Amazfit GTR 2e User Guide

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Getting started

Appearance

- Heart rate sensing area
- Upper button:
  1. Press and hold the upper button to power on, shut down, or restart the watch.
  2. Press the upper button to go to the app list.
- Lower button:
  Press the lower button to start a particular application.
- Charging port
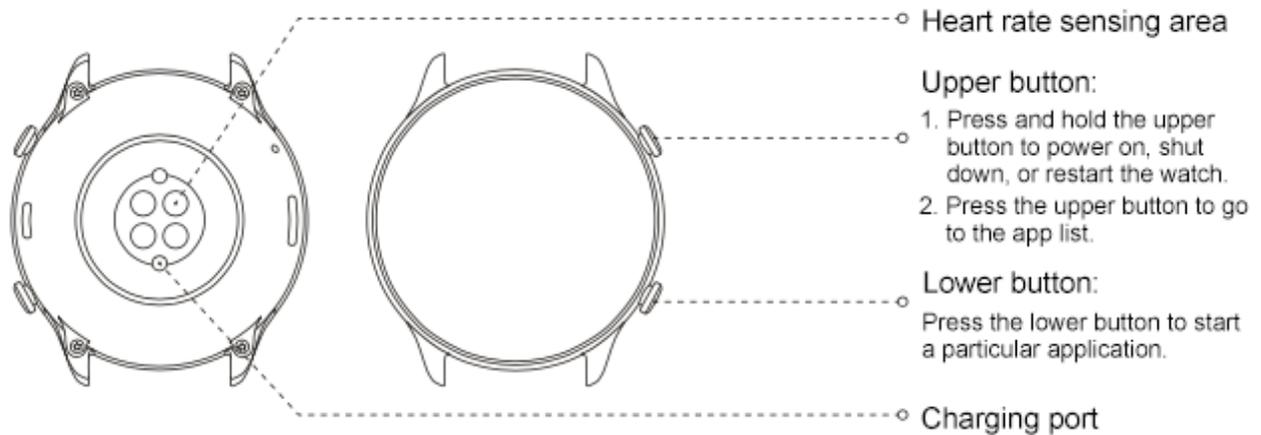
Power on and off

Power on:

Press and hold the upper button to power on the watch. The start screen will appear. If the start screen does not appear after you press and hold the digital crown, charge your watch and try again.

Power off:

When the device is on, press and hold the upper button for 5 seconds to go to the power-off menu, where you can choose to shut down or restart the watch.

Force shut down:

When the device is on, press and hold the upper button for 10 seconds to restart the watch.

Charging
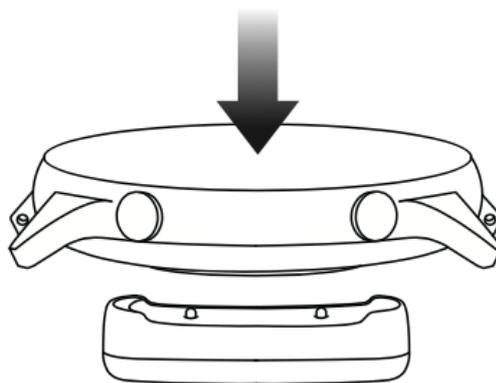
This watch is charged using a magnetic charging base. Please use the standard charging base. Align the charging port on the back of the watch with the metal contacts on the charging base, then wait until the charging level indicator appears on the watch screen.

Note:

Please use the charging base provided with the watch. Ensure that the charging base is dry before charging.

Use a charger with the rated output current of 1A or above to charge your watch.

Wearing and replacing the watch strap

Do not wear the watch too tightly or loosely. Ensure that you both feel comfortable and that the sensor can work properly.

When measuring SpO2, avoid wearing the watch on the wrist joint, maintain a comfortable (appropriately tight) fit between the watch and the skin of your wrist, and keep your arm still throughout the measurement process. When affected by external factors (such as arm sag, arm sway, arm hair, and tattoo), measurement results may be inaccurate or the measurement may fail with no output.

You can tighten the watch strap during the workout and loosen it afterwards. Tighten the strap appropriately if your watch sways on your wrist or fails to output data.

