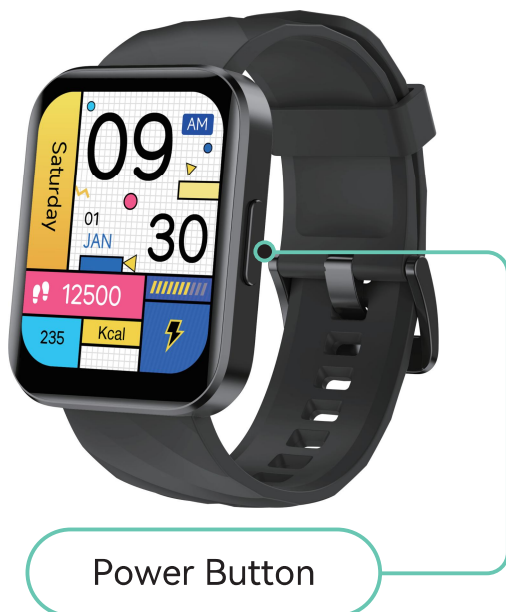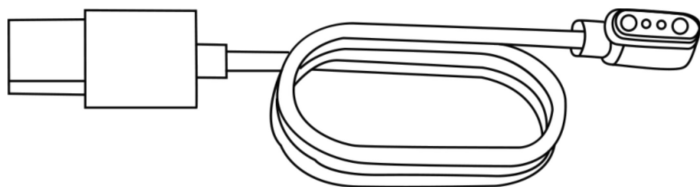# D1 Instruction Manual

Please read the instructions carefully and keep it safe.

Product introduction

Power Button

Long press the button for 5S to turn on the watch;
Long press it for 3S to turn off the watch.

Charging cable

Note: Before using the product for the first time, please charge it with the charging cable to switch it on.

Charging

1. Put the watch onto the charging connector and make the charging contact piece on the back of the watch completely fit the metal contact on the charging connector. (The charging time should be more than 2 hours.)
2. Connect the charging cable to a standard charger purchased through a regular channel. The output voltage should be 5V and the output current should be 1A.
If the watch cannot be switched on after it has been stored for a long time, to use it again, wipe off any sweat or water residue on the charging contact piece of the charging cable.
Note: (If the watch is not often used, please charge the watch once a month.)

Charging   80%

Switch
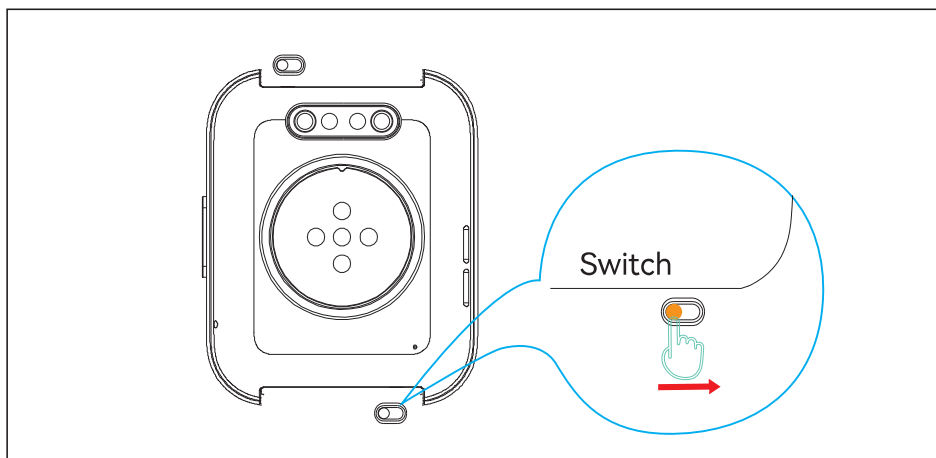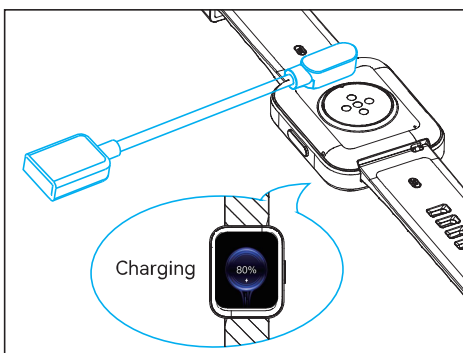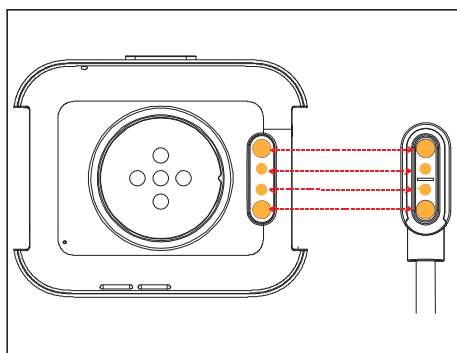
Wearing

