KALINCO P76

KALINCO Slim Fitness Tracker User Manual

Model: P76

Your guide to a healthier, more connected life.

1. Introduction

Thank you for choosing the KALINCO Slim Fitness Tracker. This smart watch is designed to help you monitor your health, track your activities, and stay connected. It features a 1.47-inch HD color screen, comprehensive health monitoring (heart rate, blood oxygen, blood pressure, sleep), over 20 sports modes, and smart notifications. This manual provides detailed instructions to help you get the most out of your device.



The KALINCO Slim Fitness Tracker, featuring a sleek design and interchangeable bands.

2. Package Contents

Please check the package to ensure all items are present:

- KALINCO Slim Fitness Tracker (P76)
- 1 x Black Silicone Strap
- 1 x Black Stainless Steel Mesh Strap
- Magnetic Charging Cable
- User Manual (this document)

3. Getting Started (Setup)

3.1 Charging the Device

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

- Charging Time: Approximately 1.5 hours.
- Battery Life: Up to 7-10 days for daily use, 20-30 days standby.



Ensure your fitness tracker is fully charged before initial use.

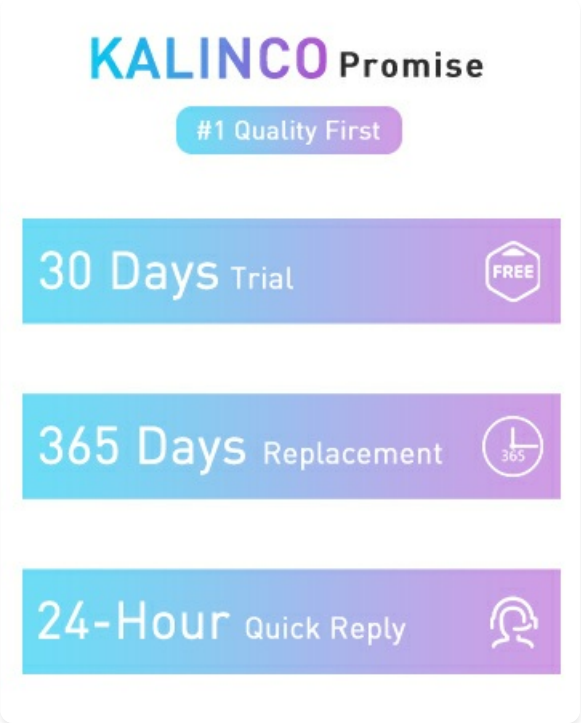
3.2 Downloading and Pairing the App

The KALINCO Slim Fitness Tracker uses the **GloryFit** app for full functionality. Search for "GloryFit" in your smartphone's app store (iOS 11.0+ or Android 5.0+).

1. Download and install the GloryFit app.
2. Open the app and create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the GloryFit app, navigate to the device section and search for your fitness tracker (P76).
5. Select your device to pair. Follow any on-screen prompts to confirm the connection.

3.3 Wearing the Device

Wear the fitness tracker on your wrist, about one finger's width from your wrist bone. Ensure the band is snug but comfortable, allowing the sensors to maintain contact with your skin for accurate readings.



Wear the tracker comfortably for optimal performance.

4. Operating Your Fitness Tracker

4.1 Display and Navigation

The fitness tracker features a full touch screen. Swipe up, down, left, or right to navigate through menus and functions. Tap to select an option.

4.2 Health Monitoring

The tracker provides real-time health data. All measurements are for reference only and should not be used for medical purposes.

