GOBOULT Trail Smart Watch

GOBOULT Trail Smart Watch User Manual

MODEL: TRAIL SMART WATCH

Introduction

This manual provides essential information for setting up, operating, and maintaining your GOBOULT Trail Smart Watch. Please read it thoroughly to ensure proper use and to maximize your device's capabilities. The GOBOULT Trail Smart Watch features a 2.01-inch 3D Curved HD Display, Bluetooth Calling, a functional working crown, over 190 watch faces, 500 Nits Brightness, AI Voice Assistant, SpO2 Monitoring, and over 120 sports modes. It is designed to support an active lifestyle and provide comprehensive health tracking.

What's in the Box

- GOBOULT Trail Smart Watch (Jade Green)
- Charging Cable
- User Manual
- Warranty Card

BOULT is now **GOBOULT** New

New look, same trusted performance.

*LOGO AND PACKAGING of the product may vary. You may receive either. But don't worry. The product stays the same.

Image: The GOBOULT Trail Smart Watch box contents, showing the smartwatch, charging cable, user manual, and warranty card.

Setup

1. Charging the Smart Watch

Before first use, fully charge your GOBOULT Trail Smart Watch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

2. Power On/Off

To power on, press and hold the side button (working crown) until the GOBOULT logo appears. To power off, navigate to the settings menu on the watch, select 'Power Off', and confirm.

3. App Installation and Pairing

1. Scan the QR code in the user manual or search for the official GOBOULT app in your smartphone's app store (compatible with Android & iOS).
2. Download and install the app.
3. Open the app and follow the on-screen instructions to create an account and set up your profile.
4. Ensure Bluetooth is enabled on your smartphone.

5. In the app, select 'Add Device' or similar option and choose 'GOBOULT Trail Smart Watch' from the list of available devices.
6. Confirm the pairing request on both your smartphone and the smart watch.

Once paired, the watch will synchronize data with the app, and you can customize settings and view detailed health and activity reports.

Operating Instructions

Display and Navigation

The GOBOULT Trail Smart Watch features a 2.01-inch 3D Curved HD Display with 500 Nits Brightness for clear visibility. Navigate through menus and features using touch gestures and the working crown.

Image: A close-up view of the smartwatch display, emphasizing its 2.01-inch IPS curved screen and 240x296 resolution.

Working Crown Functions

The working crown on the side of the watch provides intuitive control:

- **Rotate:** Scroll through menus, lists, and adjust settings.
- **Press:** Select items, return to the home screen, or activate specific functions depending on the context.

Image: A visual guide demonstrating the use of the working crown for changing watch faces and menu navigation.

Bluetooth Calling

With its dedicated speaker and microphone, the GOBOULT Trail Smart Watch allows you to make and receive calls directly from your wrist. Ensure your watch is connected to your smartphone via Bluetooth 5.3.

- **Answering Calls:** Tap the green phone icon on the watch screen when a call comes in.
- **Rejecting Calls:** Tap the red phone icon to decline a call.
- **Dialing:** Access the dial pad or recent contacts from the watch menu to initiate calls.

Image: An exploded view of the smartwatch highlighting Bluetooth 5.3 features like call management and contact synchronization.

