1.09寸全触智能手表

使用说明书













切换到该界面,可查看当前的步数、距离和卡路里的状态。路程和卡路里根 据当前行走步数,APP个人设置的身高和体重计算并显示出来。 心率监测注意事项:

- 测试时,手环背部心率LED灯会点亮;传感器要紧贴皮肤,避免外部光线影响测试的准确度;
- 測试区域要保持清洁,汗水或污渍都会影响测试结果。

兵球、 阿球、 羽毛球等六项运动 , 滑动屏幕可切换具体运动界面。 按侧键返回,可退出具体运动界面。

切换到心率界面,单击屏幕进入心率检测,测试完成后,按侧键可退出心率 检测,也可连接手机App,在心率界面进行测(停)试,如果手环设正确佩戴成测试失败,最终显示失败界面。心率检测模式下,手环的线航时间会降低。

| <mark>信息界面</mark> | 在消息界面,单机屏幕可查看消息,滑动屏幕来翻页,查看完信息按侧键 可返回或退出。

温度界面

切换到温度界面,单击屏幕进入该界面, 会出现温度检测的状态,当检测 完成后屏幕上会显示所检测的温度;或者可以通过手机App 来操作温度检 测,也可以实现温度的数据读取。按例继返回,可退出具体温度界面。



1. 手环以尺骨茎突后佩戴最佳 2. 根据调节孔调好适合手腕的大小



初次使用,请将手环取出,用对应的充电器对设备进行充 电。充电时,手环会自动开机。(充电方式如下图:将充电 器两个触点对准手环背部充电位置,磁吸式充电底座会自动 吸合,另一端连接标准USB接口,即可进行充电,充电电压





 在手环开机状态下短触摸屏幕可点亮屏幕,点击或滑动切换显示; 3. 手环出厂默认打开来电和短信提醒,用户可在APP的主界面中选择 5. 于本面) 邓认5177年8月1度1度版度,用户可住APP的主外與中选择 打开破关码。 4. 不论在任何界面下,按一下返回键(区别于红色开关机键),屏幕 可进入主界面。

2. 无操作默认五秒熄屏,用户可连接手机APP修改熄屏时间;

红色侧缝手环囊动关机

设置界面



查找手机:连接状态下,点击屏幕查找手机界面,手机会发出铃声提 ----**版本信息:**点击屏幕该界面,可查看手环的固件版本号和蓝牙地址。 还原设置:在该界面长按屏幕三秒,手环数据全部会清零,APP当天数据

亮度调节:点击屏幕可选择不同亮度,共有四档亮度。

清零(其余历史数据继续保留)。 **关机**:在该界面长按屏幕三秒手环即可关机,同时手环震动(低电量不

震)。 **返回**:按手环倒按键返回

■ 开/关机1. 在手环关机状态下, 充电或长按红色侧键3秒手环震动开机;

2. 在手环开机状态下,切换至关机界面,长按屏幕3秒, 或在主界面长按





首次使用手环带连接APP进行校准,连接成功后手环会自动同步时间。 否则计步和睡眠数据不准。

注意事项

请避免手环遭受强烈撞击、极度高温和暴晒。 请勿自行拆卸、修理或改造本机。

- 本机使用5V 500MA充电,严禁使用超电压负荷电源进行充电。 本机使用环境为0度~45度,禁止将其扔进火中,以免引起爆炸。
- 手环沾水时请用软布擦干后方可进行充电操作,否则会腐蚀充电接触
- 点、导致充电故障。 请勿接触汽油、清洁溶剂、丙醇、酒精或驱虫剂等化学物质。
- 请勿在高压高磁环境中使用本产品。 若您拥有敏感皮性肤质或将手环佩戴过紧,可能会感到不适。
- · 調及財銀干手難上的汗藻,表帯长的间接触阜类、汗水、过敏源或污染成分,可能造成皮肤过敏瘙痒。 · 如果经常使用,建议每周满洁手环、用湿布擦拭,用温和的肥皂祛除 油污或灰尘。
- 游泳后,请及时擦拭手环,以保持干燥。

扫描以下二维码或进入各大应用市场下载并安装 "GloryFit"



查牙连接:配对成功后,APP自动保存手环蓝牙地址,APP打开或在后台运 亍,都会自动搜索并连接手环。 **數据同步**:在APP主页手动下拉同步数据;手环可存储7天的高线数据,数 据量越多,同步时间越长,最长大约2分钟,同步完成后会有"同步完成"

