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› YMS Smart Watch GTS8 User Manual

YMS GTS8

YMS Smart Watch GTS8 User Manual

Model: GTS8

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your YMS Smart Watch GTS8. Please read this manual thoroughly to ensure proper use and to fully utilize all features of your device. The YMS Smart Watch GTS8 is designed to enhance your daily life with health monitoring, communication features, and fitness tracking capabilities.



Image 1.1: The YMS Smart Watch GTS8 featuring a black case and a pink band.

2. WHAT'S IN THE BOX

Upon unboxing your YMS Smart Watch GTS8, please verify that all the following items are included:

- YMS Smart Watch GTS8 (Main Unit)
- Watch Band
- Charging Cable
- User Manual (This Document)

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your YMS Smart Watch GTS8. Connect the provided charging cable to the watch and a compatible USB power adapter (not included). A full charge typically takes approximately 2.5 hours. A fully charged watch provides 7-10 days of normal use and up to 45 days of standby time.

3.2 App Installation (Runmefit)

To unlock the full potential of your smartwatch, you need to install the companion application, 'Runmefit', on your smartphone.

1. Ensure your smartphone's Bluetooth function is enabled.
2. Open the Google Play Store (for Android devices) or the Apple App Store (for iOS devices).
3. Search for 'Runmefit' and download the application.
4. Install the 'Runmefit' app on your smartphone.

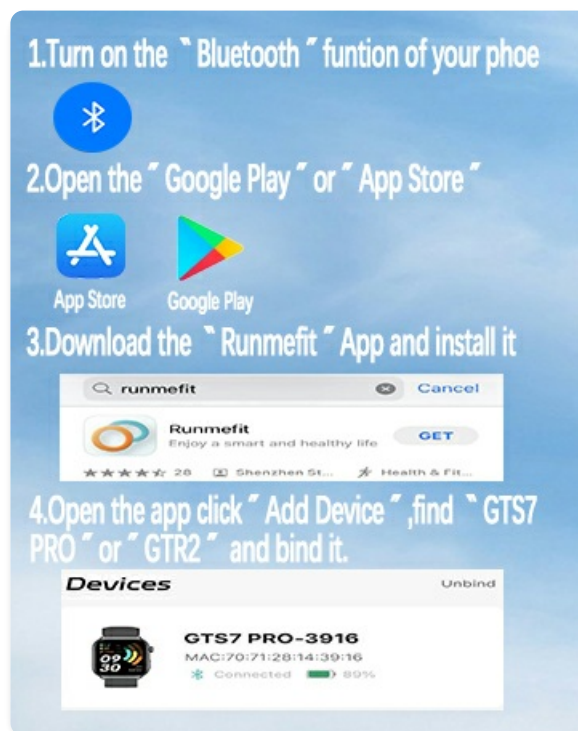


Image 3.1: Visual guide for downloading the Runmefit app and initiating device pairing.

3.3 Device Pairing

After installing the Runmefit app, proceed with pairing your smartwatch:

1. Open the 'Runmefit' app on your smartphone.
2. Navigate to the 'Add Device' section within the app.
3. The app will search for nearby Bluetooth devices. Select 'GTS8' (or a similar identifier like 'GTS7 PRO' or 'GTR2' if GTS8 is not explicitly listed) from the discovered devices.
4. Confirm the pairing request on both your smartphone and the smartwatch.

The smartwatch uses Bluetooth 5.3 for a stable connection. The effective Bluetooth range is typically 8-10 meters. Once paired, all recorded data can be synchronized to your mobile phone for analysis.



**7+ Days
of Ultra Long
Battery Usage**



**ios and Android
compatible**

Image 3.2: The smartwatch screen confirming successful pairing with a smartphone, indicating compatibility with both iOS and Android devices and extended battery life.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The YMS Smart Watch GTS8 features a 1.95-inch 410*502 high-definition full touch screen for intuitive operation. Swipe across the screen to navigate through menus and tap to select options. The physical knob and dual buttons on the side provide additional control for scrolling and selection.

High End, Technological, Intelligent



1.95-inch
High-definition
Large Screen

High
Precision
Biosensor



Super Textured
Knob With Dual Buttons



Image 4.1: Close-up of the YMS Smart Watch GTS8, showcasing its 1.95-inch high-definition screen, high-precision biosensor on the back, and the textured knob with dual buttons for navigation.

