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› Sanorum G56 Smart Watch User Manual

Sanorum G56

Sanorum G56 Smart Watch User Manual

Model: G56

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Sanorum G56 Smart Watch. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device. The Sanorum G56 Smart Watch is designed to assist you in monitoring your health, tracking fitness activities, and staying connected.



Image 1.1: Sanorum G56 Smart Watch with included interchangeable bands.

2. WHAT'S IN THE BOX

Verify that all items are present in the package:

- Smartwatch (1 unit)
- Nylon Replacement Wristband (1 unit)
- Sport Replacement Wristband (1 unit)
- Silicone Replacement Wristband (1 unit)
- Charging Cable (1 unit)
- Instruction Manual (1 unit)

In The Box



Image 2.1: Package contents including the smartwatch, three wristbands, charging cable, and manual.

3. PRODUCT OVERVIEW

The Sanorum G56 Smart Watch features a 1.83-inch HD color screen and offers a variety of functions for daily use and fitness tracking.

Key Features:

- **1.83-inch HD Color Screen:** Provides clear visuals with adjustable brightness.
- **Bluetooth Call Functionality:** Make and answer calls directly from the watch.
- **Message & App Notifications:** Receive alerts from your smartphone.
- **24-Hour Health Monitoring:** Tracks your Heart Rate, SpO2, and Sleep patterns.

- **120+ Sport Modes:** Comprehensive activity tracking for various exercises.
- **5ATM Waterproof Rating:** Suitable for swimming and water-based activities (excluding hot water/seawater).
- **Voice Assistant:** Control your watch and smart devices with voice commands.
- **Long Battery Life:** Up to 10 days of normal use on a single charge.
- **Customizable Watch Faces:** Choose from over 500 online watch faces or use your own photos.
- **Interchangeable Bands:** Includes Nylon, Sport, and Silicone bands for different preferences.



Image 3.1: Visual summary of the Sanorum G56 Smart Watch's main features.

4. SETUP

4.1 Charging the Smart Watch

Before first use, fully charge your Sanorum G56 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. A full charge typically takes approximately 2.5 hours.



Image 4.1: Smart Watch connected to its charging cable.

4.2 App Installation (GloryFit)

To unlock the full functionality of your smart watch, download and install the "GloryFit" app on your smartphone. The app is compatible with iOS 10.0+ and Android 6.0+ devices.

1. Scan the QR code provided in the manual or on the watch screen (if available) or search for "GloryFit" in your phone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Download and install the app.

3. Open the GloryFit app and follow the on-screen instructions to create an account and set up your profile.

4.3 Device Pairing

Pair your Sanorum G56 Smart Watch with the GloryFit app via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the GloryFit app.
3. Navigate to the "Device" or "Add Device" section within the app.
4. The app will search for available devices. Select "G56" or the corresponding device name when it appears.
5. Confirm the pairing request on both your phone and the smart watch if prompted.
6. Once paired, the watch will synchronize data with the app.

Important: For iOS, keep the "GloryFit" app running in the background. For Android, enable background app permissions for "GloryFit" to ensure continuous connectivity and notifications.



Image 4.2: The Sanorum G56 Smart Watch is compatible with a wide range of iOS and Android smartphones.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down, and tap to navigate menus and select options.
- **Side Button:** Press to wake the screen, return to the home screen, or access the app list.

5.2 Bluetooth Calls & Notifications

After successful pairing, your watch can handle calls and display notifications.

- **Making/Answering Calls:** The watch allows you to make and answer Bluetooth calls directly. Ensure the Bluetooth connection is active.
- **Receiving Notifications:** Enable message and call notifications within the GloryFit app settings. The watch will display incoming calls, SMS, and app messages (e.g., Facebook, WhatsApp, Twitter).



Image 5.1: Bluetooth call functionality on the Sanorum G56 Smart Watch.



Image 5.2: The watch displays text and app message notifications.

