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

KOSPET Tank X2 Black

KOSPET Tank X2 Smart Watch Fitness Tracker

INSTRUCTION MANUAL

Introduction

This manual provides detailed instructions for setting up, operating, and maintaining your KOSPET Tank X2 Smart Watch. Designed for durability and comprehensive health tracking, the Tank X2 features a military-grade build, advanced health monitoring capabilities, and extensive sports modes. Please read this manual thoroughly to ensure proper use and to maximize the benefits of your device.



Figure 1: Main view of the KOSPET Tank X2 Smart Watch, displaying its primary interface with health and activity metrics.

Package Contents

Upon unboxing, please verify that all items listed below are present and in good condition:

- 1* Tank X2 Smart Watch
- 1* Charging Station
- 1* User Manual (this document)
- 1* Warranty Card
- 1* Watch Band



Figure 2: Visual representation of the KOSPET Tank X2 Smart Watch dimensions and included accessories in the retail packaging.

Setup

1. Charging the Device

Before initial use, fully charge your KOSPET Tank X2 Smart Watch. Connect the provided charging station to a USB power source and place the watch onto the magnetic charging pins. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

2. App Installation and Pairing

To unlock the full functionality of your KOSPET Tank X2, download and install the "KOSPET FIT" app on your smartphone. The app is available on both Google Play Store for Android devices and Apple App Store for iOS devices.

1. Download the "KOSPET FIT" app from your phone's app store.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the KOSPET FIT app, navigate to the "Device" section, and select "Add a new device."
4. Follow the on-screen prompts to pair your watch. Confirm the pairing request on both your watch and smartphone.
5. Allow necessary permissions for notifications and health data synchronization.

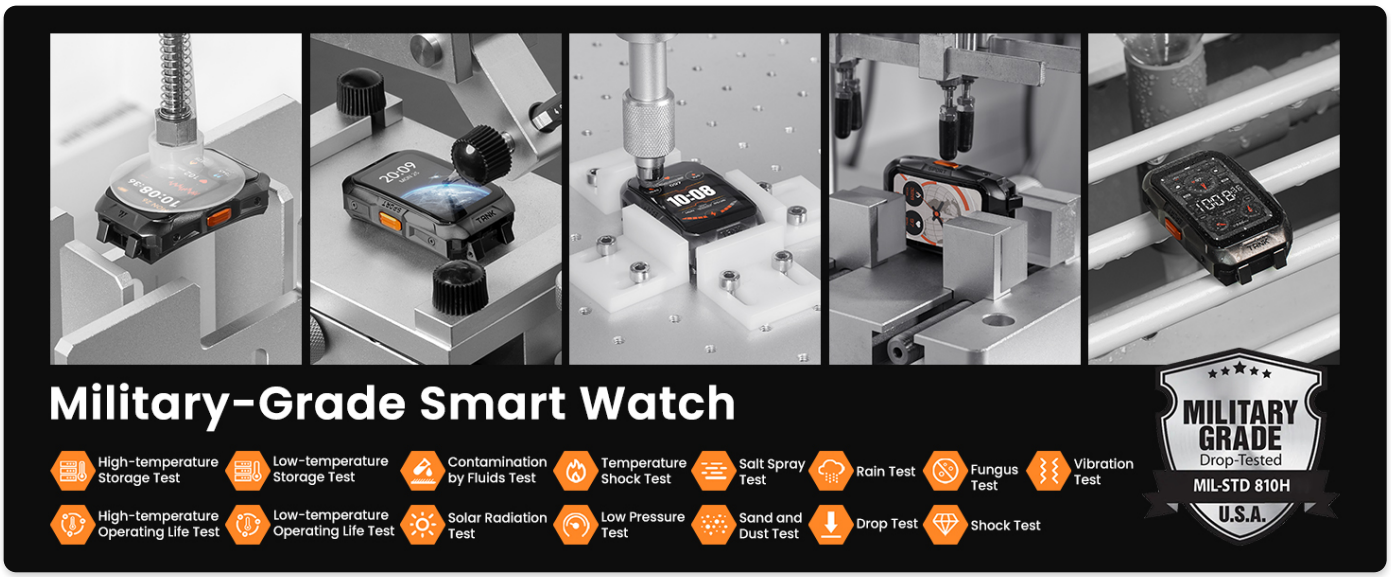


Figure 3: Illustrated guide for connecting your KOSPET Tank X2 Smart Watch to the companion mobile application.