Watch Faces

Personalize your watch with over 190 cloud-based watch faces. You can also create custom watch faces through the companion app.
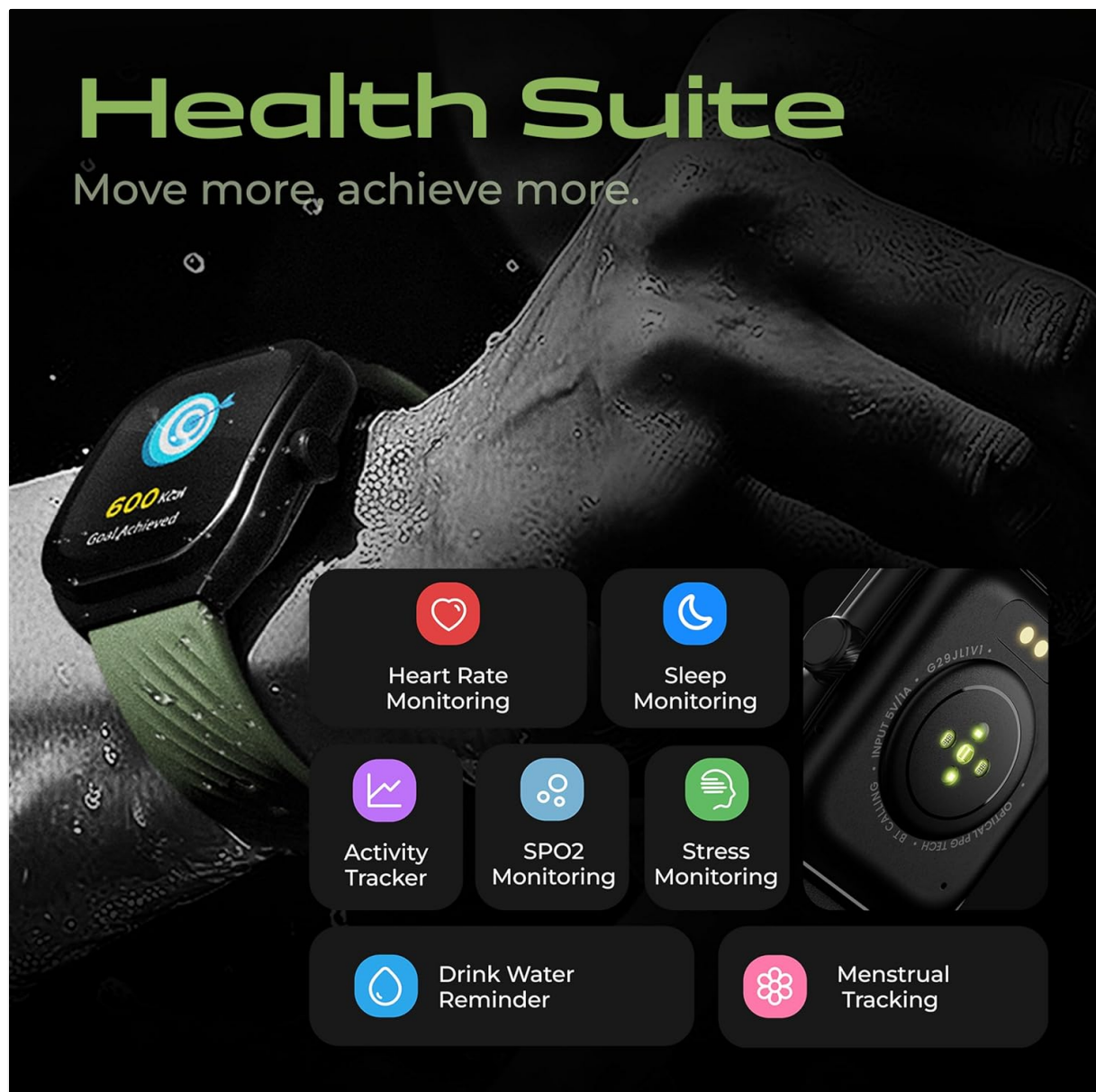
Image: A collection of diverse watch face designs available for the smartwatch, including animated and customizable options.

AI Voice Assistant

Utilize the integrated AI Voice Assistant for hands-free control. Compatible with popular assistants like Hey Siri and Ok Google, it allows you to multitask, set reminders, and stay connected.

Image: The smartwatch screen showing the AI Voice Assistant in action, with options for various voice commands.

Remote Camera Control

Control your smartphone's camera remotely using your smart watch. This feature is useful for taking group photos or selfies from a distance.

- Open the camera function on your watch.
- Position your phone and tap the shutter icon on your watch to capture a photo.

Image: The smartwatch screen showing the remote camera shutter and flashlight features.

Flashlight

Activate the flashlight feature on your watch for quick illumination in dark environments.

Find My Phone

If you misplace your connected smartphone, use the 'Find My Phone' feature on your watch to make it ring or vibrate.

- Go to quick settings on your watch.
- Tap the phone icon.
- Your connected phone will ring or vibrate.

Image: The smartwatch screen illustrating the 'Find my Phone' function with a visual guide.

World Clock

Add up to 6 locations to your World Clock to keep track of different time zones.

Image: The smartwatch screen showing the World Clock feature with multiple time zones.

Sports Modes

The watch supports over 120 sports modes to track various physical activities. Select your desired sport from the workout menu to monitor metrics such as duration, calories burned, and heart rate.

Water Resistance

The GOBOULT Trail Smart Watch is IP68 water-resistant and dustproof, making it suitable for daily use and light water exposure. Avoid prolonged submersion or hot water exposure.

