

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [TIMU](#) /
- › [TIMU T32 Health Fitness Tracker User Manual](#)

TIMU T32

TIMU T32 Health Fitness Tracker User Manual

Model: T32

1. INTRODUCTION

Thank you for choosing the TIMU T32 Health Fitness Tracker. This manual provides essential information for the safe and efficient use of your device. Please read it thoroughly before first use and keep it for future reference. This device is designed to help you monitor your health and fitness activities.

2. WHAT'S IN THE BOX

Carefully unpack your TIMU T32 Fitness Tracker and ensure all items are present:

- TIMU T32 Fitness Tracker Watch
- Magnetic Charging Cable
- User Manual

Package Contents & Size

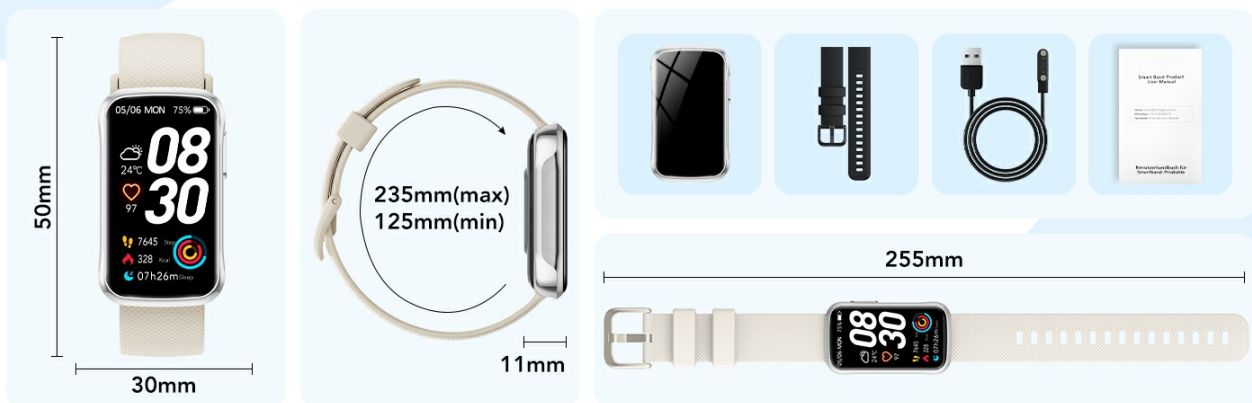


Image: Diagram illustrating the TIMU T32 Fitness Tracker dimensions and package contents including the watch, extra band, charging cable, and user manual.

3. SETUP GUIDE

3.1 Charging the Device

Before first use, fully charge your fitness tracker. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes 1.5 to 2 hours.



Image: TIMU T32 Fitness Tracker showing charging status and magnetic charging cable connection.

3.2 App Installation and Pairing

To unlock the full functionality of your TIMU T32, download and install the 'GloryFit' app on your smartphone.

1. Ensure your phone's Bluetooth is turned on.
2. Open the Google Play Store (for Android) or App Store (for iOS).
3. Search for 'GloryFit' and download the application.
4. Open the 'GloryFit' app, navigate to 'Device' or 'Add Device', and select 'T32' from the list of available devices to pair.

How to connect this fitness tracker with your cellphone?



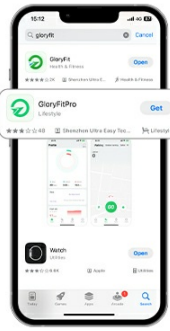
Turn on your phone's Bluetooth



Google Play



App Store



Search "GloryFit" APP and download it



Open the "GloryFit" app, click "Add Device", find "T32" and bind it

Image: Step-by-step guide on how to connect the TIMU T32 Fitness Tracker to a smartphone via the GloryFit app.

4. OPERATING THE DEVICE

4.1 Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select.
- **Wrist-Turn Wake-Up:** Raise your wrist to automatically illuminate the screen for easy viewing.

4.2 Customizing Watch Faces

Personalize your tracker's display with over 100 watch faces available in the 'GloryFit' app, or use your own photos.

1. Open the 'GloryFit' app on your smartphone.
2. Navigate to the 'Watch Faces' or 'Dial Settings' section.
3. Browse available watch faces or select an image from your phone's gallery to set as a custom background.
4. Synchronize the changes to your tracker.

