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› [RUIMEN](#) /

› [RUIMEN Fitness Tracker User Manual](#)

RUIMEN L2B

RUIMEN Fitness Tracker User Manual

Model: L2B

INTRODUCTION

This manual provides detailed instructions for the RUIMEN Fitness Tracker. This device is designed to monitor various health and fitness metrics, offering a comprehensive overview of your daily activity and well-being. It features a 1.47-inch HD full-touch display and comes with two interchangeable bands for versatile use.



Image: The RUIMEN Fitness Tracker shown with both the black sport band and the elegant stainless steel mesh band.

WHAT'S IN THE BOX

- Fitness Tracker
- Charging Cable
- User Manual

SETUP

Initial Charging

Before first use, fully charge the fitness tracker. Connect the charging cable to the charging port on the device and a compatible USB power source. A full charge typically takes approximately 2.5 hours.

Size



30 Days
Standby Time



7 Days
Normal use



2.5 Hrs
Charging Time

Image: The fitness tracker connected to its charging cable, illustrating the charging process and indicating long battery life.

Connecting to Your Smartphone

To utilize all features, connect the fitness tracker to your smartphone via the companion app. The device is compatible with iOS 9.0/Android 5.0 and Bluetooth 5.0 or above.

1. Download the "GloryFit" app from your smartphone's App Store (for iOS) or Google Play Store (for Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the "GloryFit" app and follow the on-screen prompts to add a new device.
4. The app will search for nearby devices. Select "L2B" from the list to initiate the pairing process. Confirm the Bluetooth pairing request on both your phone and the tracker.

OPERATING INSTRUCTIONS

General Navigation

The fitness tracker features a full-touch display. Swipe left/right or up/down to navigate through menus and functions. Tap to select options or confirm actions.

Sports Modes

The tracker supports 24 sports modes, including running, cycling, yoga, and dancing. Select your desired activity from the sports menu to track real-time data such as steps, calories burned, and distance.

24 Sport Modes



Image: The fitness tracker screen showing a list of various sport modes, including dancing, yoga, spinning bike, and sit-ups.

Health Monitoring

The device provides 24/7 health monitoring capabilities, including heart rate, blood oxygen level (SpO2), and sleep quality tracking. Access these features through the health monitoring section on the device or the companion app for detailed insights.

Health Monitoring



Image: Two fitness trackers displaying heart rate (BPM) and blood oxygen (SpO2) measurements, indicating continuous health monitoring.

Sleep Monitoring

Wear the tracker during sleep to automatically monitor your sleep patterns, including deep sleep, light sleep, and REM sleep. View detailed

sleep scores and analysis in the GloryFit app.

Sleep Monitor



Deep sleep 3H 28Min
Light sleep 4H 22Min



Image: The fitness tracker screen showing sleep duration and breakdown into deep and light sleep, with a graphic representation of sleep cycles.

Notifications

Once connected to your smartphone, the tracker will display real-time notifications for incoming calls, text messages, and various app alerts (e.g., Instagram, Facebook, WhatsApp). Ensure app permissions are granted for notifications in your phone settings.