设备要求: iOS 9. 0及以上; Android 4. 4及以上, 支持蓝牙4.0。

APP功能及设定 ■ 个人信息和运动目标

点击我的图标

. 点击右上方搜索图标

点击设备连接

进入APP后请先设定个人信息

的提示。

常见问题 首次测试心率等待时间过长? 首次测试心率,需根据不同人群采集较长的信号,才能准确计算您的心

蓝牙连接不上怎么办?(连接/重连失败或连接重连速度很慢) 确认您的设备是否是IOS8.0和安卓系统4.4及以上版本并支持蓝牙4.0。 1. 由于蓝牙无线连接存在信号干扰的问题,可能每次连接的时间不等

- 如果长时间连接不上,请确保操作在无磁场或无多蓝牙设备干扰环境下
- 3. 关闭手机后台应用或重启手机
- 4. 手机不要同时连接其他蓝牙设备或功能。
- 5. APP是否在后台正常运行,如果不在后台可能连接不上。

无法搜索到手环?

因为手环蓝牙广播时没有被手机搜索到,请确保手环处于有电,并激活状态,且未与其它手机绑定,然后将手环叠近手机,如果仍然无效,请 关闭手机蓝牙,20秒后再重启手机蓝牙。

我的→点击头像

• 可设置头像-性别-年龄-身高-体重,个人信息 可提高数据的精准度。 • 定制个人每天的运动目标,合理的运动规 划,有助于身体素质的提高。

提醒功能需要在APP端"玩吧"功能页开启提醒开关,并保持手机与手 环在蓝牙连接成功的状态,来消息时震动提醒。



来电提醒:来电时,手环上会震动,并显示来电的姓名或号码。如APP打开 "來电拒接" 功能,长按屏幕可拒接电话。

测量心率时为什么手环要戴的比较紧? 手环采用光反射原理,通过光源穿透皮肤后,采集反射到传感器的信号 来计算您的心率,如果佩戴不紧,会有环境光进入传感器,会影响测量

已开启提醒功能为什么没有收到提醒? 安卓手机:确认手机与手环是连着的,连上后在手机设置里打开对应的 权限,允许"GloryFit"APP访问来电、短信、通讯录,并持 "GloryFit" 在后台运行;如果手机安装有安全软件,请将 "GloryFit" 苹果手机:若连上后没有提醒,建议重启手机重新连接,再次连接手环

时、必须等手机弹出【蓝牙配对请求】、点击【配对】后才会有提醒。 手环是否防水?

支持IP68防水防尘等级 (IP68标准为35度水,水深1米淘水30分钟) 通常情况下洗手、下雨、冷水淋浴、洗车可随心佩戴。

短信提醒:收到短信时,手环需动并显示图标提醒,点击查看短信内容。 QQ 提醒: 收到QQ信息时,手环震动并显示图标提醒,点击查看QQ内容。

微信提醒:收到微信消息时,手环靠动并显示图标提醒,点击查看微信内 智能周钟:可进行三个闹钟的设置,设置后,会同步给手环;智能闹钟是一 种无声闹钟,闹铃时,手环会发起适度的震动,支持淘线闹钟提醒。 久坐提醒:默认提醒时间间隔是一个小时;连接状态下,开启后,如果用户

一个小时内都设进行运动,手环将会发出震动、提醒用户进行运动。 其他提醒:收到邮件等其他信息时,手环会震动,并显示其他提醒图标 点击可查看内容。 充电提醒: 手环接通电源或者充电夹子充电时,马达震动,注意低电量或

满电状态 , 手环不震动。

闹钟提醒支持离线。

入睡时,手环会自动判断进入睡眠监测模式,自动检测您整晚深睡/浅睡/清醒 时长,计算您的睡眠质量;睡眠数据暂时只支持APP端查看。 注意: 佩戴手环入睡才会有睡眠数据。

未同步数据前,数据保留在手环主机上(可保留七天数据)。当手机和 手环的蓝牙连接成功时 , 手环数据会自动上传到手机端 , 请及时同步数 据到手机端。 注意:如果开启来电、短信提醒功能,则必须保持蓝牙处于连接状态,

长按屏幕3秒查看历史信息,如无历史信息显示为空。

1.09寸大屏,字体大,内容显示多,查看方便。



基本参数					
设备类型	1.09寸智能手表	电池类型	锂聚合物		
显示屏尺寸	1.09寸全彩屏	电池型号	451725		
重量	54.5g	电池容量	180mAh		
手环长度	25.5cm	电池电压	DC 5.0V		
防水等级	10*	电池功率	0.74Wh		
表带材料	硅胶改质	包装内容	主机,说明书,死电器		

手环有多个主界面,在主界面长按三秒后可以进行界面切换。APP首次配

对连接好以后,手环会同步手机的时间、日期和星期等信息。







click the screen to view historical information, such as no history information and display is empty. 1.69 inch large screen, large font, more content display, easy to see.







