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- › [ganopterygon](#) /
- › [Smart Activity Fitness Tracker User Manual](#)

ganopterygon TG19

ganopterygon Smart Activity Fitness Tracker User Manual

Model: TG19

1. INTRODUCTION

This manual provides detailed instructions for the ganopterygon Smart Activity Fitness Tracker, Model TG19. This device is designed to help you monitor your health and fitness activities, including heart rate, sleep patterns, and various sports modes. Please read this manual thoroughly before using the device to ensure proper operation and to maximize its features.



Image 1.1: The ganopterygon Smart Activity Fitness Tracker shown with both black and blue interchangeable bands.

2. WHAT'S IN THE BOX

Upon opening the package, please verify that all the following items are included:

- Smart Health Wristband (Fitness Tracker)
- User Manual (this document)
- Watch Band (Black)
- Watch Band (Blue)
- Charging Cable

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your Smart Activity Fitness Tracker. Connect the provided charging cable to the charging port on the device and plug the other end into a USB power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 1.5 hours.

Long Battery Life



60 Days

Standby time



15-20 Days

Battery life



1.5 Hours

Charging time



180mAh

Battery



Android Compatible



iOS Compatible

Image 3.1: The fitness tracker being charged, illustrating the charging process and battery life indicators.

3.2 App Installation and Pairing

To utilize all features of your fitness tracker, you must download and install the companion application on your smartphone. The device is compatible with both Android and iOS operating systems.

1. Scan the QR code provided in the quick start guide (if available) or search for the official ganopterygon app in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the application on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure your fitness tracker is charged and Bluetooth is enabled on your smartphone.
5. Within the app, navigate to the device pairing section and select your TG19 tracker from the list of available devices.
6. Confirm the pairing request on both your smartphone and the fitness tracker (if prompted).

Once paired, the tracker will synchronize data with your smartphone, allowing you to view detailed health and activity statistics.

4. OPERATING INSTRUCTIONS

4.1 Health Monitoring

The Smart Activity Fitness Tracker continuously monitors various health metrics:

- **Heart Rate Monitoring:** The device provides precise 24/7 heart rate tracking. You can view real-time heart rate data on the device or in the companion app.



Image 4.1: Illustration of 24/7 health monitoring, including heart rate and blood oxygen levels.

- **Sleep Monitoring:** The tracker analyzes your sleep stages (deep, light, REM) to provide in-depth insights into your sleep quality. This data helps optimize recovery and overall wellness.



Image 4.2: Visual representation of the sleep quality monitoring feature, detailing different sleep stages.

- **Blood Oxygen (SpO2) Tracking:** Track your blood oxygen levels at any time to optimize your body's health status.

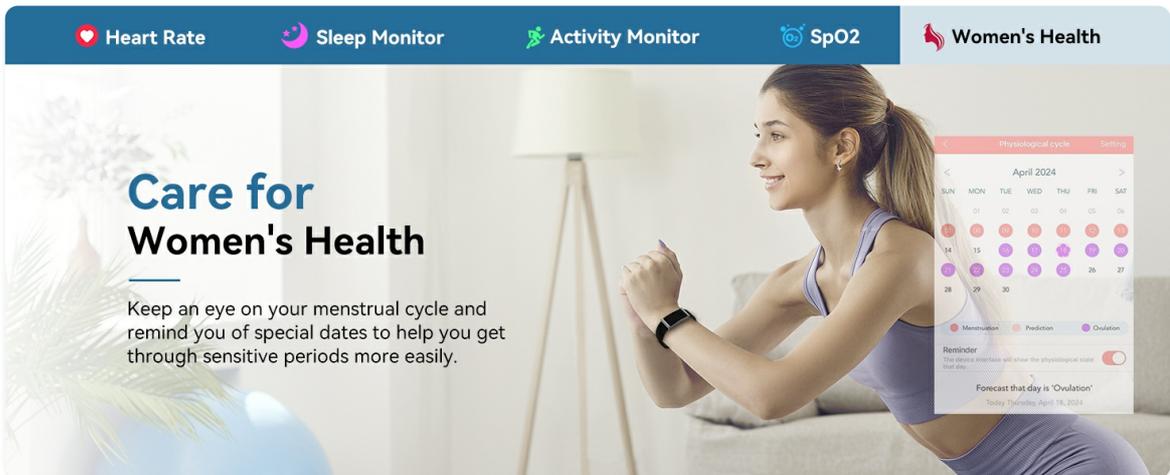


Image 4.3: The fitness tracker's capability to track blood oxygen levels for comprehensive health monitoring.

