Green Lion

RIDGE Smart Watch

SKU: GNRDGSWA

Model No: GL-SWA53

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Downloading the App

Android 5.0 and above mobile phones
iOS 9.0 and above mobile phones
App Download Method:
1. iOS/Android Phone Users: Scan the above QR code to download and install the application.
2. Android: Search for "LaxasFit" through the software application store to download and install the application.
3. Apple: Search for "LaxasFit" through the App Store to download and install the app.

Initial Use

1. To ensure the normal use of the watch, please charge it first.
2. Align the power supply of the wireless magnetic charging suction cup with the magnetic charging suction cup on the back of the watch.

Watch and App Connection

1. The product's Bluetooth name is 'GL-SWA53'. The permissions during the app installation process must be fully granted, and the watch and the mobile phone must be connected to the app and the mobile phone's Bluetooth to enable all functions.
2. App connection method: Open the app and mobile phone Bluetooth, the app will prompt you to enable the notification point to confirm. Click to add a device, search for the device name, and click "Connect" to pair with the watch device.
3. Mobile phone Bluetooth connection: Bluetooth must be turned on the mobile side. Enter the mobile phone's Bluetooth, search for the

Bluetooth device of the model name, and click "Connect" to pair.

4. Simple solution to common Bluetooth problems: Due to the lack of uniformity in the Bluetooth protocol of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the watch may be unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or reset the watch to its factory settings. Such as when the watch is in a dead state, you can press and hold the power button for 10 seconds to restart the watch.

5. How to verify that the Bluetooth connection is successful: The Bluetooth icon in the upper left corner of the main menu will be oval to indicate that the Bluetooth connection is successful. Use the watch to click to find the phone or enter the app to find the watch. If there is vibration, it means that the voice BT is connected successfully.

6. If the watch has an incoming call, there is no notification reminder , you need to set the phone settings-notification settings, open the corresponding application, and open the notification application to receive incoming notifications.

▌Watch Operating Instructions

Power Button: Up button: Short press to return, down button: Wake up/off the screen and long press can be used to switch the machine. Clock Interface: Slide the card function or shortcut component left and right, slide up and down directly into the smart stack or message notification.

Swipe Up: Smart stack

Up Button: Short press to return,rotate to turn pages

Wipe Left: Turn the page

Card Function: Card function access

Swipe Right: Shortcut component

Down Button: Wake up/turn off the screen. Long press to .turn on/off

Swipe Up and Down: Message notification

Watch Function Introduction

	Standby nterface	Enter the standby interface.
	Dial Pad	Connect to the mobile phone to dial out via Bluetooth, and you can make a call on the watch side.
	Contact	After the bracelet is successfully connected to the app, you can add a contact in the app. After the contact is successfully added, the phone book of the bracelet will be displayed synchronously. Click the contact in the phone book on the bracelet to make a call. (Note: The bracelet needs to connect to the mobile phone via Bluetooth.)
	Call Record	Can display the call record of the wristband; click the phone number to dial.
	Information	The content of the message push can be displayed, such as QQ, WeChat, etc. (The system above iOS12 will block SMS reminders by default.)
	Movement	Enter the sports mode (running, rope skipping, cycling, mountain climbing) selection interface, click again to start the data monitoring of the corresponding sports mode: exercise time, distance, calories burned, and heart rate data.
	Sports Record	Record all exercise data.
	Pedometer	Calculate your step count data for the day, clear the data at 00:00 in the morning, and view it in the app.
	Sleep Monitoring	Turn on sleep detection to monitor the quality of sleep while sleeping.
	Sedentary Reminder	Set the sedentary time, the bracelet will vibrate when the time is up, and the interface will display a reminder.
	Heart Rate	Put the watch close to your wrist, and the best place to wear it is on the upper arm of the wrist bone. The real-time heart rate can be measured. The normal value of the average person is 60-100 beats/min.
	Blood Pressure	Put the watch close to your wrist, the best place to wear it is on the wrist bone above the arm. You can measure the real-time blood pressure; adult diastolic blood pressure: 80-60 (mmHg), adult systolic blood pressure: 100-120 (mmHg).
	Blood Oxygen Monitoring	The watch is tightly attached to the wrist, and the best wearing position is on the wrist bone and above the arm. The real-time blood oxygen value can be measured. The normal range of the value is generally 95% to 100%
	Bluetooth Camera	When the phone is not locked, when the app interface is opened, the watch enters the Bluetooth camera, and the phone will automatically pop up the camera interface. Shake the watch to take a photo, the phone will take a photo and store the photo on the phone; or open the app, enter the remote control interface, the phone will pop up the camera interface, and then shake the watch to take pictures according to the settings.
	Bluetooth Music	Control to play music on the phone.
	Find the Phone	When the watch is connected to the mobile phone, click on the watch to find the mobile phone, long press the magnifying glass icon, and the mobile phone will ring.