5.3 Health Monitoring

The Sanorum G56 Smart Watch provides continuous health tracking features:

- **Heart Rate Monitoring:** Tracks your heart rate 24 hours a day. View real-time data on the watch or detailed trends in the GloryFit app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and REM sleep. Access detailed sleep data in the app to improve sleep habits.
- **Breathing Training:** Guided breathing exercises to help you relax.
- **Women's Health Tracking:** Helps track menstrual regularity (requires setup in the GloryFit app).

24-Hour Heart Rate Monitoring

Stay attuned to your health with real-time heart rate tracking, allowing you to keep tabs on your cardiovascular rhythms and overall well-being

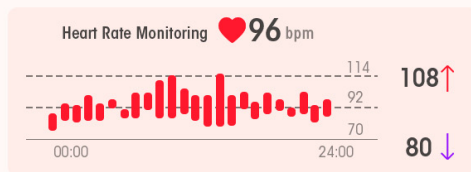


Image 5.3: The watch provides 24-hour health monitoring data.

Sleep Quality Analysis

Helping you develop better sleep habits

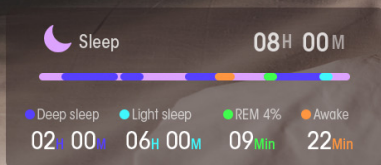


Image 5.4: Sleep quality analysis helps develop better sleep habits.

5.4 Sport Modes

The watch supports over 120 sport modes to track your physical activities. It records calories burned, steps taken, training time, and distance.

- To access sport modes, swipe on the watch face or navigate through the app list.
- Select your desired activity (e.g., running, cycling, swimming, snowboarding).
- The watch will begin tracking your workout data.

5 ATM Waterproof

Powerful waterproof feature lets you exercise to your heart's content



*Not applicable to high humidity and corrosive places such as spa and seawater

Image 5.5: The watch offers over 120 sport modes for comprehensive activity tracking.

5.5 Voice Assistant

Utilize the integrated voice assistant for convenient control. Ask questions, set reminders, or control compatible smart devices directly from your wrist.

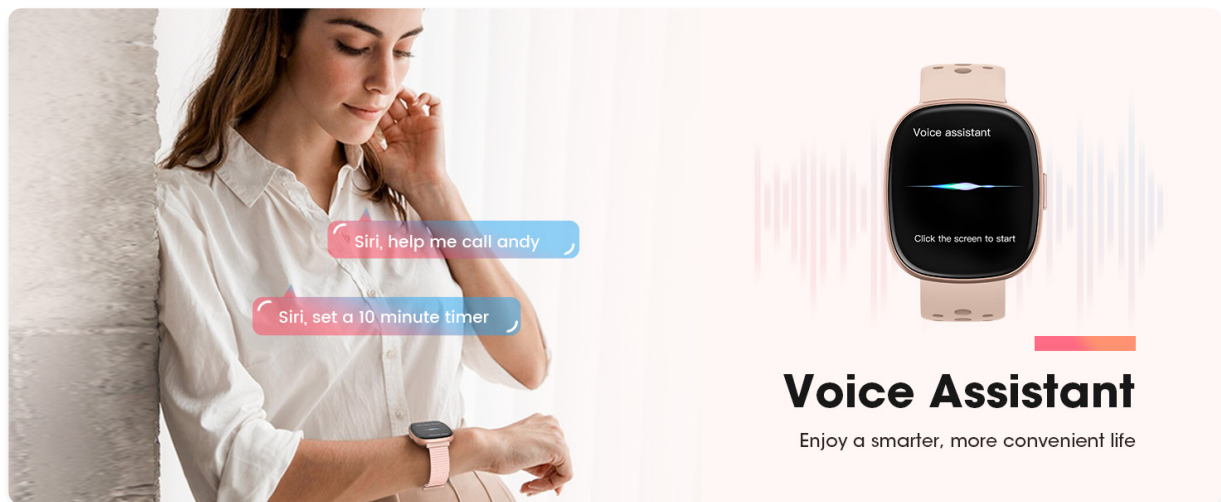


Image 5.6: The voice assistant provides hands-free control and assistance.

5.6 Custom Watch Faces

Personalize your watch by choosing from over 500 online watch faces or by uploading your own photos as wallpaper through the GloryFit app.

