GTC3 Smart Watch

Operation Manual

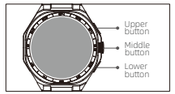
Thanks for purchasing this product.
Please read this Manual carefully before use.

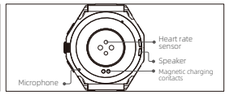
Model	GTC3	Screen Type	1.43" -inch AMOLED
Battery capacity	3.85V/350mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	6-8Day
Waterproof level	IP68	Weight of Product	134.6g
Operating Temperature	0℃-60℃	Bluetooth Version	BLE5.3
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	3.64dBm

Scan the QR code
for more function information

Quick start guide (EN)

1. Product overview





Upper middle and lower Physical button operation

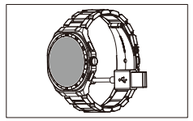
Upper button:
Return to the previous interface.

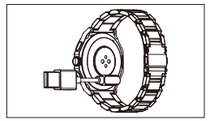
Middle button:
Long press the button to power on.
Rotate the encoder up and down to switch the interface display.

Lower button:
Enter the custom shortcut application.

2. Turning on/off

Turning on
Whilst the watch is off, it automatically turns on when you put it on charge.





Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Long press the button to turn on the watch.

Turning off
To turn off the watch: go to Settings -> Turning off menu.

App downloads and pairing

1. App downloads

Download and install the "VeryFit" app on the App Store, Google Play or by scanning the QR code below.

2. Pairing

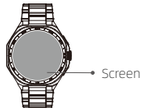
Turn on VeryFit app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

Screen operation

Swipe up/down
1. To toggle through menu.
2. To view long text/details.

Swipe left/right
1. To toggle through menu.

Tap the screen
1. To enter the menu.
2. To operate according to the prompts.



Tap and hold on the screen
1. To switch between watch faces.

Features

GTC3 has features such as IP68 water resistance, ultra-long battery life, full-screen touch control, low latency, 100 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to "User Guide" section.

Care and maintenance

Three suggestions for use and maintenance:
1. Keep the product clean;
2. Keep the product dry;
3. Do not wear the product too tight;

* Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.
* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

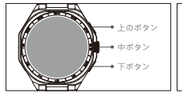
Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

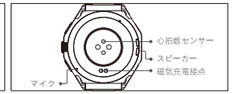
Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

クイックスタートガイド (JP)

1. 製品概要





上中下物理ボタンの操作

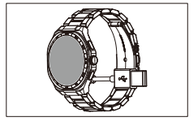
上のボタン:
前のインターフェースに戻る。

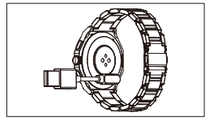
中ボタン:
長押しで電源オン。
エンコーダーを上下に回転させてインターフェース表示を切り替えます。

下ボタン:
カスタムショートカットアプリケーションを入力してください。

2. 電源オン/オフ

電源オン
ウォッチがオフになっている間、充電を開始すると自動的にオンになります。





注意: 初回使用前にウォッチを充電してから起動してください。充電には必ず純正の電源アダプターを使用してください。

ボタンを長押ししてウォッチをオンにします。

電源オフ
ウォッチの電源を切るには：[設定] -> [電源オフ]メニューに移動します。

アプリのダウンロードとペアリング

1. アプリのダウンロード

App Store、Google Playから、または下のQRコードをスキャンして「VeryFit」アプリをダウンロードしてインストールしてください。

2. ペアリング

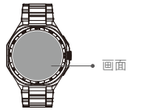
VeryFitアプリをオンにする -> スマホでBluetooth接続を有効にする -> アプリでペアリングするデバイスを検索する（またはデバイスのQRコードをスキャンする） -> アプリ（またはデバイス）でバインディングを完了します。

画面の操作

上方向/下方向にスワイプ
1. メニューを切り替えます。
2. 長いテキスト/詳細を表示します。

右方向/左方向にスワイプ
1. メニューを切り替えます。

画面をタップする
1. メニューを表示します。
2. プロンプトに従って操作します。



画面をタップして長押しする
1. ウォッチフェイスを切り替えます。

機能

GTC3には、IP68耐水性、超長寿命バッテリー、全画面タッチコントロール、低レイテンシー、100種類のワークアウトモード、複数のクラウドウォッチフェイスなどの特徴があります。1日中の心拍数モニタリングやストレス検出、血中酸素の検出、睡眠モニタリングなどに対応しています。これらの機能の操作方法やFAQ（よくある質問）については、アプリをオンにして「ユーザーガイド」のセクションに進んでください。

