Amazfit GTS User Manual

Contents

1. Quick Start

Amazfit GTS features one AMOLED touch screen and one physical button.

1.1 Basic Operations

Slide left and right or up and down: You can switch between different function pages.

Tap and exit: You can tap to enter a specific function page and also operate the tap tips on that page. You can slide right to quickly return to the upper-level menu after tapping to enter a certain function page.

Button:

a) Use a short press to light up the screen.

b) Use a short press to close the screen when you're at the watch face page.

c) Use a short press to quickly return to the watch face when you're on another page.

d) Press and hold for 10 seconds to shut down.

e) Use a long press to enter Workout mode when you're at the watch face page (You can custom the enabled mode for this operation. Workout mode is

enabled by default.)

You can also pause Workout mode or end the alarm reminder by long pressing the button.

1.2 Functions Navigation

Pull the watch face down: You can then enter the shortcut control menu, which allows you to quickly open the flashlight, set brightness, control the DND mode, and lock the screen.
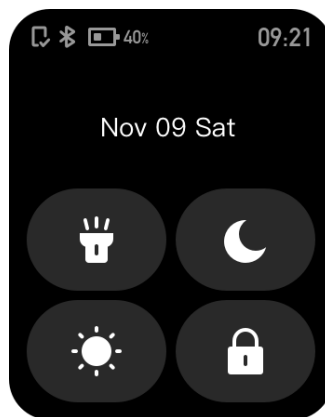
Slide the watch face left and right: You can then quickly enter Status and Heart rate.
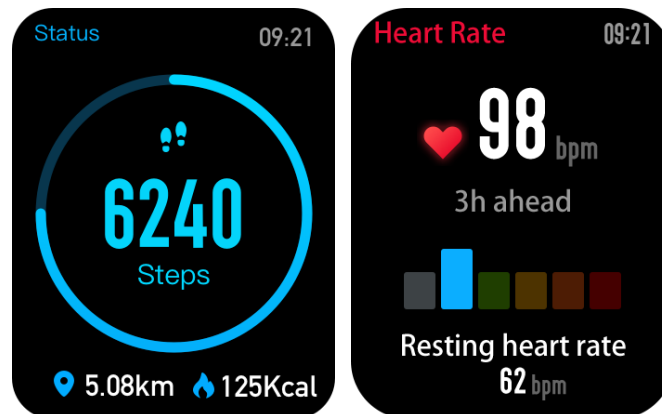
Slide the watch face up: You can then enter the function list.

1.3 Watch Wearing and Charging

Daily wearing: During daily use, it is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly.


Wearing during workouts: During workouts, it is recommended to wear the watch comfortably and ensure a tight fit without slipping. Being too tight or too loose may cause the inaccuracy of detected workout data, so avoid doing this.

Charging

1、 The watch charger's USB port needs to be plugged into the USB-supported device, such as socket, PC, power bank.

2、 When placing the watch into the power socket, it's required to keep the watch in a proper direction and position. Be sure that the metal contacts on the back of the watch are closely connected to the charging base.

3、 The screen will display the charging reminder when the watch is placed properly.
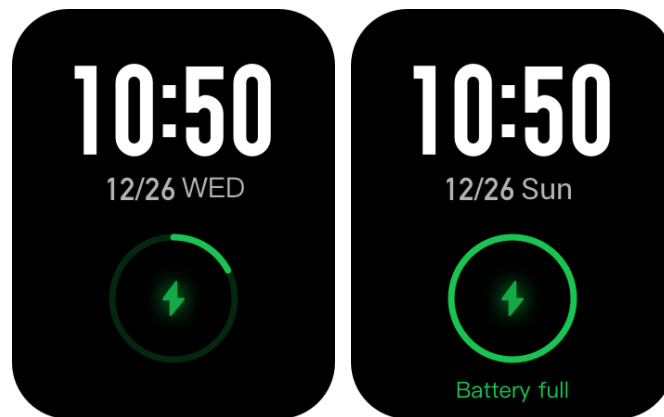

2. Features

Download the Amazfit app via the mobile phone before using Amazfit GTS. You cannot use the entire watch functions nor save and upload watch data to your personal cloud account until the watch is paired by using the Amazfit app.

2.1 Device Pairing and Unpairing

1、 Please download the Amazfit app from Apple Store or Google play store, and register or log into your account.

2、 Open the app, go to "Profile – Add device – Watch – Amazfit GTS" and point the scanner to the QR code on the watch. You can then quickly pair the device.

