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iTouch TP4R01-G02

iTouch Sport 4 Smartwatch User Manual

Model: TP4R01-G02

Introduction

Welcome to the iTouch Sport 4 Smartwatch user manual. This guide provides detailed instructions on how to set up, operate, maintain, and troubleshoot your new smartwatch. The iTouch Sport 4 is designed to enhance your fitness journey and keep you connected with its advanced health tracking features, extensive sports modes, and smart notifications.

The iTouch Sport 4 Smartwatch, featuring a vibrant display showing activity metrics.

Setup Guide

1. Unboxing and Initial Charge

Your iTouch Sport 4 Smartwatch package includes:

- iTouch Sport 4 Smartwatch
- USB Charging Cable

Before first use, fully charge your smartwatch. Connect the USB charging cable to the charging pins on the back of the

watch and plug the USB end into a power adapter (not included) or a computer USB port. A full charge typically takes 1-2 hours.

The smartwatch connected to its magnetic USB charging cable.

2. App Installation and Pairing

To unlock the full potential of your iTouch Sport 4, download the **iTOUCH Wearables** app from the Apple App Store (for iOS 13 or higher) or Google Play Store (for Android 10 or higher).

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the iTOUCH Wearables app and follow the on-screen instructions to create an account or log in.
3. Select 'Add Device' or 'Pair New Device' within the app.
4. Choose 'iTouch Sport 4' from the list of available devices.
5. Confirm the pairing request on both your phone and the smartwatch.

The iTOUCH Wearables app on a smartphone, demonstrating its interface for tracking steps, miles, calories, and sleep, alongside the smartwatch.

Operating Your Smartwatch

Basic Navigation

The iTouch Sport 4 features a responsive touchscreen and a navigational button on the side. Swipe left/right or up/down to navigate through menus and features. Press the side button to return to the home screen or wake the device.

Customizing Watch Faces

Personalize your smartwatch by choosing from a wide variety of watch faces. You can select built-in faces directly on the watch or explore the extensive library within the iTOUCH Wearables app.

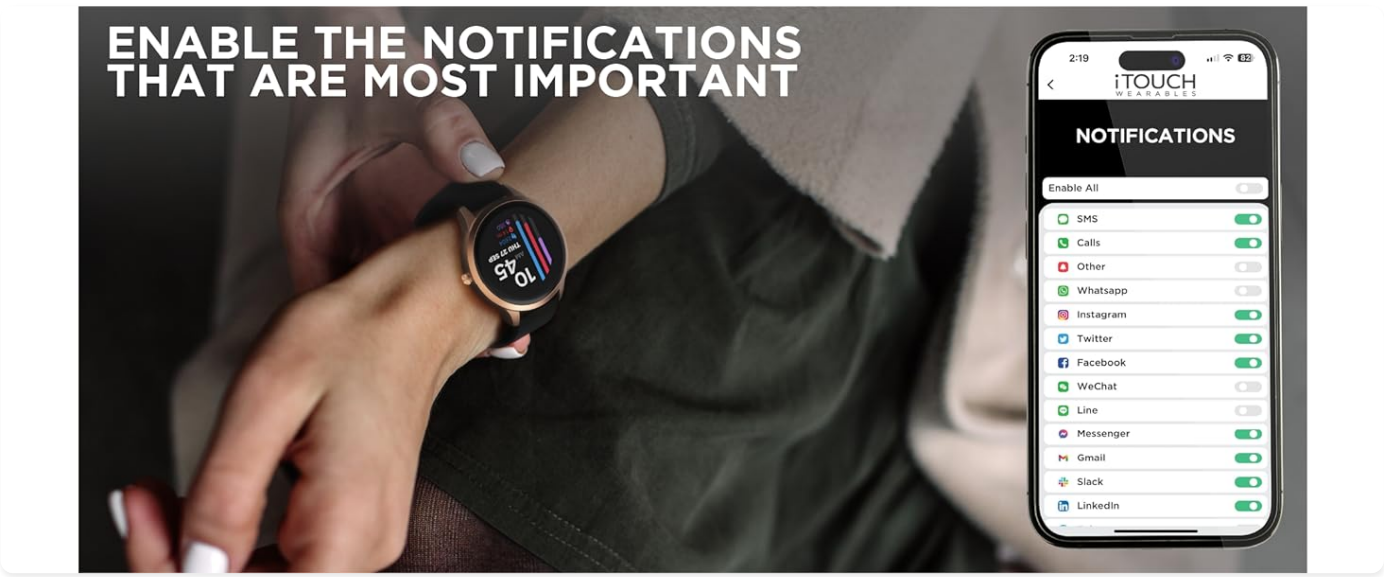
A collection of iTouch Sport 4 Smartwatches in different colors, highlighting the variety of available watch faces.

