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› EZON GPS Running Watch T031 Instruction Manual

EZON T031

EZON GPS Running Watch T031 Instruction Manual

Model: T031 | Brand: EZON

1. INTRODUCTION

Welcome to the EZON GPS Running Watch T031 user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new GPS running watch. The T031 is designed for athletes and fitness enthusiasts, offering precise tracking of speed, distance, pace, calories burned, and more, all powered by advanced GPS technology.

2. SETUP

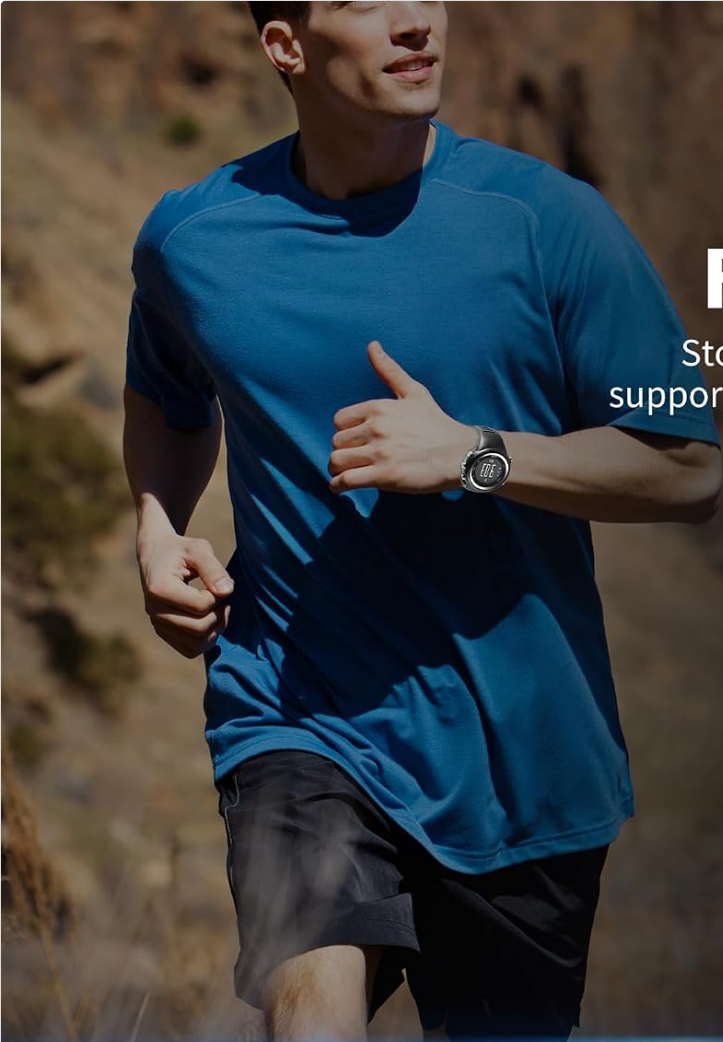
2.1 Charging the Watch

Before initial use, ensure your EZON T031 watch is fully charged. Use the provided charging cable to connect the watch to a USB power source.



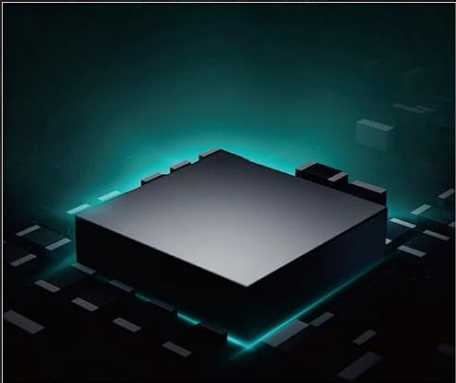
Image: The EZON T031 GPS Running Watch shown with its dedicated charging cable, which clips onto the back of the watch for secure charging.

The watch features a long-endurance battery life, offering up to 90 days standby or 6 hours with GPS on. A full charge typically takes 2-3 hours. To extend battery life, it is recommended to charge the watch at least once a month, even if not in regular use.



Running Data Record

Stores up to 10 full workout records with support for deletion and batch management.



Get Feedback in Exercise



No more haphazard in exercise

Improve Exercise Effect



Master exercise intensity

Track Exercise Target



View progress in exercise

Image: A visual representation of the EZON T031's battery performance, highlighting its impressive standby time, active GPS usage duration, and quick charging capability.

2.2 Activating the Display and Initial Settings

To activate the watch display, press and hold any of the four buttons simultaneously. Once activated, you can navigate through settings to personalize your profile (height, weight, age, gender) and preferred units (imperial or metric) for accurate fitness tracking.

LIGHT

Press to activate the backlight, the light will glow for 5 seconds



Press to get to STOPWATCH mode



GPS

Hold the button for 2-3 seconds to enter the GPS mode

SET

Press to view time, day of week, month-date, second, battery level

THE MAIN MENU:

Press and hold the button for 2-3 seconds to enter the setting screens
Press the ▲ or ▼ Button to scroll through: TIME-DATE → ALARM → USER



Press to get to DATA mode

Image: A detailed diagram illustrating the various buttons on the EZON T031 watch and their primary functions, including Light, Set, GPS, and Data modes.

