

The cover features a background of several overlapping, curved, light gray bands that create a sense of motion and depth, tapering off towards the right side. The text is positioned in the upper left quadrant.

USER GUIDE

SMART WATCH

version 13GT

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GloryFit

ENGLISH

INSTRUCTION FOR QUICK USE

ON/OFF

1. When the bracelet is off, charge it or press and hold for 3 seconds. The bracelet vibrates to turn on;
2. Switch to shutdown interface in start-up state, and have a long press on shutdown interface for.
3. seconds to power off.

BAND OPERATION

1. Slide to light up screen or switch display in start-up state;
2. No operation default five-second screen, users can connect to the mobile APP to modify the screen time;
3. The factory default setting of the band (heart rate monitor for 24 hours). Users can turn on or off in the general settings of APP interface.

HOW TO INSTALL APP

Scan the QR code or enter major application markets to download and install 'GloryFit'.

Demands on Device: IOS 9.0 or above; Android 4.4 or above, Bluetooth 5.3 is supported.

CONNECT WITH DEVICE

Open the APP, click "Device" - "Add Device" - "Select Device", click the corresponding model, and follow the prompts to connect.

Data synchronization: Manually drop APP main page down to synchronize data; the bracelet can save offline data of 7 days. The date is more, the synchronization time will be longer. It will take no more than 2 seconds to synchronize data. After

synchronization, "synchronization finish" will be popped up.
Synchronized Contacts: Enter the Bluetooth terminal in the background of the mobile phone and open the synchronized contacts.

MAIN FUNCTION INTERFACE

| MAIN INTERFACE

Main interface: Smart Watch has 5 main interfaces. On the main interface, press and hold for two seconds. After shaking, you can switch the dial left and right. After connected with the paired APP, the bracelet will synchronize the time, date and week of the phone.

Customized homepage is supported: Enter "Dial setting" in APP to select homepage of different style.

| BLUETOOTH CALLING

You can make or answer calls directly on the watch, and the watch and mobile phone will dial in real time.

| AI INTELLIGENT VOICE

After the watch is successfully linked with the mobile phone, the watch can directly conduct intelligent voice conversations.

| MESSAGE

Slide up on the main interface to view the information. The bracelet can save 8 pieces information pushed by the APP recently (if there is no message, it will stop at the message interface), Slid right to exit and return to the upper interface. Automatically delete already viewed information, there are all delete options at the bottom, slide down Return to live interface.

| TRAINING

Click to enter the sports interface, there are a total of 100+ sports, select a specific sports item, click to start monitoring after three seconds, press the upper corner button or slide to the right to pause, click " ■ " to end.

| STATUS

Switch to the status interface to view the current step count, distance, and calorie status. The distance and calories are calculated and displayed according to the current walking steps, the height and weight set by the APP personally.

| HEART RATE

Switch to the heart rate interface to start automatic heart rate measurement. Switch menu re-measure.

| BLOOD PRESSURE

Switch to the blood pressure interface to start automatic blood pressure measurement, switch the menu to re-measure.

| BLOOD OXYGEN

Switch to the blood oxygen interface to start automatic measurement of blood oxygen, and switch the menu to re-measure.

| SLEEP

Switch to the sleep interface, you can check the sleep quality of the previous night!

| WEATHER

Switch to the weather interface, you can view the weather and temperature conditions.

| MUSIC

The watch and phone are connected, open the music control, press the play button to play music, pause, previous song, next song.

| ALARM CLOCK

Enter the alarm clock interface, you can add or delete alarm clocks, and you can set up to 8 groups of alarm clocks.

| RESPIRATION RATE

Enter the breath test interface, start to measure the breath rate automatically, switch the menu to re-measure.

| BREATHING TRAINING

Enter the breathing training function and follow the animation for breathing rhythm training.

| PHYSIOLOGICAL CYCLE

This function will only be enabled when female users are logged in. Go to the APP and click to enter the "biological cycle" - click the device reminder switch, set the personal physiological cycle status, and you can view it on the bracelet side.

| MORE

Stopwatch: Click to start timing, swipe to the right to exit back to the previous interface when the timing is stopped.

Timer: Switch to the timer interface, you can choose to set the time or add a custom time.

Find a mobile phone: Switch to the search interface, click to find a mobile phone in the connected state, and the mobile phone will send a ringtone to remind you.

Flashlight: Click in and out to turn on the flashlight, swipe right to exit and turn it off.

I SET UP

The settings include: 1. Dial and theme, 2. Brightness adjustment, 3. Sound and vibration, 4. Password, 5. Raise your hand to light up the screen, 6. Do not disturb mode, 7. Language settings, 8. QR code, 9. System menu, 10. About.

PRECAUTIONS

- Please prevent your bands from being shocked, or exposed under high temperature or blazing sun for a long time.
- Please don't disassemble, repair or change the device.
- The device should adopt 5V500MA to charge, it is forbidden to charge with over-voltage power supply.
- It should be used within the temperature of 0 degrees - 45 degrees. It is forbidden to throw into fire, avoiding explosion.
- Please charge after drying the band with soft cloth, otherwise, it will corrode charging touch points, leading to charge fault.
- Please keep away from chemical substance such as gasoline, cleaning solvent, propanol, alcohol or insect repellent.
- Please don't use the product in high voltage and high magnetic environment.
- In case of sensitive dry skin or too-tight wearing, you may be uncomfortable.
- Please don't take a hot bath by wearing it.
- Please dry sweat in your wrist timely for its possibility to lead to skin itch or allergy by long-time touch with soap, sweat, allergens or contaminated ingredients.
- In case of frequent use, it is suggested to clean weekly. Please wipe with a damp cloth, and remove oil or dust by mild soap.
- Do not open more push without special requirements.