お手入れとメンテナンス

使用方法とメンテナンスについての3つのアドバイス:
1. 清潔に保ってください;
2. 乾燥した状態で保管してください;
3. バンドを締め付けすぎないようにしてください;

* お手入れの際には、家庭用クレンザーを使用しないでください。代わりに石けん成分不使用の洗浄剤を使用してください。
* 頑固な汚れには、アルコールでアルコールでこすり洗いするのをお勧めします。

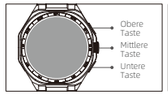
防水: ダイビング、海での水泳、またはサウナでの使用には適していません。スイミングプール、シャワー（冷水）、浅瀬での使用に適しています。

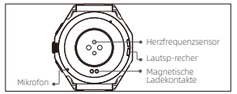
安全のための注意事項

- 本製品および付属品を極端な温度の場所に置かないでください。製品の故障、火災、爆発などの危険を引き起こす原因になります。
- 強い衝撃や震動から本製品を保護し、本製品や付属品を損傷させないようにして、製品の故障を回避してください。
- 本製品および付属品の分解・改造は、お客様ご自身で行わないでください。製品が故障した時のアフターサービスは弊社までお問い合わせください。

Kurzanleitung (DE)

1. Produktübersicht





Obere Mitte und untere Tastenfunktion

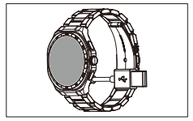
Obere Taste:
Kehren Sie zur vorherigen Schnittstelle zurück.

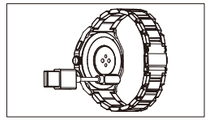
Mittlere Taste:
Langes Drücken der Taste zum Einschalten.
Drehen Sie den Encoder nach oben und unten, um die Schnittstellenanzeige zu ändern.

Untere Taste:
Geben Sie die benutzerdefinierte Verknüpfungsanwendung ein.

2. Einschalten/Ausschalten

Einschalten
Solange die Uhr ausgeschaltet ist, schaltet sie sich automatisch ein, wenn Sie aufgeladen wird.





Hinweis: Laden Sie die Uhr auf, um sie vor Erstgebrauch zu aktivieren. Zum Laden muss das Original-Netzteil verwendet werden.

Halten Sie die Taste gedrückt, um die Uhr einzuschalten.

Ausschalten
Uhr ausschalten: Navigieren Sie im Menü zu Einstellungen -> Ausschalten.

App herunterladen und koppeln

1. App herunterladen

Laden Sie die App „VeryFit " im App Store, bei Google Play oder durch Scannen des nachstehenden QR-Codes herunter und installieren Sie sie.

2. Koppeln

Schalten Sie die VeryFit-App ein -> Aktivieren Sie die Bluetooth-Verbindung auf Ihrem Handy -> Suchen Sie in der App nach dem Gerät, mit dem Sie koppeln möchten (oder scannen Sie den QR-Code auf dem Gerät) -> Schließen Sie die Kopplung in der App (oder auf dem Gerät) ab.

Bildschirmbedienung

Aufwärts/abwärts wischen
1. um das Menü zu durchlaufen.
2. um lange Texte/Details anzuzeigen.

Nach links/rechts wischen
1. um das Menü zu durchlaufen.

Auf den Bildschirm tippen
1. um das Menü aufzurufen.
2. um gemäß den Aufforderungen zu arbeiten.

Bildschirm gedrückt halten
1. um zwischen Zifferblättern umzuschalten.

Funktionen

Die GTC3 verfügt über Funktionen wie IP68 Wasserbeständigkeit, ultralange Akkulaufzeit, Vollbild-Touch-Bedienung, geringe Latenz, 100 Trainingsmodi und mehrere Cloud-basierte Zifferblätter. Sie unterstützt Herzfrequenzüberwachung und Stresserkennung während des Tages, Blutsauerstofferkennung und Schlafüberwachung usw. Für eine Bedienungsanleitung und Häufig gestellte Fragen zu diesen Funktionen, aktivieren Sie bitte die App und besuchen Sie den Abschnitt „Bedienungsanleitung ".

Pflege und Wartung

Drei Ratschläge zur Verwendung und Pflege:
1. Halten Sie die Smartwatch sauber;
2. Halten Sie das Produkt trocken;
3. Tragen Sie das Produkt nicht zu eng am Handgelenk;

* Verwenden Sie zur Reinigung des Produkts keine Haushaltsreiniger. Verwenden Sie stattdessen ein seifenfreies Reinigungsmittel.
* Bei hartnäckigen Flecken empfehlen wir, diese durch Abwischen mit Alkohol zu entfernen.

