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› YMZ Smart Watch TGW01 User Manual

YMZ TGW01

YMZ Smart Watch TGW01 User Manual

Model: TGW01

PRODUCT OVERVIEW

The YMZ Smart Watch TGW01 is a versatile wearable device designed for both men and women, offering a range of features to enhance daily life and fitness routines. It includes Bluetooth calling, fitness tracking, sleep monitoring, and a customizable 1.85-inch DIY dial. The watch is IP68 waterproof and compatible with Android and iOS devices.



A sleek black smartwatch with a vibrant display, showcasing its modern design.

PACKAGE CONTENTS

Ensure all items are present in the box:

- YMZ Smart Watch TGW01
- USB Magnetic Charging Cable
- User Manual

100+ Sports Modes

1.85" Large Screen

100+ Colorful Watch Face

IP68 Waterproof

1.85" Large Screen High-Definition Display

Customize your watch face and express your style with TGW01.

HD 320*385
HD Resolution

16bit
Refresh rate

TFT 1.85"
TFT-LCD Screen

40Hz
Refresh rate



An image showing the YMZ Smart Watch, USB magnetic charging cable, and user manual neatly arranged in their packaging.

INITIAL SETUP

Charging the Device

Before first use, fully charge your YMZ Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. The watch display will indicate charging status.

A video demonstrating how to connect the magnetic charging cable to the back of the YMZ Smart Watch and showing the charging indicator on the screen.

App Installation and Pairing

To unlock the full potential of your YMZ Smart Watch, download the "VeryFit" app from your device's app store. Follow the on-screen instructions in the app to pair your watch via Bluetooth. A QR code for the app can be found in the included user manual.

100+ Sports Modes

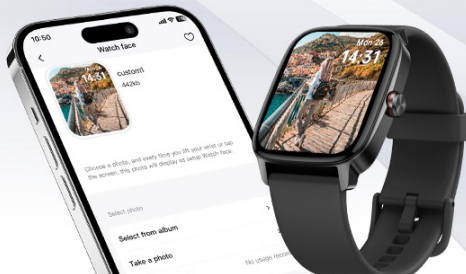
1.85" Large Screen

100+ Colorful Watch Face

IP68 Waterproof

100+ Colorful Watch Faces

Features over 100 colorful watch faces. You can select your favorite or customize with your own photos.



A visual guide showing the steps to download the VeryFit app, enable Bluetooth, find the TGW01 device, and connect it for initial setup.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe up/down:** Access notifications or quick settings.

- **Swipe left/right:** Navigate through different features and widgets.
- **Press side button:** Wake up screen, return to home screen, or access app list.

Bluetooth Calling

Once paired with your smartphone, the YMZ Smart Watch allows you to make and receive calls directly from your wrist. Use the dial pad, access call history, or select frequent contacts.



An image illustrating the Bluetooth calling function, showing a user on a call, the dial pad, incoming call display, and phone book features on the watch.

A promotional video highlighting the Bluetooth calling feature of the YMZ Smart Watch, demonstrating how to make and receive calls directly from the watch.

AI Voice Assistant

The built-in AI voice assistant provides convenient voice control for various functions, including setting alarms, checking weather, making calls, and more.

AI Voice Assistant



An image showing a user interacting with the AI voice assistant on the YMZ Smart Watch, with speech bubbles indicating commands and responses.

Message Notifications

Receive notifications from various apps directly on your watch. Supported apps include SMS, Email, WhatsApp, Facebook, Instagram, and more. Note: Replying to messages directly from the watch is not supported.

Messages Notification



An image displaying message notifications from various social media and communication apps on the YMZ Smart Watch screen.

HEALTH MONITORING

The YMZ Smart Watch continuously tracks key health metrics throughout the day.

- **Heart Rate Monitoring:** Real-time heart rate tracking.
- **Blood Oxygen Monitoring:** Measures blood oxygen levels.
- **Sleep Monitoring:** Analyzes sleep patterns (deep sleep, light sleep, awake time, REM).
- **Stress Level Monitoring:** Tracks stress levels.
- **Menstrual Cycle Tracking:** Helps women track their menstrual cycle.

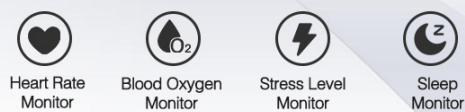
24-Hour Health Follow-UP



A collage showing the YMZ Smart Watch displaying heart rate, blood oxygen, and sleep data, with corresponding images of a person exercising, meditating, and sleeping.

Vital Monitoring

The fitness tracker keeps track of your health metrics throughout the day, continuously monitoring your blood oxygen levels, heart rate, and stress levels in real-time.

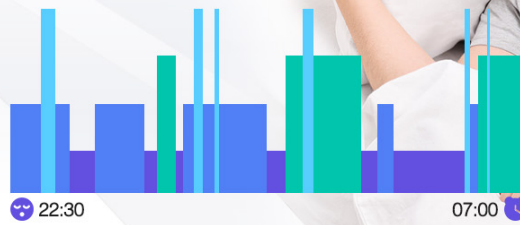


An image showcasing the vital monitoring features of the YMZ Smart Watch, including heart rate, blood oxygen, stress level, and sleep monitoring, with different watch faces.

Sleep Quality Monitoring

Monitor and estimate your sleep status and help you develop a better sleep habit

- Deep Sleep: 3 h 30 Minutes
- Light Sleep: 2 h 15 Minutes
- Awake: 24 Minutes
- REM: 1 h 36 Minutes



A graphic illustrating the sleep quality monitoring function of the YMZ Smart Watch, showing a detailed breakdown of sleep stages.