A selection of watch faces, demonstrating the customization options for the iTouch Sport 4.

Examples of custom watch faces, including one with a photo background, available on the iTouch Sport 4.

Notifications

Receive call, text, and app notifications directly on your wrist. Configure which notifications you want to receive through the iTOUCH Wearables app settings.



The iTOUCH Wearables app showing notification settings, allowing users to enable or disable alerts from various applications on their smartwatch.

Smartwatches displaying message notifications, showing how alerts appear on the device screen.

Health Tracking Features

The iTouch Sport 4 is equipped with comprehensive health monitoring capabilities:

- **Heart Rate Monitor:** Provides 24/7 heart rate tracking.
- **Blood Oxygen Monitor:** Measures blood oxygen levels.
- **Sleep Monitor:** Tracks sleep patterns, including deep, light, and awake times.

- **Pedometer:** Automatically tracks steps and distance.
- **Calorie Tracker:** Estimates calories burned throughout the day.

The smartwatch displaying various health metrics: Blood Oxygen (98%), Heart Rate (97 BPM with a graph), and Sleep tracking (8 hours 30 minutes, broken down into Deep, Light, and Awake stages).

The iTouch Sport 4 Smartwatch tracking sleep, showing the duration and different sleep stages.

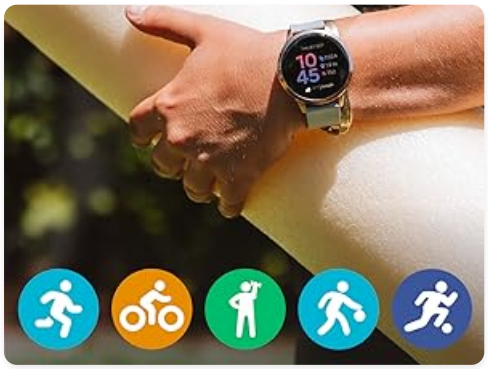
The smartwatch showing real-time heart rate data with a graphical representation.

Workout Modes

Activate Sports Mode to choose from over 100 different sports and workout options. The watch collects data tailored to your exercise, providing real-time stats and 13 workout metrics points. Your workout history is accessible on the watch and in the iTOUCH Wearables app.

The iTouch Sport 4 Smartwatch displaying its 'Workout Mode' selection screen, with icons for various activities like running, cycling, and

hiking.



The iTouch Sport 4 Smartwatch being worn during an outdoor activity, with icons representing different sports modes.

Additional Features

The iTouch Sport 4 includes several useful features:

- **Relaxation Mode:** Guides you through breathing exercises.
- **Camera Remote:** Control your phone's camera remotely.
- **Music Remote:** Control music playback on your phone.
- **Weather Information:** Get real-time weather updates.
- **Stopwatch & Alarm:** Essential timekeeping tools.
- **Hydration & Sedentary Reminders:** Prompts to drink water and move throughout the day.

The iTouch Sport 4 Smartwatch displaying hydration and stretch reminders, encouraging users to stay active and hydrated.

Product Video

Official product video showcasing the features and design of the iTouch Sport 4 Smartwatch.

Maintenance

Cleaning Your Smartwatch

To keep your iTouch Sport 4 in optimal condition, regularly clean the watch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

Water Resistance

The iTouch Sport 4 is IP68-rated water resistant, meaning it can withstand submersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, including hand washing and light rain. However, it is not recommended for swimming, showering, or prolonged submersion.

The iTouch Sport 4 Smartwatch demonstrating its water resistance with droplets on the screen.

Battery Life

The iTouch Sport 4 offers up to 7 days of battery life on a single charge, depending on usage. To maximize battery life, reduce screen brightness, limit notifications, and disable features you don't frequently use.