3、 Tap on your watch to accept the pairing request and complete the process.
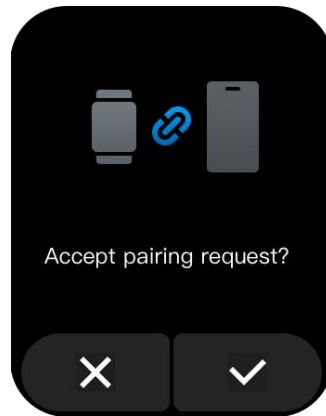
4、 After paired, the watch usually needs to be upgraded. Wait for upgrading with patience. With the mobile network and Bluetooth on, you also need to keep the watch close to the mobile phone, so as to ensure a successful upgrade.
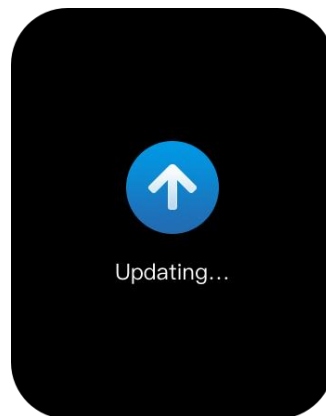
5、 After the watch is paired and upgraded, its functions are available. Meanwhile, the Amazfit app allows for the watch function-specific operations and settings.

6、 If you need to unpair your watch, open the Amazfit app and choose "Unpair" on the device page.

2.2 Control Shortcut Menu

Pulling down on the watch face page can quickly open the control shortcut menu page.
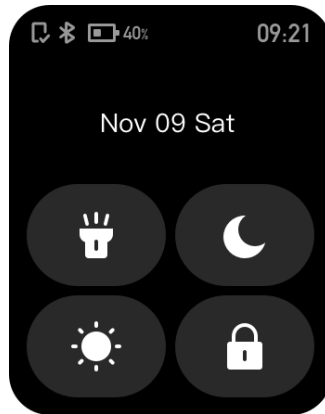
1、 Flashlight

Tapping the flashlight icon can open the flashlight function. The white background on the watch screen helps light up a small area at night. You can close the enabled flashlight function by sliding right or pressing the button on the upper right.
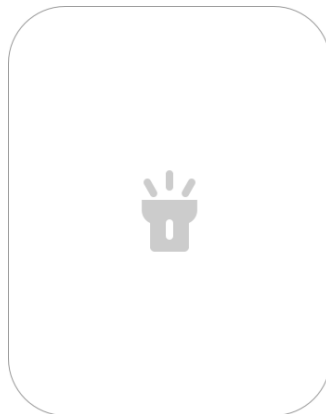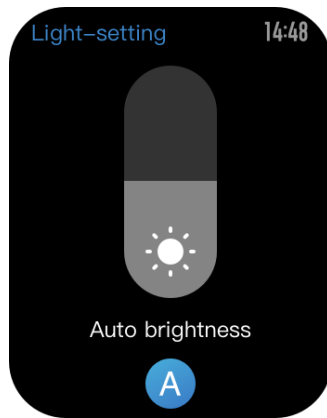

2. Brightness adjustment

Tapping on the brightness adjustment button can go to the brightness adjustment settings.

Auto brightness: The watch will automatically adjust the screen brightness upon ambient light.

Manual brightness: You can tailor the screen brightness as you wish.

3. DND mode

Enable DND: With the DND mode enabled, the watch will not vibrate when receiving any message pushed by the mobile phone.

Time DND: You can tailor the time period during which the DND mode changes from being automatically enabled to disabled.

Smart DND: After you fall asleep with the watch, the watch will automatically enable the DND mode.

Disable DND: The DND mode is disabled, so the watch will vibrate when receiving notifications.
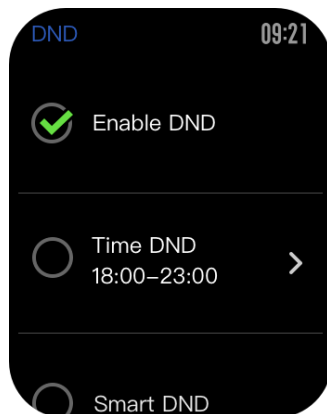
4、 Lock screen

With the lock screen function on, you can unlock the watch to enter the watch face page only by using the watch button. This can prevent any error caused by mistouch. To close the lock screen function, tap the lock screen button again to close this function.
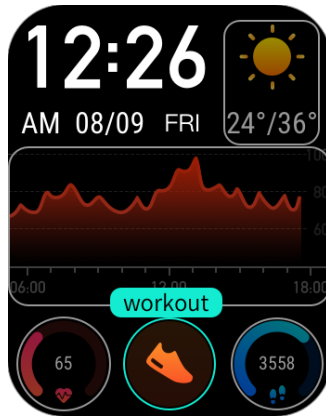
2.3 Replace the Watch Face

1、To replace the watch face on the watch: Long press the watch face page for 2s, or go to "Settings – Watch face", slide left and right to scan the watch face, and tap one to complete replacement.

2、Go to the Watch Face Settings page. If you see a small icon under the thumbnail, it means the watch face is editable. The highlighted area means the box has been checked, and you can tap or slide to switch the functions available in the checked box. The gray area means the box can be checked by tapping.

3、 To replace the watch face on the app: Tap "Profile – Amazfit GTS – Watch face settings" to download more watch faces from the Watch Face Store.

2.4 Status

1、 Sliding left on the watch face page can enable you to enter the status page which displays the current steps and goal completed. Tapping the status entry can enable you to enter the details page which shows you the steps, distance, calories and idle data.