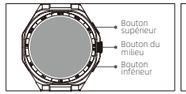
Wasserdicht: Nicht zur Verwendung beim Tauchen, Schwimmen im Meer oder in der Sauna geeignet. Geeignet für den Einsatz in Schwimmbädern, Duschen (kaltes Wasser) und in Ufernähe.

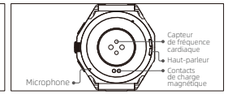
Sicherheitshinweise

- Setzen Sie das Produkt und sein Zubehör keinen extremen Temperaturen aus, da dies zu Gefahren wie Ausfall, Feuer oder Explosion führen kann.
- Schützen Sie das Produkt vor starken Stößen und Erschütterungen, um das Produkt und sein Zubehör nicht zu beschädigen und somit Produktausfälle zu vermeiden.
- Demontieren und verändern Sie das Produkt und sein Zubehör nicht selbst. Wenden Sie sich an den Kundendienst, wenn das Produkt ausfällt.

Guide de démarrage rapide (FR)

1. Synthèse du produit





supérieur moyen et inférieur
Fonctionnement du bouton physique

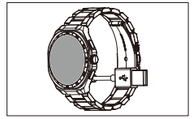
Bouton supérieur:
Revenir à l'interface précédente.

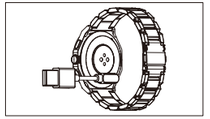
Bouton du milieu:
Appuyer longuement sur le bouton pour allumer l'appareil.
Faites pivoter l'encodeur de haut en bas pour changer l'affichage de l'interface.

Bouton inférieur:
Entrez l'application de raccourci personnalisé.

2. Allumer/éteindre

Allumer
Lorsque la montre est éteinte, elle s'allume automatiquement lorsque vous la charger.





Remarque : Chargez la montre pour l'activer avant la première utilisation. L'adaptateur d'alimentation d'origine doit être utilisé pour la charge.

Appuyez longuement sur le bouton pour allumer la montre.

Éteindre
Pour éteindre la montre : accédez au menu Réglages - > Éteindre.

Téléchargements d'applications et jumelage

1. Téléchargements d'applications

Téléchargez et installez l'application « VeryFit » à partir de l'App Store, de Google Play ou en scannant le code QR ci-dessous.

2. Jumelage

Activez l'application VeryFit -> Activez la connexion Bluetooth sur votre téléphone -> Recherchez dans l'application l'appareil à jumeler (ou scannez le code QR sur l'appareil) -> Terminez l'association dans l'application (ou sur l'appareil).

Fonctionnement de l'écran

Balayer vers le haut ou le bas.
1. pour faire défiler le menu.
2. pour afficher les longs textes/détails.

Balayer vers la gauche/droite
1. pour faire défiler le menu.

Appuyer sur l'écran
1. pour accéder au menu.
2. pour utiliser en fonction des messages.

Maintenir le doigt appuyé sur l'écran
1. pour alterner entre les cadrans de montre.

Caractéristiques

L'GTC3 dispose de caractéristiques telles que la résistance à l'eau de IP68, une autonomie de batterie ultra longue, un contrôle tactile total de l'écran, une faible latence, 100 modes d'entraînement et plusieurs cadrans de montre cloud. Elle prend en charge la surveillance du rythme cardiaque et la détection du stress tout au long de la journée, la détection de l'oxygène dans le sang et la surveillance du sommeil, etc. Pour les instructions d'utilisation et les FAQ sur ces caractéristiques, activez l'application et allez à la section « Guide de l'utilisateur ».

Soin et entretien

Trois suggestions d'utilisation et d'entretien :

1. Gardez le produit propre;
2. Gardez le produit au sec;
3. Ne portez pas le produit de manière trop serrée;

* N'utilisez pas de nettoyants ménagers lors du nettoyage du produit. Utilisez plutôt des nettoyants sans savon.
* Pour les taches tenaces, il est recommandé de les enlever en les frottant à l'alcool.

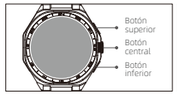
Étanche : Ne convient pas à la plongée, à la baignade en mer ou à un sauna. Convient pour une utilisation dans les piscines, douches (eau froide) et peu profondes.

