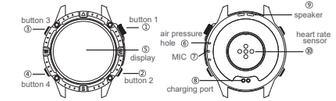
Montre sportive GPS intelligente

Product User Manual

1. PRODUCT INTRODUCTION&BUTTON DEFINITIONS



Button①definition:
Power button
Short press: Short press once on the watch face interface to turn off the screen.
Short press once on the application list interface to return to the watch face interface. Short press once again to turn off the screen.
Long press for 2s: power on/off, restart, SOS (long press to display menu selection).
Press and hold for 12 seconds: force restart the device.

Button②definition:
Return key/shortcut key:
Short press:
A. Other pages return to the previous level/customized shortcut functions.
B. Short press while the screen is idle to light up the screen.
C. Pause/continue during exercise.
D. Short press when there is an incoming call to mute.
Press and hold for 2 seconds: Open the voice assistant/custom shortcut function.
Supplement: Customers can choose one of the return key/shortcut key. If the shortcut function is not set, short press to return to the previous level, and long press the voice assistant. If the shortcut function is set, follow the setting items to achieve it.

Definition of button③(sports button):

Definition of button④Flashlight on/off:
Short press:
A. Enter the sports mode list
B. Short press to light up the screen when the screen is off
C. Long press for 2S during sports; stop and end the sports

Note:
Water sports refer to water sports such as swimming, diving, rafting, rowing, sailing, etc. In this mode, to prevent accidental touches by water drops, the touch function will be turned off by default during sports, and button operation will be preferred. You can also control it by unlocking the touch function.
Key definition in water sports mode:
Button①: Short press to unlock the touch function. After unlocking, if the interface has been flipped down, you can flip the page up through "button①".
Button②: Short press to pause the current sports mode. Short press again to continue the current sports and lock the touch screen.
Button③: Short press to flip the page down, long press to end the sports mode. (If the sports duration is too short, no data will be recorded. When the pop-up window prompts whether to end, short press "button③" to continue the sports. Short press "button②" to exit the sports.)

2.TOUCH SCREEN CONTROL DEFINITIONS

Swipe down: dial interface swipe down to openstatus bar.
Swipe up: dial interface swipe up to enter notification information interface
Swipe left: dial interface swipe left to enter shortcut function
Swipe right: dial interface swipe right to enter main menu interface
☞On the watch face interface, press and hold the watch face for 2-3 seconds to switch watch faces. Swipe left or right to switch watch faces, and click to select a.

3.Charge

1. When the watch indicates low battery power, please charge it immediately. The charging time is 2-3 hours.
2. The watch uses magnetic charging. Align the charging contacts on the charging cord with the charging port on the watch to begin charging. Continue until the watch's screen displays a charging indicator.
3. During charging, in order to ensure stable charging, the watch will turn off its screen for charging. Pressing a button can wake the watch up. When the watch's battery is low, it needs to be charged for 3-5 minutes before it can be woken up. This is a normal situation. Please wait for 5 minutes before checking the charging status of the watch.
4. Please use a charger with a rated output voltage of 5V and a rated output current of 0.5A to 2A, or the USB port of a computer, to charge the watch.
5. When your watch is not in use for an extended period, please fully charge it and then turn it off and store it. Do not leave it in a depleted state for an extended period. This could damage the battery due to prolonged depletion.

4.Use GPS

1. In order to get a better experience, please connect and bind the APP when using the GPS function for the first time. Within about 3 minutes after binding, the "GloryFitPro" app will send GPS ephemeris orbit and other data to the watch via Bluetooth in the background. After the ephemeris is successfully sent, the GPS positioning time can be greatly shortened. If the sending is not successful, the watch will pop up the "AGPS has expired" reminder when you open the sports with GPS function for the first time. AGPS expiration will cause the positioning time to be too long, affecting the positioning experience. You can try to unbind and bind the watch APP again. And wait for 2 minutes before trying to use the GPS function.
If APGS is sent successfully, the "AGPS has expired" reminder will not pop up when you open the GPS function for the first time.
2. At 09:00 every morning, the "GloryFitPro" app will re-acquire the latest GPS ephemeris data of the day. The watch obtains the latest GPS ephemeris data when Bluetooth is connected.
3. The GPS positioning time is too long and whether the GPS track drifts are greatly affected by environmental factors. Choosing an open place or away from high-rise buildings will help GPS to quickly locate and reduce the deviation of the track.
4. Save the data after the exercise, and the APP will synchronize the exercise data. The exercise trajectory and exercise data can be queried in detail on the APP.

