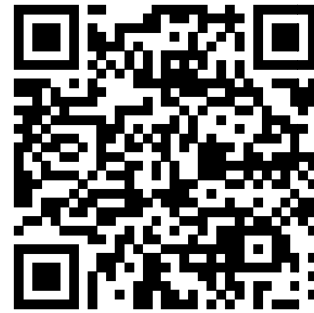


Download APP to add device

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.

FCC Warning:

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 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

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

RF exposure:

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