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TYKOIT 6975575932671

TYKOIT 41mm Smart Watch Fitness Tracker User Manual

Model: 6975575932671

Your comprehensive guide to setting up and using your TYKOIT Smart Watch.

1. Introduction

Thank you for choosing the TYKOIT 41mm Smart Watch. This device is designed to enhance your daily life by providing comprehensive health monitoring, fitness tracking, and smart notifications. Please read this manual carefully to ensure proper use and to maximize your experience with the watch.

2. Product Overview

The TYKOIT 41mm Smart Watch is a versatile device featuring a full-color touchscreen and a range of functionalities:

- **Health Monitoring:** Real-time heart rate tracking, manual blood oxygen detection, and automatic sleep status monitoring (light sleep, deep sleep, awake time).
- **Fitness Tracking:** 14 sport modes (yoga, walking, running, etc.) to track steps, distance, calorie burn, and activity time. GPS tracking via smartphone connection for outdoor workouts.
- **Smart Notifications:** Receive alerts for incoming calls, SMS, and messages from apps like Facebook, Instagram, and WhatsApp.
- **Personalization:** Customizable watch faces and display content.
- **Practical Tools:** Stopwatch, timer, music control, breathing training, night mode, alarm clock, sedentary reminder, drinking reminder, and wrist-up awake function.
- **Durability:** 5ATM waterproof rating, suitable for swimming and diving.
- **Long Battery Life:** Up to 7 days of continuous use or 30 days standby time on a 2-hour charge.
- **Compatibility:** Works with smartphones running iOS 10.0 or Android OS 5.0 and Bluetooth 4.0 or higher. Not compatible with tablets or computers.

3. Setup

1. **Charge the Watch:** Before first use, fully charge your smartwatch using the provided USB charging cable. Connect the magnetic end of the cable to the charging points on the back of the watch. A full charge typically takes 2 hours.
2. **Download the App:** Scan the QR code in the Quick Start Guide or search for the companion app (e.g., Fitdock App, as mentioned in some guides) on your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
3. **Pair the Watch:**
    - Enable Bluetooth on your smartphone.
    - Open the downloaded app and follow the on-screen instructions to add your device.
    - The app will search for your watch. Select the correct device from the list to pair.
    - Confirm the pairing request on both your phone and the watch if prompted.
4. **Initial Settings:** Once paired, you can customize settings such as time format, units of measurement, and personal information within the app.

4. Operating Instructions

4.1. Navigation

The watch features a 41mm full-color touchscreen. Swipe up, down, left, or right to navigate through menus and functions. Use the side button for power on/off or to return to the main screen.

