

GT 5

EN

Instruction Manual

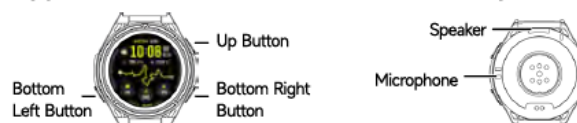


Thank you for choosing this smartwatch! This instruction manual will provide a detailed introduction to the product's functions, operating methods, precautions, and other information to help you quickly get started. Please read this manual carefully before use and keep it safe for future reference.

Product Overview

This smartwatch is a wearable smart device that integrates sports monitoring, health management, and smart connectivity. It supports core functions such as heart rate monitoring, sleep analysis, multi-sports mode recording, message notifications, and Bluetooth calling. It is compatible with iOS 9.0 and Android 9.0 and above, providing comprehensive protection for your healthy life and convenient travel.

Appearance And Function Button Description



Function Key Functions

Up button: Short press to wake up the screen when the screen is off; short press to quickly return to the watch face when the screen is on; long press to enter the power on/restart/SOS selection interface.

Bottom right button: Short press to set custom functions when the screen is on, long press to open the timer when the screen is on (short press operation can be customized, go to device -- bottom button settings to change).

Bottom left button: Short press to open the activity list when the screen is on, long press to open the stopwatch when the screen is on.

First-Time User Guide

Charging activation

1. Align the magnetic end of the charging cable with the charging contacts on the back of the watch. Once the cables are in place, connect the other end of the cable to a USB charger with a capacity of 5V/1A or higher, or to a computer's USB port.
2. The screen will display the charging progress while charging. When the battery reaches 100%, it is recommended to continue charging for 30 minutes to ensure that the battery is fully charged.



Power on and pair with phone

1. Press and hold the power button for 3-5 seconds to turn on the watch. You will then enter the language selection screen; follow the prompts to select your desired language.
2. Search for the "GloryFitPro" application in your phone's app store, download and install it, or scan the QR code below to download the application.
3. Open the mobile app, register and log in to your account, click "Add Device," and select the corresponding watch model.
4. Follow the app prompts to turn on your phone's Bluetooth. After the watch is detected, click to connect. The connection is complete when the watch and phone display "Pairing Successful."
5. After successful pairing, the app will automatically sync the watch's time, date, and other information.



Function Operation Instructions

Time and interface switching

1. After waking up the screen, the main interface displays information such as time, date, and battery level. Swiping the screen allows you to switch to different function interfaces (such as function components, control center, messages, etc.).
2. Long-press the screen on the watch face to enter the watch face selection interface. Swipe to select your preferred watch face style and tap confirm to change it.



Message notification

1. After the watch and phone are successfully paired, you can enable the "Message Notification" function in the app, supporting push notifications from apps such as WeChat, QQ, SMS, and phone calls.
2. When a message is received, the watch will vibrate and display the message content. Tap to view details, and enter the message list to delete a single message or clear all messages.
3. When a call is received, the watch will vibrate and display the caller's information. You can choose to hang up or answer the call.



Heart rate monitoring

1. Locate the "Heart Rate Monitoring" icon in the function interface and click it. The watch will automatically start measuring your heart rate. Please keep your wrist still during the measurement process to avoid shaking that could affect the accuracy of the data.
2. It supports automatic heart rate monitoring. The monitoring frequency can be set in the APP. Once enabled, the watch will automatically measure heart rate and record the data at regular intervals.



Sleep monitoring

1. The watch has its sleep monitoring function enabled by default. No manual operation is required. Once you fall asleep, the watch will automatically recognize and record data such as sleep duration, deep sleep time, light sleep time, and number of awakenings.
2. The next day, you can view your nighttime sleep data on the watch's "Sleep" function interface, and a detailed analysis report can be viewed in the mobile app.
In some scenarios, watches may have difficulty detecting movement. For example, small movements may be interpreted as sleep, while frequent turning over may be interpreted as wakefulness or light sleep.



Sports mode function

1. Find the "Sports" icon in the function interface and click it to enter the sports mode selection interface. It supports a variety of sports modes such as running, cycling, swimming, walking, mountain climbing, and yoga. Select the corresponding mode according to the actual type of sports.
2. After selecting the sports mode, click the "Start" button, and the watch will start recording sports data, including exercise duration, distance, speed, calorie consumption, heart rate changes, etc. (For outdoor sports, you need to connect to the App to synchronize ephemeris information to obtain more accurate distance data).
3. During exercise, a short press of the upper right button will pause the exercise, and a short press again will resume it; on the pause screen, clicking the end icon will end the exercise. After the exercise ends, the screen will display exercise summary data. After the data is synchronized to the APP, you can view the exercise track and detailed data in the APP.



Music

Phone audio source: Go to watch menu > Music > Set audio source as phone audio source

In phone audio source mode, the watch only supports controlling music playback from the phone.

Watch music: Go to watch menu > music > set the sound source to watch music

In the watch's music mode, the music player will play music built into the watch and will not control music from your phone.

Bluetooth Headphone Mode: Go to watch menu > Music > Select Bluetooth Headphone Mode

In this mode, you can connect your watch to your Bluetooth headphones and play music built into the watch through the Bluetooth headphones. However, you cannot control the audio media on your phone in Bluetooth headphone mode.

Music Transmission

1. Please open the GloryFit App, click the music function on the device page, and transfer the music downloaded on your phone to your watch.