2.3 GPS Time Synchronization

The EZON T031 features a built-in GPS receiver that automatically syncs the time based on your set city, ensuring accurate time display without manual adjustments. For initial GPS time synchronization or to re-sync, ensure you are in an open outdoor area.

Your browser does not support the video tag.

Video: Demonstrates the GPS time synchronization feature of the EZON T031 watch, showing how it automatically adjusts time using satellite signals for precise accuracy.

The watch is equipped with cutting-edge GPS technology, featuring a cold start time of approximately 1 minute and an instant hot start for seamless re-connection. This ensures accurate and reliable positioning for your outdoor activities.

3. OPERATING THE WATCH

3.1 Tracking Exercise Data

After your run, simply tap the watch button to easily view detailed workout data, including running distance, average pace, calories burned, and total time. The watch can save the last 10 exercise records, helping you understand your training results.

Long Battery Life

No Frequent Charging Needed

90 days
standby

6 hours with
GPS on

2–3 hours
Charging Time



Note: To extend battery life, we recommend charging the watch at least once a month, even if not in regular use.

Image: A visual guide to the EZON T031's running data record capabilities, emphasizing how it helps users track progress and improve their exercise routines.

3.2 Stopwatch and Lap Tracking

The maximum stopwatch time is 99 hours, 59 minutes, and 59 seconds, supporting both countdown and lap timer modes. It automatically records lap data, including duration, pace, distance, and average speed, with up to 50 laps of data saved.

Your browser does not support the video tag.

Video: A short demonstration of the EZON T031's stopwatch and lap tracking functions, highlighting its utility for precise timing during athletic activities.

3.3 Multi-Function Alarm Reminder

When the alarm is activated, the digital watch will chime for about 20 seconds at the set time. You can stop the chime by pressing any button, making it convenient for daily reminders and management.

3.4 Backlight Display

The watch features a backlight display to ensure clear visibility of your data in low-light conditions, making night runs and outdoor activities more convenient.

Backlight Display – Easily view data and enjoy night time workouts

With a backlight display, this sports watch ensures clear visibility of your data in low-light conditions, making night runs and outdoor activities more convenient.



Image: A user viewing the EZON T031 watch in a dimly lit environment, showcasing the effectiveness of its backlight display for enhanced readability.

4. MAINTENANCE

4.1 Water Resistance

The EZON T031 running watch is water-resistant up to 5ATM, making it suitable for daily activities like washing hands, showering, and swimming. However, it is important not to wear the watch while diving or having a sauna. Also, do not press any button under the water to prevent damage.



Image: The EZON T031 watch covered in water droplets, visually confirming its 5ATM water resistance rating for various water-related activities.

4.2 Cleaning and Storage

Clean the watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

5. TROUBLESHOOTING

5.1 GPS Signal Acquisition Issues

- **No Signal/Slow Acquisition:** Ensure you are in an open outdoor area with a clear view of the sky. Buildings, dense foliage, and indoor environments can obstruct GPS signals.
- **First-time Use:** The initial "cold start" GPS acquisition may take longer (up to 1 minute). Subsequent "hot starts" should be much faster.
- **Battery Level:** Low battery can affect GPS performance. Ensure the watch is sufficiently charged.

5.2 Inaccurate Data Readings

- **Distance/Pace Inaccuracy:** Ensure your personal profile (height, weight, etc.) is accurately entered in the watch settings. Regular GPS synchronization helps maintain accuracy.
- **Time Discrepancy:** Perform a manual GPS time synchronization as described in Section 2.3 to ensure the watch time is aligned with satellite time.

5.3 Display Issues

- **Blank Screen:** Press and hold any four buttons to activate the display. Check battery level.
- **Dim Backlight:** Ensure the watch is sufficiently charged. The backlight intensity may vary with battery level.

6. SPECIFICATIONS

Feature	Detail
Brand Name	EZON
Model Name	T031
Item Weight	59 Grams

Item Dimensions LxWxH	1.97 x 1.97 x 0.6 inches
Screen Size	1.2 Inches
Water Resistance	5ATM
Connectivity Technology	GPS
Special Features	Alarm Clock, Activity Tracker, GPS, Calorie Counter, Stopwatch
Sport Type	Walking, Running, Fitness
Manufacturer	EZON
Country of Origin	China

7. WARRANTY AND SUPPORT

EZON is committed to providing quality products and customer satisfaction. Your EZON T031 GPS Running Watch comes with:

- **30-Day Return Policy:** For eligible returns.
- **1-Year Free Replacement:** For manufacturing defects.
- **Lifetime Support:** EZON provides ongoing support for its products.

For any inquiries, technical assistance, or warranty claims, please contact EZON Official customer support. Refer to the contact information provided with your product packaging or visit the official EZON website for further details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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