2、 You can also enter the details page by sliding up on the watch face page and choosing "Status".
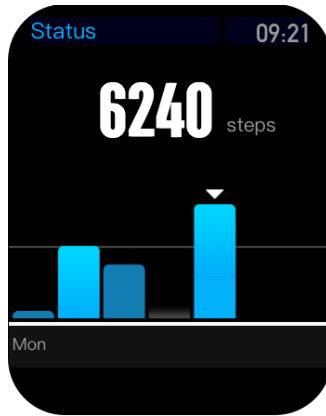
2.5 Heart Rate

1、 Sliding left on the watch face can enable you to enter the heart rate page, and then the watch automatically starts to measure the heart rate. During measurement, it is required to properly wear the watch and keep the back of the watch fairly close to your skin until the watch can measure a stable heart rate.

2、 If you want to turn on the all-day measurement function, open the Amazfit app and enter "Profile – Amazfit GTS – Heart Rate detection" and choose to turn on the all-day measurement function.

Notes: With the all-day measurement function on, the watch will measure the heart rate at regular time. Sliding right on the watch face can make the last heart rate value visible. You can enter the all-day heart rate details page by tapping it.
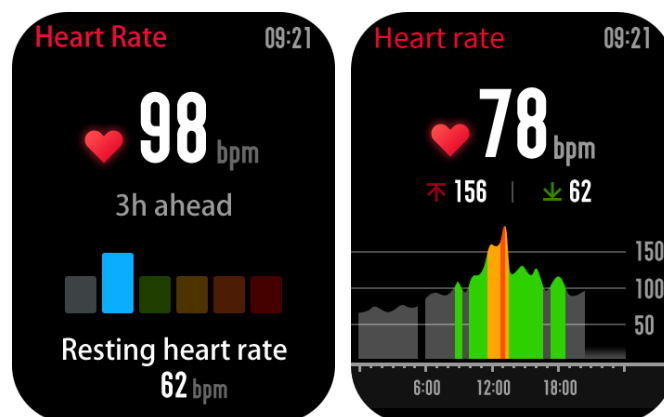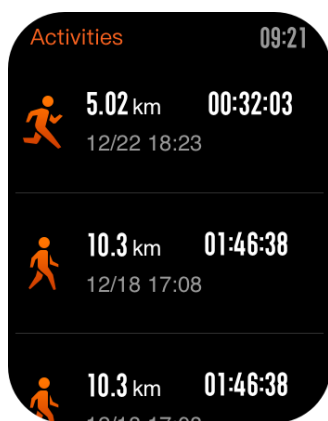
2.6 Workout

Amazfit GTS supports twelve workout types: Outdoor running, Walking, Outdoor cycling, Treadmill, Indoor cycling, Pool swim, Open water swim, Elliptical trainer, Climb, Trail run, Skiing, and Exercise. See the "Workout" section for more details about the functions of different workout types.
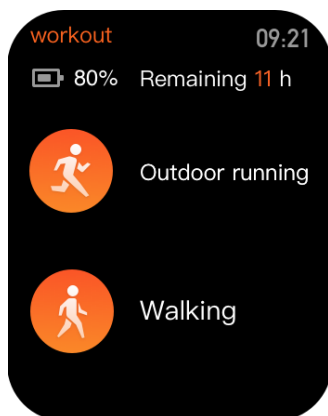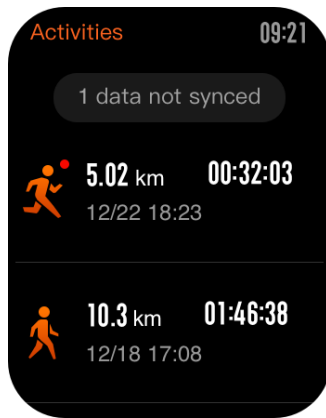

2.7 Workout Record

The workout data on the watch will be stored in workout records, which are shown from the latest to the earliest. Tapping a specific workout record will make the workout details visible. The visible details vary in workout type.

The workout record not uploaded to the App will be marked with a little red dot before it. Open the App to synchronize data timely to avoid the loss of workout records.
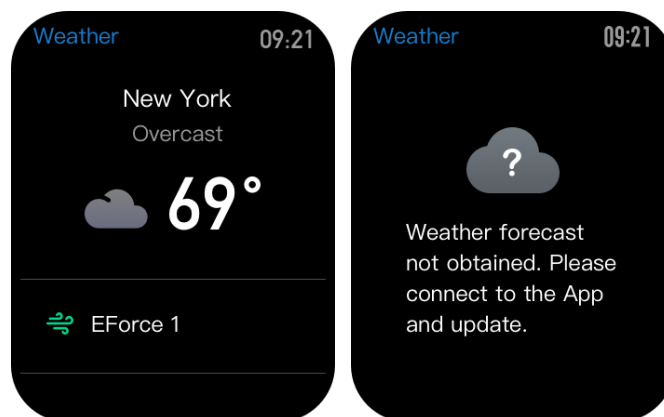
To delete a workout record on the watch, tap to enter the workout record details page, slide up to the bottom of the page, and then tap the delete button.
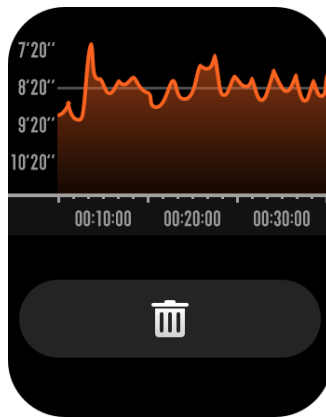
2.8 Weather

Tapping the weather function can give you access to the current weather conditions and the weather forecast. If weather data are invisible, you should open the App and connect the device to update the data.