Image: The smartwatch on a wrist, highlighting its IP68 water and dust resistance.

Health Monitoring

The GOBOULT Trail Smart Watch provides comprehensive health monitoring features. For accurate readings, ensure the watch is worn snugly on your wrist.

Image: An overview of the health monitoring features available on the smartwatch.

Heart Rate Monitoring

The watch continuously monitors your heart rate, providing 24/7 data. View your heart rate trends in the companion app. Resting heart rate typically ranges from 60 to 100 BPM.

SpO2 Monitoring (Blood Oxygen)

Measure your blood oxygen saturation levels. Normal arterial oxygen saturation is typically between 95-100%.

Blood Pressure Monitoring

The watch can provide blood pressure readings. Normal blood pressure is generally considered to be systolic blood pressure less than 140 mmHg and diastolic blood pressure less than 90 mmHg.

Sleep Monitoring

Track your sleep patterns, including deep sleep, light sleep, and rapid eye movement (REM) sleep. The app provides a sleep quality score and trends.

Stress Monitoring

Monitor your stress levels throughout the day. The app provides a stress evaluation and ratio of relaxed, normal, medium, and high stress periods.

Female Menstrual Cycle Tracking

For female users, the watch supports menstrual cycle tracking, including menstrual management, pregnancy conditioning, and general gender health reminders.

Drink Water Reminder

Set reminders to ensure adequate hydration throughout the day. It is recommended to drink at least 2300ml of water daily.

Companion App Features

The GOBOULT companion app enhances your smart watch experience with additional features and detailed data analysis.

- **Watch Face Gallery:** Browse and apply a wide variety of watch faces, or create your own.
- **Notifications:** Manage which app notifications appear on your watch.
- **Alarms:** Set and manage alarms that sync with your watch.
- **World Clock:** Configure multiple time zones for the World Clock feature.
- **Shutter:** Access the remote camera control feature.
- **E-Card:** Store and access digital cards.
- **Favorite Contacts:** Sync and manage your favorite contacts for quick calling.
- **Other Settings:** Customize display settings (time format, unit system, language, auto-lock, quick view), control phone music, set Do Not Disturb mode, enable Battery Saving, configure Weather updates, and adjust Health monitoring settings (continuous heart rate detection, stress monitoring, reminders to move, heart rate warning, physiological cycle reminder, drink water reminder).

Maintenance

To ensure the longevity and optimal performance of your GOBOULT Trail Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Water Exposure:** While IP68 water-resistant, avoid exposing the watch to hot water, steam, or high-pressure water jets. Dry the watch thoroughly after exposure to water.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Charging:** Use only the provided charging cable. Avoid using damaged cables or chargers.

Troubleshooting

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with smartphone:**
  - Ensure Bluetooth is enabled on your phone and the watch.
  - Make sure the watch is within the Bluetooth range of your phone (approx. 10 meters).
  - Restart both your phone and the watch.
  - Clear the app's cache or reinstall the app.

- **Inaccurate health data:**

  - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
  - Keep your wrist still during measurements.
  - Environmental factors and individual physiology can affect accuracy. The watch is not a medical device.

- **Notifications not appearing:**

  - Check app settings to ensure notifications are enabled for the desired applications.
  - Ensure the watch is connected to your phone.
  - Disable 'Do Not Disturb' mode on both your phone and watch.

- **Short battery life:**

  - Reduce screen brightness.
  - Limit continuous heart rate monitoring or frequent SpO2 measurements.
  - Turn off unnecessary features like 'Quick View' or 'Control Phone Music' if not in use.

Specifications

Brand	GOBOULT
Model Series	Smart Watch
Colour	Trail Jade Green
Screen Display Size	2.01 Inches
Wireless Type	Bluetooth
Operating System	Android & iOS
Battery Type	Lithium Polymer (1 included)
Lithium Battery Energy Content	1.14 Watt Hours
Special Features	2.01" 3D Curved HD Display, Activity Tracker, BT Calling, Health Monitoring, Notifications
Connectivity Technology	App, Bluetooth
Item Weight	50 g
Country of Origin	China

Warranty and Support

Your GOBOULT Trail Smart Watch comes with a standard warranty. Please refer to the included Warranty Card for detailed terms and conditions. You may also have options for extended warranty or accidental damage protection, if purchased separately.

For customer support, technical assistance, or warranty claims, please refer to the contact information provided on your Warranty Card or visit the official GOBOULT website.