4.2. Health Monitoring

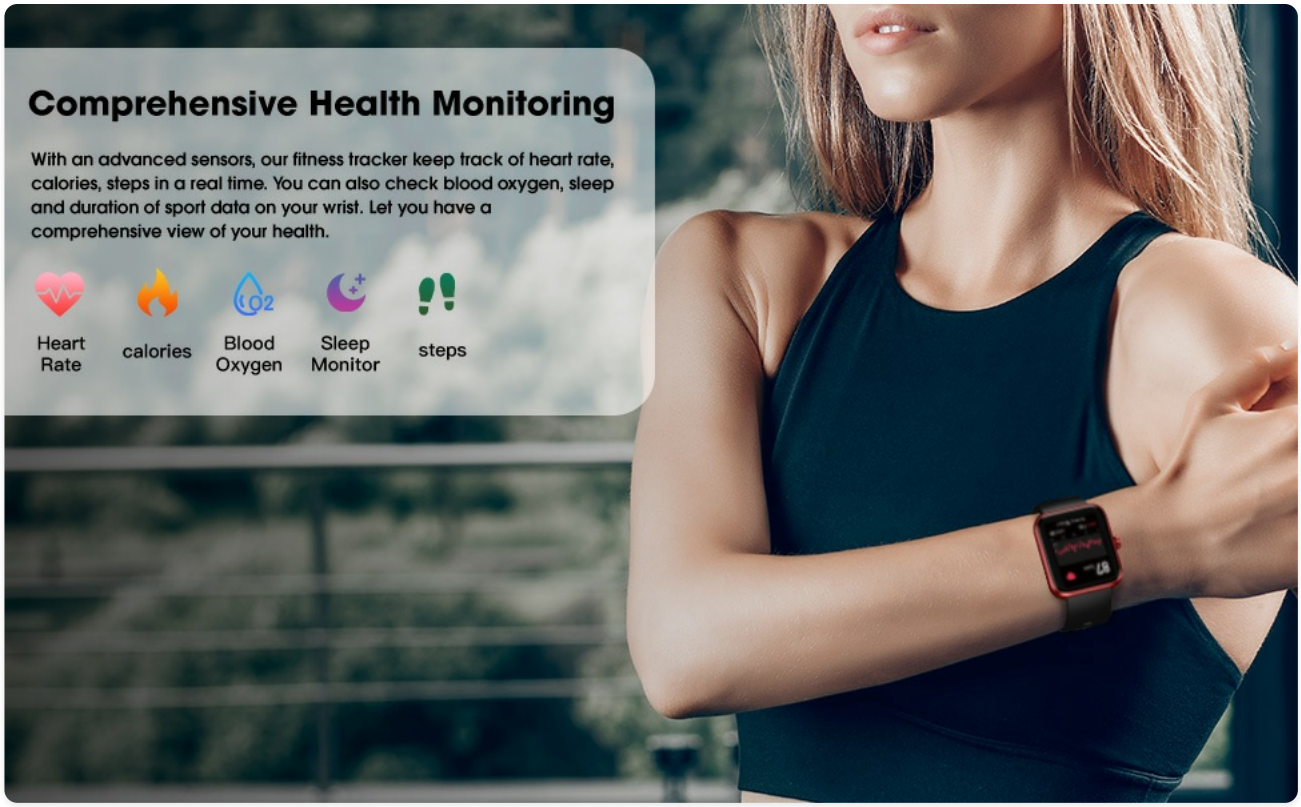


Image: Comprehensive Health Monitoring. The watch tracks heart rate, calories, blood oxygen, sleep, and steps.

- **Heart Rate:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed historical data in the companion app.
- **Blood Oxygen:** Perform manual blood oxygen measurements directly from the watch. Ensure the watch is worn snugly on your wrist for accurate readings.

- **Sleep Tracking:** The watch automatically detects your sleep patterns, including light sleep, deep sleep, and awake time. Access detailed sleep analysis in the app to help improve your sleep quality.

4.3. Sport Modes



Image: 14 Sport Modes Fitness Watch. The watch offers various tracking options for different physical activities.

Select from 14 different sport modes to track your activities. The watch records steps, distance, calorie burn, and activity time. For outdoor workouts, connect to your smartphone's GPS for route tracking.

