead to damage.



Figure 9: 5 ATM Waterproof feature.

Storage

When not in use for extended periods, store your smartwatch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the battery is not completely depleted before storage to prolong its lifespan.

TROUBLESHOOTING

If you encounter any issues with your Sanorum Smart Watch, please refer to the following common troubleshooting steps:

- **Watch Not Turning On:** Ensure the watch is fully charged. If the battery is completely depleted, it may take a few minutes of charging before the screen responds.
- **Connection Issues:** Verify that Bluetooth is enabled on your smartphone and the watch is within range. Restart both your phone and the watch. Check the GloryFit APP for any pending updates or connection prompts.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors on the back of the watch regularly. For best results, remain still during measurements like heart rate or SpO2.
- **Notifications Not Appearing:** Confirm that message and call notifications are enabled within the GloryFit APP settings. Also, check your phone's system settings to ensure the app has necessary permissions to display notifications.

If problems persist, consult the detailed troubleshooting section within the GloryFit APP or contact Sanorum customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Product Dimensions	9.84 x 1.57 x 0.31 inches
Item Weight	4.2 ounces
Item Model Number	G56
Batteries	1 Lithium Polymer batteries required (included)
Standing Screen Display Size	1.83 Inches
Memory Storage Capacity	128 MB
Operating System	Compatible with iOS 10.0+ and Android 6.0+ smartphones
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Wireless (Bluetooth)
GPS	GPS Via Smartphone
Shape	Square

WARRANTY AND SUPPORT

Your Sanorum Smart Watch is backed by a 12-month warranty from the date of purchase, covering manufacturing defects. For any product-related inquiries, technical support, or warranty claims, please refer to the contact information provided in the GloryFit APP or visit the official Sanorum store on Amazon.

Visit the Sanorum
Store