An image demonstrating the menstrual cycle tracking feature on the YMZ Smart Watch, showing a calendar and prediction for the next period.

FITNESS TRACKING

The YMZ Smart Watch supports over 100 sports modes and provides detailed exercise data. It is IP68 waterproof, making it suitable for various activities including swimming.

- **100+ Sports Modes:** Track various activities like walking, running, cycling, swimming, and more.
- **Detailed Exercise Data:** Records steps, distance, calories burned, and heart rate during workouts.
- **IP68 Waterproof:** Suitable for showering, rain, and swimming.

100+ Sports Modes

1.85" Large Screen

100+ Colorful Watch Face

IP68 Waterproof

100+ Sports Modes

It supports 100 types of sports to meet all your sports needs. It also has the function of automatically identifying four types of activities (walking, running, elliptical machine, rowing machine). Walking, running and cycling support animated icons, and support running courses and running plans.



A graphic showcasing over 100 sports modes available on the YMZ Smart Watch, with icons representing various activities like walking, running, cycling, and swimming.

Wide Compatibility

Compatible with iOS or Android smartphones
(iOS 9.0 or above, Android 6.0 or above)



An image emphasizing the IP68 waterproof feature of the YMZ Smart Watch, showing a woman surfing with the watch on, along with displayed metrics like steps, distance, calories, and heart rate.

CUSTOMIZATION

Personalize your YMZ Smart Watch with a variety of watch faces and strap options.

- **DIY Dial:** Choose from over 100 watch faces or customize with your own photos.
- **1.85" TFT-LCD Large Screen:** High-definition display with 320*385 resolution for clear visuals.

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

An image highlighting the 1.85" TFT-LCD large screen and the option to customize watch faces with personal photos or pre-designed styles.

100+ Sports Modes

1.85" Large Screen

100+ Colorful Watch Face

IP68 Waterproof

1.85" Large Screen High-Definition Display

Customize your watch face and express your style with TGW01.

HD 320*385
HD Resolution

16bit
Refresh rate

TFT 1.85"
TFT-LCD Screen

40Hz
Refresh rate



A graphic emphasizing the 1.85-inch large screen with HD resolution and refresh rate, showing a woman viewing the watch face with a scenic background.

100+ Sports Modes

1.85" Large Screen

100+ Colorful Watch Face

IP68 Waterproof

100+ Colorful Watch Faces

Features over 100 colorful watch faces. You can select your favorite or customize with your own photos



An image showcasing a variety of colorful watch faces available for the YMZ Smart Watch, including options to customize with personal photos via the app.

OTHER USEFUL FUNCTIONS

The YMZ Smart Watch offers a range of additional features for convenience and entertainment.

- **Games:** Enjoy built-in games for relaxation.
- **Calculator:** Perform quick calculations on your wrist.
- **Music Control:** Manage music playback from your phone.
- **Find Phone:** Locate your misplaced smartphone.
- **Alarm Clock, Stopwatch & Timer:** Essential time management tools.
- **Weather Forecast:** Get real-time weather updates.
- **Camera Control:** Remotely control your phone's camera.
- **Breathing Training:** Guided breathing exercises.
- **Drink Reminder:** Reminders to stay hydrated.
- **Draining Water:** Feature to eject water after exposure.

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

A collage illustrating various useful functions of the YMZ Smart Watch, including games, calculator, 7-day battery life, and charging details.

SIZE & PACKAGE CONTENTS



A graphic displaying a variety of multi-functional features of the YMZ Smart Watch, such as Find Phone, Alarm Clock, Stopwatch & Timer, Drink Reminder, Weather, and Camera Control.



A graphic showing additional multi-functional features of the YMZ Smart Watch, including Breathing Training, Music Control, Games, Calculator, Calendar, and Draining Water.

MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For waterproof models, ensure the watch is dry after exposure to water.
- **Charging:** Use only the provided magnetic charging cable. Avoid exposing charging contacts to liquids or metal objects.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

A video tutorial demonstrating how to install and remove the watch band on a smart watch, useful for cleaning or customization.

TROUBLESHOOTING


- **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 range of your phone.
 - Restart both the watch and your phone.
 - Check the "VeryFit" app for pairing instructions and ensure the app has necessary permissions.
- **Inaccurate heart rate/blood oxygen readings:** 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 received:** Check app notification settings on your phone and within the "VeryFit" app to ensure they are enabled for the desired applications.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure background app refresh is managed.

For further assistance, refer to the full user manual or contact YMZ customer support.

SPECIFICATIONS


Feature	Detail
Model Number	TGW01
Screen Size	1.85 Inches TFT-LCD
Resolution	320*385
Waterproof Rating	IP68
Battery Capacity	350 Milliamp Hours
Battery Life	Up to 7 days (typical usage)
Standby Time	Up to 30 days
Connectivity	Bluetooth
Compatibility	Android 6.0+ & iOS 9.0+
Item Weight	3.2 ounces
Memory Storage Capacity	2 MB

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HD Resolution



16bit
Refresh rate



1.85"
TFT-LCD Screen



40FPS
Refresh rate

A detailed diagram showing the dimensions of the YMZ Smart Watch TGW01 and listing the package contents including the watch, USB magnetic charging cable, and user manual.

WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. For specific warranty details, please refer to the documentation included in your package or visit the official YMZ website.

For technical support, troubleshooting, or any product-related inquiries, please contact YMZ customer service.

- Online Support: Visit the YMZ Store on Amazon.
- Email Support: Refer to your product packaging for contact information.

Protection plans are also available for extended coverage.