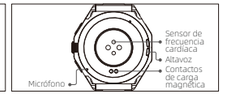
Consignes de sécurité

- N'exposez pas le produit et ses accessoires à des températures extrêmes, sinon cela pourrait être source de risques tels qu'un dysfonctionnement du produit, un incendie ou une explosion.
- Protégez le produit contre les chocs ou les secousses forts, afin de n'endommager ni le produit ni ses accessoires, et éviter ainsi les dysfonctionnements du produit.
- Ne démontez ni ne modifiez le produit et ses accessoires par vous-même. Contactez-nous pour le service après-vente en cas de dysfonctionnement du produit.

Guía de inicio rápido (ES)

1. Vista general de producto





Media alta y baja Funcionamiento del botón físico

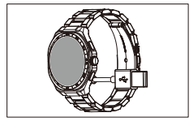
Botón superior:
Volver a la interfaz anterior.

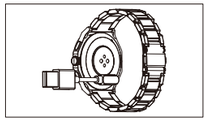
Botón central:
Pulsación larga del botón para encender.
Gire el codificador hacia arriba y hacia abajo para cambiar la visualización de la interfaz.

Botón inferior:
Ingrese a la aplicación de acceso directo personalizado.

2. Encendido/apagado

Encendido
Si el reloj está apagado, se enciende automáticamente al ponerlo a cargar.





Nota: Cargue el reloj para activarlo antes de usarlo por primera vez. Se debe usar el adaptador de corriente original para cargar.

Mantenga pulsado el botón para encender el reloj.

Apagar
Para apagar el reloj: vaya al menú de Ajustes -> Apagado.

Descarga de aplicaciones y vinculación

1. Descarga de aplicaciones

Descargue e instale la aplicación "VeryFit" de la App Store, Google Play o escaneando el código QR siguiente.

2. Vinculación

Abra la aplicación VeryFit. Active la conexión Bluetooth en su teléfono. En la aplicación, busque el dispositivo para vincularlo (o escanee el código QR en el dispositivo). Complete la vinculación en la aplicación (o en el dispositivo).

Funcionamiento de la pantalla

Deslizar hacia arriba/abajo
1. para desplazarse por el menú.
2. para ver textos largos/detalles.

Deslizar hacia la izquierda/derecha
1. para desplazarse por el menú.

Tocar la pantalla
1. para acceder al menú.
2. para operar siguiendo las indicaciones.

Mantener pulsada la pantalla
1. para alternar entre las esferas de reloj.

Funciones

El GTC3 tiene funciones como la resistencia al agua IP68, vida de batería ultra larga, control táctil total de pantalla, baja latencia, 100 modos de ejercicio y múltiples esferas de reloj en la nube. Permite monitorizar la frecuencia cardíaca y detectar el estrés durante el día, calcular el oxígeno en sangre y monitorizar el sueño, etc. Para conocer las instrucciones de uso y las preguntas frecuencias acerca de estas funciones, abra la aplicación y vaya a la sección "Guía de usuario".

Cuidado y mantenimiento

Tres recomendaciones de uso y mantenimiento:

1. Mantenga el producto limpio;
2. Mantenga el producto seco;
3. No lleve el producto demasiado apretado;

* No utilice limpiadores domésticos para limpiar el producto. En su lugar, utilice limpiadores sin jabón.
* Para eliminar manchas persistentes, se recomienda eliminarlas frotando con alcohol.

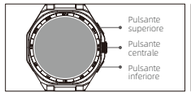
Impermeable: No es apto para usar durante la conducción, nadando en el mar o en una sauna. Es apto para usar en piscinas, duchas (agua fría) y aguas poco profundas.

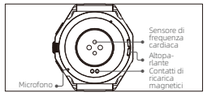
Instrucciones de seguridad

- No coloque el producto y sus accesorios en lugares con temperaturas extremas, de lo contrario, podrían producirse riesgos como fallos del producto, incendios o explosiones.
- Proteja el producto contra golpes o sacudidas fuertes para que el producto y sus accesorios no resulten dañados y así evitar fallos del producto.
- No desmonte ni modifique el producto y sus accesorios usted mismo. En caso de fallo del producto, póngase en contacto con nosotros o con el servicio postventa.

Guida introduttiva (IT)

1. Panoramica prodotto





Medio e basso Funzionamento del pulsante fisico

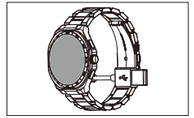
Pulsante superiore:
Ritorna all'interfaccia precedente.

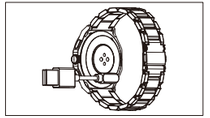
Pulsante centrale:
Premere a lungo il pulsante per accenderlo.
Ruotare l'encoder su e giù per modificare la visualizzazione dell'interfaccia.