To assemble and disassemble the strap, see the following figure.
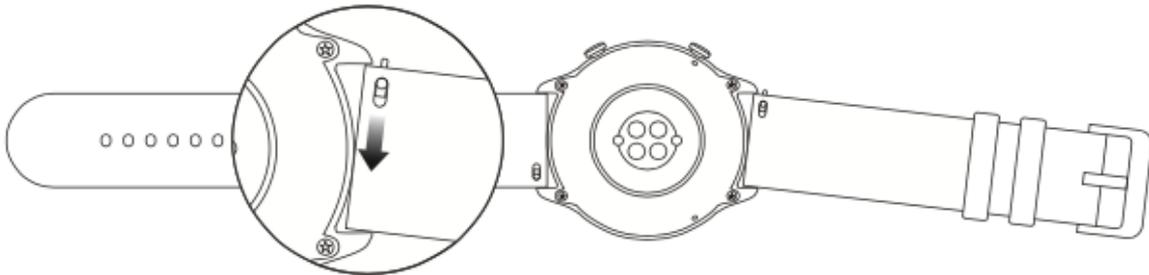
Notes:

Once the strap is attached, pull the strap using appropriate force to ensure secure attachment.

Avoid contact with liquid, as the leather strap is not waterproof. Switch to a fluororubber strap or a silicone if you cannot avoid such contact, for example, when you are swimming.

Connection and pairing

Use your phone to scan the following QR code, and download and install the Zepp app. For better user experience, update this app to the latest version as prompted.

Note: The operating system of your mobile phone must be Android 5.0 or iOS 10.0, or later.

Initial pairing:

When the watch is started for the first time, the QR code used for pairing is displayed on the screen.

Open the Zepp app on your phone, log in to the app, and scan the QR code displayed on the watch to pair your phone with the watch.

Pairing with a new phone:

1. Open the Zepp app on your old phone and synchronize data with the watch.

2. On your old phone, go to the information page of the watch, tap More at the bottom of the page, and unpair the old phone from the watch.

3. Restore the factory settings of the watch, and then reboot the watch. After the watch is rebooted, pair the watch with your new phone as described in the initial pairing procedure.

Updating the system of your watch

Keep the watch connected to your phone, open the Zepp app, go to Profile > Amazfit GTR 2e, and tap System update to view or update the system of your watch.

We recommend that you tap Update Immediately when your watch receives a system update message.

Control center

On the watch face page, swipe down to go to the control center for the following system features: Flashlight, Brightness adjustment, DND, Battery save mode, Locked, Find Phone, Theater mode, and Keep screen on.

Time format

Keep the watch connected to your phone. During data synchronization, the watch automatically follows the system time and time format of your phone, and displays the time in a 12-hour or 24-hour system.

Units

Keep the watch connected to your phone, open the Zepp app and go to Profile > More > Settings. There, you can set the unit of measurement for distance. During data synchronization, the watch automatically follows the settings in the app.

Common operations

Tap the screen	Use this feature to select the current item, or proceed with the next step.
Press and hold your finger on the watch face	Activate watch face selection and watch face settings.
Cover the screen	Unlit the screen.
Swipe up/down/left/right	Scroll or switch pages. On some pages, you can swipe right to return to the upper-level page.
Press the upper button	Wake up the watch, go to the app list, or return to the watch face.
Press the lower button	Quickly start a particular app.
Press and hold the upper button or lower button for 5 seconds or longer	Power on, access the restart page, and force restart.

Features available when the watch is connected

App alerts

Keep the watch connected to your phone, and you can receive the phone app alerts on your watch. You can swipe up on the watch face page to view the latest 20 alerts in the notification center.

Setting method:

Keep the watch connected to your phone, open the Zepp app, go to Profile > Amazfit GTR 2e, and tap App Alerts to enable alerts for apps as needed.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is killed by the phone's background process, the watch will be disconnected from your phone, and you cannot receive app notifications on the watch.

Incoming call alerts

Keep the watch connected to the phone to receive incoming call alerts on the watch. You can choose to answer the call on the phone or hang up on the watch.