Note: The AQI is not supported in overseas cities.

2.9 Music

With the Bluetooth, the watch can suspend or play the music on the mobile music player, switch between songs, and adjust the volume.

1、 Open the mobile music player first, and then enable the music function on the watch.

2、 If you are using an iOS device, you need to pair the watch with the mobile Bluetooth.

3、 If you are using an Android device, you need to connect the watch with the Amazfit app and also enable the notification reading permission on the app.

Notes: The compatibility of the Android mobile phone system and the openness of different music players may to a certain extent affect the music control function of the watch.
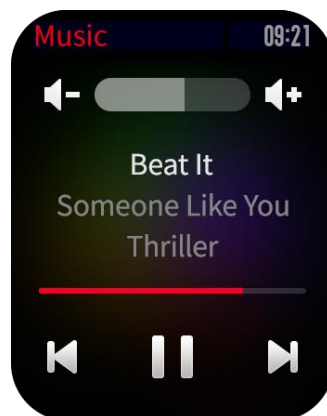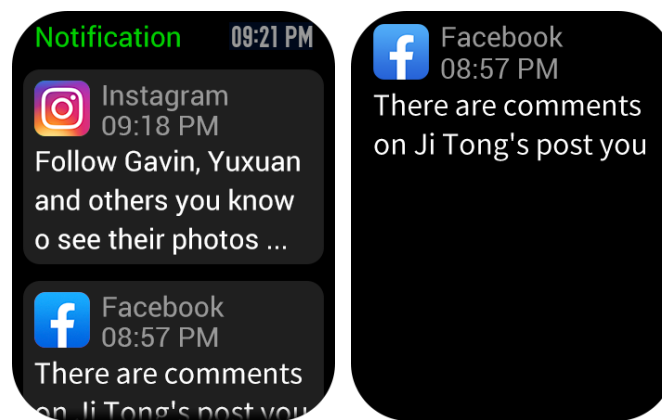

2.10 Notifications

Enable notifications

During use, you need to enable the corresponding "App alerts" on the App, and keep the watch and the mobile phone connected. You can also enable the incoming SMS and incoming call alerts as you wish.

1、 If you are using an iOS device, you need to pair and connect the watch with the Amazfit app.

2、 If you are using an Android device, you need to keep the app running in the background or include the app into the self-starting whitelist, so as to ensure the mobile phone can send the alert to the watch.

View notifications

1、 In the case of an incoming notification, the watch will automatically light up the screen and display the content.

2、 You can view the unread notification in the notification list and tap any notification to enter the notification details page.


Delete notifications

1、 The read notification on the watch or the mobile phone will be automatically deleted from the notification list on the watch.

2、 To manually delete the notification on the watch, slide left on the notification to be deleted and tap the delete button.
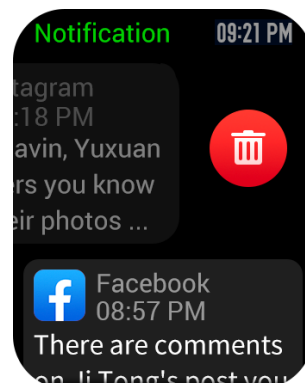
2.11 Alarm

Amazfit GTS supports creating and managing the alarm on the watch. You can also create a watch alarm through the Amazfit app.

1、 Tapping the create button on the watch alarm function page can enable you to set the alarm time and cycle. After saved, the alarm can be opened and closed in the alarm list.

2、 To create alarms through the Amazfit app, go to "Profile – Amazfit GTS – Alarm" and add alarms as prompted on the page.
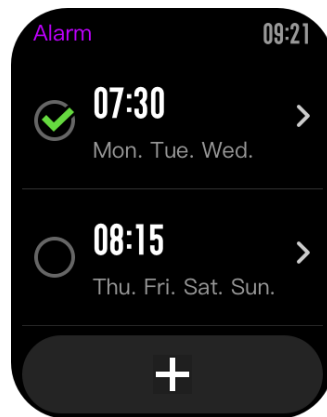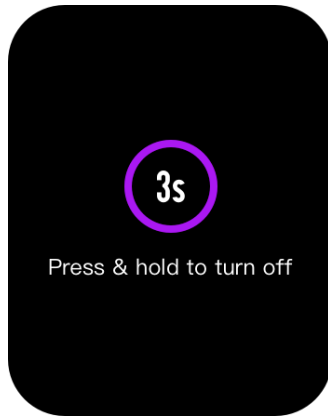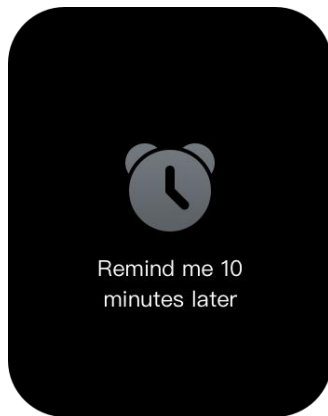