Please wear the device on your wrist horizontally, a finger's width below your wrist bone. And also adjust the tension of the wrist band to a comfortable position.
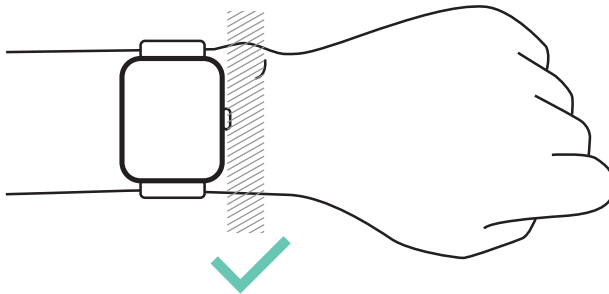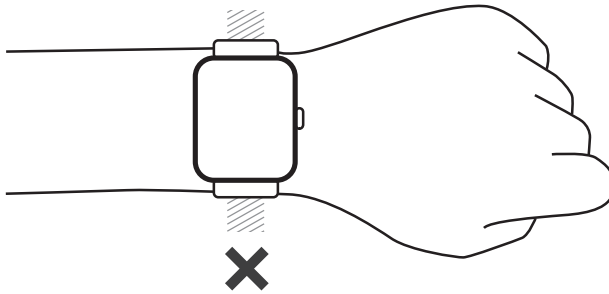
Tip: Too loose band may affect the accuracy of data collected by the heart rate sensor.

Connection and Binding

1. ① Search and download "GloryFit" App from Apple Store or Google Play.

② With your mobile phone, scan the QR code of the watch screen (Settings – APP QR code) to install the "GloryFit" APP.

You can also scan the QR code below to download:

2.After installing the App, please open it and login. Click the "Device" page>> Click "Add a new device">> Select D1 or scan the QR code on the watch screen to connect.

*The GloryFit App is only compatible with smartphones, not for tablets or PCs.
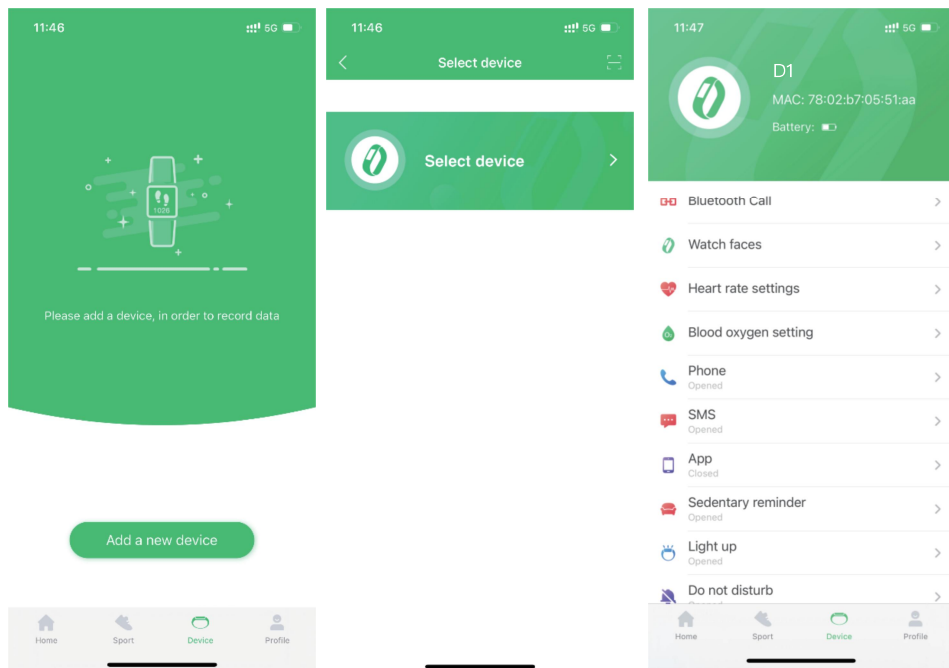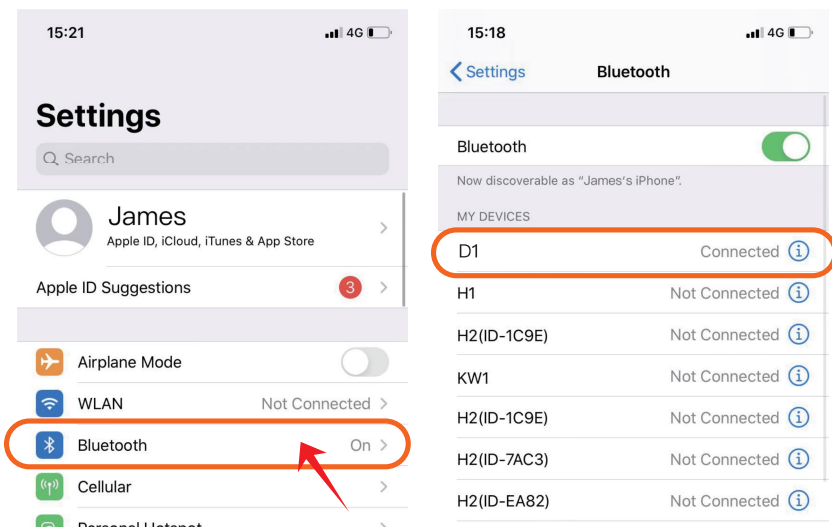
Smart Phone System Requirements:

| iOS 9.0 & higher | Android 6.0 & higher | Bluetooth 4.0 & higher |

Note: After connecting the App, you need to turn on the mobile phone Bluetooth to synchronize the contacts, so that the contact names can be displayed on the watch. (the operation steps are as follows)

Tips:

①In the process of pairing, please make sure the Bluetooth function of your smartphone is enabled.

②Allow the permissions when installing the App. If the watch can't be found or connected during use, turn on the GPS function of your smartphone and permit the "Location" request in the App. Then select Setting – Factory Default. Then try to connect the watch again.

③If the watch still cannot be connected, exit and re-enter the APP to try again.

The connection status of the watch is as shown in the figure below:

Not connected   Connected

Operation

①.Message Notification: Swipe up from bottom to top on the homepage of the watch dial.

②.Control Panel: Swipe down from top to bottom on the homepage of the watch dial.

③.Main Menu: Swipe the home page of the watch face towards the right side.

④.Status display: Swipe the home page of the watch face towards the left side.

⑤.Shortcut to switch the dial: Long press the homepage for 2-3 seconds until the watch vibrates once, and then swipe to left or right to select the dial.

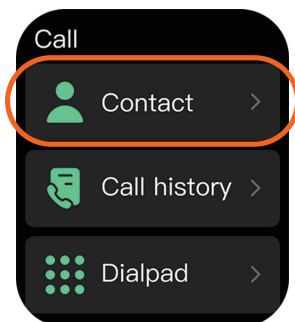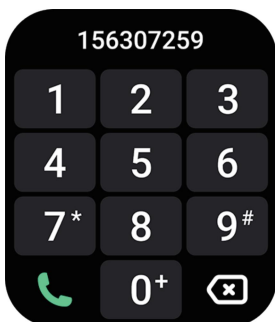Return: Tap the power button to return to previous page.

⑥.Power-On/Off: Press and hold the power button for 5 seconds.

(Power-off: Press and hold the power button for 3 seconds when the display is on, then select power off).

Function Introduction

Call

1	2	3
4	5	6
7*	8	9#
	0+	

156307259

Call
- 👤 Contact >
- Call history >
- ⣿ Dialpad >

After connecting your watch to the GloryFit App, you can make and answer the calls on your watch. Select the "Keypad" function on your watch to make calls.

Contacts:
After connecting your watch to the GloryFit App, find the "Bluetooth Call" in the device page> Click "Sync Contacts"> Then the watch will display the contacts to make a speed dial call.

Activity

Activity

Calories
320 kcal

Distance
12.06 km
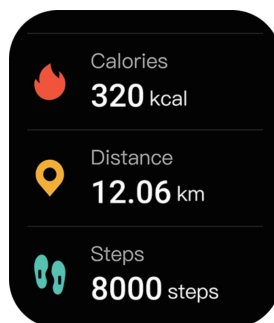
Steps
8000 steps

The watch tracks your all-day activity data, including steps, distance, calories burned.