3. Wide Compatibility

The KOSPET Tank X2 Smart Watch is compatible with a broad range of smartphones. It supports devices running iOS 10.0+ and Android 5.1+.

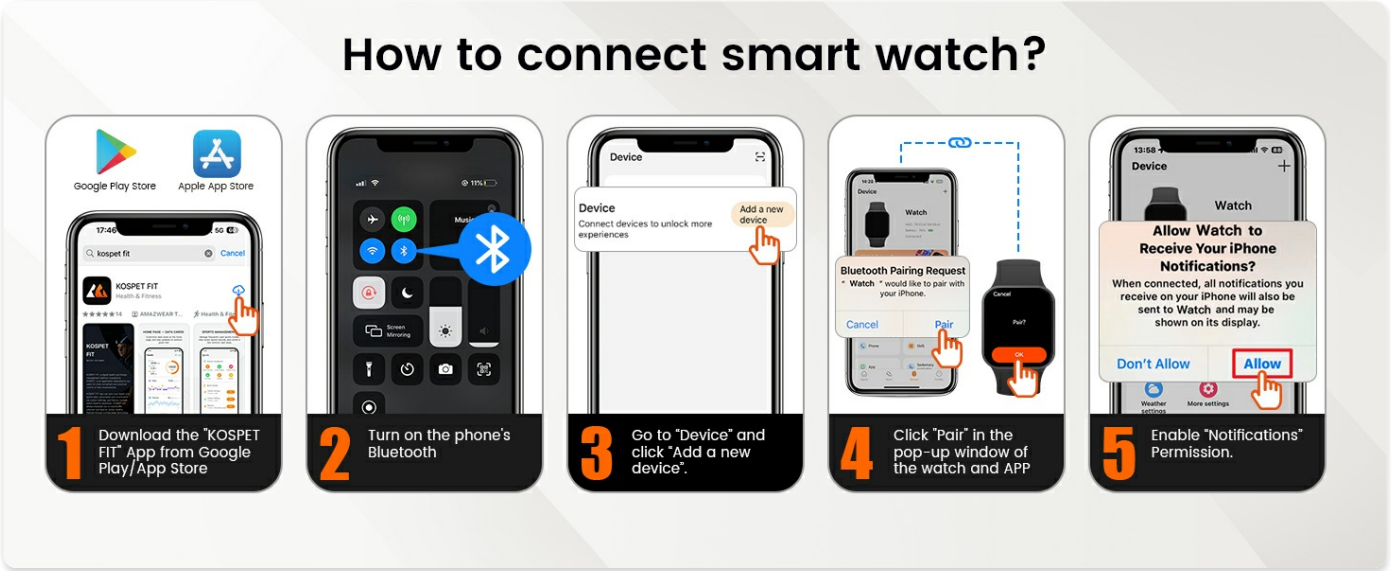


Figure 4: Compatibility chart for the KOSPET Tank X2 Smart Watch, detailing supported iOS and Android operating systems and device series.

Operating Instructions

1. Basic Navigation

The KOSPET Tank X2 features a 1.64-inch AMOLED always-on display with 3D curved glass for intuitive touch control. Swipe left/right or up/down to navigate through menus and access different functions. Press the physical buttons on the side for quick access to specific features or to return to the home screen.

2. Health Monitoring

The smartwatch is equipped with advanced sensors for comprehensive health tracking:

- **24-Hour Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Real-time Blood Oxygen Monitoring:** Measures your SpO2 levels.
- **Sleep Tracking:** Monitors sleep stages (deep, light, REM) and provides insights into sleep quality.
- **Stress Monitoring:** Helps you understand your stress levels and suggests relaxation when needed.
- **Blood Pressure Monitoring:** Provides blood pressure readings.

