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> YMZ Smart Watch TGW01 Instruction Manual

YMZ TGW01

YMZ Smart Watch TGW01 Instruction Manual

Model: TGW01

Brand: YMZ

INTRODUCTION

This manual provides comprehensive instructions for the YMZ Smart Watch TGW01, a versatile wearable device designed for health monitoring, fitness tracking, and smart communication. It features Bluetooth calling, AI voice assistance, IP68 waterproofing, and a long-lasting battery, compatible with both Android and iOS devices. Please read this manual carefully before use to ensure proper operation and to maximize your device's potential.



Figure 1: YMZ Smart Watch TGW01 main view.

WHAT'S IN THE BOX

Your YMZ Smart Watch TGW01 package includes the following items:

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



Figure 2: Contents of the YMZ Smart Watch TGW01 package.

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch. A full charge typically takes about 2.5 hours and provides 5-7 days of active use or 30 days of standby time.

24-Hour Health Follow-UP

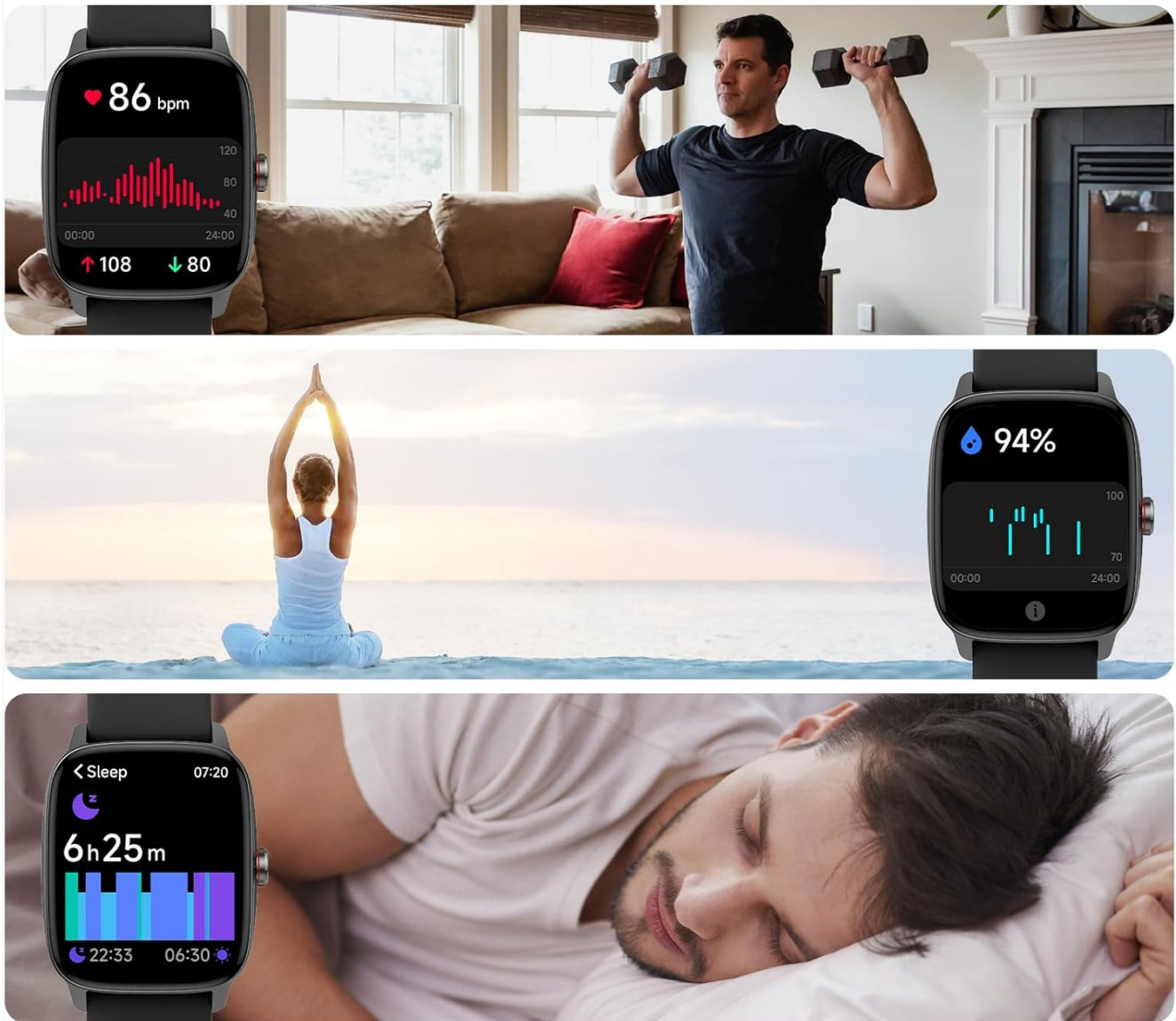


Figure 3: Connecting the magnetic charging cable to the smartwatch.

2. App Installation

Download the 'VeryFit' app from the Google Play Store (for Android) or Apple App Store (for iOS). You can also scan the QR code provided in the instruction manual or on the product packaging to quickly find the app.

