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User Manual

Download APP

Scan QR code with mobile phone to download App.
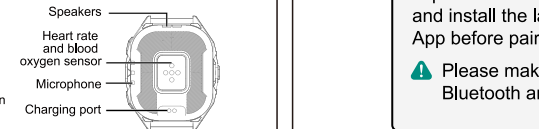

Contents

About the Smart Watch

The watch features press-buttons and color screen design, integrating multiple functions into one. The large color display provides a broader field of view.

Wake up:
(1) Single press any button to wake up the screen.
(2) Raise or inwardly flip your wrist to light up the screen.

Screen Off:
(1) After turning on the screen with a button press or wrist raise, the screen will automatically turn off after a period of inactivity.
(2) Setting > Display&brightness > Display duration.

Charging and Powering On

Charging: Align the charging cable with the charging area on the CUSTOM of the device, connect the other end to a charger and power it on until the screen shows the charging indicator.

Power on: The device will power on automatically when charging, or you can long-press the top button to turn it on.

⚠ Please keep the charging cable, device, etc. dry when charging.
It is recommended to use a power adapter with a rated output voltage of 5V and a rated output current of 1A to power the charging cable. Consumers should use a power adapter that is CCC certified and meets the standard requirements for charging.

Paired Device

After the first power on, the device Bluetooth is in pairable status by default. Please download and install the latest version of GloryFit Pro App before pairing.

⚠ Please make sure your phone has Bluetooth and location services turned on.

Harmony OS and Android User

Turn to the GloryFit Pro App, click on "add device" button, the App will automatically scan for connectable devices, then click on the target device to connect and pair according to the prompts on the interface.

Click the Bluetooth name X5 to bind or scan the QR code to connect.

You need to agree to the following permissions before using the Bluetooth call function.

If replacing a paired connected phone, you will need to go to App > Remove Device.

IOS User

Turn to the GloryFit Pro App, click "Add Device", find the "X5" in the list to pair.

Or you can scan the code to connect the device.

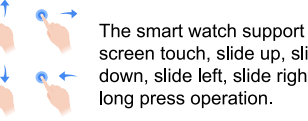You need to agree to the following permission before using the Bluetooth calling function.

If need to change the smartphone to connect the smartwatch, go to the App, turn to smartwatch connected page, then scroll to the bottom and click unbind. When connecting the device with a different account or phone, the device will be restored to factory settings.

Watch Wearing

Please wear the watch correctly to maintain a comfortable and snug fit.
Please tear off the film on the CUSTOM of the watch before wearing it, because there is a sensor on the bottom of the watch to identify the human body. Once it is blocked, the

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recognition will be inaccurate, which will lead to the accuracy of heart rate, blood oxygen, and other records.
Please avoid wearing the watch at least one finger distance from the bone joints, and keep the strap loosened and tightened moderately, and try to wear it as tight as possible when you are exercising.

Touch Button and Screen Operations

The smart watch support full screen touch, slide up, slide down, slide left, slide right, long press operation.

POWER (Buttons): 1,Short press to wake up the screen / Return to watch face/Turn to the Menu, 2, Long press to turn on / off, restart, SOS.

CUSTOM (Buttons): 1, Short press to set custom function/Return to previous Custom, 2, Long press to open the timer. The short press function needs to be set by the user, if the short press function is not set, pressing the CUSTOM will prompt you to set it.

SPORT (Buttons): 1, Short press to enter the sports mode list 2, Long press to open the voice/AI

Heart Rate Measurement

To ensure the accuracy of heart rate measurement, please wear the watch normally, avoiding the bone joints, not too loose, and please wear it as tightly as possible when exercising.

Single Heart Rate Measurement

Select Heart Rate in the watch app list for a single heart rate measurement.

⚠ Due to external factors (e.g., hairy arms, tattoos, darker skin color, sagging arms, shaky arms), etc., measurements may not be accurate, or the value may not come out.

Continuous Heart Rate Measurement

Enter the GloryFit Pro app, Go to the GloryFit Pro App app device page, tap Health Monitoring > Heart Rate Monitoring to turn on the Continuous Heart Rate Measurement switch. Once turned on, the device will continuously measure heart rate based on the set time.

Sports Mode

Supports 150+ sports modes and can automatically recognize daily activities. A new professional swimming algorithm records your pace and lap count. The built-in high-precision GPS calibrates distances in real-time and accurately tracks your workout route.

1. When the device with independent GPS is away from the phone during outdoor exercise, it can record the workout route. You can view the workout records on the watch.
2. In Swimming Mode, the touch function will be disabled.
Use the buttons to exit the workout.
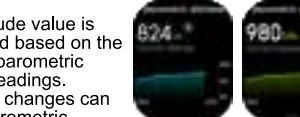

Press and hold to end   Continue sports

3. If the watch is submerged in water during a workout, use the Smart Drain feature and shake your arm to expel water from the speaker and microphone openings.

