

ES10

Tranya ES10 Smart Watch

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PRODUCT INTRODUCTION

Choose a language; Select the corresponding language after the first boot two-dimensional code; Scan the code to download the GloryFit APP, and after downloading the APP, scan the code to bind the watch long press the QR code to enter the dial page. Button: Hold down for 3S to turn on/off the watch. Note: When you use the product for the first time, activate the watch by charging.

WEAR

For daily wear, wear the watch on your wrist, about a finger width from your wrist bone, and adjust the strap to a comfortable size. Tips: If the watch is worn too loosely, it may affect the data collected by the heart rate sensor.

CONNECTION

1. Search and download "GloryFit" APP from Apple Store or Google Play. Scan the QR code (Settings - Application QR code) on the watch with your mobile phone to install the "GloryFit" APP, or scan the QR code below to download and install the "GloryFit" APP in the app store. 2. After installation, open the "GloryFit" APP; Log in to the device page, select the watch to establish a connection (Add a device, select "Model" or scan the watch QR code).

CONTROLS

(1) Open the Control panel: Swipe down the watch home page from top to bottom (2) View information: Swipe from the bottom up on the home page (3) Enter the main menu: Swipe right on the home page of the watch (Note: Swipe right on other pages to return to the previous pages) (4) Open the status screen: On the home screen, swipe left (5) Quick change of watch face: Hold down the home screen for 3 seconds, then you can swipe left or right to select the watch face. (6) Power on: Press and hold for 3 seconds (Power off: When the screen lights up, press and hold the button for 3 seconds, and then confirm the power off) (7) Press the button to return to the home screen.

FEATURE

Multiple sports modes (outdoor running, cycling, jumping rope, badminton, table tennis, tennis, mountaineering, hiking, basketball, soccer, baseball, etc.) and other sports modes can also view the sports data (heart rate, speed, duration, calories, step distance).

Call function

First of all, make sure that the call switch is turned on. After pairing, you can operate, contact, view call records, and make calls.

Phone records

Records of incoming calls and incoming calls are saved.

Heart rate monitoring

To monitor your real-time heart rate over a 24-hour period, you can view historical heart rate data.

Blood oxygen monitoring

Turn on the oxygen monitor and wait until the measurement is complete. During the measurement, the red light lights up for the test.

Women's health

Period reminders for female users (need to be set in the APP).

Status

Record details of daily steps, distance and calories.

For more information, please visit: tranya.com

For any assistance, email us support@tranya.com

QR code

Sleep

07: 26m
23:00 08:00
Deep sleep 2h 24m
Light sleep 6h 30m
Awake 30m
REM 30m

Sleep monitoring

Record details of sleep time and sleep status (view records in the APP)

Music Controller

The watch can control the music playing in the phone, play/pause/down/before, increase/decrease the volume. (Note: Compatible with the music player, the phone comes with, not compatible with the use of third-party music players.)

SOS

Set up emergency contacts in the app and return emergency calls with one click when needed

Wechat

Turning to "new kinetic energy", from "accumulating quantity" to "improving quality"

Message notification

The watch has a message reminder function, which can sync and push calls and phone messages. (Note: The message displayed by the APP is compatible with social software)

Settings

Dial, brightness, bright screen time, raise wrist screen, shutdown, about, restore factory Settings, APP download

CHARGING

(1) Place the watch on the charger so that the charging contact and the back of the watch fits perfectly with the metal contact on the charger. (Charging time: more than 2 hours) (2) Connect the charging cable to the standard charger purchased by the authorized supplier with an output voltage of 5V Output current 1A. If the watch cannot be turned on without using it for a long time, please wipe the charging contact of the charging cable to erase Residual sweat or moisture. Note: If you do not use it often, please charge it once per charge Month.

FREQUENTLY ASKED QUESTIONS

(1) Failed to connect to Bluetooth
Check whether the operating system is Android 5.0 or iOS 9.0 or later
Check to see if the watch is connected to another phone, and if so, unplug it first
(2) If data cannot be synchronized, turn it off and enable it Turn on the phone Bluetooth again or restart the phone
Check whether the Bluetooth of the mobile phone is enabled and works normally. It is recommended to close all programs and restart the phone. Note: The FAQs of the APP's Personal Center can help you solve some problems with using this device
(3) How to view the watch version, upgrade, unit, time format, and user Boot, factory reset, more motion and unbinding devices? Select and click the options as shown below

BASIC PARAMETERS

Wristband Size	22MM	Screen Type	1.96inches
Charging Time	2-3hours	Battery Life	5 Days
Waterproof Level	IP68	Product Weight	39g
Operating Temperature	-10°C-60°C	Bluetooth Version	5.2

Safety instruction

Consult your doctor before starting a new exercise program. Though it
Capable of tracking your heart rate, this smartwatch is just meant to help people live their lives
A healthier life, under no circumstances, should be used for any medical purpose. Remember to consult your doctor before starting any exercise or diet program
Do not place this product and its accessories at extreme temperatures, otherwise it will cause damage and may lead to product failure, fire or explosion
Prevent the product from strong impact or turbulence, so as not to damage the product and its accessories, so as to avoid product damage
Do not disassemble or modify this product and its accessories. Contact US providers after-sales service when a product fails
Old electrical appliances must not be disposed of with garbage. Residual waste, must be disposed of separately. Disposal place is Public collection points for private use are free. The owners of old appliances are responsible for bringing them to these places
Collection point or similar collection point, it's a little personal strive to contribute to your recovery of valuable raw materials
Disposal of toxic substances
If you experience discomfort or skin irritation while wearing a smartwatch, then
We recommend that you try to clean your device. Sometimes it's residue or a foreign object
Buildup of substances around your device that could damage your skin. This is also
Maybe you're not wearing your watch properly. We propose to ensure

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.

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.