Switch to the interface to see the current number of steps, distances and calories. The distance and calories are calculated and displayed on the

of external light on the accuracy of the test.

Heart rate test note · When the test, the icon will beat and the back heart rate of the hand

ring LED lights will be lit;

When testing, the sensor should stick to the skin to avoid the influence.





To keep the test area clean, sweat or stains will affect the test results.

Switch to the heart rate interface, click the screen to enter the heart rate Switch to the heart rate interface, click the screen to enter the heart rate detection. After the test is completely press side button to estit the heart rate detection. You can also connect to the mobile phone App, in the heart rate interface test stay. The bracelet is not worn correctly or fleak) the final failure interface will be displayed. Under the heart rate detection mode, the duration of the bracelet will be reduced.

ITemperature interface will be reduced the Mile reduced. While reduced the Mile reduced the Switch to the temperature detection. After the test is completed, press side button to exit the temperature detection. After the lest is completed, press side button to exit the temperature menu until test stop. If the bracelet is not worn correctly or failed, the final failure interface will be displayed.

failure interface will be displayed.



I Wearing method

1. Best wear the wristband behind mellecles urbaris, as seen as the wristband behind mellecles urbaris, as seen as the seen which shap buttons;

3. Seriors shall be dose to skin avoiding moving.

I Charging method:

I Charging method as follows: Joint the USB-charging collebe with Band att match point back side and USB port for charging, Charge voltage VSJ.

I Charging method:

I Charging method:

I Charging method as follows:

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I Charging method

Virtualization Valence on a relace document. 1. When the device starts up, to book the soreon or able the interface to lighten soreon or 1. When the device starts up, to book the soreon of the sor

Main interface setting terface , If the watch is not worn correctly or falled, the final fallure interface

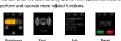
will be displayed. Under the heart rate detection mode, the duration of the watch will be reduced.

I Blood pressure interface.

Switch to the blood pressure interface, click the screen to start testing blood pressure. Once blood pressure test completed press side button to exit the blood pressure mode. It test start it will show the results of the last start or 'y-' when the results are not measured, also you can connect to the phone App, in the blood pressure interface once the test stop, test result same as above. I information interface.

In the message interface, click the main screen to view the message,slide the screen to turnover the pages. Press the side button to exit the interface.

You can enter the sub menu by dick on the related interface, and then











Find the phone: In the connection state, click the screen to interfact of find the mobile phone, the phone will ring out to remind.

Restore settings: Long press on the restore interface, and all the record data will be erased, and the APP data will be cleared that day (the rest of the historical data will remain) Shutdown: The interface can be shut down after you click the interface menu

Brightness adjustment : Click the main screen to adjust different brightness

there are the 4 levels that you can click to choose any of them.

3. Wristband factory default to open calls and SMS reminders, Users can

Scan the following QR codes or enter into various large application

ketis to download and install " GloryFit".

choose to open or close in the main interface of the APF

and the wristband will vibrate. Return: Press the side button of the breacelet to exit

Please avoid strong impact, extreme heat and exposure to the wristband.
 Please do not disassemble, repair or transform the device on its own.

ime, or otherwise, step calculation and sleep data won't be ac

Open mobile phone APP Click to set up icons





Circ neves attachment. Buttoon to control the work of the control the work of the work of

This machine is charged with 5V 500MA, and it is strictly forbidden to use owervaltage load power.

The use of the environment is 0 degrees ~45 degrees, and it is forbidden to throw it into the fire so as not to cause an explanion.

Please who of the water with a solit ofth and then the wristhand can be used for the charging operation, otherwise it will cause corresion of charging contact point and charging indeted may occur.

Do not bought the charmical substances such as gasoline, clean solvent, morroad all-orbit or issest tradelines.

propand, alcohol or insect repellent.

Please do not use this product in high pressure and high magnetic environment.

. If you have sensitive skin or tighten the wristband, you may feel

Personal information and exercise goals After entering into APP, please first set up personal

information. Me →Click avatar

Head portrait, gender, age, height and weight can be set up and personal information can enhance accuracy of data.