4.2 Making and Answering Calls

Once connected to your phone via Bluetooth, you can manage calls directly from your watch.

- **Answering Calls:** When an incoming call is received, the watch will display the caller ID. Tap the green answer icon on the watch screen to accept the call.
- **Making Calls:** Access the dial pad or contact list on your watch to initiate a call.

Please note that the watch cannot send messages or text back directly.



Image 4.2: Individuals demonstrating the Bluetooth calling feature of the YMS Smart Watch GTS8, showing the ability to answer and make calls directly from the wrist.

4.3 Smart Notifications

When connected to the Runmefit app, your smartwatch will vibrate to notify you of incoming texts and social media messages, ensuring you stay updated without needing to check your phone constantly.

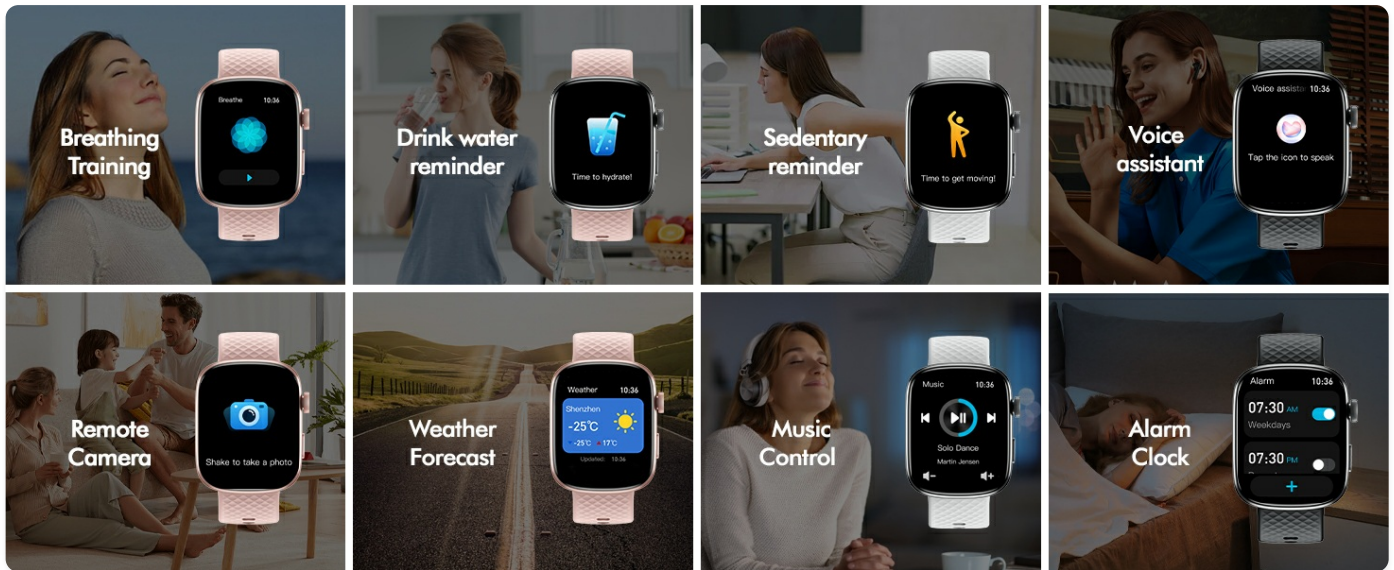


Image 4.3: The smartwatch screen showing notifications from different social media and messaging applications, indicating its smart notification capabilities.