Modifying settings on an Android phone:

Keep the watch connected to your phone, open the Zepp app, and go to Profile > My Device > Amazfit GTR 2e > Notifications and Alerts > Incoming Call Alerts. Tap the "Please grant the phone permission" message on the top of the screen. In the Grant Phone Permission dialog box, grant the call permission to the Zepp app. If the message does not appear, the Zepp app has been assigned the phone permission.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is killed by a background process of the phone, the watch is disconnected from the phone and cannot receive incoming call alerts.

Find Phone

1. Keep the watch connected to your phone.

2. On the watch face page, swipe down to go to the control center, and tap Find Phone. Your phone will vibrate and ring.

3. In the app list, tap Widgets, and tap Find Phone. Your phone will vibrate and ring.

Find Watch

Keep the watch connected to your phone, open the Zepp app, go to Profile > Amazfit GTR 2e, and tap Find watch. Your watch will vibrate.

Watch face

Watch face compilations

Some watch faces support compilations. With compilations, you can view information such as steps, calories, and weather, or tap a compilation to open the corresponding app. You can also edit information as needed.

Edit watch face compilations:

1. Wake up the watch face, and press and hold the watch face to go to the watch face selection page.

2. Swipe left or right to preview the watch faces available. The Edit button will be displayed at the bottom of a watch face that supports compilations. You can tap this button to go to the page for editing the compilations of this watch face.

3. Select the compilation to edit, and tap this compilation, or swipe up and down on the screen to switch between compilations.

4. After editing, press the upper button to enable the watch face.

Always On Display

If this feature is enabled, the screen still displays some information in standby mode, which greatly reduces battery life.

Set Always On Display:

1. After you wake up your watch, press the upper button to access the app list. Then, go to Settings > Display and Brightness > Always On Display.

2. Select the watch face style and enable status for Always On Display.

Add watch faces

The watch provides several watch faces by default. You can also go to the Store in the Zepp app to synchronize online watch faces to the watch, or set a picture on the phone as the watch face picture by using the Zepp app.

Add online watch faces:

1. Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Store.

2. Select one or more watch faces, then synchronize them to the watch to give yourself multiple options.

Add customized watch faces:

Keep the watch connected to your phone, open the Zepp app, go to Profile > Amazfit GTR 2e > Store, and go to customized watch faces.

Change watch faces

1. Wake up the watch face, and press and hold the watch face page to go to the watch face selection page.

2. Swipe left or right to preview the watch faces available to the watch, including built-in watch faces and synchronized online watch faces.

3. Tap the desired watch face to replace the current watch face.

Delete watch faces

When the storage space on the watch is running out, you will need to delete some of the watch faces to make room for new ones (some build-in watch faces cannot be deleted).

1. Wake up the watch face, and press and hold the watch face to go to the watch face selection page.

2. Swipe left and right to preview the watch faces available on the watch, including built-in watch faces, synchronized online watch faces, and customized watch faces.

3. Press and hold the watch face you want to delete and swipe up on the screen. A delete button will appear if the watch face can be deleted. Tap to delete it.

Shortcuts

Shortcut cards

Swipe right on the watch face to go to the Shortcut cards page. On the page, you can easily use and view various features and information:

1. View real-time app information. Progress information such as workouts and count down automatically appears on the Shortcut cards page.

2. View information about items and resident apps, such as your next scheduled event, alarm, and recent heart rate data.

You can also open the Zepp app and go to Profile > Amazfit GTR 2e > Shortcut Cards, where you can set the

displayed content and the display order.

Quick access apps

Quick access apps shown on the right side of the watch face allow you to conveniently access watch features. You can add your frequently used apps and features, such as "Workout".

Change quick access apps:

1. After waking up the watch, press the upper button to go to pen the app list. Tap Settings and go to Settings > User Preferences > Quick Access Apps, and swipe up and down to view the apps that can be set as quick access apps.

2. When the number of "Current apps" reaches the upper limit, remove redundant apps and add the ones you need.

Press the lower button

Press the lower button on the watch face. The Workout app is started by default. You can also customize it with an app that you frequently use on the Settings page.

