

User Manual

GARD PRO HS3 smart watch

Please refer to this manual before using the product.

V0.0.1

Notes:

1.1 The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in certain versions of software.

1.2 Please charge this product with the configured cable for no less than 2 hours before using it.

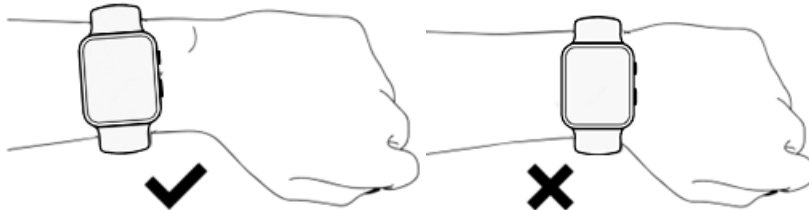
1.3 Before using the product, you need to connect the APP synchronization time and set your personal information.

1.4 This product supports IP68 rank waterproof, not suitable for deep sea diving. Hot water, tea and other corrosive liquids are destructive to the watch, and will not be able to enjoy the product warranty and free maintenance services.

01 How to wear

Please wear the device on your wrist correctly, about one finger from the carpal and adjust it to comfortable position. Below picture as reference.

Tip: Please wear the device a bit little tighter when heart rate monitor.



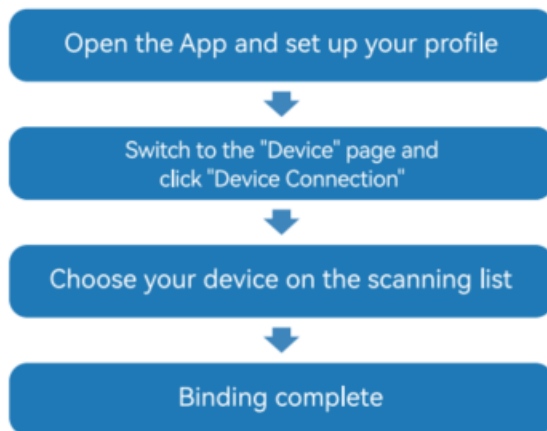
02 How to download & connect to APP

02.1 Long press power button to power on, swipe right on watch face, and then scroll down to the bottom, click “Settings--Download QR code”, use your mobile phone to scan QR code to download and install “Glory fit” APP .

You can also Scan below “balance” QR code to download and install “Glory fit” APP



02. 2 Open “Glory fit” app, and select "Add Device" on the device page, then follow the instructions on the screen.



02.3 How to connect to BT call feature:

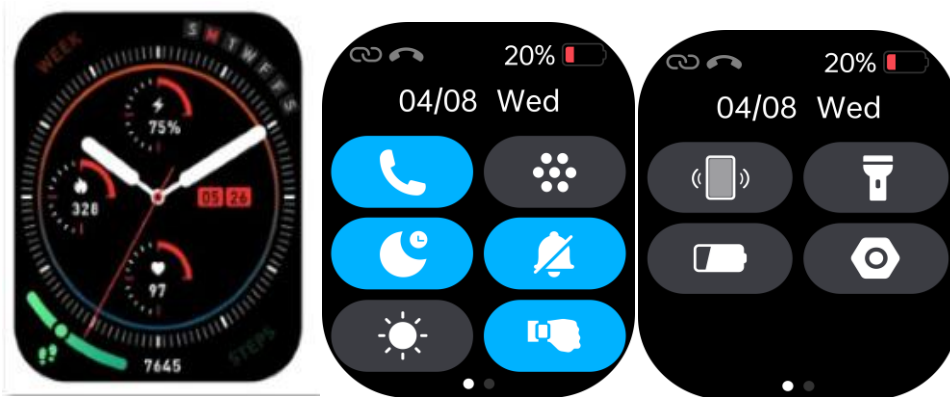
- 1) For most android phones, after watch connected to APP correctly, there will be a “PAIR” pop-up reminder, choose to pair to “GARD PRO HS3”, then connection finished.
- 2) For all IOS mobile phones and some Android mobile phones, after watch connected to APP correctly, you should go to setting page of mobile phones, search and select “GARD PRO HS3 ”in Bluetooth list, then click to pair, BT call feature can be used after paired.