3. Device Pairing

Ensure your phone's Bluetooth is enabled. Open the 'VeryFit' app and follow the on-screen instructions to add your device. The app will scan for nearby smartwatches. Select 'TGW01' from the list to pair. For Bluetooth calling functionality, you may need to connect to the watch's Bluetooth audio profile separately in your phone's Bluetooth settings after initial pairing.



Figure 4: Smartwatch setup and pairing process.

OPERATING YOUR SMART WATCH

1. Bluetooth Calling & AI Voice Assistant

Once connected via Bluetooth 5.3, you can make and answer calls directly from your watch using its built-in microphone and speaker. Access call history, frequent contacts, and a dial pad. The integrated AI voice assistant allows you to control music, check weather, set alarms, and ask questions using voice commands.

BlueTooth Make/Answer Call



Dial Pad



Incoming
Call Display



Phone Book



Figure 5: Bluetooth calling features on the smartwatch.

AI Voice Assistant



Figure 6: AI Voice Assistant functionality.

2. Health Monitoring

The smartwatch provides 24/7 health monitoring, including heart rate, blood oxygen levels, stress, and sleep patterns (deep/light sleep, awakening). Synchronize data to the 'VeryFit' app for detailed analysis and insights into your well-being.

Enjoy Your Smart Life

Matter Reminder

-  Move
-  Calendar
-  Drink Water



Weather Forecast



Smart Alarms

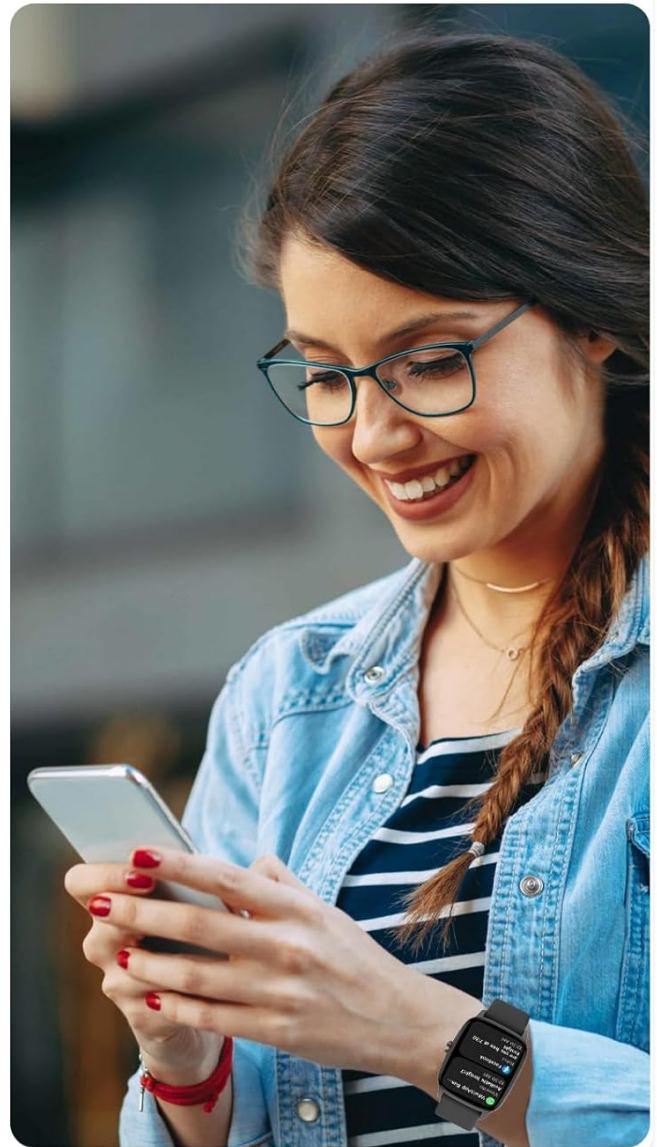
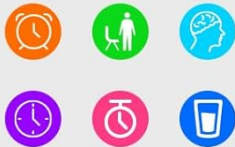


Figure 7: 24-Hour Health Monitoring overview.

3. Sports Modes

Track your workouts with over 100 sports modes, including running, hiking, cycling, and yoga. The fitness tracker accurately records calories burned and distance traveled, syncing all data to your phone for effective analysis.

For Better Fitness Results



**IP68
Waterproof**



100+ Sports Modes



**More Detailed
Exercise Data**



Figure 8: Sports modes and IP68 waterproof feature.

4. Notifications

Receive notifications and messages from various applications on your phone directly on your smartwatch. This includes calls, SMS, email, and social media alerts.