Workout

Workout

The watch supports 12 workout modes, including outdoor running, walking, outdoor cycling, treadmill, indoor cycling, open water swimming, pool swimming, elliptical trainer, climbing, trail running, skiing, and free training.

Wake up the watch, press the upper button to go to the app list, select Workout, and tap the workout mode you desire. Then tap GO on the workout preparation page to start recording workout data.

Workout GPS positioning

If you select Outdoor Sports, wait until GPS positioning is successful on the Workout Preparation screen. Then, tap GO to begin the workout. This allows the watch to record complete workout data and prevents data inaccuracy due to workout tracking loss.

Positioning guide:

1. If you are prompted to update the Assisted GPS (AGPS) after you select a workout, open the Zepp app on your phone and connect it to your watch to update AGPS. Then, select a workout again. This reduces the time spent searching for signal and avoids search failure.

2. During the positioning process, the GPS signal icon keeps flashing. An open area can offer you faster positioning for better GPS signal, as nearby buildings may block and weaken the signal, extending the positioning time and even causing positioning failure.

3. After successful positioning, the GO button is highlighted. The GPS signal icon shows the current GPS signal strength.

AGPS is a kind of GPS satellite orbit information which helps the watch accelerate the GPS positioning process.

Workout alerts and settings

At the bottom of the workout preparation page, you can tap the "Settings" icon to set the current workout mode. The related parameters vary depending on the workout mode.

Workout goal:

Set goal alerts for the target distance, target time, and target calorie consumption.

Workout alert:

Set alerts for the distance, safe heart rate, heart rate ranges, pace, and speed.

Auto pause:

The watch automatically detects the workout status. When the watch detects that the workout has been stopped, it automatically stops recording. When the watch detects that the workout has been started again, it continues to record the workout data.

Real-time graph:

You can set the watch to display a real-time graph of the heart rate, pace, speed, and pull speed rate during your workout.

Lane length:

You can set the length of the swimming lane during pool swimming to record swimming distance.

Workout control

Enable the workout app to run in the background:

1. During a workout, if you need to use other features, press the upper button to return to the watch face page and perform other operations. The workout app will continue running in the background.

2. When the workout app runs in the background, the watch will continuously record the workout data and generate alerts based on the workout settings.

3. When the workout app is started again, the watch automatically switches to the ongoing workout.

Play music:

Swipe right on the screen to control music playback on the phone app during your workout.

View data:

During a workout, you can swipe up and down on the screen to view different data.

Control workout:

Swipe left on the screen to pause or continue workout, end workout, or lock the screen during a workout.

Save workout data:

When you stop a workout, the workout data is not saved if the distance or workout time is too short. Due to the limited storage space, it is recommended that you synchronize the workout data to the app soon after completing a workout; otherwise, the workout data may be overwritten.

View workout records

View workout records on the watch:

Wake up the watch, press the upper button to go to the app list, and select Activities to view the latest 30 workout records. You can also select a record and view its details.

View workout records on the phone:

Synchronize the workout data to the Zepp app on the phone, and view the detailed workout records on the Workout records page.

Activities and health

PAI

PAI is used to measure a person's physiological activity and reflect overall physical condition. It is calculated based on a person's heart rate, the intensity of daily activities, and physiological data.

By maintaining a certain intensity of daily activities or workouts, you can obtain your PAI value. According to the results of the HUNT Fitness Study*, maintaining a PAI above 100 helps reduce the risk of cardiovascular death and increase life expectancy.

For more information, open the Zepp app and go to PAI > PAI Q&A.

*The HUNT Fitness Study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff at the School of Medicine, Norwegian University of Science and Technology. It has lasted over 35 years and involved more than 230,000 participants.

Activity goal

The watch automatically records your activity data, including steps, calorie consumption, standing events, and distance. It also records the duration that heart rate is maintained within or above the fat-burning range as an index of fat-burning time.

1. Your daily activity goal consists of three parts, including Move ring (with target steps or calories), Fat burning ring, and Stand ring.