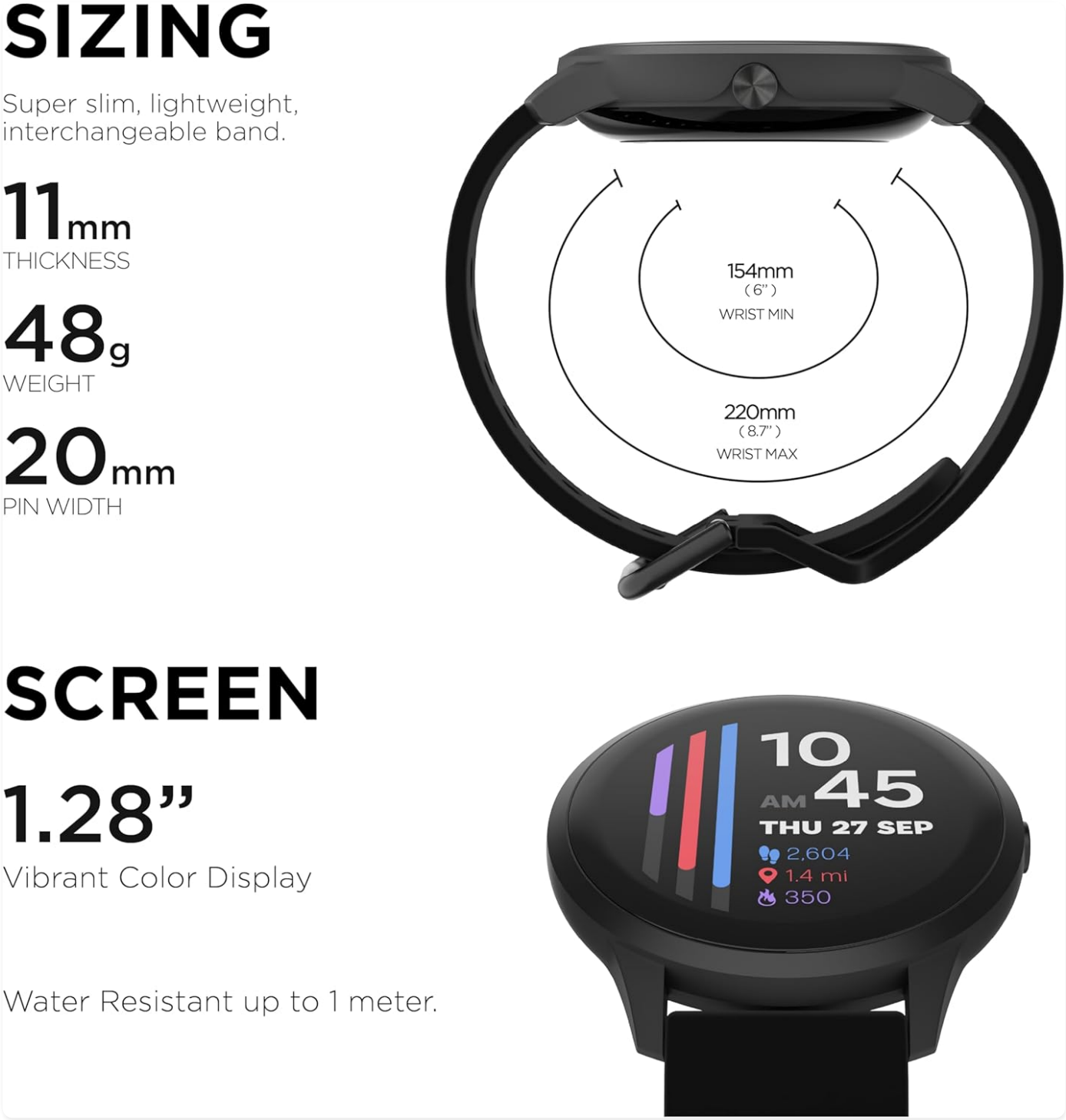
Troubleshooting

Problem	Possible Solution
Watch not turning on/charging	Ensure the charging pins are clean and properly aligned with the watch. Try a different USB port or power adapter. Allow the watch to charge for at least 30 minutes before attempting to turn it on.
Cannot pair with smartphone	Ensure Bluetooth is on and the iTOUCH Wearables app is open. Restart both your phone and the smartwatch. Forget the device in your phone's Bluetooth settings and try pairing again. Ensure your phone's OS meets the compatibility requirements (iOS 13+ or Android 10+).
Inaccurate health readings	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Readings can be affected by movement, skin tone, and environmental factors. Consult a medical professional for accurate health measurements.
Notifications not appearing	Check notification settings in the iTOUCH Wearables app and your phone's system settings. Ensure the app has necessary permissions. Keep the app running in the background.