Heart Rate Monitor

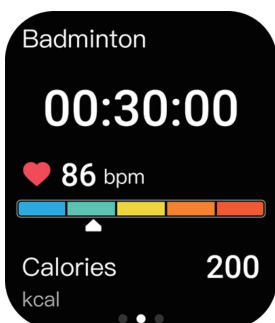Tracks your real-time heart rate automatically and continuously. You can also view historical and more detailed data in the App.

Training
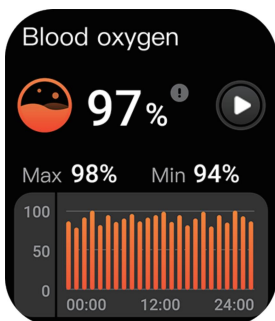
The watch has 85 sports modes to track your exercise data. Tap "Training" → Swipe the screen to select a sports mode you want to start.
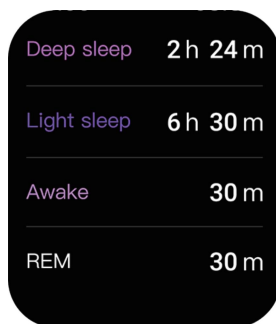
Blood Oxygen Monitor

The measurement starts when the red light of the sensor is on, and it ends after about 30-60s. When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.

Sleep Duration

Sleep

☾z

07 h 26 m

23:00   08:00

Deep sleep	2 h 24 m
Light sleep	6 h 30 m
Awake	30 m
REM	30 m

The watch will track your sleep duration. You can view more detailed sleep status data in the APP.

Music

Music

Lost Control

⏮ ▶ ⏭

🔀   🔉   📱
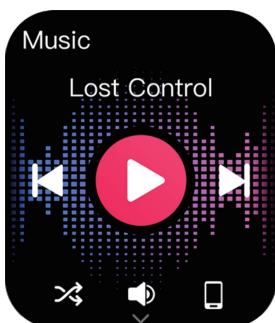
Control the music playing of your smartphone;Adjust the volume, Play/Pause/Skip the tracks. (Note: It may not be compatible with third-party players.)

Voice Assistant

Voice assistant

Click the screen to start

Voice assistant

6
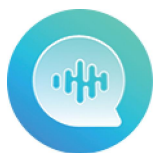
Time left

After connecting your watch to the GloryFit App, enter this function and click the voice icon to activate the voice assistant of your phone like Siri or Bixby.

Female Health

Period

SP
The **5** day
06.02-06.07

Fertile period: 5 Days

Menstrual period
Forecast ends today

Women's Menstrual Cycle Reminder. (Note: Need to be set in the APP)

Call Switch

20%

04/08 Wed

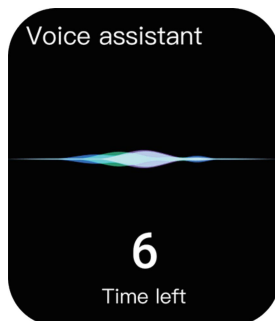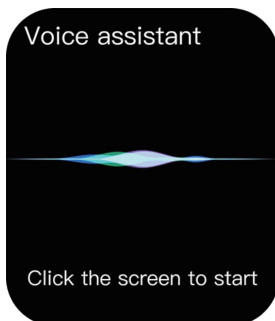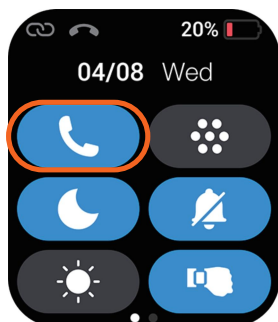Only after the watch has been connected to the App and "Call Audio" has been enabled, then you can answer/make phone calls on the watch. (Note: When the watch is connected, the call function is enabled by default.)

Messages Notifications

Information

Wechat   08:00
Li sir: Turning to
"new kinetic ener...

Wechat   08:00
Li sir: Turning to
"new kinetic ener...

Check text messages or social media messages come from your phone. (Note: The watch will only display the messages from compatible APP)

Note: When using the watch to play music or make/receive calls, the high power consumption will affect the battery life.

