



**Green Lion**

## **46mm Smart 10 ACTIVE Watch**

SKU: GNAC10SW46

Model No.: GL-SWA32

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## Preface

Thank you for choosing our product. To gain a comprehensive understanding of this device, including its features and operation method, please read this manual carefully.

## Package Contents

1. Smart Watch
2. Charging Cable
3. User manual

## Notice

1. This product is equipped with a built-in rechargeable lithium battery. Please follow these safety precautions when using the battery: Do not disassemble, strike, squeeze, or expose the battery to fire. If the battery becomes severely swollen, discontinue use immediately. Avoid placing the product in high-temperature environments, and never use the battery if it has been immersed in water.
2. Do not use the product after a hot shower, bath, or sauna, as the vapors may damage the host and other components. Such damage is beyond the scope of the warranty.
3. This product is not a medical device. The health data and suggestions provided are for reference purposes only and should not be used as a basis for diagnosis or treatment.

## Operation Guide

1. Side Button: Rotate the side button to zoom in or out of the smart menu, or to switch between watch faces. Tap the button to access the main menu, and double-tap to switch between menu styles.

2. Touch Instructions: Tap the screen to enter a function; swipe right to return. On the home page, swipe down to access the status bar, swipe up to access the notification bar, swipe left to access the favorite functions, and swipe right to add favorites.



## Touch Instructions



## Watch Face Switch

To cycle through different watch faces, press and hold the home screen, then swipe left or right to select the desired face.



## Watch Strap Replacement

To replace the strap, press the back case button with one hand and gently pull the strap out using the other hand.



## Charging Instructions

This device features a wireless charging system compatible with mobile phone chargers (5V) and computer USB ports. Simply place the watch onto the charging dock, and it will automatically begin charging. A full charge will take approximately 4 hours.

## Connection Guide

1. To pair your watch with your phone, begin by downloading the "GreenLion" app using the method outlined below.
2. Android/iOS Phone: Scan the QR code below using your browser or a QR code scanner app to download the "GreenLion" app.
3. Once the app is installed, ensure Bluetooth is enabled on your phone and grant all necessary permissions, including notifications. Complete the setup by entering your personal details.
4. Next, tap "Add Device", search for the device labeled "GL-SWA32" (ensure GPS is enabled on your phone), and tap "Connect".



## Notification Settings

In the App → Device → Notifications, select the corresponding apps and enable the notification switch.

What if I don't receive notifications?

1. The watch synchronizes notifications only from the phone's notification center, including incoming calls, SMS, WhatsApp, WeChat, etc. If the phone does not receive notifications in the notification center, the watch will not be able to display them either. Ensure that the phone is set to receive notifications from the corresponding apps and enable notification permissions in the phone's settings.
2. If notifications are still not received after completing step 1, reset the watch to factory settings. Then, access the Bluetooth settings on your phone and check if the connected device displays as "GL-SWA32". If so, unpair the device, turn off the phone's Bluetooth, then turn it on again to reconnect.

**3.** If the issue persists after completing the previous steps, uninstall the app and reinstall it. During installation, ensure all app permissions are granted, and at the beginning, activate the app before reconnecting the device.

## **Product Functions**

**1.** Upgrade: When connected via Bluetooth, open the App, tap Device → Firmware version. The app will notify you if a new version is available for update. During the update, a progress bar will be displayed. Wait for the process to complete. The watch will restart and automatically reconnect to the phone app. Please refrain from operating the watch during the update, which takes approximately 3-5 minutes.

**2.** Call Functionality: This device supports Bluetooth calling, allowing you to make and receive calls through the watch. To enable this, tap the Bluetooth call icon in the drop-down menu. In the phone's Settings → Bluetooth, search for "GL-SWA32" and connect to the watch. Bluetooth call audio can be disabled, preventing the watch from making or receiving calls. When this feature is off, the device enters low power consumption mode by default, extending battery life.

**3.** Phonebook: After connecting the watch to the phone app, you can add up to 100 frequently used contacts to the watch's phonebook via the app.

**4.** Language/Time/Date Synchronization: The language, date, and time will automatically synchronize between the mobile phone and the smartwatch once connected.