Alarm alert

In the case of a watch alarm alert, you can choose to close it or remind you later.
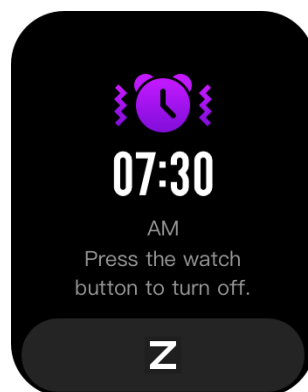
1、 To close the alarm, long press any button for 2 seconds within the duration of the alarm alert.

2、To make a delayed alert, you can, within the duration of the alarm alert, tap the "Z" button at the bottom. Then, the alarm will remind you 10min later.

2.12Event Reminder

You need to create and manage the event reminder via the Amazfit app. The watch will display your to-do list and vibrate to remind you in the set time.

1、Open the Amazfit app, go to "Profile – Amazfit – Event reminder", and create the event reminder upon the tips on the page.

2、An alert will pop up on the watch when the time set for the event arrives. Tap the "×" button at the bottom to close the alert.
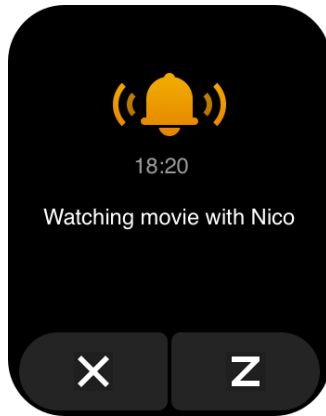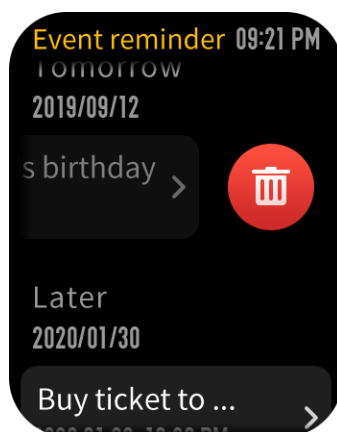
3、 The watch supports modifying and deleting the event reminder.

To modify the event reminder, tap the right arrow on the event reminder list page to modify the event reminder date and time.
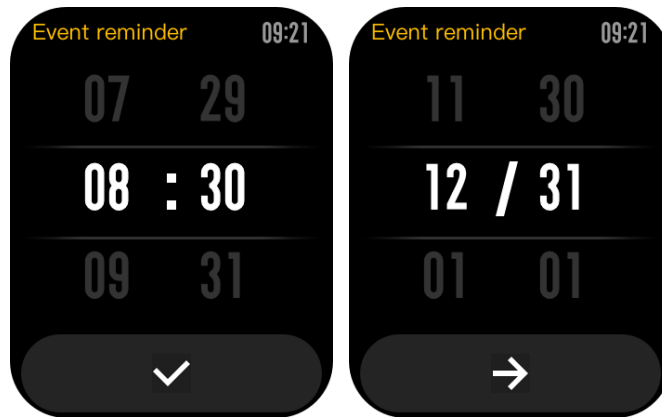
To delete the event reminder, slide left on the event to be deleted and tap the trash icon to delete it.

2.13 Timer

The timer on the Amazfit GTS supports one hundredth of a second. To enable

the timer, pull up the app list on the watch face and choose the timer app.

1、 Tapping the start button can activate the timer to time it right away.

2、 During timing, you can also count the number of times by tapping the button (up to 99 times of such operation).

3、 and suspend the current timer by tapping the button on the bottom left on the watch screen.

4、 When the timer pauses, you can reset it by tapping the right button, and resume timing by tapping the left button.

5、 Slide left to display the current timer and previous timer records.

6、 Slide right to return to the previous level and timer page.

## 2.14 Count down

To enable the count down, pull up the app list on the watch face and choose the countdown app.

1、 By default, the watch supports the shortcut count down of 1min, 3min, 5min, 10min, 15min, 20min, 30min, and 60min. You can enable the countdown function right away by tapping it.