5.Overview of key features

Control Center: Bluetooth call activation/deactivation, brightness adjustment, mute switch, power-saving mode switch, system information, settings, etc. (+ manual additions can be made).
Call Function: This feature requires connecting to audio Bluetooth. When entering dial mode, you can input the phone number as needed and then dial by pressing keys 7 or 9. Long-press keys 2 for 2 seconds to input asterisks (*) and dashes (#).
Frequently used contacts: These need to be added in the contact list section of the app. The added contacts will be automatically synchronized with the device. A maximum of 100 contacts and 1 SOS contact can be added.
Call log: The most recent 10 call records can be saved.
Bluetooth Calling: After the watch is connected to the app, a pop-up window for Bluetooth calling will appear. The user must grant permission for the connection request. Once connected, the user can use the Bluetooth calling feature.
Exercise data: Displays the steps, distance, and calorie data recorded on that day, as well as the steps data from the past seven days. Users can set their target step count, distance, and calorie goals through the app's settings.
Exercise modes: The device comes with 14 pre-installed exercise modes by default: outdoor running, outdoor walking, indoor walking, indoor running, outdoor cycling, indoor cycling, swimming in a pool, open-water swimming, triathlon, hiking, elliptical trainer, rowing machine, dance, and free training. Additionally, users can manually select and add over 160 additional exercise modes to the watch. The watch can support up to 24 built-in exercise modes, allowing users to switch between them as needed.
Exercise log: This interface stores your last 10 exercise sessions. Historical records allow you to view the duration of exercise, heart rate, and more.
Heart Rate: When you enter the heart rate measurement interface, the bottom green light illuminates to begin the measurement. There will be a vibration alert approximately 45 seconds after the measurement is complete. If it indicates that the watch is not worn, you need to properly reattach it. The device can display the user's current heart rate range and the 24-hour heart rate curve.
Blood Oxygen: When entering the blood oxygen measurement interface, the bottom red light illuminates to begin the measurement. A vibration alert is provided approximately 45-60 seconds after the measurement is complete. This measurement is based on PPG technology. It displays the user's recent seven readings of blood oxygen levels.
Pressure: When entering the pressure test interface, the bottom green light illuminates to begin the measurement. There will be a vibration alert approximately 45 seconds after the measurement is complete. If it indicates that the watch is not worn, the user must properly reattach the watch. The current pressure data for the user during that period, as well as a comparison curve from the time of recording, can be displayed.
Sleep: The watch displays data on sleep for the current day. Data from the previous 7 days can be viewed on the app. This data is automatically cleared after a certain period. The watch's data for the current day is cleared at 18:00 each day, and new sleep data is recorded.
Women's Health: After connecting the watch to the app, set the account gender to female. The app's female health reminders can be viewed on the watch.
Music: After connecting the watch to an app, it can control the pause, play, volume adjustment, and song switching of a phone's music player.
Weather: Once the watch is connected to the app, this weather interface will display real-time weather temperatures and weather conditions.
Information: After connecting the watch to the app, you can open notifications related to the information on the app's side. The watch can receive corresponding message notifications, and it can store up to the last 8 messages.
Alarm Clock: After connecting the watch to an app, you can set one-time alarms and recurring alarms. A maximum of 5 alarms can be set.
Stopwatch: Clicking the Start button initiates the timer, clicking the Pause button halts it, and clicking the Reset button resets it to zero.
Local Music: After connecting the watch to an app, you can operate it through the app. You can transfer music in MP3 format from your phone's local storage to the watch, allowing you to play music independently through the watch or by connecting it to an earbud.
(Note: 1. To connect a Bluetooth headset, you need to unbind the original device. 2. The watch's storage capacity is limited, and there are restrictions on the number of songs that can be imported. The actual limit depends on the size of each individual song.)
Landscape Map: After connecting the watch to the app, open the "Landscape Map" on the app interface, load the map locally, and match the specified area's landscape map with the watch. Do not perform any other actions during the transmission process. Support for tracing and returning: After clicking "Record Track" within the map and performing a movement, save this route. Subsequent tracing and returning can be done using "My Routes".
Running courses: The watch comes with a range of running courses, and users follow the instructions provided within the courses to engage in proper exercise routines.
Recording: Enable the recording feature. Click to start recording and save the notes. There is a limit on the number of recordings that can be saved, which depends on the actual size of the files in terms of memory usage.
Altitude barometer: Activate the altitude barometer feature to view the elevation and atmospheric pressure data for your current location.
Compass: Activate the compass feature. Make the corresponding gestures based on the diagram. Once the compass is calibrated, you can view the direction of your current location.