Access detailed health data and historical trends through the KOSPET FIT app.



Figure 5: Overview of the KOSPET Tank X2's multiple health monitoring capabilities.

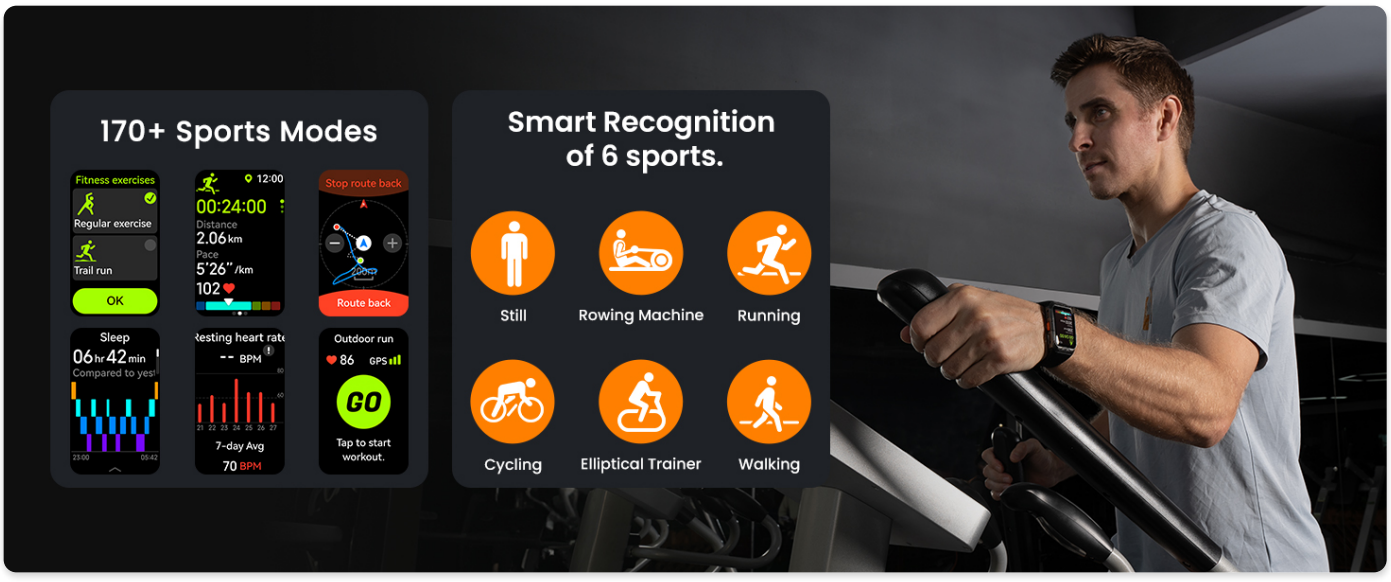


Figure 6: The KOSPET Tank X2 as a personal health monitoring partner, tracking key metrics like blood pressure, stress, and blood oxygen.



Figure 7: The KOSPET Tank X2's 24-hour sleep monitoring feature, providing insights into sleep stages and duration.

3. Sports Modes and Intelligent Recognition

The KOSPET Tank X2 supports over 170 sports modes, allowing you to track a wide variety of physical activities. It also features intelligent recognition for 6 common sports:

- Still
- Walking
- Running
- Cycling
- Elliptical Trainer
- Rowing Machine

The watch accurately records and analyzes key data such as duration, steps, average speed, and calories burned for each activity.

