

Smart Watch

User Manual

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.

Important: Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment. This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

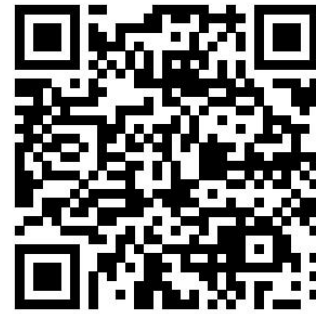
- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

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

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

Download APP to add device

1. Press and hold the watch button to turn it on and off; turn on the device and scan the QR code on your phone to download and install the app; or search for "GloryFit" in the Apple Store or Android App Store to download and install. (Compatible systems: Android 4.4 and above, Bluetooth 4.0 phones; iPhones with iOS 9.0 and above.)
2. Open the app on your phone and search for and select the device you want to pair with in the app's device list.



Step 1: Turn on your phone's Bluetooth.

Step 2: Open the "GloryFit" app on your phone. On the "Device" screen, tap "Add Device" - "Select Device" (*Please confirm the Bluetooth MAC address displayed on your watch matches when pairing).

Instructions

Shortcut function	How to operate
Open information interface	Slide the dial interface from top to bottom
Open the information interface	Slide the dial interface from bottom to top
Open main menu	Slide the dial interface to the right
Open the function interface	Slide the watch face to the left
Enter the dial change interface	Press and hold the dial for 3 seconds, and slide left or right to switch dials
power on/off	Press and hold the upper right button for 3-5 seconds
Press the upper right button to return to the main dial interface; press the lower right button to quickly turn on and off the flashlight; press the upper left button to quickly enter GPS sports mode	

Function Description

1. Pedometer: Records daily steps, active calories burned, and exercise duration.
2. Messages: After successfully connecting to the mobile app, you can receive and view messages from third-party apps.
3. Sleep: Wear your watch at night and it will monitor your sleep status, helping you adjust your sleep schedule and improve sleep quality.
4. Stress: Monitoring stress levels can help you better manage and improve your physical and mental health, relieve stress, and enhance positive emotions.
5. Heart Rate: Enable all-day heart rate measurement to monitor your heart rate in real time. The normal heart rate for adults is 60-100 beats per minute. You can also measure your heart rate by tapping on the heart rate page. Wear the watch correctly; the optimal position is above the wrist bone, just above the arm.
6. Blood Oxygen: Click Start on the measurement page and wait for the measurement to be taken. Normal blood oxygen saturation is 95-100%.
7. GPS: Accurately locate your location outdoors and view your movement trajectory. Wait 1-2 minutes in an unobstructed outdoor area for successful positioning.

8. Compass: Accurately identify your direction.
9. Barometer: Measure air pressure and altitude.
10. Calls: Connect to Bluetooth for calls and dial from the watch. Calls include contacts and call history. You can also add favorites in the app.
11. Exercise: 110 exercise modes, including outdoor and indoor workouts. During exercise, you can monitor your activity data and enable heart rate measurement. You can pause and end your workouts on the exercise page.
12. Music Control: After connecting to Bluetooth, you can play and control music from your phone.
13. Camera Control: After connecting to your phone, enable camera control, and the watch can act as a remote control for your phone's camera.
14. Weather Forecast: After syncing data with your phone, you can check the weather for the past seven days at any time.
15. Other Features: Calculator, stopwatch, timer, alarm, sedentary reminder, call reminder, water drink reminder, phone finder, online watch faces, custom watch faces, theme switching, brightness adjustment, etc.