2、 A custom count down function is available, which ranges from 1min to 23h and 29min.
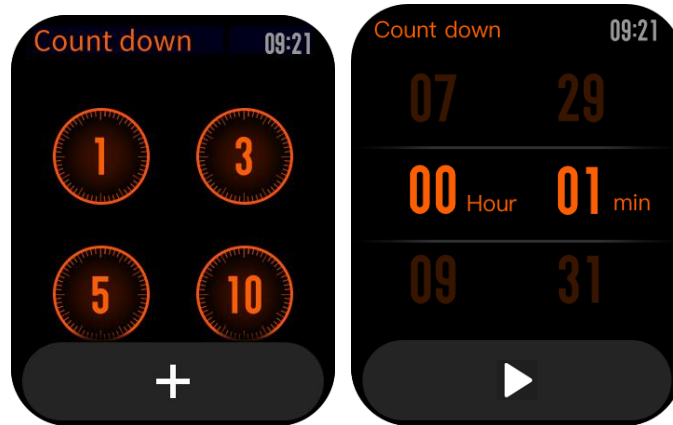
You can suspend, resume or stop the countdown function anytime when it operates. When time's up, the watch will vibrate to remind you. You can close the countdown function by tapping the "×" button at the bottom.
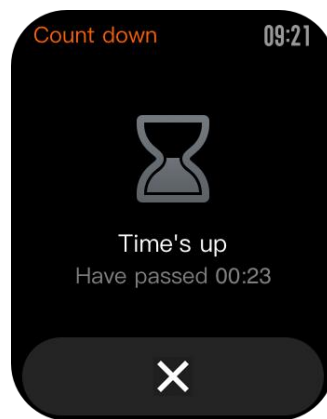

2.15Find Device

Amazfit GTS supports finding the device via Bluetooth. To enable this function, slide up the app list on the watch face page, go to "More – Find mobile" and tap it to find your mobile phone.

1、 To enable the Find Device function, you need to keep the Amazfit app running and ensure the watch is connected to the mobile phone. Otherwise, the function isn't available.

2、 On the Find page, the watch will automatically find the device. If no device is found after 60 seconds, a failure prompt will appear and you can try again.

3、 When found, the mobile phone will beep. You can close the ring on the mobile phone by tapping the tip button on the watch. Meanwhile, the mobile phone will produce a message on the notification bar. Tapping the message can draw back the Amazfit app and close the ring on the mobile phone.

Notes: If you want to use the Find Device function anytime, you can include the Amazfit app into the built-in self-starting whitelist and keep it running in the background. Please note that the watch must be connected to the mobile phone, or it won't be able to find the mobile phone.
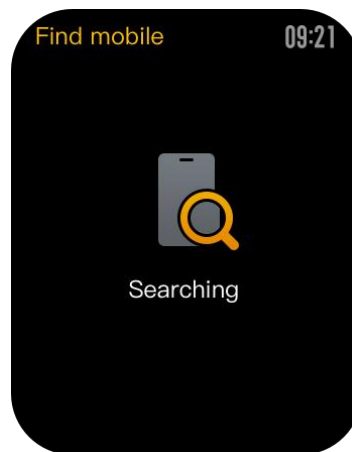
2.16 Compass/Atmospheric Pressure/Altitude

Amazfit GTS supports the compass function. When the compass page opens, the watch automatically detects the current orientation and degree. If needed, you can wear the watch and calibrate the compass by filling out that circle with figure 8 movements in the air, until the watch vibrates. Then the compass function can be reused.
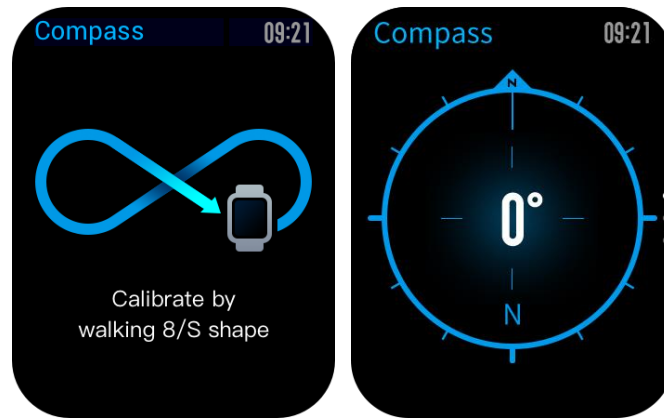
Sliding up on the compass page can enable you to enter the atmospheric pressure page. The barometer on the watch displays the current atmospheric pressure in real time.


Sliding up on the atmospheric pressure page can enable you to enter the altitude page. The altitude requires double calibration of watch barometer and GPS. If you want more accurate altitude data, try to get the satellite positioning in an open area as soon as possible.
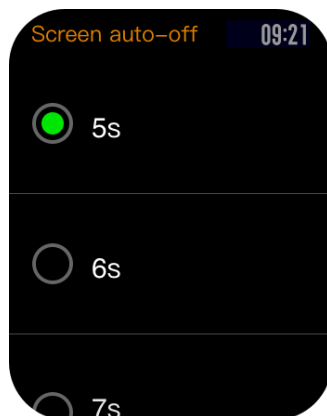
2.17 Settings

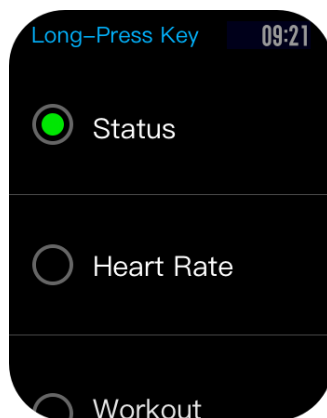The watch settings page includes some watch settings and built-in control functions.