4.4. Notifications

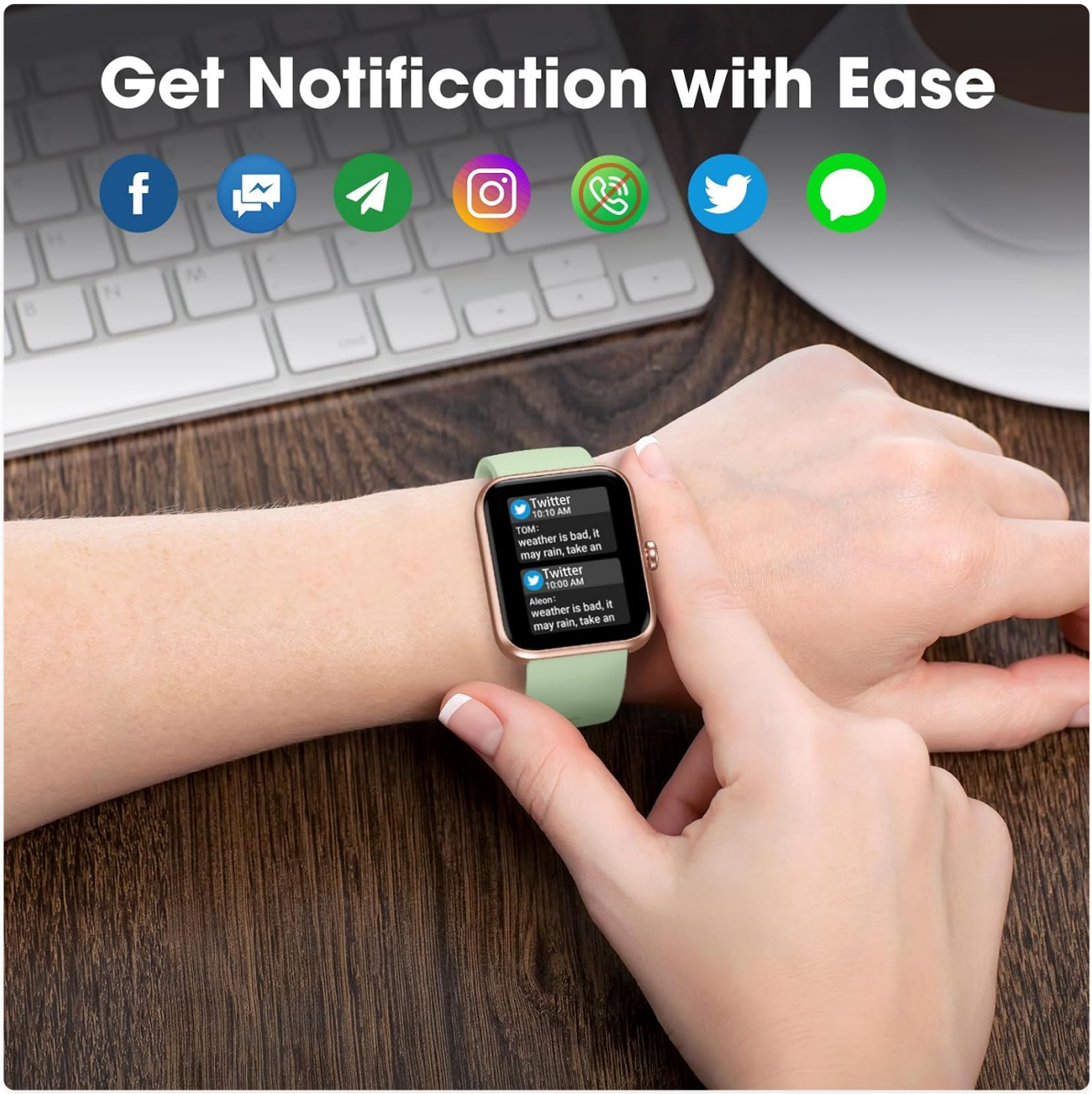


Image: Get Notification with Ease. The smartwatch displays incoming calls and messages from various social media platforms.

Once paired with your smartphone, the watch will display incoming call alerts and notifications from SMS, Facebook, Instagram, WhatsApp, and other applications. Note that the watch cannot make calls or send text replies directly.