Messages Notification

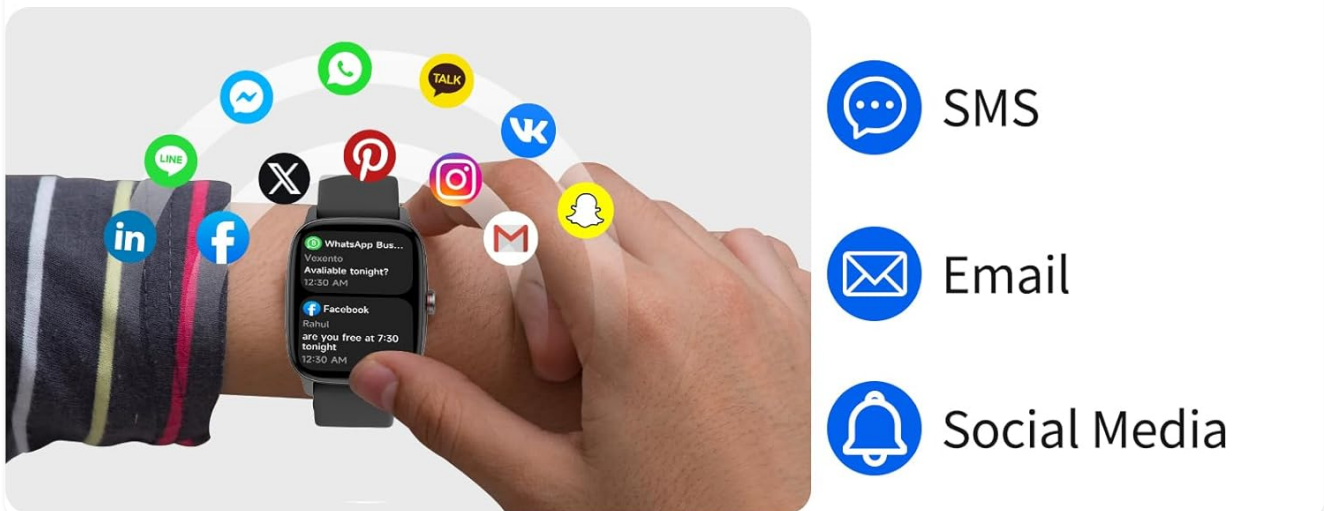


Figure 9: Message notifications on the smartwatch.

5. Customizable Watch Faces

The 1.85-inch HD screen supports hand-swiping and offers over 100 beautiful cloud watch faces. You can also upload your own photos from your phone to create a truly personalized look via the 'VeryFit' app.

More Useful Functions



Games

Support various games for enjoy and relax



Calculator



7 Days

Battery life



2.5 Hours

Fully charge



30 Days

Standby time

Figure 10: Customizable watch faces and DIY dial options.

6. Other Functions

The TGW01 Smart Watch serves as an all-in-one life assistant with features such as:

- Music Control
- Camera Control
- Find Your Phone
- Calculator
- Calendar
- Mini Games
- Breathing Exercises
- Menstrual Cycles Tracker (for women)
- Weather Forecast
- Draining Water function (for IP68)

100+ Watch Faces & Options to Customize

Stylish Cloud Dials with Quick-release Straps

Easily Customize Watch Faces via "VeryFit" App



1.85" TFT-LCD Large Screen
320*385 Resolution

Better at Color Saturation & Reproduction

Figure 11: Overview of additional smartwatch functions.

7. Official Product Videos

Watch these official videos from the seller for more insights into the YMZ Smart Watch TGW01:

Smartwatch Waterproof Test

Description: This video demonstrates the IP68 waterproof capabilities of the YMZ Smart Watch TGW01, showing it submerged in water and functioning normally.

Watch Usage Video

Description: A detailed video showcasing various functions and user interface navigation of the YMZ Smart Watch TGW01.

MAINTENANCE

Water Resistance (IP68)

The YMZ Smart Watch TGW01 is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. You can wear it while washing hands, face, or during daily sweating without worry. However, it is not

suitable for hot water baths, saunas, or deep diving, as steam and high temperatures can damage the seals.

Cleaning and Care

To maintain your smartwatch, regularly clean the device and its strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Battery Care

The 350 mAh battery is designed for longevity. To prolong battery life, avoid extreme temperatures and do not leave the watch fully discharged for extended periods. Charge the watch regularly, even if not in frequent use.

TROUBLESHOOTING

Connectivity Issues

- Ensure Bluetooth is enabled on your phone.
- Make sure the watch is within the Bluetooth range of your phone.
- Restart both your smartwatch and your phone.
- Unpair and re-pair the device through the 'VeryFit' app.

Display Not Turning On

- Long-press the function button to turn on the watch.
- Ensure the watch is charged. Connect it to the charging cable and check for the charging indicator.

Inaccurate Health Readings

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensors on the back of the watch regularly.
 - Avoid excessive movement during measurements.
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SPECIFICATIONS

Feature	Detail
Model Number	TGW01
Screen Size	1.8 Inches
Display Type	TFT-LCD
Resolution	320*385
Water Resistance	IP68
Battery Capacity	350 mAh
Battery Life (Active Use)	5-7 Days
Standby Time	30 Days
Charging Time	Approx. 2.5 hours
Connectivity	Bluetooth 5.3

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

WARRANTY AND SUPPORT

The YMZ Smart Watch TGW01 comes with a 1-year maintenance warranty. For any questions or assistance, please contact our 24/7 customer service. We are committed to providing exceptional service and support for your product.
