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YMZ TGW01

YMZ Smart Watch TGW01 User Manual

Model: TGW01 | Brand: YMZ

1. Setup Guide

Follow these steps to set up your new YMZ Smart Watch TGW01 for the first time.

1.1 Initial Charging

Before first use, ensure the smartwatch is fully charged. Connect the provided USB magnetic charging cable to the two dots on the back of the watch. The watch requires approximately 2.5 hours for a full charge, providing up to 5-7 days of active use and 30 days of standby time.

1.2 App Download and Pairing

To activate and utilize all features of your smartwatch, download the 'VeryFit' app from the Google Play Store (for Android 6.0 and above) or the Apple App Store (for iOS 9.0 and above). Once installed, open the app and follow the on-screen instructions to connect your watch via Bluetooth 5.3. The app will guide you through the pairing process, often automatically detecting the device nearby.



Image: Visual guide for downloading the 'VeryFit' app and connecting your smartwatch.

1.3 Watch Usage Video

▶ **Watch video online**

Watch Usage Video

Video: A detailed demonstration of the smartwatch's usage, including initial setup and navigation.

2. Operating Your Smart Watch

The YMZ Smart Watch TGW01 features an intuitive 1.85-inch HD touchscreen display and a rotating crown for easy navigation through its various functions.

2.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick-view widgets like activity, heart rate, weather, and music control.
- **Tap:** Select an option or open an application.
- **Press Rotating Crown:** Return to the home screen or access the app list.



Image: The YMZ Smart Watch TGW01 showcasing its vibrant display and user interface.

2.2 Official Product Video

▶ **Watch video online**
Smartwatch Promotional Video

Video: An official promotional video highlighting various features and functionalities of the smartwatch.

3. Health Monitoring

The smartwatch provides comprehensive 24/7 health monitoring to help you stay on top of your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen Monitoring:** Measures your blood oxygen levels in real-time.
- **Stress Level Monitoring:** Provides insights into your stress levels.
- **Sleep Monitoring:** Tracks deep sleep, light sleep, REM, and awake times, offering sleep quality analysis and suggestions for better sleep habits.
- **Women's Menstrual Cycle Tracker:** Helps track menstrual cycles and provides reminders for special dates.



Image: The smartwatch interface showing real-time health data for heart rate, sleep, and stress levels.

4. Sports Modes

With over 100 sports modes, the smartwatch caters to a wide range of fitness activities, accurately recording your performance data.

- **Activity Tracking:** Records calories burned, distance traveled, and steps taken.
- **Diverse Modes:** Includes running, hiking, cycling, yoga, and many more.
- **Data Synchronization:** All recorded data can be synchronized to your phone for effective health analysis and progress tracking.



Image: The smartwatch highlighting its extensive sports modes and IP68 waterproof capability, suitable for various physical activities.

5. Customization

Personalize your smartwatch experience with customizable watch faces and interchangeable bands.

5.1 Watch Faces

The 1.85-inch HD screen supports hand-swiping and offers over 100 beautiful cloud watch faces. You can change the watch face through the 'VeryFit' app or by long-pressing the screen directly. You can even upload your own photos to create a truly personalized look.



Image: A visual representation of the diverse watch faces available and the option to customize with personal photos.

5.2 Band Adjustment

The watch band can be easily adjusted or replaced. Locate the small metal switch on the back of the band near the watch face. Press the switch to release the band. To reattach, align the band and press the switch until it clicks into place. The band also features multiple loops for a secure and comfortable fit, preventing excess strap from dangling.

6. Connectivity Features

Stay connected with Bluetooth calling, AI voice assistance, and smart notifications.

6.1 Bluetooth Calling

Connect your smartwatch to your phone via Bluetooth 5.3 to make and answer calls directly from your wrist. The built-in microphone and speaker allow for clear communication. You can also store contacts and check call logs.



Image: The smartwatch interface demonstrating Bluetooth calling functionalities, including dial pad and call history.

6.2 AI Voice Assistant

Utilize the built-in AI voice assistant for hands-free control. Ask questions, control music playback, check the weather, set alarms, and timers by simply speaking to your watch.