- **Women's Health Tracking:** The device can help you keep track of your menstrual cycle and remind you of special dates, assisting in managing your health more easily.

Record Women's Menstrual Cycle

Pay attention to your menstrual cycle and remind you of special dates



Image 4.4: The fitness tracker's feature for recording and tracking women's menstrual cycles.

4.2 Activity Tracking

The tracker supports comprehensive activity monitoring:

- **GPS Tracking:** Utilize the built-in GPS to map routes, track pace, and monitor elevation for outdoor activities such as runs, hikes, and cycling. Note: GPS functionality is via smartphone connection.
- **120+ Sport Modes:** Adapt to a wide range of activities, from swimming and yoga to HIIT and skiing. The tracker records calories burned, distance, and duration for each mode.

Sleep Quality Monitoring

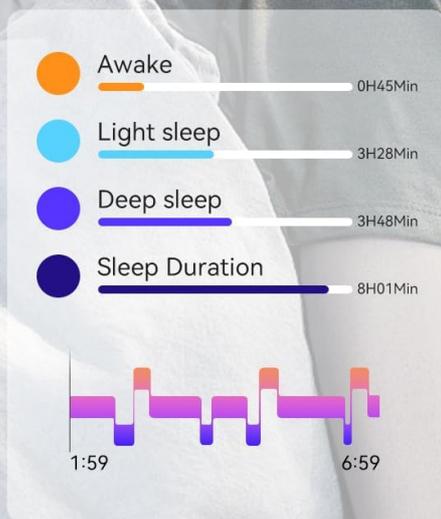


Image 4.5: The fitness tracker's all-day activity tracking capabilities, including multiple sport modes and key metrics.

4.3 Smart Connectivity & Control

The device offers seamless integration with your smartphone:

- **Notifications:** Receive real-time call and SMS notifications directly on your wrist.
- **Music Control:** Control music playback on your smartphone directly from the tracker.
- **Reminders:** Set various reminders such as drinking water reminders, sedentary reminders, and menstrual cycle reminders to maintain a healthy lifestyle.
- **Additional Functions:** Includes camera control, alarm vibration, and a 'Find Bracelet' feature.