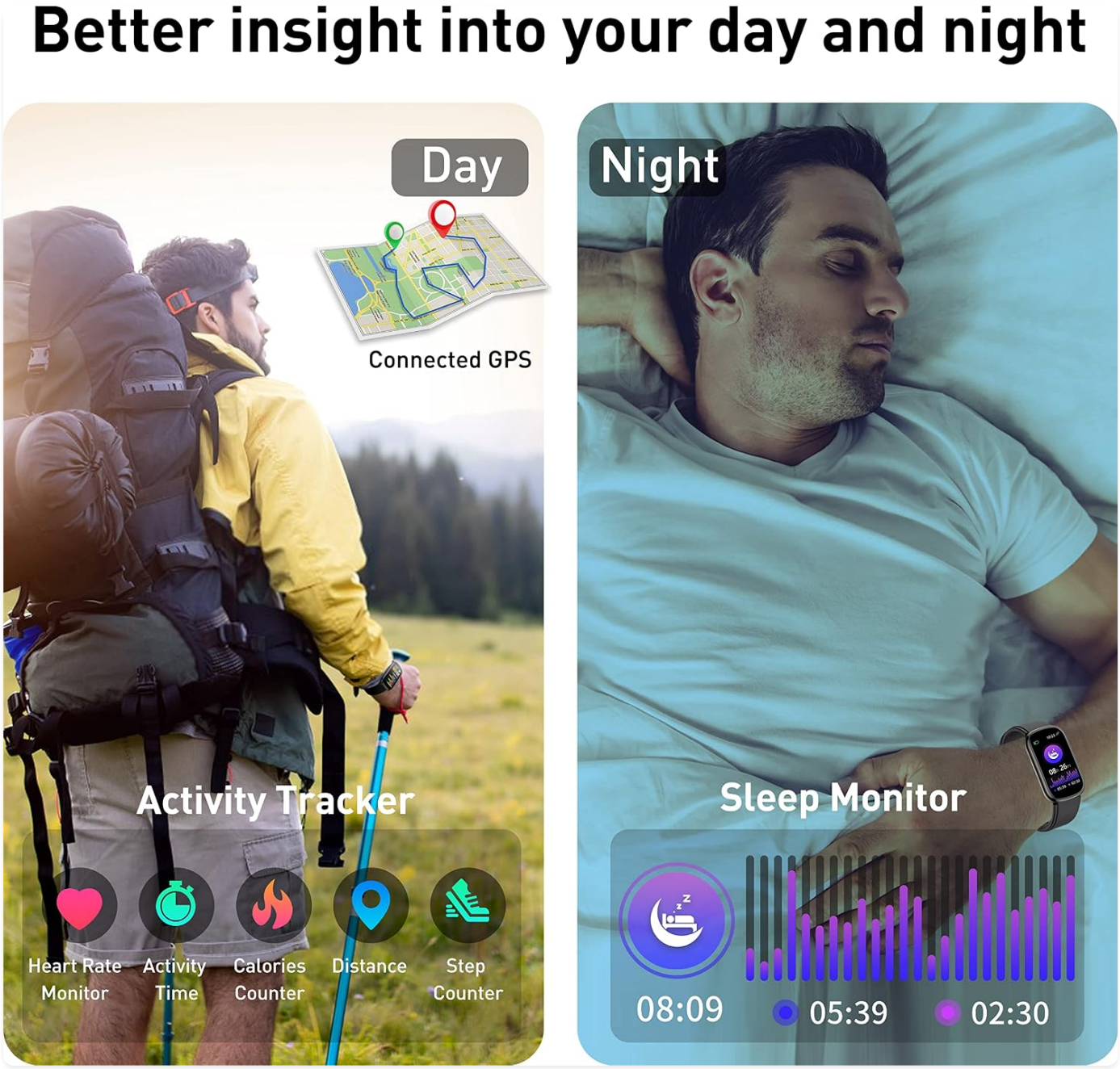
- **Heart Rate:** Monitors your heart rate 24/7. View real-time data on the watch or detailed graphs in the app.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation.
- **Blood Pressure:** Provides blood pressure readings.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and wake times.
- **Female Physiological Cycle:** Set reminders for menstrual periods and ovulation in the app.



Real-time heart rate monitoring.



Blood pressure and blood oxygen monitoring.



Activity and sleep tracking for better insights.

4.3 Activity Tracking

The tracker automatically records your daily steps, distance, and calories burned. It also supports over 20 sports modes for more specific tracking.