2. The watch vibrates when you achieve a daily goal.

Idle alerts

To encourage you to have a certain amount of activity every hour when you are awake and reduce the harm caused by sitting for too long, the watch monitors your activity as you wear it.

If no activities are detected for more than one minute at the 50th minute of the current hour and you are wearing the watch correctly, the watch vibrates to remind you to work out. After receiving an idle alert, if you complete activities before the next hour arrives, the stand-up target of the current hour can still be achieved.

Enabling idle alerts:

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Notifications and Alerts > Idle Alerts to enable the feature.
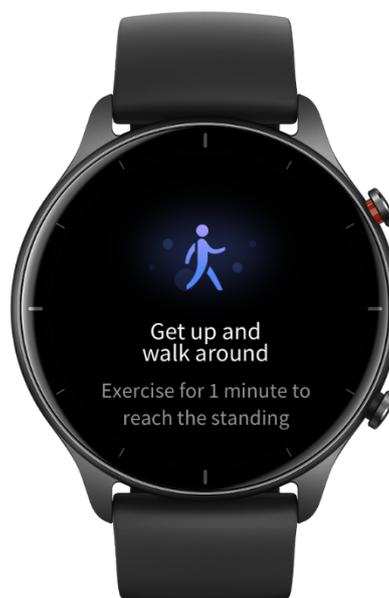
Heart rate

Heart rate is an important indicator of physical condition. Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle.

To ensure measurement accuracy, you need to wear the watch correctly according to the instructions, and ensure that the part next to your skin is clean and free of sunscreen smear.

Abnormal heartbeat alerts

1. Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Health Monitoring to enable the heart health monitoring feature. Then, the watch monitors your heart health and records heart rate changes all day.

2. The watch vibrates when it detects abnormal heartbeats.

3. You can open the Heart Rate app on the watch to view the day's abnormal heartbeat record, heart rate curve, and heart rate range.

4. The feature is for reference only and should not be used as the basis for medical diagnosis. Heart rate measurement may fail to detect any heart conditions. If you feel unwell, please seek medical advice.

Heart rate alerts

You can enable the heart rate alert feature when you set automatic heart rate measurement mode with a measuring frequency of less than 10 minutes.

The watch vibrates when the measured heart rate is greater than the predefined value and you have not done any detectable activity for the past 10 minutes.

All-day heart rate monitoring

1. Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Health
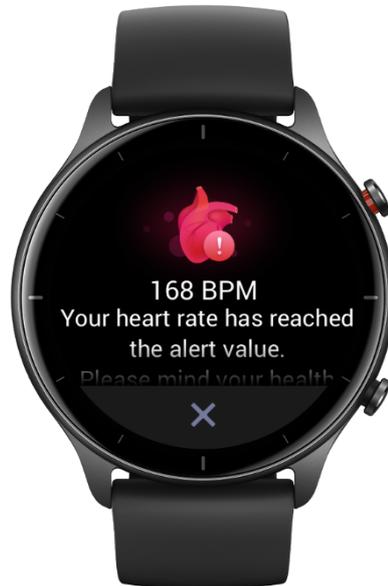
Monitoring to enable all-day heart rate monitoring and set the measuring frequency. Then, the watch automatically measures your heart rate at the predefined frequency and records heart rate changes all day.

2. Heart rate changes are more intense when you are working out. Enable the activity detection feature to allow the watch to automatically increase measuring frequency when it detects an activity so that more heart rate changes can be recorded.

3. The watch's heart rate app allows you to view the heart rate curve and heart rate distribution throughout the day.

Manual measurement

1. When all-day heart rate measurement is disabled, you can press the upper button on the watch face screen to go to the App List and swipe up and down on the screen to select the Heart Rate app for manual heart rate measurement.

2. You can set the Heart Rate app as a quick access app to start heart rate measurement more conveniently.

3. The watch only allows you to view the heart rate that is measured each time. To view historical records, you need to synchronize data to the Zepp app.

Sleep

Sleep quality has an important impact on human health.

When you sleep while wearing the watch, it automatically records your sleep data. Open the Sleep app to view your total sleep duration from the previous night and sleep data over the past seven days. You can also synchronize sleep data to the Zepp app to view your sleep duration, sleep stages, sleep score, and sleep suggestions.

