



# Y20GTA Smart Watch Manual

User Manual

## Y20GTA



# Introduction

As of my last update in September 2021, I do not have specific information about the "Y20GTA Smart Watch" as it might be a product that was released or introduced after my knowledge cutoff date. However, I can provide you with a generic introduction to smartwatches and some general features that are commonly found in modern smartwatches. A smartwatch is a wearable electronic device designed to be worn on the wrist, offering various functionalities beyond traditional timekeeping. These devices typically pair with smartphones or other devices to provide users with convenient access to a range of features and applications.

## **Some of the common features found in modern smartwatches include:**

- **Fitness Tracking:** Smartwatches often come with built-in sensors, such as heart rate monitors, accelerometers, and GPS, to track various fitness metrics. They can monitor steps taken, distance traveled, calories burned, heart rate, and even provide insights into sleep patterns.
- **Notifications and Alerts:** Smartwatches can receive notifications from your smartphone, allowing you to view incoming calls, messages, emails, and app alerts directly on your wrist without having to check your phone.

- Health and Wellness Applications: Many smartwatches include health and wellness apps that enable users to set fitness goals, track workouts, and monitor their overall health progress
- Customizable Watch Faces: Users can often customize the appearance of their smartwatch by choosing from a variety of watch faces, allowing them to personalize the look of their device.
- Voice Commands: Some smartwatches come with voice assistants, such as Apple's Siri or Google Assistant, enabling hands-free control and access to information through voice commands.
- Music Control: Smartwatches can often control music playback on a paired smartphone or have onboard storage for music, allowing you to listen to your favorite tunes on the go.
- Payment Integration: Many smartwatches now come with NFC technology, enabling contactless payments using services like Apple Pay or Google Pay.
- Water Resistance: Depending on the model, smartwatches may have varying degrees of water resistance, making them suitable for use during workouts or even in water-related activities.

It's important to note that the features and specifications of the "Y20GTA Smart Watch" may differ from the general information provided above. For accurate and up-to-date information on this specific smartwatch model, I recommend checking the official website or product documentation from the manufacturer or trusted sources.

# Device Maintenance

Please remember the following tips when you maintain your smart bracelet:

- Clean the smart bracelet regularly, especially its inner side, and keep it dry.
- Adjust the smart bracelet tightness to ensure air circulation.
- Excessive skin care product should not be used for the wrist wearing the smart bracelet.
- Please cease wearing the smart bracelet in case of skin allergy or any discomfort.

Schematic diagram of main body of the smart bracelet



# About the thing

- **JISLA【All-Day Activity Health Tracking 】**The fitness watch records daily steps, distance, calorie consumption. It can track and analyse Sleep time and heart rate, also monitor blood oxygen. All data can be synchronized to your phone for analysis and to help you create a scheduled routine to meet your health goals.
- **【28 Sport Modes and Life Assistant】**It supports 28 sport modes, such as swimming, running, climbing, Yoga, and so on. It can also work as an assistant: music and camera control, weather display, sedentary reminder, drink water reminder, alarm clock, stopwatch, flashlight, find phone, which help you live a convenient life.
- **【Smart Watch Bluetooth Call and Smart Notification】**After connecting the watch with your phone, you can directly dial the phone number on the screen to make or answer the call. Also you can receive SMS and APP messages (Text, Facebook, WhatsApp, Instagram, Twitter...) you won't miss any important information.
- **【1.7" HD Full Touch Screen and Customized Watch Face】**High texture metal watch frame with 1.7 "TFT full touch colorful screen bring comfortable touch and excellent visual experience. There are 150+ different watch face styles to choose in the App. You can also customize your watch faces with your loved photos. Also, watch screen will light up every time you raise your hand.

- **【IP68 Waterproof Smart Watch for Android IOS Phones and 235 mAH Long Battery Life】**

The smart watch is compatible with iOS 9.0 and Android 4.4 and above devices. The smartwatch with 235 mAH battery capacity can be fully charged in about 2 hours, and it can be used for 2 days bluetooth call. Support 20 days standby time.

**Note:** Products with electrical plugs are designed for use in the US. Outlets and voltage differ internationally and this product may require an adapter or converter for use in your destination. Please check compatibility before purchasing.



# IP68 WATERPROOF





## 2022 New Smart Watch

2022 new smart watch fitness tracker, which includes all the functions you want, you just need to put it on your wrist, tap the screen lightly, and all the powerful functions will be presented to you on the wrist. Has 128 Sport modes, Outdoor Run, Outdoor Walk, Indoor Run, Indoor Walk, Hiking, Stair Stepper, Outdoor Cycle, Stationary Bike, Elliptical, Rowing Machine, Swim, Walking, football, badminton, tennis, basketball, hiking, yoga, strength training, mountain climbing, free exercise and other sports modes you like. Stylish design, HD color screen makes color saturation stronger, Switch freely between custom interfaces, 24-hour time display format. Date, week, steps/heart rate all display on one home screen.





- Female Health/Sedentary alert, It gives you gentle reminders to stay active throughout the day if you are stationary for too long.
- Double Layer Waterproof Design, You can wear it when swimming or diving, and enjoy a nice vacation.

## Your wrist health management doctor

Health Monitoring Sports Watch Smart watch with text and call Bluetooth, using high-performance sports optical sensor, can monitor physical health indicators and 24-hour heart rate monitoring. It can monitor blood oxygen, sleep tracking, Men's and women's fitness watches connect to APP to check body monitoring data to help you better understand your health and adjust your lifestyle reasonably.



## Heart Rate, Sleep, and Activity Tracking

Our smart health watch has three built-in professional sensors, it can accurately detect your heart rate in real time. Smartwatch 100 sports modes to meet your needs (pedometer, GPS distance, calories, breathing training, cycling, fitness, etc.) 24 hours health function (body temperature, heart rate, blood oxygen, sleep detection, stress detection) Let you better understand your health status and be in better shape for every challenge and change.



# FAQ



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- **How do I power on the Y20 Smart Bracelet?**

Long press the side button for 3 seconds or plug in the Magnetic charging cable to charge the smart bracelet.

- **How do I download and bind the smart bracelet app?**

Download and install the Da Fit app by scanning the QR code with your mobile phone. Then, click on "Add Device" to bind the smart bracelet.

- **How do I switch menu interfaces on the Y20 Smart Bracelet?**

You can switch the menu interfaces of the main screen while in power-on status

- **How do I remove the Y20 Smart Bracelet from my mobile phone?**

For Android mobile phones, simply click on Remove device. For Apple mobile phones, click on the symbol on the right in Setting-Bluetooth, and choose to ignore the device.

# FAQ



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- **Why does the smart bracelet automatically disconnect Bluetooth when the Android screen goes out?**

This may be due to lock background APP, APP self-startup, or unrestricted background operation. Make sure to check these settings.

- **Why can't I take a hot bath with the smart bracelet?**

The high temperature and vapor generated during a hot bath can infiltrate into the smart bracelet from the shell gap and cause damage to the circuit board.

- **Can I use the Y20 Smart Bracelet for medical purposes?**

No, you should consult your doctor before using the smart bracelet for any medical purpose. Although it can dynamically monitor heart rate in real-time, it is not intended for medical use.

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