Basic Parameters

|	
Screen	1.83 inch TFT 240*284 px
Touch Screen	Capacitive full touch screen
Bluetooth	5.2
Shell Material	Plastic
Wristband Material	Silica gel
Battery	300mAh polymer lithium battery
Button	Side power button
Charge Mode	Magnetic absorption charge
Waterproof	IP68

Q&A

1. Failure to pair the watch with the GloryFit App on your smartphone.

①Check whether your mobile phone system is Android 6.0 and later version, iOS 9.0 and later version;
②Make sure your smartphone's Bluetooth is enabled and the watch is not connected to other smartphones.
③It is recommended to exit the GloryFit APP and open it again, and re-enable the Bluetooth before connecting. Then try it again.

2. Failure to receive SMS / calls notifications.

① Check if the Bluetooth function on your mobile phone is enabled, and check whether the APP is keeping connected status with your watch. (Go to your smartphone Settings, find GloryFit app, and enable the Notifications, Location and also allow it to keep running in the background)

② Check whether you enable the the notification function in the GloryFit APP.
③ Check if your phone's drop-down menu can show you the message notification when a message comes in. If not, please go to the system settings to enable the permission of the APP message to pop up in the
notification bar.
④If the issue still exists, please unbind the watch, exit the APP to reset the watch, disable the Bluetooth function of the mobile phone; then re-pair the watch to your phone again.
⑤ Make sure the do-not-disturb function is not enabled in the app or the watch:
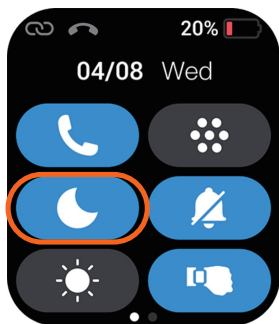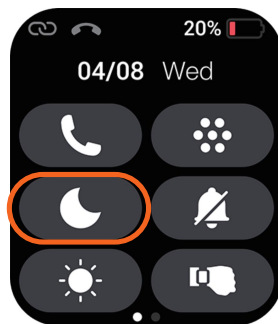
DND mode turned on   DND mode turned off

3. How to synchronize data?(re-connect)
① Auto synchronization: The data will be synchronized automatically when the device is connected with the APP;
② Manual synchronization: After the device is connected with the APP, you can pull down the data list in the home page and data interface for manual synchronization;
③ If the data cannot be synchronized, please disable and enable the Bluetooth function of the phone again or restart the phone.

(Note: The Q&A in "Profile" – "Help" of the App may answer some of your questions about use.)
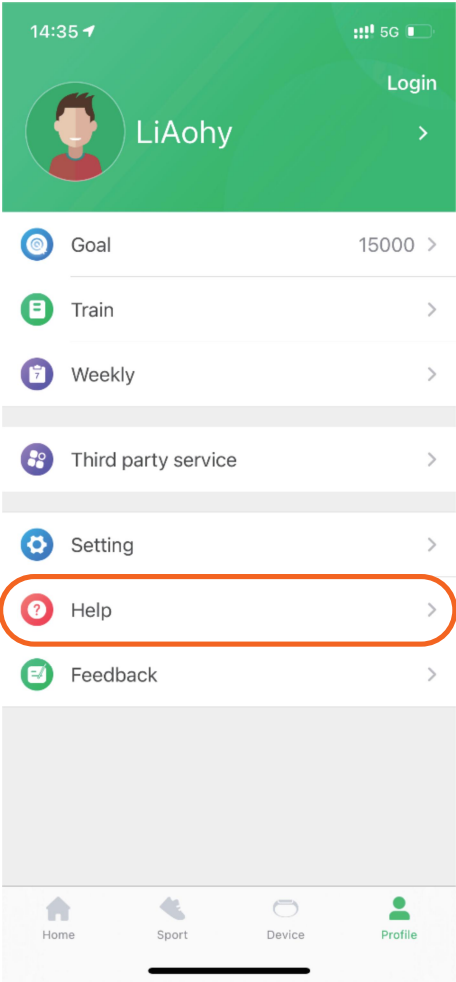
Safetyinstructions

1.Please consult your doctor before starting a new exercise program. Despite its ability to track your heart rate, this smart watch is only intended to help people live healthier lives and should not in any case be used for any medical purpose. Remember to consult your doctor befre starting any exercise or diet program.

2.Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.

3.Protect the product from strong impacts or jolts, So as not to damage the product and its accessories, thus avoiding product failures.

4.Do not disassemble or modify the product and its accessories by yourself. Contact uS for after-sales service when the product fails.

5.Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this lttle personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

FCC Warning

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.

Any Changes or modifications 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.

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

FC UK CA C E

Made in China