150+ Watch Faces

Change it anytime different everyday

More Than 150 watch face options for you to choose from or just customize the watch face with photos from your own album. So it's easy to find your favorite watch face



Image: TIMU T32 Fitness Tracker displaying various customizable watch faces and the GloryFit app interface for customization.

4.3 Message Notifications

Receive real-time alerts for calls and app notifications directly on your tracker.

- Ensure Bluetooth is connected and notifications are enabled in the 'GloryFit' app for desired applications (e.g.,

Facebook, X, WhatsApp).

- The tracker will vibrate to alert you of incoming calls or messages. You can hang up calls directly from the watch.

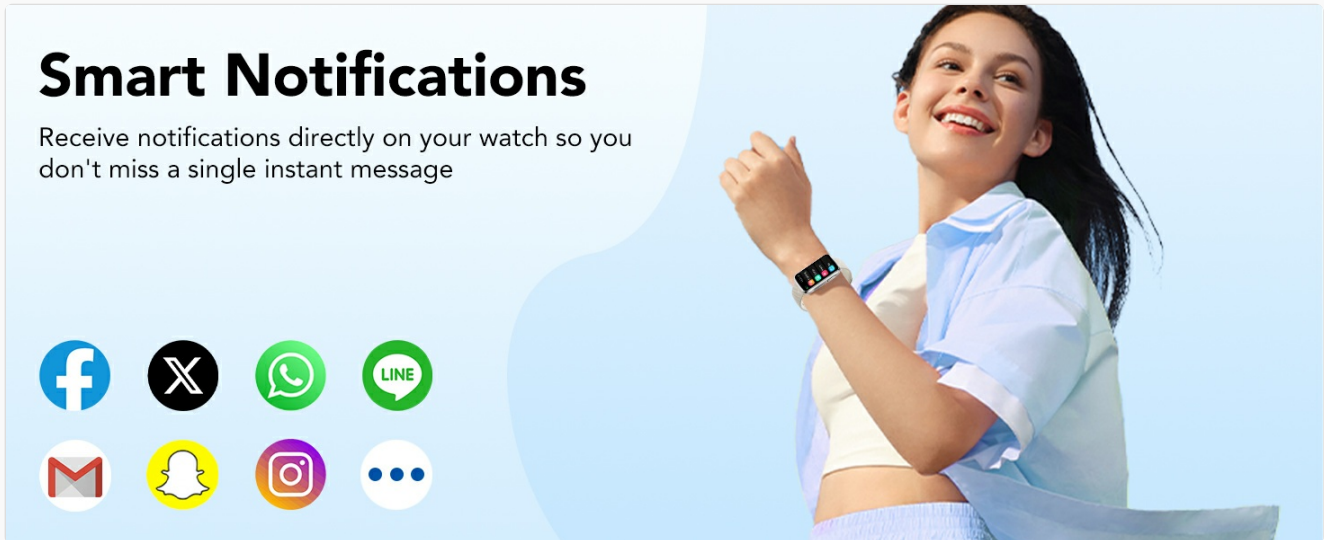


Image: TIMU T32 Fitness Tracker receiving notifications from various social media and messaging apps.

4.4 Multi-functional Assistant

The TIMU T32 offers several convenient features:

- **Music Control:** Play, pause, skip tracks on your phone.
- **Alarm:** Set silent vibrating alarms.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Find Phone:** Locate your paired smartphone.
- **Weather:** View current weather conditions.
- **Stopwatch:** For timing activities.
- **Menstrual Cycle Management:** Track and predict cycles (for women).
- **Remote Photo Shoot:** Control your phone's camera remotely.
- **Flashlight:** Use the screen as a light source.