Customize personal everyday exercise goals. A

Reminding function

For reminding function, a reminding switch shall be switched on in APP-end Setting Center, mobile phone and wristband shall be kept to be connected successfully and there will be vibrating reminders when there are messages















What do Bluetooth connections do? (connection / reconnection failure or

connection speed is slow)

Confirm whether your device system is Android 4.4 or its higher versions, and IOS9.0 its higher versions, and your device support Bluetooth 4.0. Its higher versions, and your device support Bustooth 4.0.

Because of the problem of signal interference in Bustooth windless comertion, there may be not limit to connect each other. If the connection is not limit on which will be about the control of the control of the other. If the connection is not limit of without magnetic field or without multi Bustooth device interference.

Turn of Bluetooth and open.

Turn off the mobile phone background application or restart the mobile phone.

Mobile phones do not connect to other Bluetooth devices or functions at the same time.

Can't search the wristband? Since the wristband is not searched by phone in Bluetooth broadcast, make sure the wristband is in power and activated and is not connected to any

Call reminding: when the caller calls, the ring will shake and the name or number of the caller is displayed. (if the caller's name has been saved in the phone address book, the name is displayed, otherwise the display number)

Message reminding: when a text message arrives, the wristband will vibrate and display the SMS icon reminder; the address message of the address bool contact person displays the name, and the short message number of the contact person stranger.

QQ reminding : when the QQ information arrives, the ring will vibrate and display the QQ icon.

Alarm clock reminding: it can set up three slarm clocks, and will synchronize to the bracelet after setting up. The intelligent alarm clock is a slent alarm clock. When the alarm is on, the bracelet will cause moderate vibration, and support the offline alarm clock reminder.

Charging: When the wristband is connected to the power supply or charged by the charging clamp, the motor vibrates, and the wristband does not vibrate.

other phones. Then, put the wristband close to the phone, if it is still invalid.

one prones, man, just also whisched acceptance to a plant by in it is self-invested, turn of the phone, and after about 25 excends, restart the phone Blescott. Why the wristband should be worn more tightly when measuring heart rate?

The wristband uses I pit netection principle, penetrates the sith through the I pit it source, and collects the signal reflected to the sensor, to calculate your heart rate. If

Android phone confirm that the phone and the wristband are connected, and open the corresponding permissions in the phone settings, allowing the "Clop/Fit" APP access calls, messages and address book, and keeping "Glo-Fit" naming in the background; if the phone is installed with security software, add "Glo-Fit" to "Lipid phone in background; if the add "Glo-Fit" to "Lipid phone in the phone is proceed to restart the phone is proceed, when excensing the viristband again, there will be reminder after popping up "Bluetooth pairing request" and clicking "Pairing".

Is the wristband waterproof?
It supports IP68 waterproof and dust-proof level (IP68 standard is 35 degrees below water, 1 meters below 30 minutes). Usually, wash hands, rain, cold water shower, wash car can be worn with heart.

vibrate and display other reminder icons.Click the viewable content. WeChat reminding: When the steps reach the target set on the APP, the

When you fall alseep, the wristband will automatically determine the skep monitoring mode, automatically detect your deep sleep / shallow sleep / wakefuness time, calculate your sleep quality, and sleep data temporarily support APP only. Note: you can get sleep data when you go to sleep with a hand ring.

Main interface

The wristband has multiple main interfaces, and the interface can be switched after click on the main interface. After the first pairing of APP, the wristband will synchronize the

time, date and week of the cell phone.





Does the Bluetooth connection need to be open all the time? Is there any

Does the Bluetooth connection need to be open all the time? Is there any data after disconnection?

Before the data is synchronized, the data is kept on the variethstand host (seven days of data can be relained,) Whith the Bluetoch connection of the wristband and the wristband is successful, which will be automatically updated to the mobile terminal. Please synchronize the data to his mobile terminal in time.

Note: if the caller and SMS alerts are opened, you must keep the Bluetooth connection, and

	Туре	1,09 (nch Full Touch Smart Watch	Ba ery Type	Li-Polymer
	Display Size	1.09 i nch	Ba ery Model	451725
	Weight	54.5g	Ba ery Capacity	180mAh
	Length	25.5cm	Ba ery Voltage	DC 5.0V
	Waterproof Level	10M	Ba ery Power	0.74Wh
	Material	silica gel modification	Package	Device Manual Charging Dock

FOC Caulton:
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 any Cause harmful interference that may any Cause harmful interference that may any Cause of the Cause of the party responsible for compliance could void the user's authority to operate the equipment, and the control of the Cause of the party responsible for compliance could void the user's authority to operate the equipment, and the control of the Cause of of the