6.GPS usage interface

7.APP connection

Scan the watch's QR code or visit major app marketplaces to download and install the "GloryFitPro" app.
When you first open the app, a permission pop-up window will appear. Please click "Allow" to ensure that the app has the necessary permissions.

During the connection process, there will be pop-up prompts indicating confirmation of pairing with the watch or phone. Please click to confirm pairing.
Once the connection is established, the call icon and data connection icon in the watch's status bar will turn green. In the gray state, it indicates that there is no connection.

8.Disconnection method

IOS: In the app's "Devices" interface, locate the "Unbind" option. Click on it to unbind. Then, navigate to the "Settings-Bluetooth" interface within the phone's system, click on the ! symbol next to the device, and select "Ignore this device." This will allow you to unbind from the phone's system, ensuring that you are no longer connected. Otherwise, you will not be able to reconnect the next time.
Android: On the "Devices" interface of the app, locate the "Unlink" option. Click it to disconnect from your phone.

9.Note

1. Do not charge the device when there is water damage present.
2. This device is not a medical device, and the data and information provided are for reference purposes only.
3. Water-resistant claim.
This product meets the 3ATM waterproof standard (can withstand a static water pressure of 30 meters for 10 minutes) and is suitable for use in scenarios involving swimming in pools and open water, snorkeling, and other shallow water activities. After each immersion, please inspect all openings. Residual water stains can affect microphone sound quality and air pressure height monitoring. Use a lint-free cloth to dry them or shake off the watch to expel the water, and place it in a well-ventilated area to dry. Do not heat it, use compressed air or sprays, or insert any sharp objects into the openings.
This product is not suitable for the following usage scenarios. Damage caused by exposing the device to liquids in non-compatible situations is not covered by the warranty.
· Activities such as hot-water showers, thermal baths, and saunas performed in environments with high temperatures and humidity.
· Engage in activities that involve exposure to shower gels, shampoos, soap solutions, and other personal care products. The chemicals present in these items can potentially cause adverse effects on the waterproof seals and acoustic membranes. If contact occurs unintentionally, clean the area with water and soak it for 15 minutes.
· Scuba diving, technical diving, and diving activities at depths exceeding 30 meters.
4. Please do not place the device in direct sunlight, such as on the dashboard of a car or on a windowsill.
5. Do not place the device near heat sources or exposed flames, such as electromagnetic cooktops, microwaves, ovens, water heaters, open fires, candles, or any other area where high temperatures may be generated.
6. Do not allow children or pets to chew on the device or its accessories, as this could cause harm to them or lead to malfunction of the device.
7. This equipment is not a toy. Children should use it under the supervision of an adult.
8. This device is equipped with an in-built battery that cannot be removed. Please do not replace the battery yourself.

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.
To assure continued compliance, any changes or modifications not expressly approved by the party
Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).
This equipment 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 warning statement:
The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.