

Sanorum CS5

Sanorum CS5 Fitness Tracker User Manual

Model: CS5

1. INTRODUCTION

This manual provides detailed instructions for the proper use and maintenance of your Sanorum CS5 Fitness Tracker. Please read this manual thoroughly before using the device to ensure optimal performance and longevity. The Sanorum CS5 is designed to help you monitor your health and fitness activities with features such as heart rate tracking, blood oxygen monitoring, sleep analysis, and multiple sports modes.

2. WHAT'S IN THE BOX

Upon opening your Sanorum CS5 Fitness Tracker package, please verify that all the following items are included:

- CS5 Fitness Tracker
- Charging Cable
- User Manual



3. SETUP

3.1 Charging the Device

Before initial use, fully charge your Sanorum CS5 Fitness Tracker. Connect the magnetic charging cable to the charging contacts on the back of the device and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours and provides 7-10 days of average usage.

Outstanding Battery Life



3.2 App Installation and Pairing

To unlock the full potential of your Sanorum CS5 Fitness Tracker, download and install the companion app, **GloryFit**, on your smartphone. The tracker is compatible with Android 4.4+ and iOS 9.0+ devices.

1. **Download the App:** Scan the QR code provided in the quick start guide or search for "GloryFit" in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Add Device:** Open the GloryFit app, navigate to the "Device" section, and select "Add a new device."
4. **Search and Connect:** The app will search for nearby devices. Select "CS5" or the device ID displayed on your tracker to pair.
5. **Grant Permissions:** Follow the on-screen prompts to grant necessary notification and location permissions for full functionality.

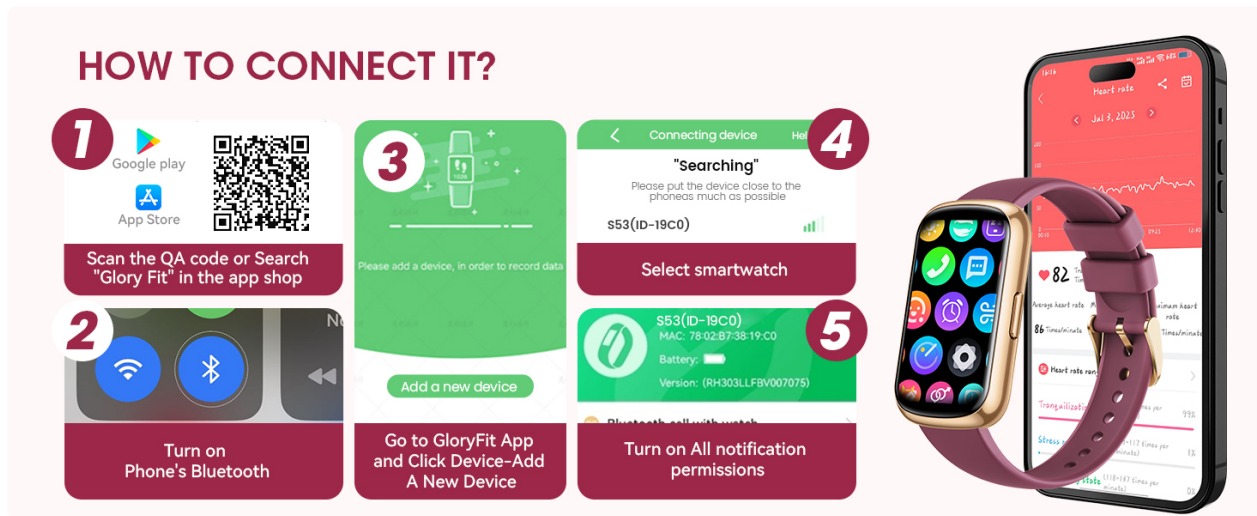


Image: Visual guide for connecting the Sanorum CS5 Fitness Tracker to the GloryFit app.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Sanorum CS5 features a 1.47" HD touchscreen. Swipe up, down, left, or right to navigate through menus and functions. Tap to select an option or confirm an action. The side button typically serves as a back button or to return to the main watch face.

4.2 Health Monitoring

The tracker continuously monitors various health metrics:

- **Heart Rate:** 24/7 real-time heart rate monitoring. View your current heart rate on the device or detailed trends in the GloryFit app.
- **Blood Oxygen (SpO2):** Monitors your blood oxygen levels. Access readings on the device or historical data in the app. *Note: This device is not a medical device and is not intended for medical diagnosis or treatment.*
- **Sleep Tracking:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality analysis in the GloryFit app.
- **Women's Health:** Track your menstrual cycle within the GloryFit app for period prediction and ovulation tracking.

24/7 Health Track Companion

Monitoring your wellness, day and night



Heart Rate



Blood Oxygen



Woman's Health



Sleep Tracking



Image: Overview of health tracking features on the Sanorum CS5.

4.3 Activity and Sports Modes

The Sanorum CS5 tracks your daily activity and offers 24 dedicated sports modes:

- **Daily Activity:** Monitors steps, distance, and calories burned throughout the day.
- **Sports Modes:** Select from 24 sports modes (e.g., running, cycling, yoga, basketball) to track specific workout data, including duration, heart rate, and calories. Detailed workout maps are available in the app when GPS is connected via your smartphone.