- **Sports Modes:** Includes outdoor/indoor running, cycling, alpinism, skipping, badminton, tennis, table tennis, basketball, football, baseball, and more. Select the desired mode before starting your workout.
- **Connected GPS:** For outdoor activities, the tracker can use your phone's GPS to map your route and provide more accurate distance data.



Track your performance across 20+ sports modes.

4.4 Smart Features

Enhance your daily life with these convenient features:

- **Smart Notifications:** Receive alerts for incoming calls, SMS, and app messages (WhatsApp, Facebook, Twitter, etc.). Note: You cannot reply to messages or answer calls directly from the watch.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Weather Forecast:** Get real-time weather updates directly on your wrist.
- **Timer & Stopwatch:** Useful tools for various activities.
- **Alarm Clock:** Set multiple alarms through the app.
- **Sedentary Reminder:** Get alerts to move if you've been inactive for too long.
- **Find Phone:** Use your tracker to locate your misplaced smartphone.
- **Remote Camera:** Control your phone's camera remotely from the watch.
- **Breath Training:** Guided breathing exercises for relaxation.



Receive smart notifications directly on your wrist.



Explore the multiple practical functions of your fitness tracker.

4.5 Customization

Personalize your fitness tracker to match your style.

- **DIY Dials:** Choose from hundreds of watch faces in the GloryFit app or customize your own dial using personal photos.
- **Interchangeable Bands:** The package includes both a silicone strap and a stainless steel mesh strap, allowing you to switch styles easily.



Customize your watch face with DIY dials.

5. Maintenance

5.1 Cleaning

Regularly clean your fitness tracker and band to prevent skin irritation and maintain device longevity.

- Wipe the device and band with a soft, damp cloth.
- Do not use harsh chemicals or abrasive cleaners.
- Ensure the device is dry before charging.

5.2 Water Resistance

The KALINCO Slim Fitness Tracker is IP67 water resistant. This means it can withstand splashes, rain, and brief immersion in water (e.g., washing hands). It is not suitable for swimming, showering with hot water, or diving.

5.3 Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Charge the device regularly, do not let the battery completely drain for extended periods.

6. Troubleshooting

If you encounter issues with your fitness tracker, please refer to the following common solutions:

Issue	Possible Solution
Device won't turn on or charge.	Ensure the charging cable is properly connected to the watch and a working power source. Try a different USB port or adapter.
Cannot pair with smartphone.	Make sure Bluetooth is enabled on your phone. Ensure the watch is charged and within range. Restart both the watch and your phone. Check app permissions.
Inaccurate health readings.	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch. Avoid excessive movement during readings. Remember, readings are for reference only.
Notifications not received.	Check app notification settings on your phone and within the GloryFit app. Ensure the app is running in the background and not restricted by battery optimization settings.
Screen is unresponsive.	Restart the device (if possible, refer to the app for specific restart instructions). Ensure the screen is clean and dry.

7. Specifications

Feature	Detail
Model Name	P76
Display Size	1.47 Inches HD Color Screen
Connectivity	Bluetooth
Compatibility	iOS 11.0 or above, Android 5.0 or above
Battery Life (Typical Use)	7-10 days
Standby Time	20-30 days
Charging Time	Approx. 1.5 hours
Water Resistance	IP67
Item Weight	0.13 Kilograms
Dimensions (LxWxH)	10.04 x 1.1 x 0.35 inches

Feature	Detail
Included Components	Fitness Tracker, User Manual, 1 Silicone Strap, 1 Stainless Strap

8. Official Product Video

Your browser does not support the video tag.

This video provides a visual overview of the KALINCO 1.47" Slim Fitness Tracker's key features and design, including its slim profile, activity tracking, health monitoring capabilities, and water resistance.

9. Warranty and Support

KALINCO is committed to providing quality products and excellent customer service. Your KALINCO Slim Fitness Tracker comes with the following promise:

- **30 Days Trial:** Experience the product with confidence.
- **365 Days Replacement:** Enjoy a full year of replacement coverage for manufacturing defects.
- **24-Hour Quick Reply:** Our customer support team is available to assist you promptly.

For further assistance or inquiries, please contact KALINCO customer support through the GloryFit app or the official KALINCO website.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question