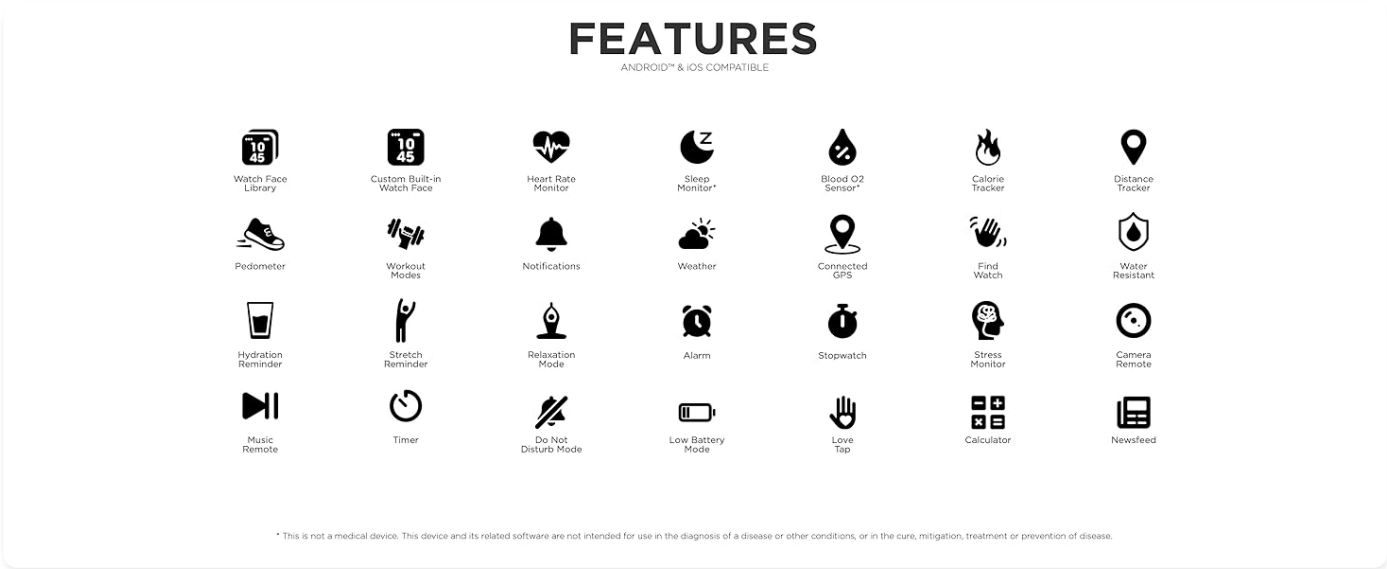
Specifications

- **Model Name:** iTOUCH Sport 4 Smartwatch
- **Model Number:** TP4R01-G02
- **Brand:** iTouch
- **Screen Size:** 48 Millimeters (1.28 inches)
- **Display:** Vibrant Color Display
- **Weight:** 100 Grams (3.53 ounces)
- **Water Resistance:** IP68 Rated (up to 1.5 meters for 30 minutes)
- **Connectivity:** Bluetooth
- **Operating System:** Wear OS
- **Battery:** 1 Nonstandard Battery (Lithium Ion)

- **Battery Life:** Up to 7 days (varies with usage)
- **Compatibility:** iOS 13+ and Android 10+
- **Special Features:** Heart Rate Monitor, Blood Oxygen Monitor, Sleep Monitor, Pedometer, Calorie Tracker, 100+ Sports Modes, Customizable Watch Faces, Notifications, Camera/Music Remote, Weather, Stopwatch, Alarm, Hydration/Sedentary Reminders.



Detailed sizing information for the iTouch Sport 4 Smartwatch, including thickness, weight, and band dimensions.



An overview of all the features supported by the iTouch Sport 4 Smartwatch, compatible with Android and iOS.

Warranty and Support

For warranty information and customer support, please refer to the official iTouch Wearables website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

Online Support: Visit the iTouch Store on Amazon for additional resources and product information.

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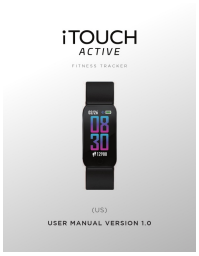
Related Documents - TP4R01-G02

	iTOUCH AIR SE Smartwatch User Manual User manual for the iTOUCH AIR Special Edition Smartwatch, covering setup, features, care, and regulatory information.
	iTouch Air Smartwatch User Manual Comprehensive user manual for the iTouch Air Smartwatch, covering setup, features, app integration, and care.

	iTOUCH Active Fitness Tracker User Manual A comprehensive user manual for the iTOUCH Active fitness tracker, covering setup, features, usage, care, and safety information.
	iTOUCH Explorer 3 Smartwatch User Manual User manual for the iTOUCH Explorer 3 Smartwatch, covering setup, features, navigation, and care. Learn how to charge, pair, use sports modes, receive notifications, monitor health, and more.
	iTouch Pulse Smartwatch User Manual Comprehensive user manual for the iTouch Pulse Smartwatch, detailing setup, functions, and features for both iPhone and Android devices.
	iTOUCH AIR S Smartwatch User Manual Comprehensive user guide for the iTOUCH AIR S Smartwatch, covering setup, features, activity tracking, and care.