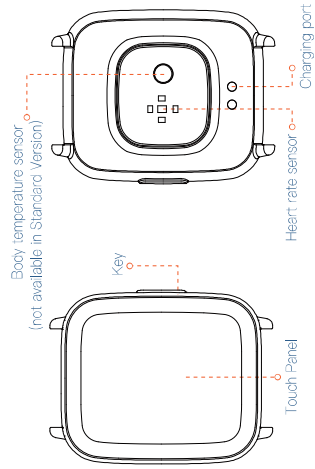


1.Introduction



2.Operation for keys

Status/Operation	Functions
Power off/Long press	Power on
Power on/Long press	Power off
Screen off, primary interface/ Short press	Main interface
Main interface/Short press	Screen off
Secondary interface/Short press	Back to the previous level
Short, Stopwatch/Short press	Start/Pause

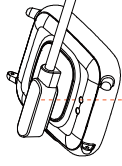
3. Install APP

Scan the QR code on the right or enter the APP market to download and install "GlonFit".
(compatible system: Android 4.4/iOS 9.0 and above; Bluetooth 5.0)



4. Charging / activation

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



5. Connect the watch

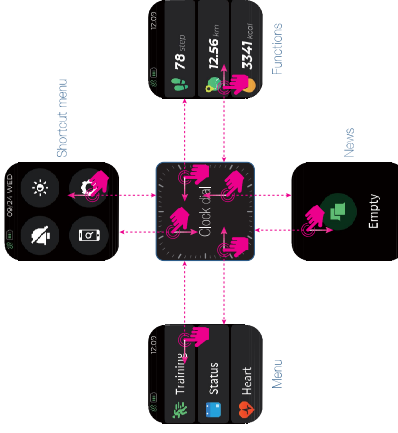
Open APP and set personal information



In the APP interface, click
Select device



6.Operation for screen



7.Data storage

Only 7 days of movement data can be stored in the watch, log in APP with an account and synchronize with the watch data, and the data will be permanently stored in the cloud server.

8.Motion monitoring

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



9.Sleep monitoring

If you sleep with a watch worn, the watch will automatically monitor your sleep time, awaking time, deep sleep and light sleep as well as awaking time. The sleep data a day can be viewed at the home page of the sleep module; click the sleep module to view the data analysis and historical data.



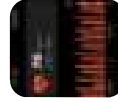
10.Sports mode

The watch supports 13 kinds of movement modes. At the end of the movement, you can view the movement details and historical data through the APP movement module.



11.Heart rate monitoring

When you switch to the heart rate function, you can measure the heart rate value; when the APP is turned on the automatic heart rate detection, the watch will continuously monitor the heart rate for 24 hours. The heart rate curve of the day can be viewed at the heart rate module on the APP home page; click the heart rate module to view the historical data.

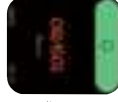


9

English

12.Blood pressure measurement

Switch to the blood pressure function to measure the blood pressure. The blood pressure measurement data of the day can be viewed at the blood pressure module on the APP home page; click the blood pressure module to view the historical data.



13.Mobile phone finding

Keep the watch connected with the mobile phone, switch to the mobile phone finding function, and the mobile phone rings to remind you.



14.Stopwatch

Switch the watch to the stopwatch function and click the "Start/Pause" button to start or pause the time.



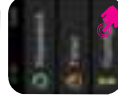
15.Timer

Switch the watch to the timer function, set the time, then click the "Start" button to start the countdown. When the time is up, the watch will vibrate for warning.



16.Flashlight

Click the flashlight pattern and the watch screen will be highlighted.



17.Message reminder

Keep the watch connected with the mobile phone, and the APP has been turned on the message reminder function. When the mobile phone receives messages, the watch will vibrate to remind you and display the message content.



18.Call reminder

Keep the watch connected with the mobile phone, and the APP has been turned on the call reminder function. When somebody is calling you, the watch will vibrate and display the calling number. Click the Screen button to control the phone to reject incoming calls.



10

English

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 on APP, and the watch will vibrate regularly. (APP supports 3-times alarm clocks setting.)

22.Sedentary reminder

Set the time and reminder interval on APP, and turn on the sedentary reminder function. When the watch detects that your sedentary time exceeds the set value, the watch vibrates to remind and display the pattern.

23.Goal reminder

When the movement steps of the day reach the set goal on APP, the watch vibrates to remind and display the pattern.

24.Disconnection reminder

When the watch is disconnected with the Bluetooth of the mobile phone, the watch vibrates to remind and display the disconnection pattern.

25.Weather

Turn on the cellular network on the mobile phone, and the connection between the watch and the mobile phone is normal. The watch can display the weather information of recent three days.

26.Replace the dial

Press and hold the Screen in the dial interface to enter the dial setting function.Click the APP dial setting function, you can choose to download the dial in the Dial Market to the watch, or upload photos on your mobile phone to the dial interface.

27.Wrist-up & screen lightened

Turn on the function of wrist-up & screen lightened on APP. When wearing a watch, turn the wrist inward or raise your hand, the watch screen will light up automatically.

28.No Disturbance mode

Set the start and end time of No Disturbance mode on APP, and turn on No Disturbance mode. In the set time period, the watch will stop vibration and message reminder.

29.Other functions

Click the watch settings menu to find more function settings.

30.Body temperature measurement (not available in Standard Version)

Switch to the temperature measurement function to measure the temperature value. The temperature measurement record of the day can be viewed at the body temperature module on the APP home page; click the body temperature module to view the historical data.

31.Cleaning and maintenance

- Don't wear it too loose or tight and make sure the watch doesn't slide on the wrist. Long time friction and pressure may cause skin irritation. Please take off your watch and relax your wrist.
- The watch does not support swimming, showering, sauna, diving, high-speed water sports, deep-water dives.
- 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 expose the watch to the sun constantly or receive external heating such as a hair dryer.

CPU	RTL8762C	Memory configuration	384KB(0.4-100KB(A1) 64MB(A5H-)
Display screen	1.69" IPS color screen	Sensor	Acceleration sensor + PPG heart rate sensor
Battery	230mAh(Polymer battery)	Charging interface	2PIN interface
Charging time	4-2 hours	Charging port specification	5V 1A
Endurance time	7days(Depending on the usage scenario)	Physical keys	1PCS
Bluetooth version	BLE 5.0	Compatibility system	Android 4.4 and above; iOS 9.0 and above
Product weight	33g(Chain strap with silicone)	Watch case size	38*44.5*9.5mm
Waterproof grade	IP68	Accessories	Watch Band, magnetic charging wire, manual
Watch case material	Fluoropolymer plastics	Strap Size	22mm

English

11

English

12

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

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