

# FW54 IRON Smart Watch

## Simplified User Manual

Please refer to this manual before using the product.

Notes:

- 1.The company reserves the right to modify the contents of this manual without any further notification. It is normal that some functions may vary in different software versions.
- 2.Please charge the smart watch with configured charger for no less than 2 hours before use.
- 3.Please install and connect to suggested App (Glory Fit) and set personal information before use. Please refer to below guidance and use the smart watch properly.

### 01 Wearing method

Please wear the device on your wrist horizontally and adjust to a comfortable position.

### 02 Download App and Pairing

1.Long press the power button to turn on the device, slide down from main interface, open setting- App QR code, and use the mobile phone to scan the code. Or you can also scan below QR code or search for "Glory Fit" in App store.

2. Open the App and BT, search and select the corresponding device on App

Notes

- 1.Please keep BT on during paring to ensure successful connection.
- 2.Please long press power button 3s to reboot the device if couldn't find the device during paring. Or choose reset on the device and search the device again.

### 03 Operation

a.Shortcut Setting Page: Swipe down from homepage .

b.Message: Swipe up from homepage .

c.Main Menu: Swipe right from homepage .

d.Function Shortcut Interface: Swipe left from homepage.

e.Watch Dial Setting: Long press dial for 3s and slide left or right to choose .

f.Power ON/OFF: Long press power button for 3s to power on; From home page, long press power button 3s, and tap to power off .

g.Return Previous Menu/ Screen On or Off: Press power button.

h.Sports Shortcut key: Press the below side button to quickly switch to training interface.

### 04 Functions

Training:

13 sports modes

Running, Walking, Cycling, Climbing, Spinning Bike, Yoga, Skipping, Gymnastic, Badminton, Ping-pong, Boating, Sit-ups and Free training.

Sports records are visible on the App.

Pedometer:

Record daily steps, distance and calories.

Historical data are visible on the App.

Heart Rate Monitor:

Click and show real-time heart rate.

Auto test open on App.

Intermittent automatic detection generate histogram, interval unit is 10 minutes.

Historical data and analysis are visible on the App.

Blood Oxygen Monitor:

Test the blood pressure. Historical data and analysis are visible on the App.

(Data cannot be used for medical purpose)

Weather:

After connected with App, Show daily weather and next 4 days' weather forecast.

Sleep Monitor:

Record daily sleep time and deep or light sleep duration.

History records are visible on the App .

BT Music Control:

Remote control the music player of mobile phone, Play/Pause/ Switch to previous or next song.

Message:

Notifications push sync, show latest messages on watch. Turn on/off SMS reminder and SNS App reminder on App .

More:

Find Phone, Stopwatch, Timer , Settings:

Power off/ Reset/ Brightness /Dial/ App download/ About the watch.

## 05 Other functions

Sedentary reminder, Smart alarm clock, Low battery Reminder, Call reminder, Find the device, Watch face push / Customize watch face, 12H/ 24H time format, Metric / Imperial unit setting, Raise hand to activate display, Physiological cycle reminder, Goal achieved reminder.

## 06 Charging

1. Attach the charging cable to the watch charging port, ensuring the metal pins fully connected.

2. Please use the correct charging adapters which are 5V /1A.

Note: If smart watch can not be powered on after being left unused for long time, please clean up the charging metal pins to make sure connecting well.

Notes:

1. To ensure waterproof, please DO NOT:

a) Wear the watch during hot shower or in hot spring.

b) Remove any screws or buttons.

2. Products with batteries cannot be disposed with

household waste. Please send this product to WEEE collecting points near you.