Watch face settings: You can quickly switch between watch faces.
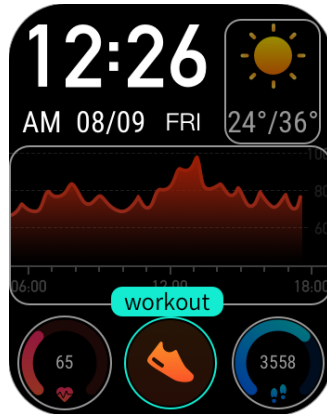
Screen-on duration: You can control the screen-on duration of the watch from 5s (min) to 15s (max).
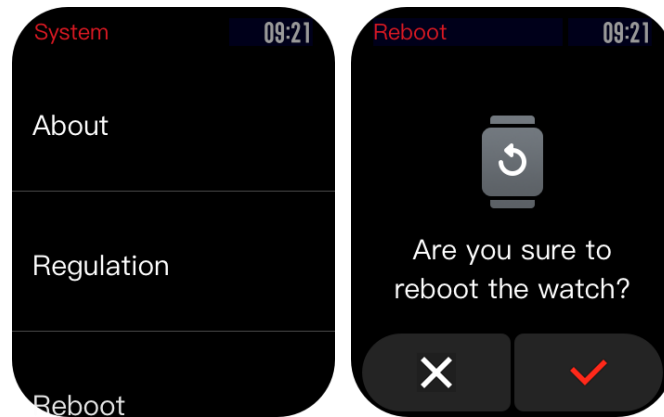

Use a long press of the button: You can set it to quick-start one watch function (by default, workout list).


System: It supports viewing the firmware version and regulatory information,

and controlling the actions of closing and rebooting the watch and performing the factory reset.

System 09:21	Reboot 09:21
About	
Regulation	Are you sure to reboot the watch?
Reboot	✕ ✓

3. Activities

Amazfit GTS supports twelve workout types: Outdoor running, Walking, Outdoor cycling, Treadmill, Indoor cycling, Pool swim, Open water swim, Elliptical trainer, Climbing, Trail run, Skiing, and Exercise. And the workout types like Outdoor running, Walking, Outdoor cycling, Open water swim, Climb, Trail run, and Skiing support recording GPS-enabled workout tracks.
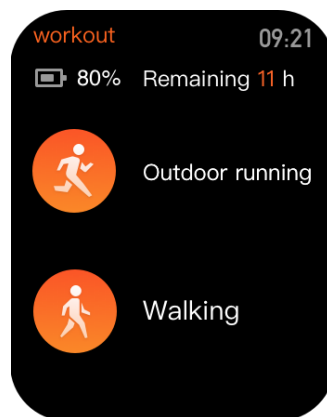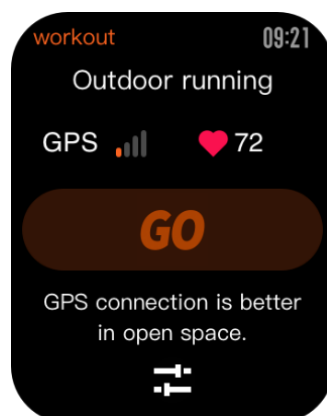

How to enable the workout function on the watch:

If the workout list is set for quick start, you can quickly enter the workout list by long-pressing the button.
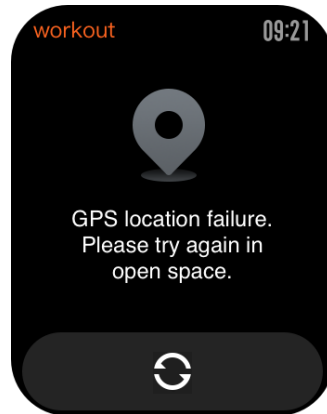
3.1 Workout Positioning

If you choose to start Outdoor running, you'd better go to the open area before workouts, which is conducive to rapid GPS positioning.


If it takes a long time to process positioning, it may be because the buildings

nearby block satellite signals, or because the watch is disconnected to the app for a long time, causing the AGPS to be not upgraded. You can open the Amazfit app, connect it to the watch, and try again after the AGPS is updated.

It is recommended to ensure GPS positioning is processed successfully before the outdoor workout. If you start the workout during positioning, the workout track cannot be recorded and the recorded workout data will not be accurate. After GPS positioning is processed successfully, the "GO" icon will be lit up and you can tap it to start the workout.
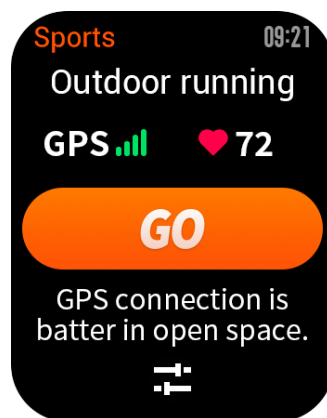

3.2 During Workouts

During workouts, the watch will display the current workout data in real time, such as time, distance, pace/speed, and heart rate. After the watch screen goes off, the screen can be lit up again by lifting the wrist or touching the screen. Sliding right during workouts can enable you to view the time, date, and watch power.

