

GTL1 Fitness Tracker

Quick Start Guide



FCC ID:2ASAU-GTL1
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Activate

EN



Activate Your Watch

Please charge the watch to activate it before first use.

Charge Your Watch

- Connect the magnetic charger to the USB power adaptor.
- Align the charger correctly with the watch's charging contact.
- After fully charging, disconnect the watch from the charger.



Notes:

It's recommended to use a power adapter or output with a specified voltage of 5V to avoid damage to the watch.

Touch and control



- Tap to toggle function.
- Tap to wake up the screen.
- Tap and hold to enter apps or submenu.
- Tap and hold for 3 seconds to power on.

App Download and Connection

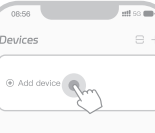
1. Download the Runmefit App

- Get "Runmefit" from the App Store or Google Play.
- Or scan the QR code on the right.



App Download and Connection

2. Connect the Watch with Your Phone



- Please make sure to always connect your watch through the Runmefit App. **DO NOT** directly connect it through the phone system Bluetooth.
- Go to "Device" > "Add device" in the Runmefit app, and choose your watch name to connect.

- Or go to "Settings" > "Connect to phone" on your watch, and scan the QR Code through Runmefit to connect.



How to Wear the Device?

- Wear the watch with the sensor side touching your skin;
- Leave a finger's width between the edge of the watch and your wrist.



Precautions

- This product has an IP68 waterproof rating, only suitable for daily water resistance, such as light rain, splashing water, and hand washing.
- Do not wear it for swimming, diving, hot showers, saunas, or other water sports.
- Avoid high-temperature environments to prevent damage.
- Please note this product is not a medical device. All data and measurements are for reference purposes only and should not be used for medical diagnosis.

FAQ

1. Why can't I find or connect my device through the App?

- Check if your device is paired with the phone's Bluetooth system;
- If so, find it in your phone's "Settings" > "Bluetooth", select "Forget this device", then re-pair it via the Runmefit App.
- **For iOS users:** You need to accept the Bluetooth pairing request for successful pairing when the prompt pops up.

2. Why can't my watch charge?

- Make sure the positive and negative poles of the charger are correctly aligned with the watch's charging area.
- Check if the charger is connected to a power source and turned on.
- If the watch's battery is extremely low, please allow time for initial pre-charging before normal charging begins.

Got more questions? Go to help.runmefit.com/hc/en-us

FCC Statement

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: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.
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.
RF Exposure Information
The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition, compliance with exposure requirements.