Image: A user demonstrating interaction with the AI voice assistant on the smartwatch.

6.3 Notifications

Receive notifications and messages from various applications on your phone directly on your smartwatch, ensuring you never miss important updates.



Image: The smartwatch screen showing incoming message notifications from popular social media and messaging applications.

7. Battery Life

The YMZ Smart Watch TGW01 is equipped with a 350mAh battery designed for extended use.

- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Active Use:** Up to 5-7 days on a single charge.
- **Standby Time:** Up to 30 days.



Image: The smartwatch showing its battery status and charging details, alongside other useful functions like games and calculator.

8. IP68 Waterproof

The smartwatch boasts an IP68 waterproof rating, making it suitable for daily activities without worry.

- **Daily Use:** Wear it while washing hands, face, or during daily sweating.
- **Activities:** Suitable for showering and swimming.

▶ **Watch video online**
Smartwatch waterproof video

Video: A demonstration of the smartwatch's IP68 waterproof capabilities, showing it submerged in water.

9. Other Useful Functions

Beyond health and fitness, the smartwatch offers a variety of features to simplify your daily life.

- **Breathing Exercises:** Guided breathing sessions for relaxation.
- **Weather Forecast:** Get real-time weather updates on your wrist.
- **Music Control:** Manage music playback on your connected phone.
- **Camera Control:** Remotely control your phone's camera.
- **Find Your Phone:** Locate your misplaced phone by triggering an alarm.
- **Calculator & Calendar:** Convenient tools for quick calculations and schedule management.
- **Mini Games:** Enjoy simple games directly on your watch.



Image: The smartwatch showcasing features such as matter reminders, weather forecasts, and smart alarms for daily convenience.

10. Maintenance

To ensure the longevity and optimal performance of your YMZ Smart Watch TGW01, follow these maintenance guidelines:

- **Regular Cleaning:** Wipe the watch face and band regularly with a soft, damp cloth to remove dirt and sweat.
- **Avoid Harsh Chemicals:** Do not use abrasive cleaners or harsh chemicals, as they may damage the watch's finish or internal components.
- **Proper Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight.
- **Charging Care:** Always use the provided charging cable. Avoid overcharging by disconnecting once fully charged.

11. Troubleshooting

If you encounter any issues with your YMZ Smart Watch TGW01, try the following common troubleshooting steps:

- **Watch Not Turning On:** Ensure the watch is sufficiently charged. Long press the function button to power on.
- **Connection Issues:** Check that Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again via the 'VeryFit' app.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications Not Appearing:** Verify that app notifications are enabled in your phone's settings and within the 'VeryFit' app. Ensure the watch is connected to your phone.
- **Screen Unresponsive:** Try restarting the watch. If the issue persists, contact customer support.

12. Specifications

Feature	Detail
Model Number	TGW01
Screen Size	1.85 Inches (4.7 cm)
Display Type	TFT-LCD
Resolution	320*385 HD
Battery Capacity	350 Milliamp Hours (Li-Po)
Connectivity	Bluetooth 5.3
Waterproof Rating	IP68

Operating System	Compatible with Android 6.0+ & iOS 9.0+
Memory Storage Capacity	1 GB
Item Weight	3.2 ounces
Manufacturer	YMZ
Country of Origin	China

13. What's in the Box

- 1 x YMZ Smart Watch TGW01
- 1 x USB Magnetic Charging Cable
- 1 x Instruction Manual

14. Warranty and Support

YMZ is committed to providing excellent service for your smartwatch.

- **Return Policy:** 30-day return period.
- **Maintenance:** 1-year maintenance warranty.
- **Customer Service:** 24/7 customer service is available. Please feel free to contact YMZ US if you have any questions or require assistance. We are always ready to provide you with the most fulfilling solution.

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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.

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

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Answered questions about this manual

Why does the screen on my YMZ Smart Watch TGW01 stay black?

If the screen on your YMZ Smart Watch TGW01 stays black or is unresponsive, please follow these troubleshooting steps from the user manual: Check the Battery: Ensure the watch is sufficiently charged. Connect the...

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