1.Appearance introduction

Charging port
Temperature sensor
Discharge air hole
Up key
Down key
Touch screen
MIC
PPG sensor
Speaker
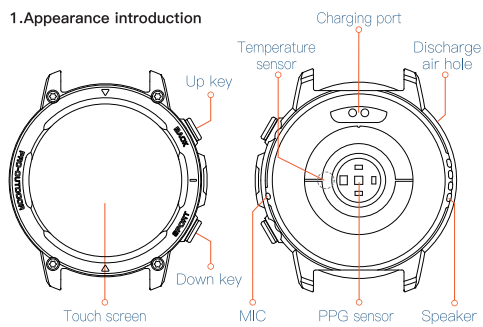
2.Operation for keys

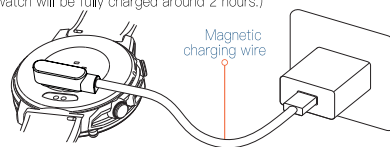| Status/Operation	Functions
Power off–Long press Up key	Power on
Main interface–Long press Up key	Power off
Screen off–Short press Up key	Screen on
Main interface–Short press Up key	Screen off
Secondary interface–Short press Up key	Back
Sport,Stopwatch–Short press Up key	Start–Stop
Main interface–Short press Down key	Enter sport mode
Screen off–Short press Down key	Screen on

3.Install APP

Scan the QR code on the right or enter the APP market to download and install "GloryFit". (compatible system: Android 4.4/IOS 9.0 and above; Bluetooth 5.2)
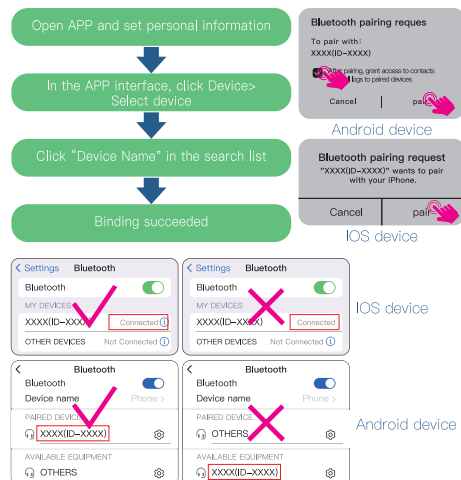
4.Charging/activation

Please charge and activate the watch for the first-time use. Connect the watch and magnetic charging wire according to the following figure, and connect the USB end of the charging wire to the power supply. (The watch will be fully charged around 2 hours.)

Magnetic charging wire

5.Connect the watch

Open APP and set personal information

⬇

In the APP interface, click Device>Select device

⬇

Click "Device Name" in the search list

⬇

Binding succeeded

Bluetooth pairing reques

To pair with:
XXXX(ID-XXXX)

For pairing, grant access to contacts and logs to paired devices

Cancel   pa

Android device

Bluetooth pairing request
"XXXX(ID-XXXX)" wants to pair with your iPhone.

Cancel | pair

IOS device

‹ Settings   Bluetooth
Bluetooth
MY DEVICES
XXXX(ID-XXX)   Connected ⓘ
OTHER DEVICES   Not Connected ⓘ

‹ Settings   Bluetooth
Bluetooth
MY DEVICES
XXXX(ID-XXXX)   Connected
OTHER DEVICES   Not Connected ⓘ

IOS device

‹   Bluetooth
Bluetooth
Device name   Phone ›
PAIRED DEVICES
XXXX(ID-XXXX)   ⚙
AVAILABLE EQUIPMENT
OTHERS   ⚙

‹   Bluetooth
Bluetooth
Device name   Phone ›
PAIRED DEVICES
OTHERS   ⚙
AVAILABLE EQUIPMENT
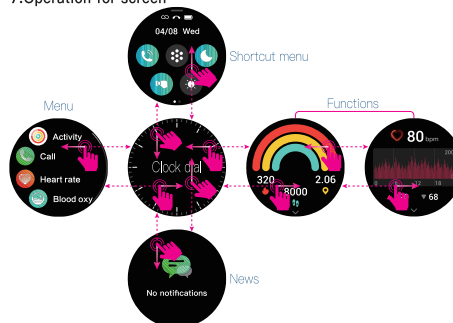XXXX(ID-XXXX)   ⚙

Android device

Please allow Bluetooth of the mobile phone to get connected with APP of the watch, and check whether it (Settings > Bluetooth) is correctly paired with the watch based on the above figure, otherwise the call function of the watch will fail to work.

6.Data storage

7-day health and exercise data could be stored in the watch. Log in to the APP with an account and synchronize the data, then the data could be stored on the ECS for 1 year.

9 English

7.Operation for screen

04/08 Wed — Shortcut menu

Menu

Activity
Call
Heart rate
Blood oxy

Clock dial

Functions

320   2.06
8000

80 bpm
68

No notifications — News

8.Motion monitoring

If a watch is worn normally, it will automatically monitor your steps, distance, and calorie data. (the watch will clear data of the last day at 0:00 every day.)
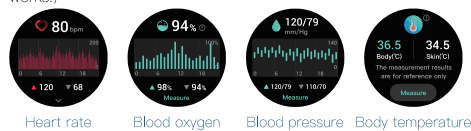You can view the movement data a day at the home page of APP; click the step counting module to view the detailed data and historical data.

320   2.06
8000

9.Sleep monitoring

The watch will automatically monitor your sleep and analyze waking time, deep sleep, light sleep.
You can view the sleep data a day at the home page of the sleep module; click the sleep module to view the data analysis and historical data.