☁ Weather	Display the current weather temperature in degrees.
⏱ Stopwatch	Start stopwatch timing and end timing.
🔔 Alarm Bell	You can set a custom alarm clock on the app, and the watch will vibrate to remind you at the point.
⚙ Settings	Vibration on and off, and volume adjustments can be set.
🎛 Style	You can set and change the UI style.
i About	Display the MAC serial code, Bluetooth name, and version number of this device.
☀ Brightness	Can set the brightness size and backlight off time.
▦ QR Code	QR code downloaded by mobile app.
↻ Reset	Let your device reset and clear data, such as pedometer, sleep, etc.
🖐 Breathing Screen Clock	After turning on the screen clock, the screen pops up and turns off the clock.
🌐 Language	After connecting to the app, you can set the language on the app side, and the language can be synchronized to the watch after setting; or switch the language on the watch side, as it will also be synchronized to the app side.
◁ Dial Push	Enter the app end dial function, you can view my dial and local dial: you can also push DIY dial malls to the watch end
⌚ local dial	you can also push DIY dials and dial mails to the watch end. Lingdong Island: Click on the settings interface of the watch to open the Lingdong Island switch, and return to the dial to view information.
🎮 Racing Mode	Racing
🖐 Cover the Hand Screen	Click the setting interface of the watch to turn on the switch of the overhand screen, and the watch will turn off the screen when the hand cover is put on the watch.

Precausions

1. This Watch is not suitable for bathing and swimming.

2. Please connect the watch when synchronizing data.

3. Use the built-in charging cable to charge.

4. Do not expose the watch to high moisture, extremely high, or extremely low temperatures for a long time.

Maintenance

1. Do not scratch the sensor; protect it from damage.

2. You can wipe the surface of the watch with a damp cloth and use mild soap and water to remove oil or dust.

3. Do not expose the watch to an environment with strong chemical substances, such as gasoline, cleaning solvents, propanol, alcohol, or insect repellent. Chemical substances will damage the sealing of the watch and the surface of the case.

4. Avoid your watch from being exposed to strong shocks and extreme heat exposure.

This product does not support IP68 waterproofing, does not support rain, hand washing, swimming wear, hot showers, or saunas, etc. It cannot be worn in these conditions and cannot prevent water vapor. If the watch is damaged due to water ingress caused by violation of the instructions, our company will not provide a free warranty.

Common Problem

Can't find the watch?

1. Answer: Because the Bluetooth broadcast of the watch has not been searched by the mobile phone, please make sure that the watch is powered on and activated, and is not connected to other mobile phones. Move the watch close to the mobile phone and search again. If it still does not work, turn off the Bluetooth of the mobile phone and turn it on again. Is the Bluetooth connection always on? Will there be any data if it is turned off?

2. Answer: Before synchronizing the data, the exercise and sleep data will remain on the watch. When the Bluetooth connection between the mobile phone and the watch is successful, the watch will automatically upload data to the mobile phone, but the data stored by the watch is limited. It can only store Bluetooth data for about one

week. When the space is full, the oldest data will be automatically overwritten to generate the latest data, so please sync your watch to your phone in time.

Note: If the call and SMS reminder function is turned on, you need to keep the Bluetooth connected, and the alarm clock reminder supports offline.

What should I do if the watch cannot be charged?

3. Answers:

- Please make sure that the direction of the charging stand is correct and the charging clip is in good contact with the watch.

- When the power of the watch is lower than 3.6V, there will be a period of battery precharging time.

Remarks: It will enter the charging state immediately after the charger is plugged in. If there is no display, you need to charge for 5-3 minutes to enter the charging state.

Will the watch cause harm to the human body if worn for a long time?

4. Answer: The radiation of the equipment is much lower than the FCC standard of the United States, which is basically negligible. Long-term wearing will not cause radiation damage to the human body.

Specifications

Model No.	GL-SWA53
Case Material	Metal
Strap Material	PU Leather
Battery	200mAh

Display	2.01" TFT IPS
Resolution	296*240
Brightness	1000 nits
Bluetooth	V5.3
Storage	640Kb SRAM 16Mb ROM
Charging Type	Magnetic
Charging Time	2-3 Hrs
Usage Time	3-5 Days
Standby Time	15 Days
Waterproof	IP65
Product Weight	49g
Product Dimensions	44.4*38.3*10.3 mm

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Green Lion** website or shop come with a 24-month warranty.

When you buy **Green Lion** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **https://www.greenlion.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
https://www.greenlion.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at:
Website: **https://www.greenlion.net/**
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