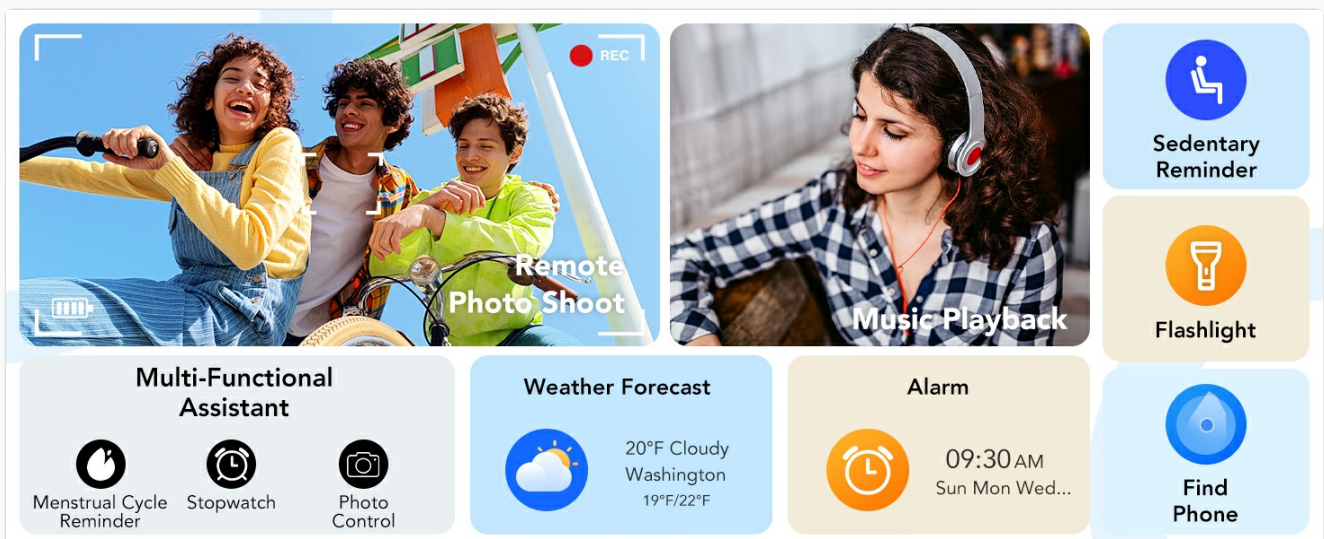


Image: TIMU T32 Fitness Tracker showing various smart features like remote photo shoot, music playback, sedentary reminder, and weather forecast.

5. HEALTH MONITORING

The TIMU T32 provides comprehensive health monitoring features:

- **24/7 Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed reports in the app.
- **Sleep Monitoring:** Automatically records your sleep patterns, including deep sleep, light sleep, and awake times. Provides a detailed report to help you understand and improve your sleep quality.
- **Blood Oxygen Monitoring:** Measures your blood oxygen saturation levels.



Image: TIMU T32 Fitness Tracker displaying sleep and heart rate monitoring data, with a person sleeping and another lifting weights.

All Day Health Tracker

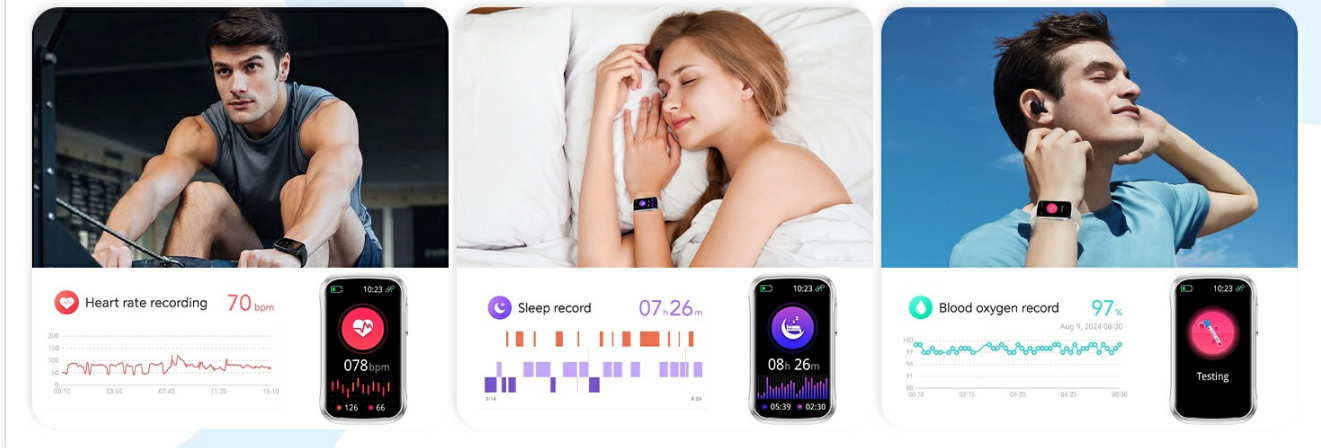


Image: TIMU T32 Fitness Tracker monitoring heart rate, sleep, and blood oxygen levels, shown with individuals engaged in related activities.