Sleep assistant

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Health Monitoring to enable Sleep assistant for more accurate sleep information (REM sleep stage).

Sleep breathing quality monitoring

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Health Monitoring to enable Sleep breathing quality monitoring. The watch will automatically monitor sleep breathing quality when it detects that you are wearing the watch during sleep.
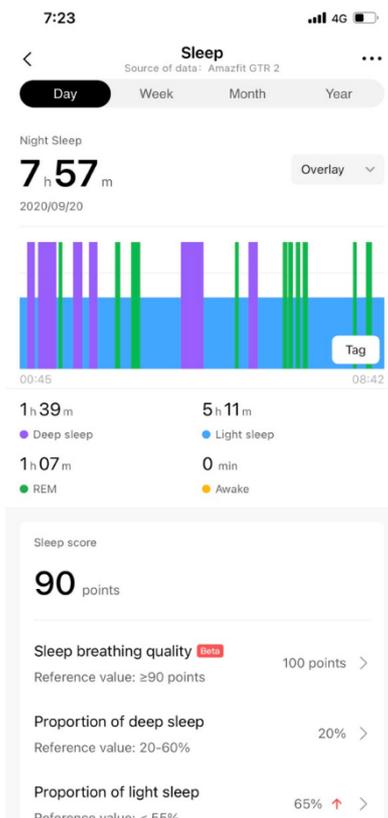
SpO2

SpO2 is an important physiological parameter of respiration and circulation.

1. Wake up the watch, press the upper button to go to the app list, and select the SpO2 app to start measuring SpO2.

2. When you are climbing a mountain, you can run the Workout app in the background, and start the SpO2 app to measure SpO2.

3. After measurement is complete, the watch displays the measurement result. You can also view measurement results for the whole day.

Precautions for SpO2 measurement

1. Wear the watch a distance of one finger away from the carpal and remain still.

2. Wear the band tightly, with an appropriate sense of pressure.

3. Place your arm on a tabletop or a stationary surface, with the watch screen facing up.

4. Keep still during measurement and focus on the measurement.

5. Factors such as hair, tattoo, shaking, low temperature, and incorrect wearing of the watch may affect measurement results, and even lead to measurement failure.

6. The measurement range of the watch is 80%-100%. This feature is for reference only and should not be used as a basis for medical diagnosis. If you feel unwell, please seek medical advice.

Stress

The stress index is calculated based on changes in heart rate variability. It is a reference for health status evaluation. You should rest more when the index is high.

1. Wake up the watch, press the upper button to go to the app list, and swipe up and down to select the Stress app to view related information.

2. When automatic stress detection is enabled in the Stress app, stress will be measured every 5 minutes to show you the changes in your stress throughout the day. Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Health Monitoring to set this feature.

3. If automatic stress detection is not enabled, you can access the stress app for measurement at any time and view and record the results.

Voice feature

Offline voice

Offline voice control allows you to speak to perform most of operations on the watch without connecting to a mobile phone.

Offline voice wake-up mode:

Go to Settings > User Preferences > Offline Voice Control > Wake Up Mode.

4. Respond in 5 seconds after you turn your wrist

5. Respond in 5 seconds after the screen lights on

6. Response during screen lighting

Select Respond in 5 seconds after you turn your wrist and Respond in 5 seconds after the screen lights on to enable Offline voice. After turning your wrist or lighting the screen, the recognizing offline voice icon appears. Then you can run offline voice commands to perform related operations.

If you select Respond while screen is lit to enable offline voice, you can use offline voice commands directly before the recognizing offline voice icon appears.

Offline voice commands:

Go to Settings > User Preferences > Offline Voice Control > View All Voice Commands. There, you can see all offline voice commands the watch supports.

Note: The global version of the watch supports the offline voice feature only when the system language is set to English.