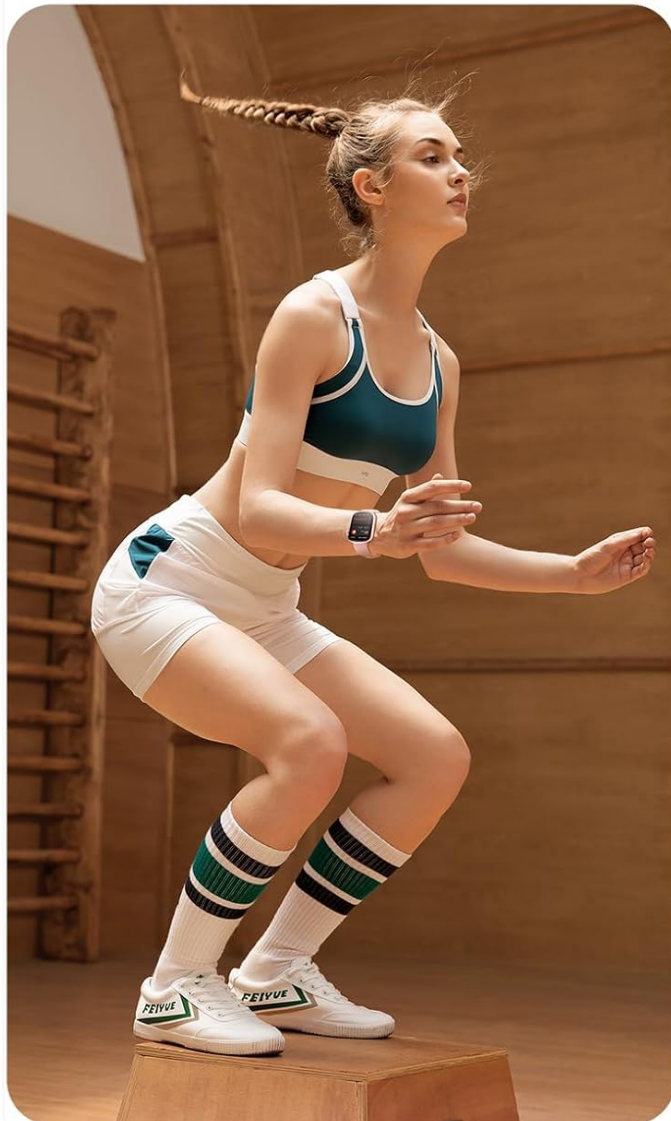
4.4 Health Monitoring

The GTS8 is equipped with an advanced dual-color 4-channel high-precision PPG bio-tracking sensor for comprehensive health monitoring. All recorded data can be synchronized to the Runmefit app for detailed analysis.

- **Heart Rate Analysis:** Continuously monitors your heart rate.
- **Blood Oxygen (SpO2) Analysis:** Measures blood oxygen saturation levels.
- **Blood Pressure Analysis:** Provides blood pressure readings.
- **Stress Level Monitoring:** Tracks your stress levels throughout the day.
- **Liveness Recognition:** Enhances accuracy of health data.
- **Sleep Tracking:** Monitors sleep patterns, including deep and light sleep stages.

You can perform a 'One Click Measurement' to simultaneously obtain five physical health indicators.

Keep Track Of Your Health



Heart
Rate
Analysis



Blood
Pressure
Analysis



Blood
Oxygen
Analysis



Image 4.4: The YMS Smart Watch GTS8 displaying real-time health data, including heart rate, blood pressure, and blood oxygen levels, during physical activity.

Smart Notifications

With connected to the app, you'll never miss important messages, as it keeps you updated with vibration.



wife

Today is our 10th wedding anniversary, let's go romantic together!

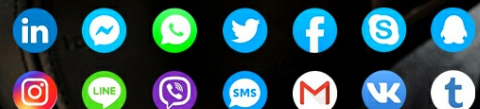


Image 4.5: The smartwatch screen illustrating the 'One Click Measurement' feature, which provides simultaneous readings for blood glucose, blood pressure, heart rate, stress, and blood oxygen.

4.5 Sleep Tracking

The smartwatch automatically tracks your sleep patterns, providing insights into deep sleep, light sleep, and awake times. This data is recorded and can be viewed in the Runmefit app to help you understand and improve your sleep quality. The 'Smart Wake' feature can gently wake you during an optimal sleep stage.

Improving Sleep Insights



Image 4.6: The YMS Smart Watch GTS8 monitoring sleep, with accompanying visuals of sleep tracking, smart wake alarm, and detailed sleep records available in the app.

4.6 Sports Modes

The GTS8 offers over 100 sports modes to track various physical activities. It continuously records your daily steps, distance, and calorie consumption. Select the appropriate sports mode before starting your workout for accurate data collection.

- **Activity Tracking:** Records steps, distance, and calories burned.

- **Real-time Data:** Displays metrics like heart rate during exercise.

