SMART WATCH TLW-B5

User Guide
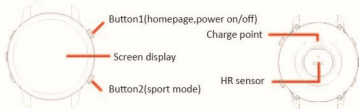
Smart heart rate sports watch

User Guide

Quick use instructions

Component introduction

Button1(homepage,power on/off)

Charge point

Screen display

Button2(sport mode)

HR sensor

*Longpress the button1 to turn it on/off.
*Some additional functions(message push/caller ID,etc) may not compatible with some phones.

Instruction for Charging

Please take the charge cable from box,Hold the cable connection point to the backside of device. Charge time is 2hours. Please charge it before using.

*Please charge it once per 3months if put it idle no use.

Installation

Scan the following QR codes or go to GooglePlay or App Store to search "Gloryfit"App for download.

Android for China   IOS   Google Play

Device requirement: IOS9.0 above;Android 4.5 above.

Turn on BT in phone, Enter into Gloryfit App to pair

Click "Device"from App,start search the watch in the list

Click the watch name for connection

Connected

Main function interface

Main interface

Long press on the homepage to choice prefered dial face,Then click it for confirmation. There are 5different styles.

Activity page

From this page, It display with total steps,distance and calories of current day. More details will be shown in App. The data in the watch will be saved for 7days. Once the watch is connected with App,The data will be synced automatically.

Dynamic heart rate interface

This is continuously heart rate,Once weared the watch on the wrist. It will display with current heart rate reading automatically. More details can be found in App.

Blood pressure interface

Stay at this page,It will measure current blood pressure data automatically.
Note: The data can not be used for medical purpose.

Blood oxygen interface

Stay at this page,It will measure current blood oxygen data automatically.
Note: The data can not be used for medical purpose.

Weather interface

Click the weather page to get weather info which is obtain from internet. It will be display current weather info only if the watch connected with phone.

Stopwatch interface

Enter into this page,click it to start and end.Slide right to log out.

Message interface

Stay at this page,click into to get latest messages.
Slide right to log out.

Exercise interface(Multi-sports)

Press the button2 to enter into the multi-sport mode. Or find this page from
menu list. Enter into this page,There are 7 different sport modes(Running,
Bike,Jump rope,Pingpong,Badminton,Tennis,Swimming,). Under each mode,
It will display with sport time,calorie and average heart rate while doing sport.

**Slide up or down to switch the mode,Click the mode you want. Slide right to
exit the mode and back to last page.**

Setting interface

Stay at homepage,Slide down to get the setting interface.
You can find "Find phone""Brightness" "Info" "Setting"
4modes. Click into each mode,Slide right to log out.
Connection signal icon also display in this page.

④ English

Find interface

Stay at setting page,click "find" icon to search the connected smart phone.This function is works only under connected statue.

Brightness interface

Stay at setting page, click "brightness" icon to adjust the brightness level.

Info interface

Stay at setting page, click "info" icon to get the device information like MAC address. It will help you to match the name when searching device for pairing in App.

Reset interface

Stay at setting page, click "setting" icon to find reset icon, click it to confirm yes or no. Once confirmed reset, The data will be all cleaned in the watch.

Power off interface

Stay at setting page, click "setting" icon to find OFF icon, click it to confirm yes or no.

Other functions

There are more functions like message reminder, call reminder, App message notifications, Camera remote, awake screen by twisting,etc. These can be setted in App.

Sleep Monitor

The watch will monitor your sleep quality during your sleep. You can find total sleep hours, deep sleep hours, light sleep hours and awake times. More details data can be found in App. The sleep data can be only for personal reference, Not for medical purpose.

Note: Sleep data will be only available to recorded while you weared the watch to sleep.

Precaution

1.If there is a product quality problem or not clear about how to use it, please contact our store by direct mail, we would replyu you asap.

3.The measurement results of this product are for reference only, not for any medical purpose. Please follow the doctor's instructions and do not rely on the measurement results for self diagnosis and treatment.

4.The waterproof grade is IP67, which can be used for daily life waterproof. But the watch can not be used for diving and put under water for long time. In addition, It does not prevent from hot water.

5.Our company reserves the right to modify the contents of the manual without notification.

6.Do not use a power adapter that outputs with over 5V/1A to charge, otherwise the circuit may be burned out and the battery will not be dead.

FAQ

Can not find the device or can not connect when binding?

Android Phone:

1. Please make sure the BT function is turned on and the watch is fully charged and not connected with other phone(please check connection icon statue).Please make sure the phone system is Android 4.5 or above. Put the watch close to the phone for connection.

2. If still failed,Please enter the phone setting page to find Application management---App permission ---Make the Gloryfit app allowed---turn on GPS in smart phone and try again.

IOS Phone:

1.Please make sure the BT is turned on and the watch is fully charged and not connected with other phone (Connection icon is off and ignore the watch devices from BT page of smart phone).

2. If still failed,Please enter the phone setting page to find Application management---App permission ---Make the Gloryfit app allowed---turn on GPS in smart phone and try again.

Showing disconnection after binding, or show connected but power is 0%?
Please try to bind the device with the smart phone again, It was not connected well.

No data display in the App?

Please pull down the home page to load the data in the App. After the watch connected with smart phone, The data will be synced automatically.Make sure the watch is with power.

There is no data loading after pulling down the homepage?
App setting---Reset---Turn off the device---Restart it---Binding the device with App again.
If the watch is used normally, the data can be loaded.

The time on the device not synced with smart phone?
Phone setting---App Management---Permission(Allow the App)---Rebind the device---Pull down the homepage to sync the data.

【Basic parameters】

Screen size	**1.28 inch**
Standby time	7 days
Waterproof level	IP67
Strap material	Leather/Silicone strap
Battery capacity	**180mAh**
Charging time	2 Hours
Watch size	**250mm*46mm*13mm**
Charging	Magnetic charging
Touch screen	Full touch
Package	Watch +charger cable+Instruction manual