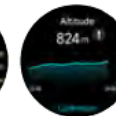
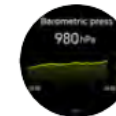
Precautions

Storage Management: Smartwatches have limited storage space. Before importing large amounts of music files, please check the watch's remaining storage capacity to avoid insufficient space affecting other functions.

File format support: Different watch brands may have varying levels of audio format support. If you encounter a file that cannot be played, first check the format compatibility.

Barometric Altitude

Supports measuring current ambient air pressure.
Supports plotting all-day atmospheric pressure and altitude trends.
Supports measuring current altitude.



Compass

Electronic compasses are an important modern navigation tool that can be used in a variety of situations.

Before use, please wear it on your wrist and calibrate it according to the prompts on the watch screen. Keep it away from electromagnetic interference.



Routine Maintenance And Upkeep

Cleaning and maintenance

1. When cleaning your watch, wipe the dial and strap with a soft, dry cloth. If the strap is stained with sweat or dirt, you can gently wipe it with a small amount of water, then dry it with a clean cloth. Avoid using corrosive liquids such as alcohol.
2. Avoid prolonged exposure of the watch to high or low temperatures, humidity, or direct sunlight, as this may affect battery life and product performance.

Battery and charging

1. This product uses a lithium-ion battery. Battery life varies depending on usage frequency and environment. Turning off the always-on display and reducing screen brightness can extend battery life.
2. It is recommended to use the original magnetic charging cable. Avoid using non-original chargers to prevent damage to the battery or watch motherboard.

Waterproofing precautions

1. This watch is rated for everyday water resistance (such as when washing hands or wearing it in the rain) and swimming resistance. The specific water resistance rating is subject to the product label. Do not wear the watch in hot baths, saunas, or while diving.
2. If the watch comes into contact with seawater or other corrosive liquids, rinse it thoroughly with clean water and dry it immediately to prevent corrosion of the watch components.

Common Problems And Troubleshooting

The watch won't turn on?

1. Charge the device for 30 minutes after connecting the charging cable before trying to turn it on;
2. Press and hold the power button for more than 3 seconds until the screen lights up;

Unable to pair with phone?

1. Turn on your phone's Bluetooth and ensure visibility;
2. confirm if the watch is paired with another phone;
3. update the app to the latest version;
4. re-pair after moving away from sources of Bluetooth signal interference.

Is the heart rate monitoring data inaccurate?

1. Adjust the strap tightness to ensure the sensor fits snugly against the skin without obstructing blood circulation;
2. keep your wrist still during measurement;
3. wipe the sensor surface with a dry cloth;

Short battery life?

1. Reduce the frequency of using high-power functions;
2. Lower screen brightness;
3. Turn off unnecessary notifications in apps;

The touch screen is unresponsive?

1. Try restoring factory settings via the app and then check if the touch function returns to normal.

The watch isn't vibrating?

1. Check if the watch has Do Not Disturb mode and Power Saving mode enabled.
2. Check if the watch has Silent mode enabled.

Why doesn't my watch display the contact when I receive a call?

1. Go to your phone's settings — Bluetooth — find the corresponding watch name, click the icon on the right to enter settings, and turn on the contact information and call log sharing function.

When I start an outdoor activity on my watch, there are no activity tracks synced to the app.

1. If your device does not support independent GPS, you can use your phone's GPS for assisted positioning, along with an app to record your movement trajectory.
2. When using your phone's GPS for assisted positioning, please ensure that your phone has mobile data enabled and can use a mobile data network normally.

Is your watch's outdoor activity tracking inaccurate/slow/unable to locate?

1. Please keep your watch's ephemeris data updated.
The update method is as follows:
Before engaging in outdoor activities, ensure your phone has a stable network connection and that the watch is successfully paired with the app for 5-10 minutes. The watch's GPS ephemeris data will update automatically.
2. What is ephemeris data? Why should the ephemeris data on your watch be kept up-to-date?
Ephemeris data contains satellite information used for GPS positioning, including satellite orbit information, satellite status, and more. With accurate satellite data, the watch can better locate itself and record its trajectory. However, satellite data is constantly being updated; if it's not updated for a period of time, it will affect the device's positioning speed and accuracy. Therefore, it is recommended that you update the ephemeris data on your watch regularly.
3. It takes some time for the watch to successfully locate itself. It is recommended that you open the sports interface to set up GPS location 5-10 minutes before starting outdoor sports (for example, before arriving at the sports venue or during the warm-up phase). Wait for the watch to indicate that the location has been successfully set up before starting your exercise to obtain a more accurate track record.
4. GPS signals are significantly affected by environmental factors. For example, tall buildings blocking the signal, signal reflection, interference from metallic objects, and water surface reflection (near lakes and beaches) can all affect GPS signals, leading to slow GPS positioning or inaccurate tracking. It is recommended that you engage in outdoor activities in open, unobstructed environments to ensure your watch provides optimal performance.

GPS positioning will not work if there is no GPS signal in your surroundings (such as indoors, in tunnels, etc.).

According to Directive 2014/53/EU, the Bands and power are as follows:

Operation Frequency: BT: 2402-2480MHz
Max. RF output power: BT (BDR+EDR): 1.23 dBm
BT (BLE): 1.10 dBm

Body worn operation



According to EN IEC 62311, be used to evaluate the environmental impact of human exposure to radio-frequency (RF) radiation as specified table 2 of Council Recommendation 1999/519/EC.
The RF Exposure is compliant.



To prevent possible hearing damage, do not listen to sound at high volume for long periods.



This marking on the product, accessories or literature indicates that the product and its electronic accessories should not be disposed of with other household waste.

FCC Caution

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.

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

Note: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.