Tips:

- 1).Please upgrade the app to latest version to get a better experience.
- 2). It is recommended mobile phone system of Android 5.0 or IOS 9.0 or above.
- 3). For the first time connection with iphone, "Pair" reminder will pop-up, click to pair, then incoming calls and instant messages will be pushed.
- 4). For the first time connection with android, "Permissions" reminder will pop-up, please follow up the guidance and allow permissions to ensure all functions working properly.
- 5). To connect successfully, please turn on mobile phone's bluetooth, GPS and network.
- 6). If the device cannot be searched or connected during use, please reset or turn off the watch to try again.

03Operating Instructions

- a. Shortcut page: Slide down from main page, go to shortcut page.



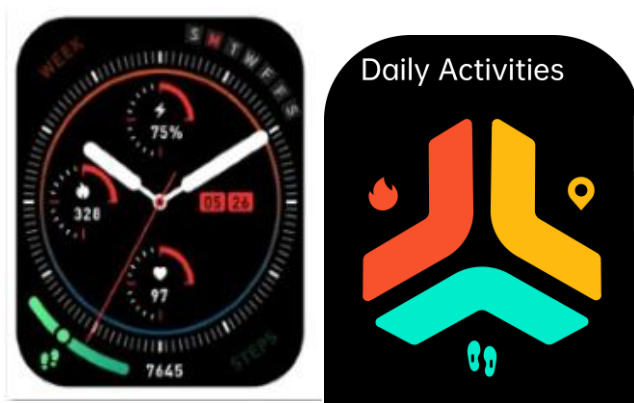
- b. Open information : Slides bottom from main page to top.



c. Open the main menu: Slide the main page from left to right to enter the list theme interface. You can switch between 3 theme styles (list, honeycomb, and square) in the Settings-Theme interface.

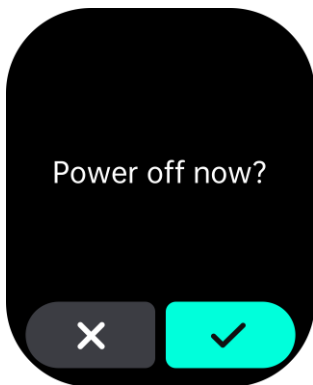


d. Open the shortcut page: slide the watch face main page from right to left.



e. Quick enter to dails change: go to the dail interface and enter the dial selection interface. Swipe left and right to switch dials, and click the selected dial to set it .

f. Power on/off: Press the rotating button for 3 seconds

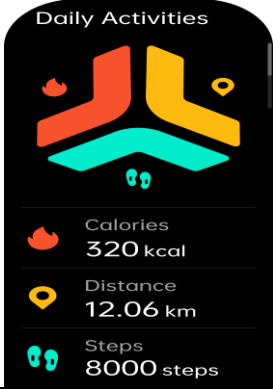
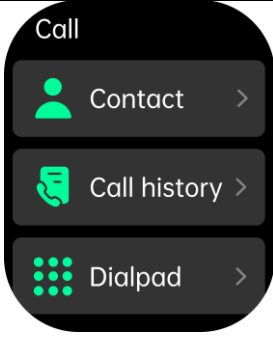


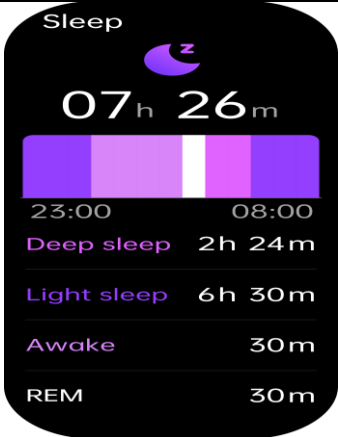
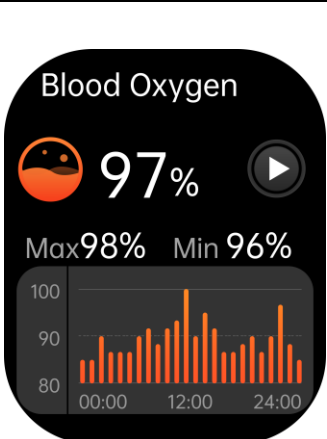
g. Sports mode shortcut: Short press the down button to enter into sports mode immediately.