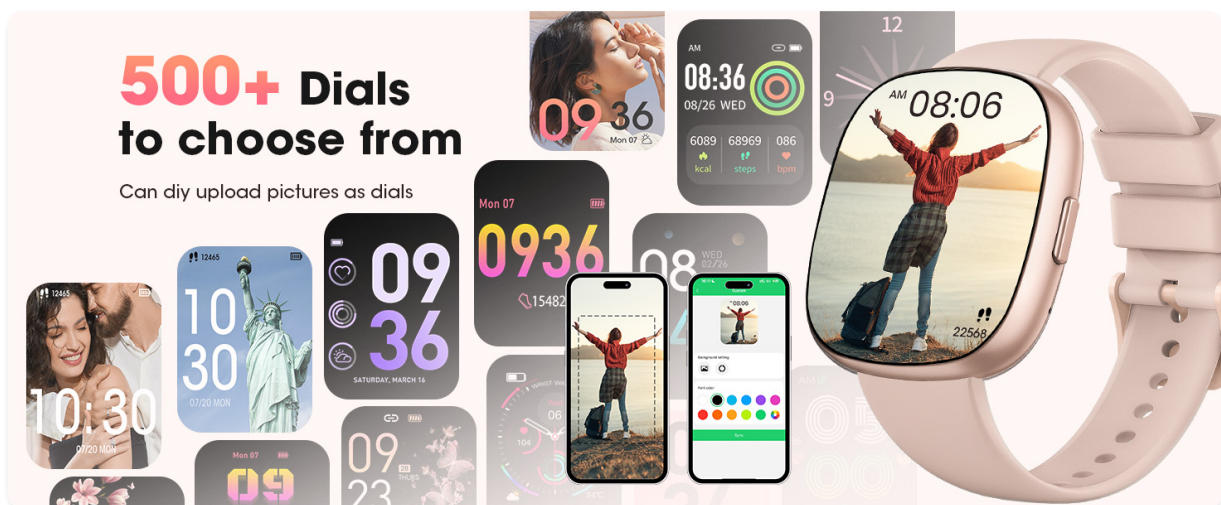


Image 5.7: Customize your watch face with over 500 options or personal photos.

5.7 Other Features

The Sanorum G56 Smart Watch includes additional utility features:

- **Flashlight:** A quick access flashlight function.
- **Alarm Clock:** Set alarms directly from your wrist.
- **Stopwatch & Timer:** For timing activities.
- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Manage music playback on your connected smartphone.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Phone Finder:** Helps locate your paired smartphone.
- **Mini Games:** Simple games for entertainment.
- **Weather Forecast:** Displays current and future weather conditions.



Image 5.8: Weather forecast display.



Image 5.9: Music control interface.

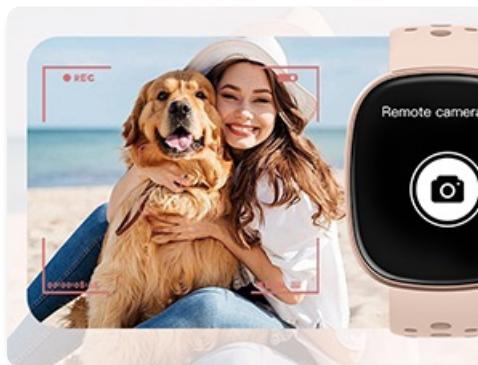


Image 5.10: Remote camera control.

6. MAINTENANCE

6.1 Water Resistance (5ATM)

The Sanorum G56 Smart Watch has a 5ATM waterproof rating, making it suitable for swimming, showering, and other shallow water activities. However, it is **not** recommended for use in hot water, saunas, or seawater, as these conditions can compromise the water seal.