Notification

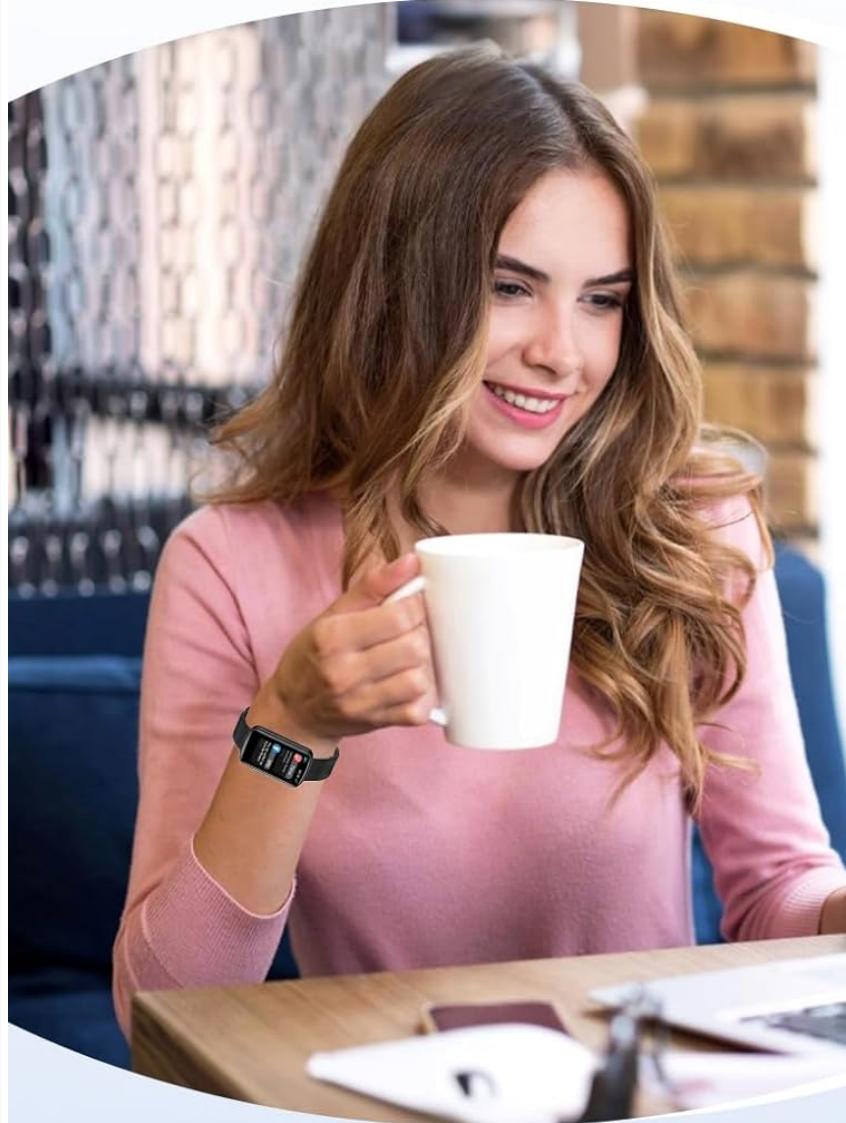


Image: A smartphone screen displaying notifications from various social media and messaging apps, indicating the watch's notification capabilities.

Customized Watch Faces

Personalize your fitness tracker with over 100 watch dials available in the GloryFit app. You can also upload your own photos to create unique customized watch faces.

Customize Watch Face



Image: A variety of digital and analog watch faces displayed, along with a phone interface showing options to customize the watch face with personal photos and color schemes.

Additional Functions

The fitness tracker includes several other useful functions:

- **Alarm Clock:** Set alarms directly on the device or through the app.
- **Stopwatch:** Use the built-in stopwatch for timing activities.
- **Women's Health:** Track menstrual cycles and receive reminders.
- **Find Phone:** Locate your paired smartphone by triggering an alert sound.

- **Timer:** Set countdown timers for various tasks.
- **Music Control:** Control music playback on your smartphone (play/pause, next/previous track).
- **Weather Forecast:** View current weather conditions and forecasts (requires app connection).

More Functions



Alarm Clock



Stopwatch



Women's Health



Image: The fitness tracker displaying various additional functions such as Alarm Clock, Stopwatch, and Women's Health tracking, with illustrative images of people using these features.

Maintenance

Water Resistance

The RUIMEN Fitness Tracker has an IP68 waterproof rating, meaning 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 light rain, but not recommended for swimming or showering with hot water.

Battery Life and Charging

A full charge provides up to 5 days of normal use and up to 30 days of standby time. To maintain optimal battery health, avoid fully discharging the battery frequently and charge the device using the provided cable.

Cleaning

Wipe the device and bands regularly with a soft, dry cloth to remove sweat, dirt, and debris. Avoid using harsh chemicals or abrasive materials.

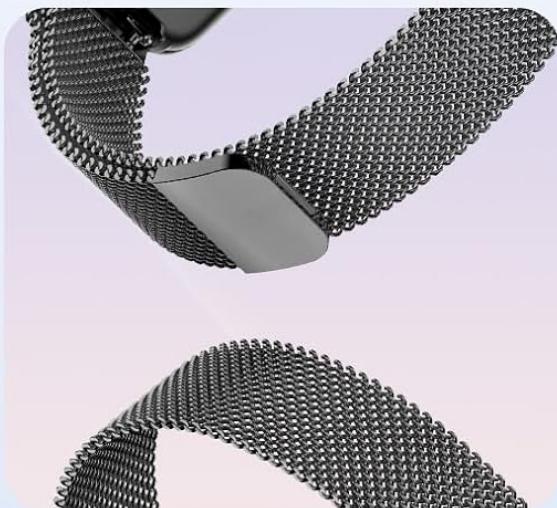
Band Replacement

The tracker comes with two interchangeable bands. To replace a band, locate the quick-release pins on the underside of the band where it connects to the watch body. Slide the pin to detach the band, and then align and slide the pin of the new band into place until it clicks securely.

2 Bands Included



Soft Sport Band



Elegant Stainless Steel Band

Image: The fitness tracker displayed with both the soft sport band and the elegant stainless steel mesh band, highlighting their interchangeability.

TROUBLESHOOTING

- Device not turning on:** Ensure the device is fully charged.
- Cannot pair with phone:** Check if Bluetooth is enabled on your phone and the tracker is within range. Restart both devices and try pairing again. Ensure the GloryFit app has necessary permissions.
- Inaccurate readings:** Ensure the tracker is worn snugly on your wrist, not too tight or too loose. Clean the sensor regularly.
- Notifications not appearing:** Verify that app notifications are enabled in your phone's settings and within the GloryFit app.

SPECIFICATIONS

Model Name	L2B
Screen Size	1.47 Inches
Item Weight	25 Grams (0.882 ounces)
Connectivity Technology	Bluetooth
Operating System	Wear OS
Battery Type	Lithium Polymer
Waterproof Level	IP68
Normal Use Battery Life	Up to 5 days
Standby Time	Up to 30 days

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the contact details provided in the packaging or visit the official RUIMEN website. Keep your purchase receipt as proof of purchase for warranty claims.

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