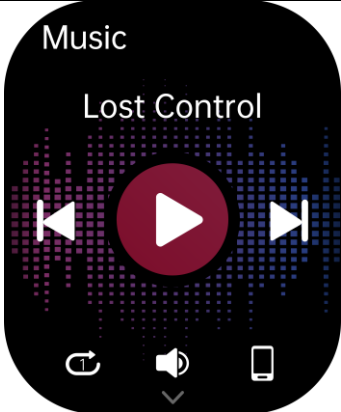
g. During normal operation: press the side rotating button to return to the previous function interface; when in the dial interface, press the side button again to turn on/off the screen.

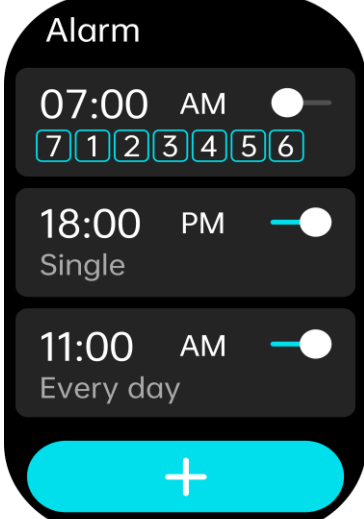
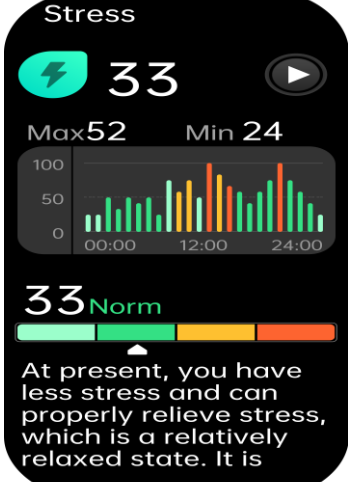
04 Function

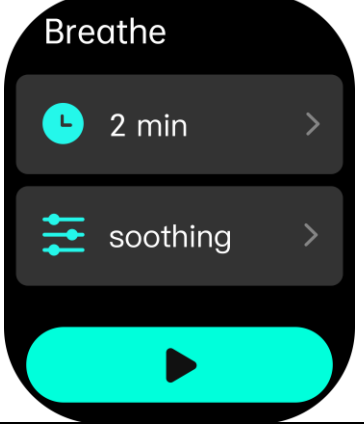
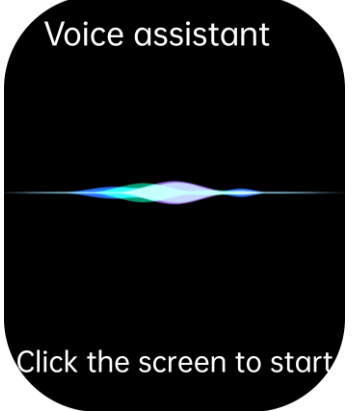
	100+ sports modes: You can choose from 100 sports modes, and then you can view detailed sports data in the App.
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	Status: Record steps, distance, calories for the day. More detailed information analysis and data records can be viewed in the APP.
	Phone: Dial Pad: You can enter a phone number and call. Call Logs: Record your call history. Contacts: Contacts can be added synchronously on the APP.
	Heart rate monitor: measure the current heart rate value; the watch can record and display the 24h heart rate value throughout the day, monitor the heart rate in real time throughout the day, and the APP saves the average heart rate value every ten minutes. More detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis)