Barometric Pressure & Altitude

Supports measuring the current ambient barometric pressure.
Supports recording 24-hour barometric pressure data. Supports measuring the current altitude,

⚠ The altitude value is estimated based on the watch's barometric sensor readings. Weather changes can affect barometric pressure, which may impact the accuracy of the altitude measurement.

Compass

The electronic compass is a modern navigation tool that can be used in various situations.
Before use, wear the watch on your wrist and follow the on-screen instructions to calibrate, keeping it away from electromagnetic interference.

Frequently Asked Questions

Q1: Why won't the watch turn on?
A1: Charge the watch using the original charging cable for more than 30 minutes.
A2: Charge the watch using a high-power charger (e.g., 9V/2A) or other high-voltage chargers.

Supports 150+ sports modes and automatically recognizes 5 types of daily activities.
A new playground running mode lets you select your preferred lane.The built-in high-precision GPS can calibrate track distances in real-time and accurately measure your running route.

A3: Please contact customer service to replace the charging cable.

Q2: Why can't the watch connect through the app?
A1: Unpair all Bluetooth devices on your phone, delete the app, and reconnect according to the user manual.
A2: Reset the watch and restart your phone.
A3: Switch to another phone to reconnect the watch.

Q3: Why is the watch collecting inaccurate data?
A1: Enter accurate personal information in the app, such as gender, age, height, weight, and other details.
A2: Ensure the protective film on the CUSTOM of the watch has been removed.
A3: Make sure the watch is worn neither too loosely nor too tightly.
A4: Reset the watch to recheck the data accuracy.
A5: Keep in mind that different brands use different software algorithms, so data collection methods vary between devices (e.g., smartwatches, smartphones, treadmills, etc.).

Q4: Why can't the watch sync WhatsApp or Facebook?
A1: Ensure the app is allowed to access notifications on the phone.
A2: Make sure WhatsApp or Facebook notifications are enabled on the phone.
A3: Ensure WhatsApp or Facebook notifications are turned on in the app.
A4: Disconnect and reconnect the watch.

Q5: Why is the battery life too short?
A1: Reduce screen brightness and set the screen timeout to five seconds.
A2: Turn off 24-hour heart rate monitoring and unnecessary notifications.

Q6: Touchscreen is unresponsive?
Try restoring factory settings through the app and see if the touch function returns to normal.

Q7: Why doesn't the watch vibrate?
A1: Check if Do Not Disturb or Power Saving mode is enabled on the watch.
A2: Check if Silent mode is turned on.

Q8: Why doesn't the watch display contact information during incoming calls?

Go to phone settings -> Bluetooth -> Find the watch name -> Tap the icon on the right -> Enable Contact Sharing and Call Log.

Q9: Why is there no workout route shown in the app after starting an outdoor activity on the watch?

A1: If your device does not support independent GPS, use the phone's GPS for assisted tracking and sync with the app to record the workout route.
A2: When using the phone's GPS for assisted tracking, ensure mobile data is enabled, and the mobile data network is functioning properly.

Q10: Why is the outdoor workout route on the watch inaccurate, slow to locate, or unable to locate?

A1: Keep the watch's ephemeris data updated.
How to update: Before starting an outdoor workout, ensure that the watch is paired with the app and the phone's network is functioning properly. Maintain this connection for 5-10 minutes, and the watch's GPS ephemeris data will automatically update.
What is ephemeris data? Why should I keep the watch's ephemeris data updated?
Ephemeris data contains satellite information used for GPS positioning, including satellite orbit details and satellite status. With accurate satellite information, the watch can better perform positioning and track recording. However, since satellite information is constantly updated, not refreshing this data for a while can affect the device's positioning speed and accuracy. Therefore, it's recommended to keep the watch's ephemeris data updated regularly.

A2: It takes some time for the watch to successfully acquire a GPS signal. To get more accurate tracking, it is recommended to open the workout interface 5-10 minutes before starting your

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outdoor activity (e.g., before reaching the workout location or during your warm-up). Wait until the watch indicates that GPS positioning is successful before beginning your workout.

A3: GPS signal strength is greatly affected by environmental factors. Obstacles such as tall buildings, signal reflections, metal interference, and water surface reflections (near lakes or the sea) can slow down GPS positioning or cause inaccurate tracking. For the best results, conduct outdoor activities in open areas with minimal obstructions, allowing the watch to provide optimal workout tracking.
If you are in an environment without a GPS signal (such as indoors, tunnels, etc.), GPS positioning will not be available.

A4: Starting an outdoor workout from the app and carrying your smartphone during the workout will allow the phone's GPS to be used for positioning and tracking, which can improve the accuracy of your workout route.

FCC Caution:

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.

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