

Smart Watch Instruction Manual



Thank you for choosing our smart health watch!

When using this device for the first time, for your convenience, please read the manual carefully and follow the steps in the manual. Please note the following points:

1. Connect to Bluetooth: 1.1. Please make sure that the Bluetooth of the mobile phone is turned on and the bracelet is turned on; 1.2. When searching for Bluetooth, please make sure that the bracelet has not been bound by other accounts; 1.3 When searching for Bluetooth, keep the bracelet and mobile phone as close as possible. 1.4 Before using Bluetooth to make calls, please make sure that the call icon is turned on in the control panel interface on the watch, and then the watch Bluetooth can be searched normally.
2. If the user's mobile phone has installed other software such as mobile housekeeper, in order to ensure the normal operation of the background APP, please open the message push and allow the background operation permission on the mobile phone, otherwise the message cannot be pushed.
3. Charging requirements: Use a charger with a specification of 5V 0.5-2A to charge, please be sure to turn off the battery if it is not used for a long time and keep it to recharge once a month.
4. In order to ensure the accuracy of the test data, after entering the blood pressure test mode, please keep your body relaxed and still during the test, and ensure that the watch is at the same height as your heart. Please do not speak during the test (this function provides data reference for observing blood pressure changes before and after exercise, and cannot be used for medical purposes).

1. Long press the side key above the watch to switch on and off; Open the device and use the mobile phone to scan the QR code to download and install the APP; Or search for "GloryFit" in the Apple Store/Android App Market to download and install.

(Compatible systems: Android 4.4 and above, Bluetooth 4.0 phones; Apple iOS 9.0 and above.)

2. Open the mobile phone APP, search and select the device to be bound in the APP device list.

Step 1: Open the mobile phone Bluetooth;

Step 2: Open the phone's "GloryFit" APP, click "Add Device" - "Select Device" in the "Device" interface (* Please confirm that the Bluetooth MAC address displayed on the watch is consistent when pairing).



Instructions

Shortcut function	How to operate
Open the control panel	The watch face home page slides from top to bottom
Open the information interface	The watch face home page slides from bottom to top
Open the main menu	Watch face home page moves to the right
Open the list interface	The watch face home page moves to the left
Quick access to dial replacement	Press and hold the dial for 3 seconds, slide left and right to switch the dial
power on/off	Press and hold the upper side button for 5 seconds
Press the upper side button to return to the dial interface; when in the dial interface, press the side button to turn on/off the screen; the main function of the lower side button is to quickly enter the multi-sport mode.	

Function Description

1. Step count: Record the number of steps, distance, calories and other data of the day in detail.
2. Sleep monitoring: It can record and display the total sleep duration, and check the sleep data for 7 days. (You must wear the bracelet to sleep to be able to detect data).
3. Heart rate detection: measure the current heart rate, record and display the 24h heart rate throughout the day, and automatically monitor the heart rate every 10 minutes.
4. Multiple sports modes: outdoor running, cycling, rope skipping, badminton, table tennis, tennis, mountain climbing, walking, basketball, volleyball, dance, rowing machine, elliptical machine, yoga, aerobics, canoeing, skiing, football, golf, wrestling, fencing and other sports modes.
5. Blood pressure detection: measure the current blood pressure, record and display the 24h blood pressure throughout the day, and automatically monitor the blood pressure every hour.
6. Blood oxygen detection: measure the current blood oxygen, record and display the 24h blood oxygen throughout the day, and automatically monitor the blood oxygen every hour.
7. Music control: control mobile phone music play/pause/previous/next.
8. Camera control: Open the mobile APP, click/shake the watch on the watch camera control interface to take a photo.
9. Weather forecast: After Bluetooth is connected to the watch, the latest real-time weather forecast can be synchronized on the watch side.
10. Female physiological cycle: It needs to be set to female on the APP personal interface, and the corresponding cycle icon will be displayed on the watch end.
11. Bluetooth call: After the APP is connected to Bluetooth successfully, you can make and receive calls through your watch.
12. Music playing: After connecting to the mobile phone APP and binding and pairing successfully, you can play the music of the mobile phone through the watch.
13. Other functions: alarm clock, stopwatch, calculator, timer, long sitting reminder, call reminder, mobile phone search, breathing training, games, online dial, customized dial, theme style switching, brightness adjustment, etc.

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