**5.** Standby Watch Faces: Multiple watch faces are available for selection. To switch between them, long press for 3 seconds on the home screen. Additionally, new watch faces can be downloaded through the app, and you can customize the background with your own photos.

**6.** Sleep Monitor: Sleep monitoring is automatically activated from 10:00 PM to 8:00 AM the following day. You can review detailed sleep quality data through the app on your phone.

**7. Exercise:** Select a sport mode to track your workout. To begin the activity, enter the mode and tap to start. To pause, swipe right, and to end the workout, tap the screen. The watch records key metrics such as duration, calories burned, and heart rate.

**8. Notifications:** The watch syncs and displays notifications from apps like Facebook, WhatsApp, SMS, and Email. Up to 8 notifications can be shown on the watch. To enable this, adjust the notification settings in the GreenLion app and ensure app permissions are granted. You can also decline incoming calls directly from the watch.

**9. Activity Information:** The watch tracks workout and health data such as steps taken, distance covered, and calories burned. This data is stored daily and resets at midnight. Historical data can be accessed through the History section.

**10. Heart Rate Monitoring Function:** When activated, the device measures your heart rate by scanning the surface capillaries of the skin using green optical diodes. Please allow approximately 2 seconds for the device to begin measuring and recording. To stop the measurement, simply navigate to another menu. For reference, you may consult online resources for average heart rate values based on your age group and gender, or seek advice from a healthcare professional.

Please note: The device is not intended as a medical device. The values displayed are for reference only.

**11. Stopwatch Function:** Press the button to start and pause the stopwatch. Press again to stop the timing.

**12. Reset:** Tap to reset all data to factory settings.

**13. Remote Control (Music):** The watch allows you to activate and control music playback on your phone via the Smart Watch, provided a music playback app is installed on your phone.

**14. Female Period Tracker:** Set your menstrual cycle and receive reminders to help manage your health more effectively.

**15. About:** View device information such as model number, Bluetooth address, and version number.



## Specifications

Model No	GL-SWA32
Display	2.07-inch IPS
Resolution	320 x 374 Pixels
Bluetooth	BT 3.0+5.1
Battery	375mAh
RAM+ROM	684KB +256MB
Working Time	2-3 Days, Standby 10 Days
Storage	1GB Flash
Frequency	192MHz
Charging Time	4 Hours
Waterproof	IP68
Charging Type	Wireless Charging
Product Size	9.5×39.8 × 46 mm
Product Weight	55g

## Precautions

1. The smart watch is water-resistant and is designed for use in wet conditions such as rain or splashes, but not for swimming or diving.
2. While durable, avoid dropping or hitting the smart watch, as this may damage the screen or internal components.
3. Do Not Expose to Extreme Temperatures: Protect the watch from extreme heat or cold. Exposing it to temperatures outside the recommended range could compromise its performance and water resistance.

4. Do not expose the smart watch to harsh chemicals, oils, or cleaning products, as these may damage the surface and seals.
5. Always use the provided charging cable and adapter. Avoid third-party chargers, as they may not meet safety standards and could cause damage or overheating.
6. If the watch's seal is damaged or scratched, its water resistance may be compromised. Regularly inspect the device and replace any damaged parts immediately.
7. Do not use the watch in high-pressure water conditions, such as during showers or heavy rain, as the pressure may exceed the IP68 rating.
8. If the battery swells or shows signs of damage, stop using the watch immediately and contact customer service. Never attempt to repair or remove the battery yourself.
9. After exposure to water, dry the watch thoroughly with a soft cloth before charging. Avoid charging the device when it is wet.
10. Prolonged exposure to saltwater, chlorinated water, or other corrosive liquids damages the watch.

## 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/>**

Sales: **[sales@greenlion.net](mailto:sales@greenlion.net)**

Service Support: **[Support@greenlion.net](mailto:Support@greenlion.net)**

Telegram: **[@greenlion\\_global](https://t.me/greenlion_global)**

Instagram: **[@greenlion\\_global](https://www.instagram.com/greenlion_global)**