

DEAR CUSTOMER, THANK YOU FOR PURCHASING OUR PRODUCT!

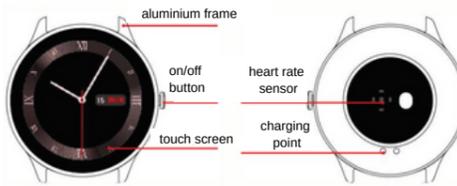
Please read the entire user manual carefully before use. It is recommended to use only the original battery, charger and accessories that come with the device. Neither the manufacturer nor the distributor is responsible for the use of third party accessories.

Please charge the device for no less than 2 hours before using it for the first time. Before using the device you must download the application, install the application and accept all authorisations, otherwise not all functions will be available.

The company reserves the right to change the content of this manual.

Short introduction

1. Appearance



2 Package contents

Watch, user manual, charger

Battery specifications

Type: Model: Lithium Polymer Battery Y0392121
Battery Capacity: 180 mAh Charging voltage: 4,2
Charging current: 40 mA

Weather

When you log into the app, you will see the weather for that day and the following week.

Message reminder

The last 8 messages are stored, which you can touch to read or touch to delete.

Read or touch to clear.

24 sports modes

Touch a sport mode to go to the list of sports, touch the selected sport mode to start measuring, swipe right to pause, touch to stop or resume, stop or continue.

DNO mode

DNO time can be set in the app, the mode can be turned on or off on the watch.

Adjust brightness

Tap "+" and "-" to adjust the brightness, there are four levels.

Find your phone

Touch Find Your Phone and your phone will ring as a reminder without the screen backlight.

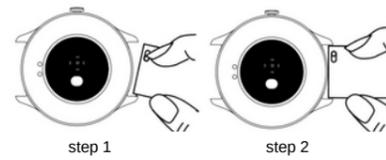
Settings

Information, shutdown, and reset.

Music control

Play music on your phone, touch the clock, pause/play, previous, next

4. Method of connection



Basic operations

1. Press and hold for 4 seconds to turn on or off, press briefly to return to the main interface.
2. On the home screen, press and hold for 3 seconds to change the dial.
3. On the home screen, swipe down to display Bluetooth, battery volume and context menu.
4. On the Home screen, swipe up to view incoming messages and tap to read their contents.
5. Swipe right to view in the main interface. On the main screen, swipe right to see the list of features.
6. On the main screen, swipe left to view the normal functions.

Stopwatch

Touch to move to the stopwatch and click to start. The stopwatch can be stopped, restarted, or reset.

Countdown

Touch to access the countdown, select a time, or scroll up to set the countdown time.

Scroll up to set the countdown time.

Sleep monitoring

You can check your sleep from the previous night by switching to the sleep monitoring interface. When you fall asleep with the watch on, deep sleep, shallow sleep and total hours of sleep are automatically recorded.

Flashlight

Tap to activate torch mode and swipe right to exit.

Additional reminder functions

Incoming call reminder / Message reminder / Alarm reminder Sitting reminder / Target reminder.

Application

1. Scan the QR code below or go to the main app marketplace and download and install the "GloryFit" app.



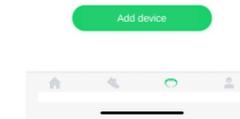
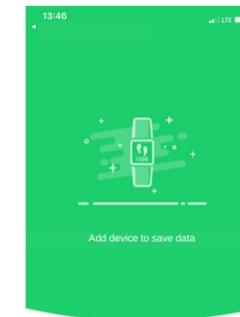
GloryFit

2. Once you have downloaded the application, start the new user registration.

3. Pair your watch

Device -> Add Device -> Pair Watch

4. Once the watch is paired, set the function settings in the app according to your individual needs.



Precautions

1. Avoid strong shocks, extreme heat and sunlight.
2. Do not disassemble, repair or modify the unit without authorization.
3. This unit is charged using the 5V 500MA power supply. Charging a surge source is strictly prohibited.
4. Charging in case of splashes is prohibited.
5. This product is to be used only for checking consumer electronics and not for medical purposes, the measured data is for guidance only.

WARRANTY

Warranty service:

1. During normal use of the products, if the product has no moss damage caused by misuse, consumers can enjoy free warranty service for 24 months from the date of purchase.
2. The consumer is not entitled to the warranty service if:
 - A. they caused the damage themselves,
 - B. the warranty period has expired,
 - C. they have not used the product in accordance with the instructions for use and maintenance,
 - D. the products have been disassembled, repaired or immersed in water by themselves.

Warning

The company reserves the right to change the user manual without prior notice. It is normal that some functions differ in some software versions.

Basic functions

Main interface:

Press and hold for 3 seconds to change the main interface dial.

Exercise status.

Track your current steps, distance and calories in real time.

Body temperature monitoring

Switch to the body temperature measurement interface body surface temperature and current body temperature over time.

Heart rate monitoring

Switch to the heart rate monitor screen, the current heart rate will be measured automatically, slide to complete the measurement. Real-time heart rate measurement can be turned on or off in the app.

Blood saturation monitoring

Touch the oxygen saturation monitoring screen to start the measurement, the watch vibrates to remind you to finish the measurement.

Blood pressure monitoring

Current high and low blood pressure can be measured over time and synchronised with it can be synchronised with the app.



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Smartwatch WATCHMARK WQ21



User Manual