4.5. Personalization

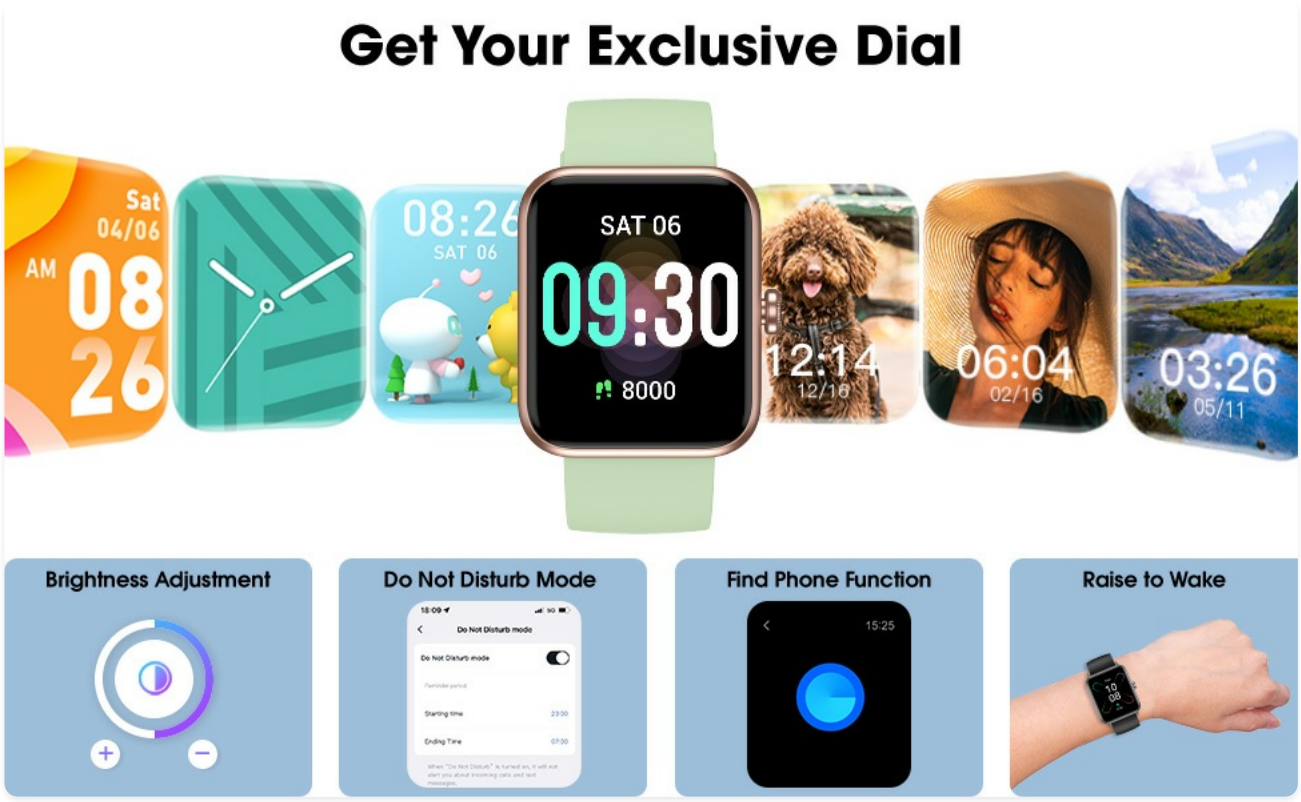


Image: Get Your Exclusive Dial. Customize your watch face and access features like brightness control and 'Find Phone'.

Choose from various theme dials or customize your watch face with your own photos via the app. Adjust brightness settings for optimal viewing in different environments. Utilize features like Do Not Disturb mode, night mode, and the wrist-up awake function.

4.6. Battery Life



Image: Incredible 7 Days Battery Time. The watch offers extended battery life with quick charging.

The watch provides up to 7 days of daily use and 30 days of standby time on a single 2-hour charge. Battery performance may vary based on usage and settings.

5. Maintenance

- **Cleaning:** Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Wearing Comfort:** Avoid wearing the watch too tightly to prevent excessive friction, which may irritate the skin. Allow your wrist to breathe by taking off the watch periodically, especially after prolonged use or intense workouts.

- **Water Resistance:** The watch is 5ATM waterproof, suitable for swimming and diving. However, avoid prolonged exposure to hot water, steam, or high-pressure water jets. Do not operate buttons underwater.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

6. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Unable to pair with phone:**
  - Check that Bluetooth is enabled on your phone and the watch.
  - Ensure the watch is within range of your phone.
  - Restart both your phone and the watch.
  - Try unpairing and re-pairing the device through the app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch.
- **Notifications not appearing:**
  - Check app settings on your phone to ensure notification permissions are granted for the companion app and individual applications.
  - Verify that Do Not Disturb mode is not active on the watch or your phone.
- **Short battery life:** Reduce screen brightness, limit frequent heart rate monitoring, and disable unnecessary notifications to extend battery life.

7. Specifications

Brand	TYKOIT
Model Number	6975575932671
Product Dimensions	10.5 x 3.3 x 0.6 inches
Item Weight	3.2 ounces
Screen Size	41 Millimeters
Human Interface Input	Touchscreen
Operating System	Android 6.0 / iOS 11.0 or above
Wireless Communication	Bluetooth 4.0 or above
Waterproof Rating	5ATM
Battery Type	1 Lithium Ion battery (included)
Charging Time	2 hours
Battery Life (Daily Use)	Up to 7 days
Battery Life (Standby)	Up to 30 days

8. Warranty and Support

For warranty information and customer support, please refer to the documentation included in your product packaging or visit the official TYKOIT website. If you encounter any issues, please consult the troubleshooting section of this manual or contact customer service for assistance.

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

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