Smart Notifications and Reminders

Maintain a healthy lifestyle with vibration reminders

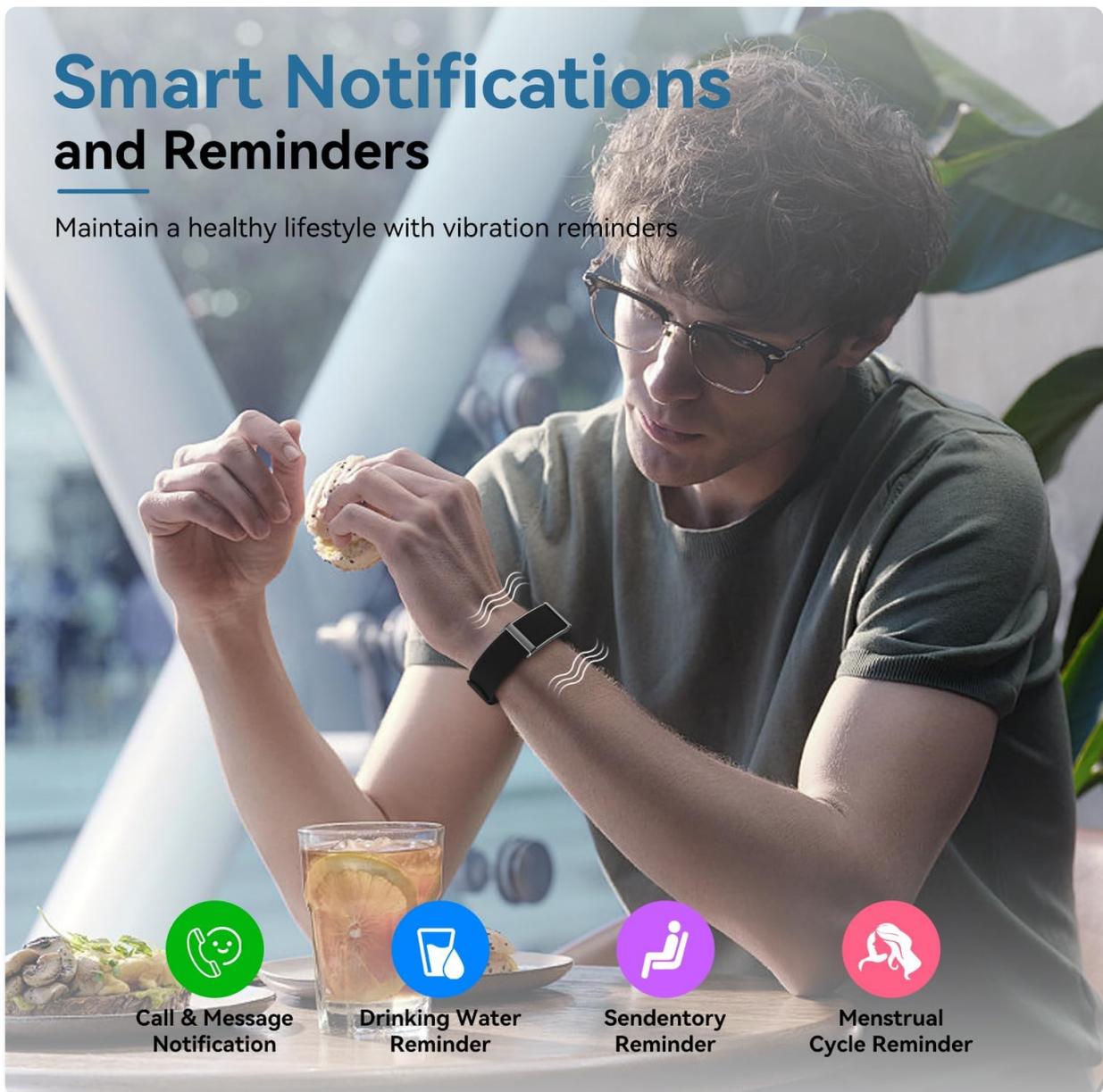


Image 4.6: Overview of smart notifications and reminder features available on the fitness tracker.