Music remote controller:

Keep your watch connected to your phone. When playing music on your phone, you can start or pause the music, switch to the previous or next one, and perform other operations on the Music app of your watch.
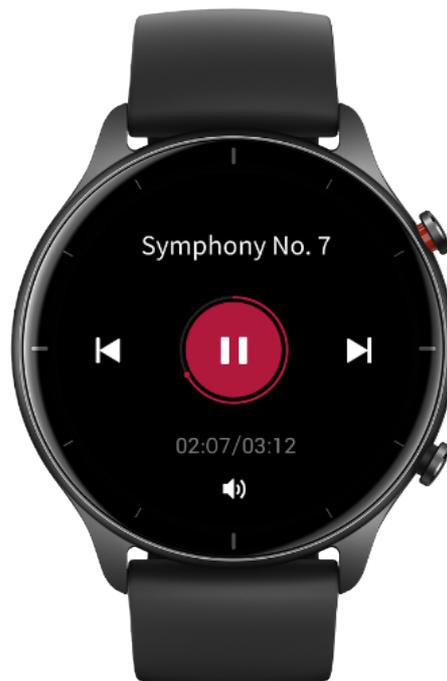
Modifying settings on an Android phone:

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > App List Management. On the page that appears, tap the "Can't access notifications" message on the top to go to the Notification Settings page, and grant the notification permission to the Zepp app. If the message does not appear, the Zepp app has been assigned the phone permission.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is killed by the phone's background process, the watch will be disconnected from your phone and you cannot control music playback.

Watch apps

Watch apps

Apps refer to the watch features that can be used separately, such as workout, heart rate, and weather.

- Method 1: Wake up the watch, press the upper button to go to the app list, swipe up and down to browse the app list, and tap an app to start it.

- Method 2: You can also set frequently used apps as quick access apps to facilitate your use.

App list management

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > App List Management. Then you can set apps on the watch.

Temperature

The built-in watch sensor measures the real-time temperature of the contact position. For the most accurate temperature measurement, make sure the bottom shell of the watch is fully in contact with the object to measure for more than 30 minutes. Open the Zepp app and go to Profile > Settings > Units and select Celsius or Fahrenheit for the measurement.

Note: When worn on the wrist, the watch measures local temperature, which is impacted by environmental and other factors. It is not the same as the axillary temperature.

Events

After you create an event, the watch will vibrate to remind you when the event alert time arrives.

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit GTR 2e > Events, where you can create or edit an event.

Wake up the watch, press the upper button to go to the app list, and tap Events to view the configured events. Tap Events to edit the date and time.

Weather

You can check today's weather, wind, humidity, UV ray intensity, and other information at any time, as well as the weather information for your current location for the next 7 days.

The weather data needs to be synchronized through the mobile network. Therefore, you need to keep the watch connected to your phone to keep weather information up to date.

You can also set the city and temperature unit (Celsius or Fahrenheit) in the Zepp app.

Compass

Before use, you may need to draw the shape of the number 8 to complete calibration. An alert will appear prompting you to calibrate. After you finish calibration, the watch will display the current latitude and longitude of the watch and the direction it is pointing. To avoid interference and improve accuracy, keep the watch horizontal and keep it away from magnetic fields during use.

Barometer and Altimeter

Barometer and Altimeter can show air pressure and altitude information for your current location after positioning. After successful positioning, you watch displays the latitude and longitude.

Alarm

You can add alarms in the Zepp app and on the watch. Alarms can be repeated, enabled, or deleted. Press and hold alarms that are no longer needed to delete them.

When the preset time for an alarm arrives, the watch will vibrate to remind you. You can choose to nap or turn it off. If you choose to nap, it will vibrate again after 10 minutes. You can only use this feature 5 times per alarm.

If you do nothing when the watch vibrates, it will automatically turn on the nap mode after 30 seconds.

Stopwatch

The watch provides a stopwatch with an accuracy of 0.01 seconds and can record up to 24 hours.

The watch can count up to 99 times during the timing.

Countdown

You can set the countdown time. At the end of the countdown, the watch will vibrate.

Watch settings

System language settings

Open the Zepp app, and go to Profile > Amazfit GTR 2e > Watch Settings > System Language to change the system language of the watch.

Wearing direction

Go to Watch > App List > Settings > User Preferences > Wearing Direction, and set the button as either on the left or right of the screen based on how you wear the watch.