3.3 Swimming

With the swimming workout enabled, the watch will automatically lock the screen to avoid water drops interfering with the screen display during the workout. To unlock the screen, you can short press any button on the watch, and the screen will be locked again after the watch screen goes off.
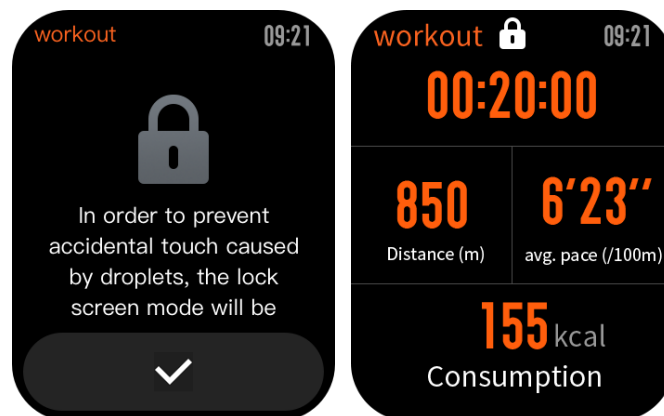
3.4 Workout Reminder

The workout reminder on the watch varies in workout type. For the workout types Running, Cycling, and Walking, the alert will be sounded once per kilometer by default. You can also set the alerts for other workout types before workouts. See the "Workout Settings" section for more details.

3.5 Workout Pause and End

1、 With the auto pause function on, the watch will automatically pause when the workout end is detected. When the workout resumes, the watch will automatically end the pause status and resume recording the workout performance.

2、 Tapping any button during a workout can suspend the workout.

Tapping the right button can cancel the pause and resume the workout.
Tapping the left button can end the current workout and save the workout performance.

3.6 Workout Settings

Before workouts, you can set some relevant functions.

1、 The workout goal supports three types: mileage, duration, and calories.

When the set goal is achieved, the watch will vibrate to remind you.
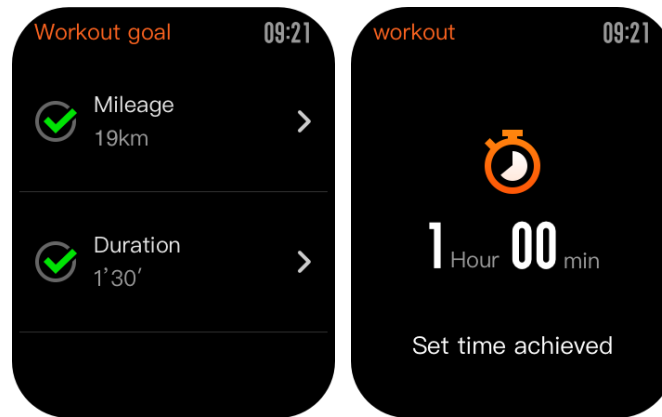
2、 The workout reminder supports five types: distance, pace, safe heart rate, heart rate zone, and speed. With a reminder set, the watch will vibrate to remind you as long as the set value is reached during workouts.
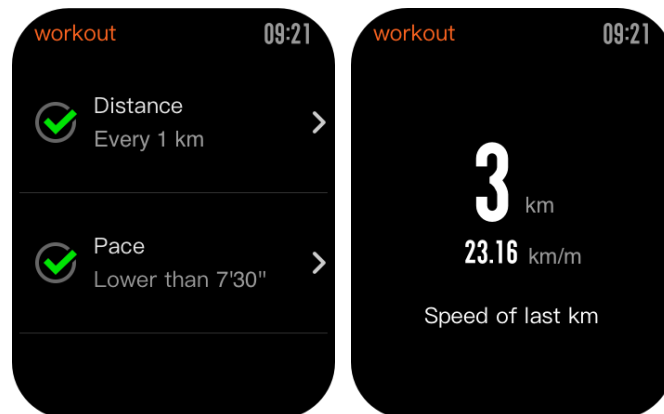
3、 With the auto pause on, the watch will automatically detect the workout status. When the workout is stopped, the watch will automatically suspend the current exercise. And the watch will re-record the data when the workout is resumed.

4、 The real-time diagram supports demonstrating the real-time heart rate and pace. With the real-time diagram on, a curve is drawn for the fluctuations of the heart rate or pace during workouts.
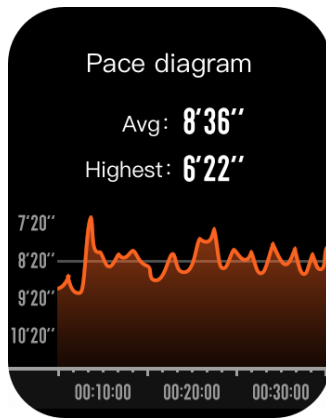
Notes: Some workout types don't support the above four settings. The settings might slightly vary in workout type.