Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

KOSPET Tank M1 Pro

KOSPET Smart Watch User Manual

Model: Tank M1 Pro

1. Product Overview

The KOSPET Tank M1 Pro is a rugged smartwatch designed for durability and extensive functionality, suitable for both daily use and outdoor activities. It features Bluetooth call capabilities, comprehensive health monitoring, and multiple sports modes.



Image 1: KOSPET Tank M1 Pro Smartwatch, front view showing the display and rugged design.

2. What's in the Box

- KOSPET Tank M1 Pro Smartwatch
- Magnetic Charging Cable
- User Manual

3. Setup Guide

3.1 Initial Charging

Before first use, fully charge your KOSPET Tank M1 Pro smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).



Image 2: The KOSPET Tank M1 Pro smartwatch connected to its magnetic charging cable, illustrating the charging process.

3.2 App Installation and Pairing

1. Download the official KOSPET companion application from your smartphone's app store (available for Android and iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the KOSPET app and follow the on-screen instructions to register an account or log in.
4. In the app, select "Add Device" or similar option and choose "KOSPET Tank M1 Pro" from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.



Image 3: Illustration of the KOSPET Tank M1 Pro's Bluetooth call functionality, showing the watch connected to a smartphone.

Your browser does not support the video tag.

Video 1: Demonstrates the Bluetooth call and answer feature of the KOSPET Tank M1 Pro smartwatch, highlighting its convenience for hands-free communication.

4. Operating Instructions

4.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Power Button:** Press to wake/sleep the screen. Long press to power on/off.
- **Back Button:** Press to return to the previous screen.

4.2 Health Monitoring

The KOSPET Tank M1 Pro continuously monitors various health metrics:

- **Heart Rate:** Provides 24-hour real-time heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Tracking:** Monitors sleep patterns and quality.
- **Pedometer:** Tracks steps taken and calories burned.



Image 4: Displaying the health and fitness tracking capabilities of the KOSPET Tank M1 Pro, including blood oxygen, breathing exercises, sleep monitoring, and 24-hour heart rate.

4.3 Sports Modes

The watch supports 24 different sports modes to track your activities accurately.

- Running, Walking, Trail Running, Cycling, Climbing, Skiing, Swimming, Basketball, Football, Baseball, and more.



Image 5: Illustrates the 24 sports modes available on the KOSPET Tank M1 Pro, showing various activities like training, walking, running, cycling, and basketball.

4.4 Notifications and Calls

Once paired with your smartphone, the watch can receive app notifications and handle Bluetooth calls directly.

- Receive notifications from social media, messages, and other apps.
- Make and answer phone calls directly from the watch.

5. Maintenance and Care

- **Cleaning:** Wipe the watch and strap regularly with a soft, damp cloth. Avoid harsh chemicals.
- **Water Resistance:** The watch is 5ATM waterproof, suitable for swimming and shallow water activities. Avoid hot showers, saunas, or high-pressure water jets.
- **Temperature:** The watch is designed to operate in extreme temperatures (-40°C to 70°C), but prolonged exposure to extreme heat or cold can affect battery life and performance.

- **Storage:** Store the watch in a cool, dry place when not in use.



Image 6: Demonstrating the extreme durability of the KOSPET Tank M1 Pro, highlighting its anti-impact, 5ATM & IP69K waterproof, anti-fluid corrosion, and temperature resistance features.

6. Troubleshooting

6.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Long press the Power button for 10-15 seconds to force a restart.

6.2 Pairing Issues

- Make sure Bluetooth is enabled on your phone and the watch is discoverable.
- Restart both your phone and the watch.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.

- Ensure the KOSPET app is updated to the latest version.

6.3 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensor on the back of the watch.
- Note that smartwatches are not medical devices and data is for reference only.

7. Specifications

Feature	Detail
Model Number	Tank M1 Pro
Screen Size	1.72 Inches
Display Resolution	280x320
Water Resistance	5ATM / IP69K
Battery Capacity	260 mAh Lithium Polymer
Connectivity	Bluetooth
Operating System	Android, iOS compatible
Item Weight	5.8 ounces

8. Warranty and Support

KOSPET products typically come with a manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official KOSPET website for detailed warranty terms and conditions.
For technical support, troubleshooting assistance, or warranty claims, please contact KOSPET customer service through their official website or the contact information provided in your product documentation.
You can also visit the KOSPET Store on Amazon for more information and support resources.

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

https://manuals.plus/asin/B0B55WYLFY

More documents and user manuals: **https://manuals.plus/**