User manual for Women's Elegant Smartwatch with Heart Rate MK20

Specification

- Screen size: 1.09 inches
- Resolution 240 x 240
- Waterproof: IP67
- APP name: GloryFit
- Bluetooth 4.0 chip, compatible with Android 4.0 or above and IOS 8.0 or above
- Charging method: magnetic charging
- Using time: 7 days
- Standby time: 15 days

Please charge the smartwatch before the first use. To do so, you have to plug the cable into the adapter (not included in the package) or a computer's USB port. Press and hold the side button to turn on the smartwatch.

Use the GloryFit App to synchronize the watch to your smartphone. You can scan the QR codes below or search for the GloryFit application on Google Play or App Store.

When you download the app, open the mobile client to set up personal information. Switch to the "Device" page and click on the binding device. Search for your smartphone in the list of scanned devices and pair.

Main function interface

Main interface / dial

Press and hold the touch screen on the main interface to enter. Slide left and right to switch and click to confirm. The dial has 3 styles.

Step / distance / calorie

View the number of steps taken at any time of the day, walking distance, and burned calories. You can synchronize it with the app to view the sports data.

Heart rate interface

Switch to the heart rate interface to monitor the heart rate in real-time. The measurement can be synchronized with the app and have a test report.

Blood pressure interface

Switch to blood pressure interface for real-time monitoring. The measurement data can be synchronized with the app and have a test report. Please note that the test results are only for reference and cannot be used as medical data.

Blood oxygen interface

Switch to the blood oxygen test to enter the real-time detection of blood oxygen. Test results are displayed directly on the bracelet interface,

Weather interface

The weather interface will display the current weather, but it needs to be connected to the app. If the smartwatch is disconnected for a long time, the weather information will not be updated.

Stopwatch

Click the stopwatch icon to start the stopwatch function and swipe to the right to exit the function.

Message interface

On the main interface, slide into the message icon to view the message. Click to read the whole message; view the message, or swipe right to exit.

Sports interface

Press the button on the main interface to enter the sports interface. Slide right to go back to the main interface. Slide up and down to select the desired mode and click on the icon to enter. You can select between running, cycling, swimming, skipping rope, table tennis, badminton, or tennis.
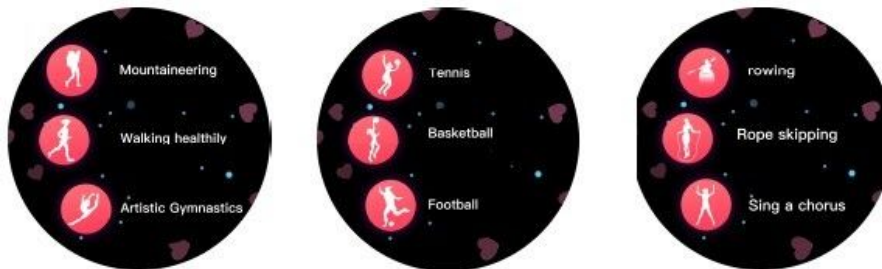
Settings interface

Slide down from the main interface to enter the settings menu. You can choose options Find phone, Brightness adjustment, About, and Settings. Click on the icon to enter the desired function.

Find the phone - When paired with the phone, if you click this function your phone will vibrate or start ringing.

Brightness adjustment - You can choose the screen brightness by clicking the brightness adjustment icon.

About - Click on this icon to display the model number of the smartwatch and the last four digits of the Bluetooth address.

Restore - Click this icon to restore the bracelet to the factory settings.

Shutdown - Click this icon to turn off the bracelet.

Sleep monitoring function - When you fall asleep, the smartwatch will automatically enter the sleep detection mode. It will detect when you are in deep or shallow sleep, all-night sleep, wake up time, calculate your sleep quality. Please note that sleep data will only be available when you wear the bracelet to sleep.