5 ATM Waterproof & 24 Sport Modes




Image: The Sanorum CS5 displaying available sport modes.

All DAY Activity Tracking

Monitor Your Life,
Enhance Your Health

 Calories: **235 Kcal**

 Distance: **4.05 Km**

 Steps: **18760 Steps**

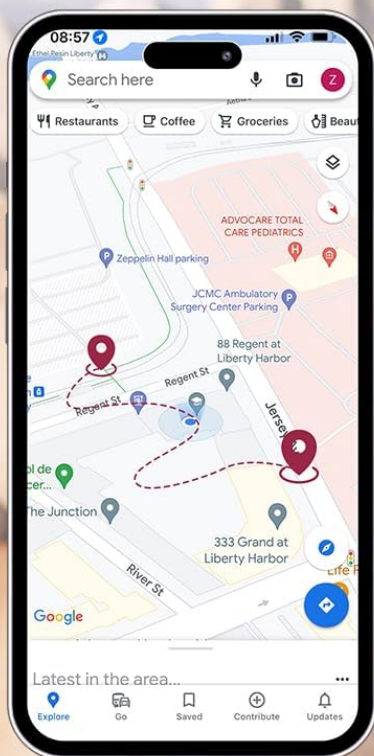


Image: All-day activity tracking on the Sanorum CS5.

4.4 Notifications and Smart Features

Stay connected with your smartphone through Bluetooth 5.0:

- **Call Alerts:** Receive incoming call notifications directly on your wrist.
- **Message Notifications:** Get real-time alerts for SMS, WhatsApp, Facebook, Instagram, and other app messages. You can view full message content on the watch, but replying or making calls is not supported.
- **Smart Assistant:** Access features like weather updates, music control, sedentary reminders, alarm clock, breathing exercises, pedometer, and phone locator.

Stay Connected to Your Day

Compatible with Android 4.4 & IOS 9.0



Call
Reminder



SMS
Reminder



Social App
Reminder



Email
Reminder



Image: Notification features of the Sanorun CS5.

4.5 Customization

Personalize your fitness tracker with over 160 built-in watch faces or upload your own photos via the GloryFit app to create a unique display.

165+ Watch Faces & Options to Customize



1.47" TFT-HD
Screen



172*320
Resolution



24bit Color
Display



Image: Customizable watch faces for the Sanorun CS5.

5. MAINTENANCE

5.1 Water Resistance

The Sanorun CS5 Fitness Tracker is 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming, showering, and use in rain. Avoid hot water, steam, or prolonged submersion in deep water.

5.2 Cleaning

Regularly clean your device and strap to prevent skin irritation and maintain functionality. Use a soft, damp cloth to wipe the screen and strap. Avoid using harsh chemicals or abrasive materials.

6. TROUBLESHOOTING

If you encounter issues with your Sanorum CS5 Fitness Tracker, refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone and the tracker is within range.
 - b. Restart both your phone and the fitness tracker.
 - c. Check if the GloryFit app has all necessary permissions (location, Bluetooth).
 - d. If previously paired, try unpairing the device from your phone's Bluetooth settings and then re-pairing through the GloryFit app.
- **Inaccurate heart rate/blood oxygen readings:** Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone. Avoid excessive movement during readings.
- **Notifications not received:**
 - a. Verify that the GloryFit app is running in the background and has notification access enabled in your phone's settings.
 - b. Check if specific app notifications are enabled within the GloryFit app.
 - c. Ensure your phone's 'Do Not Disturb' mode is off.
- **Short battery life:**
 - a. Reduce screen brightness.
 - b. Disable continuous heart rate monitoring if not needed 24/7.
 - c. Limit the number of apps sending notifications to the tracker.
 - d. Ensure the device is fully charged each time.

7. SPECIFICATIONS

Feature	Specification
Model Number	CS5
Screen Size	1.47 Inches
Battery Capacity	200 mAh
Battery Life (Average Use)	7-10 Days
Charging Time	Approx. 2 Hours
Water Resistance	5ATM
Connectivity	Bluetooth 5.0
Compatibility	iOS 9.0+ / Android 4.4+
Memory Storage Capacity	128 MB
Item Weight	2.89 ounces
Manufacturer	Sanorum

Product Size



Image: Physical dimensions of the Sanorum CS5 Fitness Tracker.

8. WARRANTY AND SUPPORT

Sanorum is committed to providing excellent customer service and product reliability. Your CS5 Fitness Tracker comes with the following support and warranty:

- **Lifetime Support:** Enjoy lifetime support and satisfied solutions.
- **24-Hour Service:** Quick service via email for any inquiries.
- **30-Day Return Policy:** A 30-day no-reason return policy is available.
- **2-Year Free Replacement:** A 2-year free replacement warranty is provided for manufacturing defects.

For any assistance, please contact our customer service team. We are available 24/7 to ensure a smooth experience.

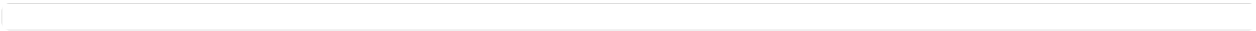


Image: Sanorum Customer Support Information.