 Sleep 07^h 26^m 23:00 08:00 Deep sleep 2h 24m Light sleep 6h 30m Awake 30m REM 30m	Sleep monitor: Record and display the total sleep duration, deep sleep and light sleep duration of the previous night. More detailed information analysis and data records can be viewed in the APP.
 Blood Pressure 120/80 120/80 120/80 Max Min 00:00 12:00 24:00	Blood pressure monitor: Test the blood pressure , more detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis)
 Blood Oxygen 97% Max 98% Min 96% 00:00 12:00 24:00	Blood oxygen monitor: test the blood oxygen value; monitor and save data every ten minutes, more detailed information analysis and data records can be viewed in the APP. (The value is for reference only and cannot be used as a medical basis).
 Weather Shower 24° 20/28°C Medium UV 60% Humidity	Weather: Displays the weather conditions and the weather for the next 4 days. The weather information needs to be connected to the APP before the data can be obtained. If the connection is disconnected for a long time,

	the weather information will not be updated.
	Music control: After connecting to the mobile phone, the watch can control the music play/pause/previous/next song on the mobile phone, and the volume can be adjusted.
	Message: Instant message reminder, 8 latest messages will be showed.

	Alarm clock: 8 alarm clocks can be set, watch will vibrate, ring and display on
	Mood: Test current mood, in app it displays full day 24 hours mood status. More detailed information and records please check it in app. This value is for reference only and cannot be used as a medical basis.
	Stress : Measure current stress level, in app it records and display full day 24 hours stress level data, More detailed information and records please check it in app. This value is for reference only and cannot be used as a medical basis.

 The interface for the 'Respiratory Rate' app. It features a green stylized icon of a person breathing, the text '08brpm' with a play button, the word 'Normal' in green, and a bar chart showing respiratory rate over a 24-hour period. The chart has a y-axis from 0 to 30 and an x-axis with markers for 00:00, 12:00, and 24:00. The bars are green and orange.	Respiratory rate: measure current Respiratory rate. This value is for reference only and cannot be used as a medical basis
 The interface for the 'Breathe' app. It has a dark background with a blue clock icon and '2 min' with a right arrow. Below that is a blue icon of two arrows and the word 'soothing' with a right arrow. At the bottom is a large blue rounded rectangle with a white play button.	Breath training: Set breath rhythm and time, follow instruction to completed breath training
 The interface for the 'Voice assistant' app. It has a dark background with a blue and white waveform icon. At the bottom, it says 'Click the screen to start'.	AI voice assistant: Click AI voice function button, speak out wake up "word" wake-up AI voice assistant (for example, the wake up word of Xiaomi phone is "Xiao Ai"), please make sure the bluetooth function is successfully connected

 Stopwatch  Timer  Flashlight  Find phone  Remote camera  World clock  Calculator	More functions: Stopwatch / timer / Flashlight / find phone / torch / calculator
Settings  Watch face & theme  Brightness  Vibration  Password  Wrist awake  Down button  Do not disturb  QR code  System  About	Setting: Watch face & theme / brightness / Vibration / Sound & vibration / AOD / Password / Do not disturb / About / QR Code/password lock

06 Other functions: Sedentary reminder、lower battery reminder、incoming call reminder、shake to take photo、find watch、watch face/ customized watch face、12/24h time system、unit setting、turning the wrist to brighten the screen, physiological cycle reminder、goal achievement reminder。

07 Charging

- 1、Attach the charging cable to the watch charging port, ensuring the metal pins fully connected
- 2、Please use the correct charging adapters which are 5V, 0.5A above

Note: If smart watch can not be powered on after being left unused for long time, please clean up the charging metal pins to make sure connecting well.

08 Warranty

1. One year warranty for default hardware defectives, half of year for battery and charging cable.
2. Below reasons cause to defectives are not included in free warranty service:
 - 1) Personal assemble or disassemble.
 - 2) Falling damage during use.
 - 3) All man-made damage or due to the third party's fault, improper use (such as: water in the smart watch, external force shattering, scratch during use etc).
3. Please provide a warranty card with the details filled when request for after selling service.
4. Please contact with direct dealers for warranty service.
5. Please note all functions of the product are based on physical objects.

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.

Class B device:

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.

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

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject

to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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

Le dispositif a été évalué pour répondre aux exigences générales d'exposition aux ondes radiofréquences. Le dispositif peut être utilisé dans des conditions d'exposition portable sans restriction.