Sweat The Smart Way

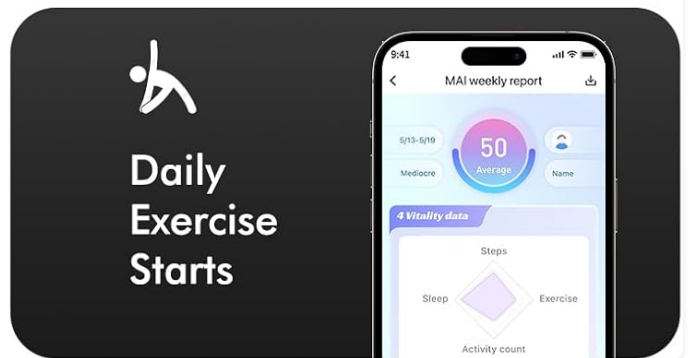


Image 4.7: A man engaged in exercise while wearing the YMS Smart Watch GTS8, illustrating its 3ATM waterproof rating and the availability of over 100 sports modes for activity tracking.



Image 4.8: A woman performing stretches while wearing the YMS Smart Watch GTS8, demonstrating the watch's capability to track over 100 sports modes and display activity data such as steps, distance, and heart rate.

4.7 Other Useful Functions

The YMS Smart Watch GTS8 includes a variety of practical features to assist you throughout your day:

- **Stopwatch:** For timing activities.
- **Remote Control Photography:** Control your phone's camera remotely.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Timer:** Set countdown timers.
- **Calculator:** Basic arithmetic functions.
- **Alarm Clocks:** Set multiple alarms.
- **Voice Assistant:** Access your phone's voice assistant.
- **Music Control:** Play, pause, skip tracks on your phone.
- **Female Cycle Tracking:** Monitor menstrual cycles.
- **Drink Water Reminder:** Prompts to stay hydrated.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Weather Forecast:** Provides current weather information.

410*502 High Resolution Screen



Image 4.9: A collage of the YMS Smart Watch GTS8 screens demonstrating various utility functions, including breathing training, drink water reminder, sedentary reminder, voice assistant, remote camera, weather forecast, music control, and alarm clock.

5. MAINTENANCE

5.1 Waterproofing Guidelines

The YMS Smart Watch GTS8 has a 3ATM 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, hand washing, rain, and swimming in shallow water. However, it is **not** recommended for hot showers, saunas, diving, or high-pressure water activities, as steam and high water pressure can compromise the seals.



Image 5.1: An individual swimming while wearing the YMS Smart Watch GTS8, demonstrating its 3ATM IP68 waterproof capability.

5.2 Cleaning

To maintain the watch's appearance and sensor accuracy, regularly clean the device. Use a soft, dry cloth to wipe the screen and watch body. For the watch band, use a slightly damp cloth and mild soap if necessary, then rinse and dry thoroughly. Avoid using harsh chemicals or abrasive materials.

5.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch fully before its first use.
- Do not leave the watch uncharged for extended periods.
- Use only the provided charging cable.

6. TROUBLESHOOTING

If you encounter issues with your YMS Smart Watch GTS8, try 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 phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within the 8-10 meter Bluetooth range.
 - Restart both your phone and the smartwatch.
 - Check if the Runmefit app is updated to the latest version.

- Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not appearing:**
 - Verify that notification permissions are granted to the Runmefit app in your phone's settings.
 - Ensure the watch is connected to the phone via Bluetooth.
 - Check the notification settings within the Runmefit app.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed.

If problems persist, consult the Runmefit app's help section or contact YMS customer support.

7. SPECIFICATIONS

Feature	Specification
Model Number	GTS8
Screen Size	1.95 Inches
Screen Resolution	410*502 HD Full Touch Screen
Connectivity	Bluetooth 5.3
Waterproof Rating	3ATM IP68
Battery Capacity	350 mAh
Charging Time	Approx. 2.5 hours
Battery Life (Normal Use)	7-10 days
Battery Life (Standby)	Up to 45 days
Compatibility	iOS 9.0 and above, Android 6.0 and above
Memory (RAM/Storage)	256 MB
Operating System	Android Wear 2.9
Item Weight	2 Ounces
Special Features	Activity Tracker, Daily Workout Memory, Phone Call, Sedentary Reminder, Voice Control

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the retailer where you purchased the YMS Smart Watch GTS8. You may also visit the official YMS website for further assistance.

9. IMPORTANT NOTES

No official product videos were available in the provided data to embed in this manual.

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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