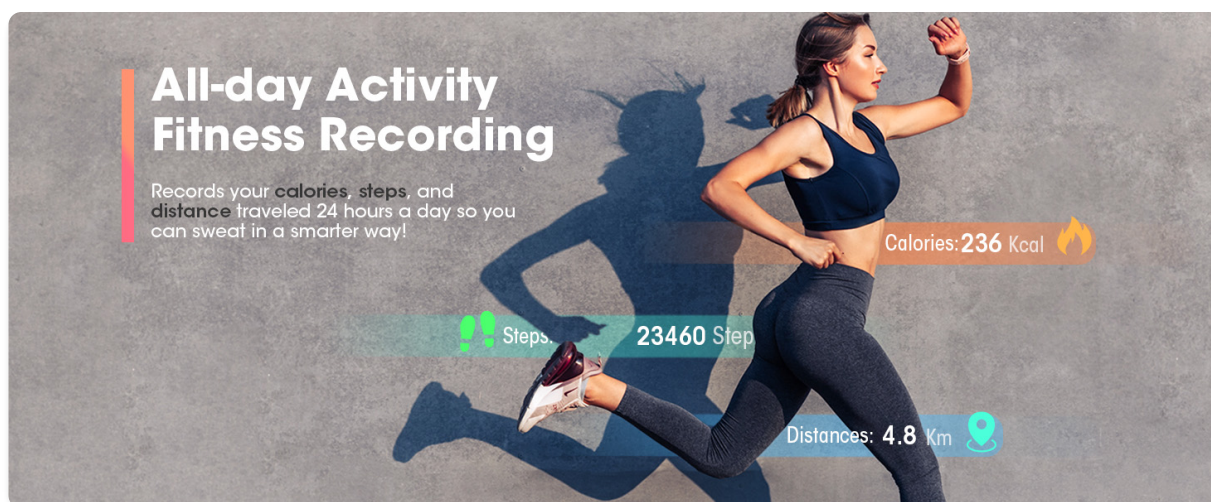


Image 6.1: The watch is 5ATM waterproof, suitable for various water activities.

6.2 Cleaning

Regularly clean your watch and bands to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the screen and bands. Avoid harsh chemicals or abrasive materials.

6.3 Battery Life & Charging

The watch is equipped with a 300mAh battery, providing approximately 7-10 days of usage time under normal conditions and up to 30 days standby time. Charge the device when the battery indicator is low. Avoid extreme temperatures during charging and storage to prolong battery life.

Image 6.2: The Sanorum G56 Smart Watch offers extended battery life.

7. TROUBLESHOOTING

If you encounter issues with your Sanorum G56 Smart Watch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable for at least 30 minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone.
 - Restart both your phone and the watch.
 - Check if the GloryFit app has necessary permissions (location, Bluetooth).
 - If previously paired, try unpairing from your phone's Bluetooth settings and re-pairing through the app.
- **No notifications:**
 - Verify that notifications are enabled in the GloryFit app for specific applications.
 - Ensure the GloryFit app is running in the background (especially for iOS).
 - Check your phone's notification settings to allow GloryFit to send notifications.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.

- Clean the sensor on the back of the watch.
- Avoid excessive movement during measurements.
- **Screen not responding:** Restart the watch by pressing and holding the side button, then selecting the restart option. If unresponsive, allow the battery to drain completely and then recharge.

If these steps do not resolve your issue, please contact Sanorum customer support for further assistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	G56
Screen Size	1.83 Inches
Product Dimensions	9.84 x 1.57 x 0.31 inches
Item Weight	4.2 Ounces
Battery Capacity	300 mAh Lithium Polymer
Battery Life	7-10 days (normal use), 30 days (standby)
Charging Time	Approx. 2.5 hours
Waterproof Rating	5ATM
Connectivity	Bluetooth
Operating System Compatibility	iOS 10.0+ and Android 6.0+
Memory Storage Capacity	128 MB
Manufacturer	Sanorum

9. WARRANTY AND SUPPORT

Sanorum provides comprehensive customer support for your G56 Smart Watch.

- **Warranty:** The product includes a 2-year free replacement warranty.
- **Return Policy:** A 30-day no-reason return policy is available.
- **Customer Service:** For any issues or inquiries, please contact us via Amazon. Professional customer service is available to assist you within 24 hours.
- **Lifetime Support:** Sanorum offers lifetime support and solutions for customer satisfaction.

For detailed support, please refer to the contact information provided with your purchase or visit the official Sanorum store on Amazon.

