

Cillso GTR3

Cillso GTR3 Fitness Smart Watch User Manual

Model: GTR3

1. INTRODUCTION

Thank you for choosing the Cillso GTR3 Fitness Smart Watch. This manual provides essential information for the proper setup, operation, and maintenance of your device. Please read it thoroughly to ensure optimal performance and a complete understanding of all features.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x Cillso GTR3 Smart Watch
- 1 x Magnetic Charging Cable
- 1 x Detailed User Manual (this document)

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before first use, fully charge your Cillso GTR3 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included).




350 mAh Battery

Magnetic Suction Charging

 **45 Days**
Standby Time

 **10 Days**
Heavy Usage

 **2Hrs**
Charging time

3ATM Waterproof



Splash



Raining



Sweat

Image: The Cillso GTR3 Smart Watch connected to its magnetic charging cable, indicating a 350 mAh battery and 3ATM waterproof rating.

A full charge typically takes approximately 2 hours. The watch has a standby time of up to 45 days and can last up to 10 days with heavy usage.

3.2 App Download and Pairing

To unlock the full functionality of your smart watch, download the "Runmefit" application on your smartphone.

1. **Download the App:** Search for "Runmefit" in your smartphone's app store (compatible with iOS 12.0+ and Android 7.0+).
2. **Enable Bluetooth:** Turn on Bluetooth on your smartphone.
3. **Open Runmefit App:** Launch the app and follow the on-screen instructions to search for your device. Select "GTR3" from the list of available devices.
4. **Confirm Pairing:** Confirm the pairing request on both your phone and the smart watch.

GTR3 SMART WATCH

2026 New Running Fitness Watch



Image: Visual guide demonstrating the steps to download the "RunmeFit" app, enable Bluetooth, and connect the GTR3 smart watch.

3.3 Enabling Bluetooth Call Function

For Bluetooth calling functionality, an additional connection is required:

1. Ensure the watch is successfully bound to the "RunmeFit" app.
2. Go to your smartphone's Bluetooth settings.
3. Find and select "GTR3" (or a similar identifier) in the list of available devices and click to bind. This creates a separate audio connection.
4. Once connected, you can use the watch to answer and make calls.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Cillso GTR3 features a 1.46-inch AMOLED Ultra-HD full touchscreen display. Swipe across the screen to navigate through menus and functions. Use the physical buttons for quick access or to return to the home screen.

1.46 inch AMOLED Display

At a fingertip distance, all the beauty is vividly unveiled before the eyes.



Image: The 1.46-inch AMOLED display of the GTR3 Smart Watch showcasing different customizable watch faces.

4.2 Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate:** Tracks your heart rate 24/7. View real-time data and historical trends in the RunmeFit app.
- **Blood Oxygen (SpO2):** Monitors blood oxygen levels to help ensure vital signs stay within a healthy range.
- **Sleep Monitoring:** Automatically tracks sleep patterns, including deep sleep, light sleep, and awake times, providing insights into sleep quality.
- **Stress Monitoring:** Analyzes stress levels throughout the day.
- **Physiological Cycle Reminder:** Provides reminders for women's health tracking when configured in the app.

24/7 Health Tracking

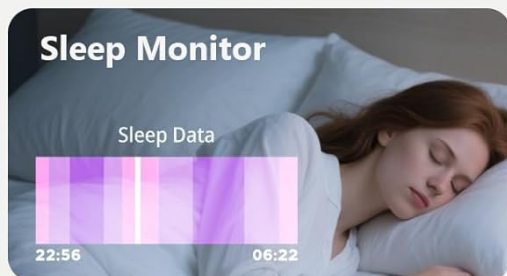
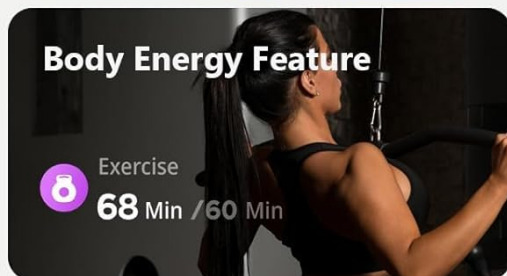
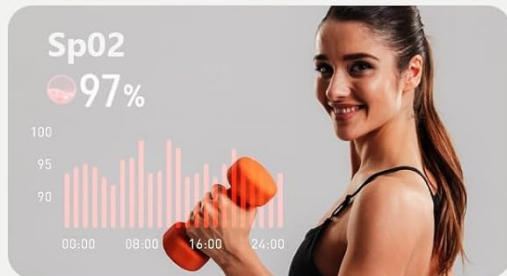
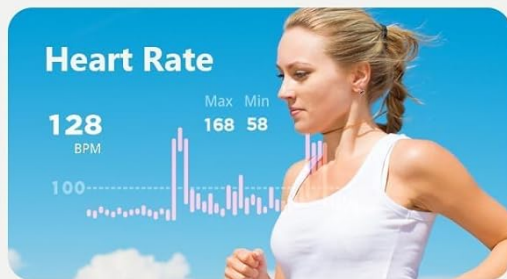