Pulsante inferiore:
Accedi all'applicazione di scelta rapida personalizzata.

2. Accensione/Spegnimento

Accensione
Quando l'orologio è spento, si accende automaticamente durante la ricarica.





Nota: ricaricare l'orologio per attivarlo prima del primo utilizzo. Per la ricarica deve essere utilizzato un alimentatore originale.

Premere a lungo il pulsante per accendere l'orologio.

Spegnimento
Per spegnere l'orologio: accedere a Impostazioni -> Menu di spegnimento.

Download e associazione di app

1. Download di app

Scaricare e installare l'app "VeryFit" su App Store, Google Play o scansionando il codice QR qui sotto.

2. Associazione

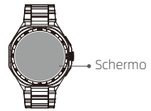
Attivare l'app VeryFit -> Attivare la connessione Bluetooth sul telefono -> Cercare nell'app il dispositivo da associare (o scansionare il codice QR sul dispositivo) -> Terminare l'associazione sull'app (o sul dispositivo).

Funzionamento dello schermo

Scorrere verso l'alto/il basso
1. per scorrere il menu.
2. per visualizzare testo lungo/dettagli.

Scorrere verso sinistra/destra
1. per scorrere il menu.

Toccare lo schermo
1. per accedere al menu.
2. per operare secondo le indicazioni.



Toccare e tenere premuto sullo schermo
1. per passare da un quadrante dell'orologio all'altro.

Funzionalità

Il modello GTC3 vanta funzionalità quali la resistenza all'acqua IP68, la durata della batteria ultra estesa, il controllo touch a schermo intero, la bassa latenza, 100 modalità di allenamento e diversi quadranti dell'orologio sul cloud. Supporta il monitoraggio della frequenza cardiaca e il rilevamento dello stress durante il giorno, il rilevamento dell'ossigeno nel sangue e il monitoraggio del sonno, ecc. Per le istruzioni per l'uso e le domande frequenti su queste funzionalità, accendere l'app e accedere alla sezione "Guida per l'utente".

Cura e manutenzione

Tre suggerimenti per l'uso e la manutenzione:

1. Mantenere il prodotto pulito;
2. Mantenere il dispositivo asciutto;
3. Non indossare il dispositivo troppo stretto;

* Non utilizzare detergenti domestici per la pulizia del prodotto. Utilizzare invece detergenti privi di sapone.
* In caso di macchie ostinate, si consiglia di rimuoverle strofinando con alcool.

Impermeabile: non adatto per l'uso durante le immersioni, il nuoto in mare o in sauna. Adatto per l'uso in piscine, docce (acqua fredda) e acque poco profonde.

Istruzioni di sicurezza

- Non posizionare il prodotto e i suoi accessori a temperature estreme, altrimenti potrebbero causarsi pericoli quali guasto del prodotto, incendio o esplosione.
- Proteggere il prodotto da forti urti o scosse, in modo da non danneggiare lo stesso e i suoi accessori, evitando così guasti.
- Non smontare o modificare da soli il prodotto e i suoi accessori. Contattarci per il servizio post-vendita in caso di guasto del prodotto.

The device meets the EU ROHS criterion.
Please refer to IEC 62321, EU ROHS
Directive 2011/65/EU and revised directive.

This device complies with Part 15 of the FCC Rules.Operation is subject to the following two conditions:
1. this device may not cause harmful interference, and

2. this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could avoid the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

CAUTION
The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction
- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.
Caution:
• If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
• If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Wear and Care
Some users may experience skin irritation when using this product. To reduce the potential for irritation,please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists sweat, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and Seek medical advice in time.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2)This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux
CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1)L'appareil ne doit pas produire de brouillage;
2)L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

* Do not attach the magnetic part of the charging cable to other metals to avoid short-circuiting the contacts of the charging cable.

* Pay attention to the following precautions to avoid damage to the device affecting its waterproof and dustproof effect
• Do not immerse the device in fresh water at a depth of more than 1.5 m or for more than 30 minutes
• Do not immerse the device in seawater or other corrosive liquids. If so, clean it with clean water in time.
• Do not expose the device to currents with strong water pressure (e.g. surfing, diving, waves or waterfalls)

Responsible Party
Company Name: ATHORS TRADING INC
Address: 525 ROUTE 73 N STE 104 MARLTON, NJ 08053
Tel: 617 834 9181
Email: reg@athors.com

爱都科技	名称	GTC3说明书	材质	80G哑粉
	尺寸	展开尺寸：420X200mm 成品尺寸：70X100mm	装订方式	6折页
	颜色	四色印刷		