07 h 26 min
23:00 - 08:00
Sleep duration

10.Measurement of health data

• The watch could measure relative health data after being changed to the following function interface.
• Keep the automatic measurement function "on" for the following functions in the APP, then the watch will automatically measure relative health data periodically and continuously. (It will reduce the endurance of the watch if the automatic measurement works.)

80 bpm
120 68

94 %
98% 94%

120/79 mm/Hg
120/79 110/70
Measure

36.5 Body(°C)   34.5 Skin(°C)
The measurement results are for reference only
Measure

Heart rate   Blood oxygen   Blood pressure   Body temperature

The current health data could be viewed on the APP home page. Click the corresponding module to check the data details and historical data.
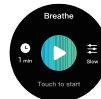
11.Measurement of respiratory rate
Switch to the respiratory rate interface to measure the respiratory rate.

12. Breathing training
Switch to the breathing training interface, set the breathing duration and rhythm, and click "start" to perform it based on the screen prompts.

13.Sports mode
The watch supports 70 kinds of workouts. You can view the movement details and historical data through the APP movement module at the end of the training.

14.Message reminder
Keep the watch connected with the mobile phone, and turn on the message reminder function in the APP. When the mobile phone receives messages, the watch will vibrate to remind you and display the message content.

15.Call answering and ending
The watch is connected to the mobile phone, and the APP has enabled the call reminder function. When the mobile phone calls, the watch will vibrate and display the call number. Click the screen to choose to refuse or answer.

Disable the call   Enlable the call
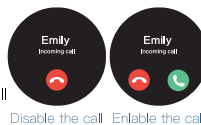
16.Making a phone call

Switch to the call function interface, you can make a phone call by entering a number, selecting a call record, or choosing a contact.

17.Media audio

Turn on the media audio on the watch, and the music on the mobile phone will be played through the watch speaker.

18.Voice assistant

Choose the voice assistant when the watch is connected to the mobile phone, and click the screen to say voice commands to the watch, such as "play music".

19.Remote-control photography

If APP enters the camera function, shakes the watch to control the mobile phone to take photos, and the photos are saved in the mobile phone album.

20.Music control

Keep the watch connected with the mobile phone, switch to the music control function, and click the Screen button to control the music playing, pause, previous and next of the phone.

21.Alarm clock

Set the alarm time and repetition period in the alarm interface of the watch, and the watch will give a periodic vibration reminder. (8 groups of alarm clocks allowed)

22.Reminder

When the reminder function meets the set conditions or the watch power is less than 12%, it will vibrate and display the following interface.

Alarm clock   Goal reminder   Sedentary reminder   Low battery reminder

23.Menstrual Cycle

Female users are allowed to set the menstrual cycle info in the APP. The watch will calculate and display the menstrual status of the current day if the reminder function works. Such a function is not allowed if the APP personal info is set to be "male".
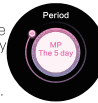
24.Weather

If the cellular network is on of the mobile phone with the watch connected normally, the watch will display the weather info of the current day and the next three days.

25. Games

1 leisure games are available and click the menu "game" to enjoy your time.

26.Theme

3 personalized themes are available on the watch (the rotation theme only displays part of functions).

27.Change the dial

1. Long press the main screen in the dial interface to change the watch face.
2. Go to App––Device––Dash Board; in the dash board you can choose and download the dial in the Dial center to the watch, or upload photos on your mobile phone to the dial interface.

28.SOS

In the APP, click on "Device" > "SOS Contacts," and add SOS contacts to enable SOS calling through the smartwatch.
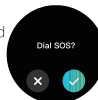
29.Screen lights up

Turn on the function 'Light up' on APP. When wearing a watch, turn the wrist inward or raise your hand; the watch screen will light up automatically.

30.No Disturbance mode

You can set "No Disturbance mode's" start and end time on APP, and turn on No Disturbance mode in the app or watch. In the specified period, the watch will stop vibration and message reminders.

31.More functions

Click the menu "More" to enter the convenient functions such as stopwatch, timer, mobile phone, flashlight and calculator.

32.Cleaning and maintenance

• If the watch gets wet due to hands washing or soaking in water, please gently swing the watch towards the sound outlet of the speaker and microphone in time to clear the water.
• The watch does not support snorkeling, hot shower, sauna, diving, high-speed water flow, or deep-water activities.
• Avoid the watch from being hit seriously or falling to the ground, and avoid the collision caused by sharp objects.
• Please keep watch and skin clean and dry. Try to avoid contact with sweat, soap, sunscreen, and other liquids.
• Do not constantly expose the watch to the sun or receive external heating such as a hairdryer.

CPU	RTL8763EW	Memory configuration	128M
Display screen	1.43" AMOLED screen	Sensor	Acceleration sensor + PPG heart rate sensor
Battery	500mAh Polymer battery	Charging interface	2PIN interface
Charging time	<2 hours	Charging input specification	5V ⎓ 1A
Endurance time	7 days	Physical keys	2 PCS
Bluetooth version	BLE 5.2+BT3.0	Compatible system	Android 4.4 and above, IOS 9.0 and above
Product weight	55g(watch strap with silicone)	Watch head size	48*54*19.3mm
Waterproof grade	IP68	Accessories	Watch,Band, magnetic charging wire, manual
Watch case material	Fiber-reinforced plastic	Strap Size	22mm

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.

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.