Image: Overview of the GTR3's 24/7 health tracking capabilities, including heart rate, SpO2, body energy, and sleep monitoring.



Heart Rate Monitoring

It continuously tracks your heart rate, precisely analyzes the data, and promptly provides you with a heart health assessment.



Image: Detailed view of the heart rate monitoring feature on the GTR3 Smart Watch and its companion app.



Blood Oxygen Monitoring

Continuous blood oxygen monitoring helps ensure your vital signs stay within a healthy range.



Image: The GTR3 Smart Watch showing continuous blood oxygen monitoring, with data also visible in the app.



Sleep Monitoring

Smarter Sleep, Nightly Insights. Your smartwatch analyzes your sleep patterns through real-time physiological tracking, providing personalized advice for a healthier life.

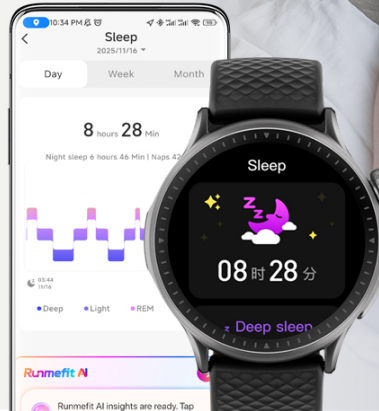
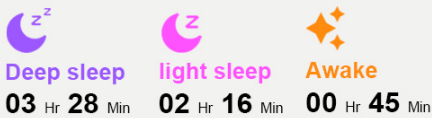


Image: The GTR3 Smart Watch's sleep monitoring interface, showing duration of deep sleep, light sleep, and awake periods.

4.3 Sports Modes

The GTR3 supports over 110 sports modes, including walking, running, cycling, soccer, and hiking. Select your desired activity to track specific metrics such as steps, distance, calories burned, and exercise duration.

110+ Sports Modes

Precision Tracking-See your hard work and dedication turn into visible progress.



Image: The GTR3 Smart Watch highlighting its 110+ sports modes and detailed tracking of steps, calories, heart rate, blood oxygen, and stress.

4.4 Bluetooth Calling and Notifications

Once the Bluetooth call function is enabled (see Section 3.3), you can answer, reject, or make calls directly from your watch. The watch also displays notifications from your smartphone, including messages and app alerts.

BLUETOOTH CALL&MESSAGE NOTIFICATION

Experience communication that's more liberated and adaptable than ever.



Image: The GTR3 Smart Watch displaying an incoming call and various message notification icons from social media and communication apps.

4.5 AI Voice Assistant

The built-in AI assistant allows for hands-free control. Use voice commands to check the weather, control music playback on your phone, set alarms, and more.

AI Voice Assistant

Experience hands-free convenience. With the built-in AI assistant, simply use your voice to check the weather, control music, ask it anything, and explore more features!



Image: The GTR3 Smart Watch's AI Voice Assistant interface, illustrating how to use voice commands for tasks like checking weather or setting alarms.