6. ACTIVITY TRACKING

Track your daily movements and workouts with precision.

- **24 Activity Modes:** The tracker supports 24 different sports modes, including walking, running, climbing, yoga, cycling, treadmill workouts, and basketball.
- **Real-time Metrics:** Monitors steps, distance, calorie burn, and duration during your activities.
- **GPS Connection:** For outdoor activities, connect to your phone's GPS via the 'GloryFit' app to record routes and speed maps.

20+ SPORTS MODES



24H Activity Tracking

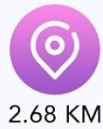
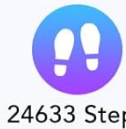


Image: TIMU T32 Fitness Tracker showing a list of sports modes, with a person running and another cycling.

24 Hours Activity Tracking

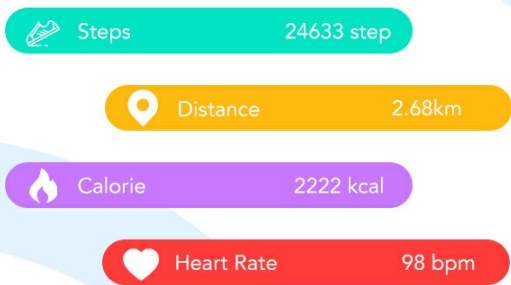


Image: TIMU T32 Fitness Tracker displaying activity metrics like steps, distance, calories, and heart rate, with a map showing GPS tracking.

7. WATER RESISTANCE

The TIMU T32 Fitness Tracker has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as washing hands or wearing in rainy weather. However, it is not recommended for hot showers, saunas, or diving.

IP68 Waterproof

Professional sealing and dust-proofing meet daily sealing requirements



Image: TIMU T32 Fitness Tracker with water droplets, illustrating its IP68 waterproof rating.

8. BATTERY LIFE

The TIMU T32 is equipped with a long-lasting battery:

- **Standby Time:** Up to 30 days.
- **Daily Use:** 12-15 days of typical use.
- **Heavy Use:** 6-7 days with continuous monitoring and frequent notifications.
- **Charging Time:** Approximately 1.5 hours for a full charge.



Long Battery Life



30 Days
Standby Time



15 Days
Battery Life



1.5 Hours
Charging Time

Image: Infographic detailing the battery life of the TIMU T32 Fitness Tracker: 30 days standby, 15 days daily use, 1.5 hours charging time.

9. MAINTENANCE

To ensure the longevity and optimal performance of your TIMU T32 Fitness Tracker, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Drying:** After exposure to water, ensure the device is completely dry before charging or prolonged use.
- **Storage:** Store the device in a cool, dry place when not in use. Avoid extreme temperatures.
- **Charging:** Use only the provided magnetic charging cable.

10. TROUBLESHOOTING

If you encounter issues with your TIMU T32 Fitness Tracker, refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.
- **Not Connecting to App:** Check if Bluetooth is enabled on your phone and the tracker. Restart both the phone and the tracker. Ensure the 'GloryFit' app is updated to the latest version.
- **Inaccurate Readings (Heart Rate/Steps):** Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Notifications Not Appearing:** Verify that app notifications are enabled in your phone's settings and within the 'GloryFit' app. Ensure the app is running in the background.
- **Short Battery Life:** Reduce screen brightness, turn off unnecessary notifications, and limit continuous heart rate monitoring if not needed.

11. SPECIFICATIONS

Feature	Specification
Model Name	T32
Brand	TIMU
Screen Size	1.47 Inches
Shape	Rectangular
Battery Cell Composition	Lithium
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth
Special Feature	Activity Tracker
Operating System	Android Wear 2.9
Human Interface Input	Touchscreen
GPS	Via Smartphone
Waterproof Rating	IP68
Item Weight	2.96 ounces

Feature	Specification
Package Dimensions	6.85 x 3.7 x 0.71 inches

12. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: Official product video demonstrating the key features of the TIMU T32 Fitness Tracker, including its display, notification capabilities, sports modes, health monitoring, and waterproof design.

13. WARRANTY AND SUPPORT

Your TIMU T32 Health Fitness Tracker comes with a standard manufacturer's warranty. For detailed warranty information, product support, or to report any issues, please visit the official TIMU website or contact their customer service. Keep your purchase receipt as proof of purchase.

For further assistance, please refer to the contact information provided on the TIMU brand's official channels.