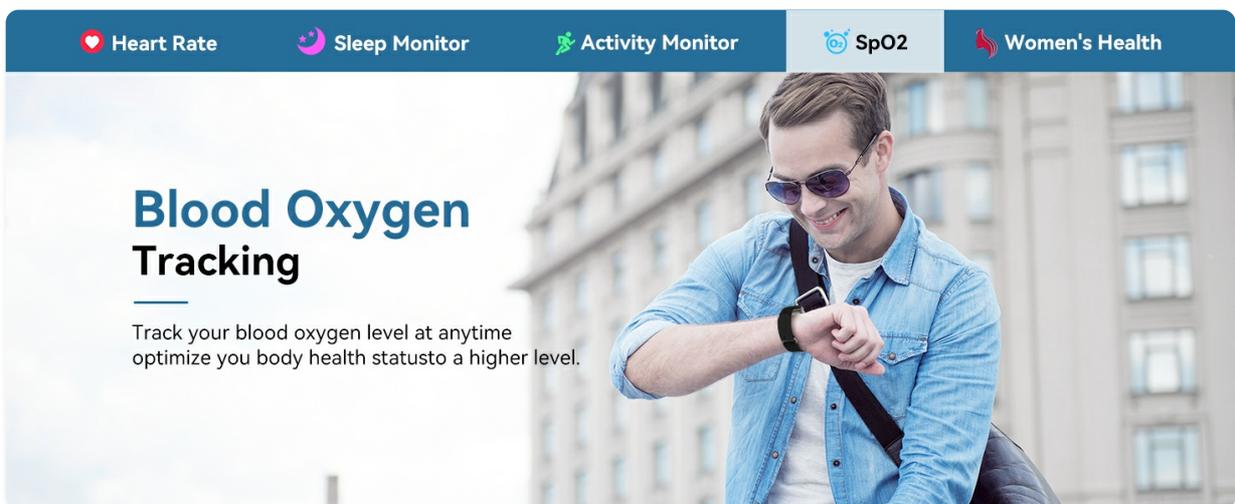


Image 4.7: Additional multifunctional features of the fitness tracker.

5. MAINTENANCE

5.1 Cleaning

To maintain the cleanliness and functionality of your fitness tracker:

- Wipe the device and bands regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners, as these can damage the device's finish or sensors.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance

The ganopterygon Smart Activity Fitness Tracker has an IP68 waterproof rating, meaning it can withstand handwashing and exposure to rain. It is designed to be water-resistant for daily use.

Important Note:

- It is *not recommended* to wear the device when taking a hot bath, showering, or swimming for extended periods, as steam or prolonged submersion may affect its performance.



Image 5.1: Demonstration of the IP68 waterproof rating, suitable for daily activities like handwashing and exposure to rain.

5.3 Band Replacement

The included black and blue bands are easily interchangeable. To replace a band, locate the quick-release pins on the underside of the tracker where the band connects. Slide the pin to detach the current band and attach the new band by aligning the pins with the holes on the tracker and releasing the pin.

6. TROUBLESHOOTING

If you encounter issues with your ganopterygon Smart Activity Fitness Tracker, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device not turning on or unresponsive	Low battery; software glitch	Charge the device for at least 30 minutes. If still unresponsive, perform a force restart (refer to app for specific instructions or hold button for 10-15 seconds).

Problem	Possible Cause	Solution
Cannot pair with smartphone	Bluetooth off; app issue; device not discoverable	Ensure Bluetooth is enabled on your phone. Restart both the tracker and your phone. Reinstall the app if necessary. Make sure the tracker is close to the phone during pairing.
Inaccurate heart rate/sleep tracking	Improper fit; sensor obstruction; software calibration	Ensure the tracker is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensor on the back of the device. Check app settings for calibration options.
GPS tracking issues	Poor satellite signal; phone GPS off; app permissions	Ensure you are in an open area with clear sky view. Verify GPS is enabled on your smartphone and the companion app has location permissions.
Short battery life	Frequent use of power-intensive features; old battery	Reduce frequency of continuous heart rate monitoring or GPS usage. Ensure background app refresh is managed. Battery life may vary depending on frequency of use.

If the problem persists after trying these solutions, please contact ganopterygon customer support for further assistance.

7. SPECIFICATIONS

Feature	Detail
Model Number	TG19
Package Dimensions	5.94 x 3.5 x 0.75 inches
Item Weight	1.2 ounces
Screen Size	1.85 Inches (Standing screen display size)
Operating System	Proprietary OS
Memory Storage Capacity	128 MB
RAM Memory Installed Size	1 GB
Battery Type	Lithium Polymer (1 A battery included)
Battery Capacity	180 Milliamp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	GPS Via Smartphone

Feature	Detail
Shape	Rectangular
Special Feature	Activity Tracker
Manufacturer	ganopterygon

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official ganopterygon brand store on Amazon. The brand store can be accessed via the link provided on the product page or by searching for 'ganopterygon' on Amazon.

Typical warranty periods and support details are provided by the manufacturer at the time of purchase. Please retain your proof of purchase for any warranty claims.

Note on Videos:

No official product videos from the seller were found in the provided product data to embed in this manual.