4.6 Additional Functions

The Cillso GTR3 offers a range of other useful features:

- Weather Forecast
- Find Phone
- Stopwatch & Timer
- Calculator
- Alarm Clock
- Remote Camera Control
- Music Control (for your phone's music player)
- Breathing Exercises

Multifunctional Smartwatch

Meet Your Daily Life and Work Needs



Image: The GTR3 Smart Watch's app menu, showcasing icons for various functions including Find Phone, Weather, Calculator, Remote Camera Shutter, Breathing Exercises, Women's Health, and Alarm Clock.

4.7 Customizing Watch Faces

Personalize your watch with a variety of watch faces. The "RunmeFit" app offers over 200 watch faces to choose from. You can also upload your favorite photos to create custom watch faces.

5. MAINTENANCE

5.1 Waterproofing

The Cillso GTR3 has a 3ATM waterproof rating, meaning it is resistant to splashes, rain, and sweat. It is suitable for daily use and can withstand brief immersion in water. However, it is **not** recommended for hot showers, saunas, diving, or high-speed water sports, as steam or high water pressure can compromise the seals.

5.2 Cleaning and Care

To maintain your watch's appearance and functionality:

- Wipe the screen and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry before charging.
- Avoid exposing the watch to extreme temperatures or direct sunlight for prolonged periods.

5.3 Battery Longevity

To maximize battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low, and disconnect it once fully charged.

6. TROUBLESHOOTING

If you encounter issues with your Cillso GTR3 Smart Watch, refer to the following common problems and solutions:

Problem	Possible Solution
Watch not connecting to phone via Bluetooth.	Ensure Bluetooth is enabled on your phone. Restart both the watch and phone. Make sure the "Runmefit" app is open and running in the background. Check if the watch is already paired with another device.
Bluetooth call function not working.	Verify that the watch is connected via Bluetooth in both the "Runmefit" app and your phone's native Bluetooth settings (as a separate audio device).
Notifications or calls only vibrate, no sound.	Check the sound settings on your watch and in the "Runmefit" app. Ensure the watch's speaker volume is not muted or set too low. Note that the speaker volume may be limited in noisy environments.
Inaccurate step count or health data.	Ensure the watch is worn snugly on your wrist. Calibrate the watch in the "Runmefit" app if available. Keep the app connected to sync data regularly.
Weather information not updating.	Ensure your phone's location services are enabled and the "Runmefit" app has permission to access your location. The app must be connected and running in the background to sync weather data.
Watch disconnects frequently.	Maintain close proximity between your watch and smartphone. Avoid obstacles that may interfere with the Bluetooth signal. Ensure the "Runmefit" app is not being closed by your phone's power-saving features.
Cannot customize watch faces.	Ensure the watch is connected to the "Runmefit" app. Follow the app's instructions for selecting or uploading watch faces. Some watches may have limitations on the number of custom faces stored simultaneously.

7. SPECIFICATIONS

Feature	Detail
Model Name	GTR3
Brand	Cillso

Feature	Detail
Display Type	AMOLED
Screen Size	1.46 Inches
Resolution	1.46" AMOLED Ultra-HD
Operating System	iOS 12.0+ and Android 7.0+
Memory Storage Capacity	128 MB
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Capacity	350 mAh (approximate, based on image)
Battery Average Life	Up to 10 days (heavy usage), 45 days (standby)
Water Resistance Level	3ATM (30 Meters)
Metrics Measured	Heart Rate, Sleep Duration, Blood Oxygen Monitor
Special Features	24/7 Activity Tracker, Heart Rate Monitor, Sleep Monitor, AI Voice Control, Message Notifications, Answer/Make Call, AMOLED Touchscreen, Cycle Tracking, Alarm Clock, Blood Oxygen Monitor, 110+ Sport Modes, Music Control, Distance Record/Pedometer/Calories, Distance Tracker
Band Material Type	Silicone, Rubber, or Fluoroelastomer
GPS	GPS Via Smartphone
Target Audience	Unisex Adults

8. WARRANTY INFORMATION

The Cillso GTR3 Smart Watch comes with a **1-Year Standard Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

Please retain your proof of purchase for warranty claims.

9. CUSTOMER SUPPORT

For further assistance, technical support, or warranty inquiries, please refer to the contact information provided with your purchase or visit the official Cillso website. Ensure you have your product model (GTR3) and proof of purchase ready when contacting support.