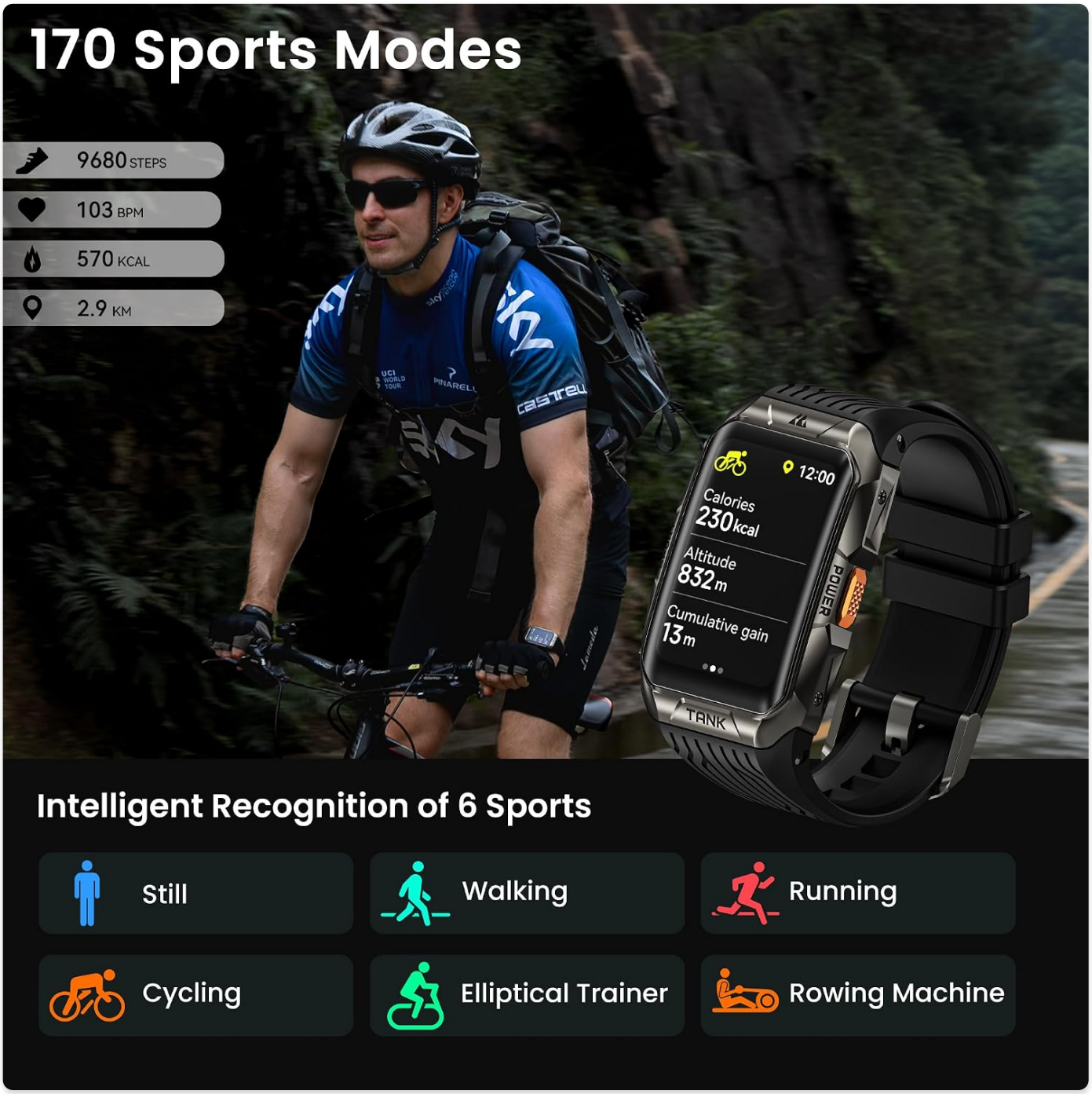


Figure 8: The KOSPET Tank X2's extensive sports mode tracking and intelligent recognition for various activities.



Figure 9: Detailed view of the KOSPET Tank X2's sports tracking interface and its ability to intelligently recognize different activities.

4. Bluetooth Calling & AI Voice Assistant

The KOSPET Tank X2 allows you to make and answer calls directly from your wrist, thanks to its Bluetooth call function. It also integrates an AI Voice Assistant for convenient hands-free control. You can use voice commands to play music, check the weather, set alarms, and more.



Figure 10: Demonstrating the KOSPET Tank X2's Bluetooth calling and AI Voice Assistant capabilities.

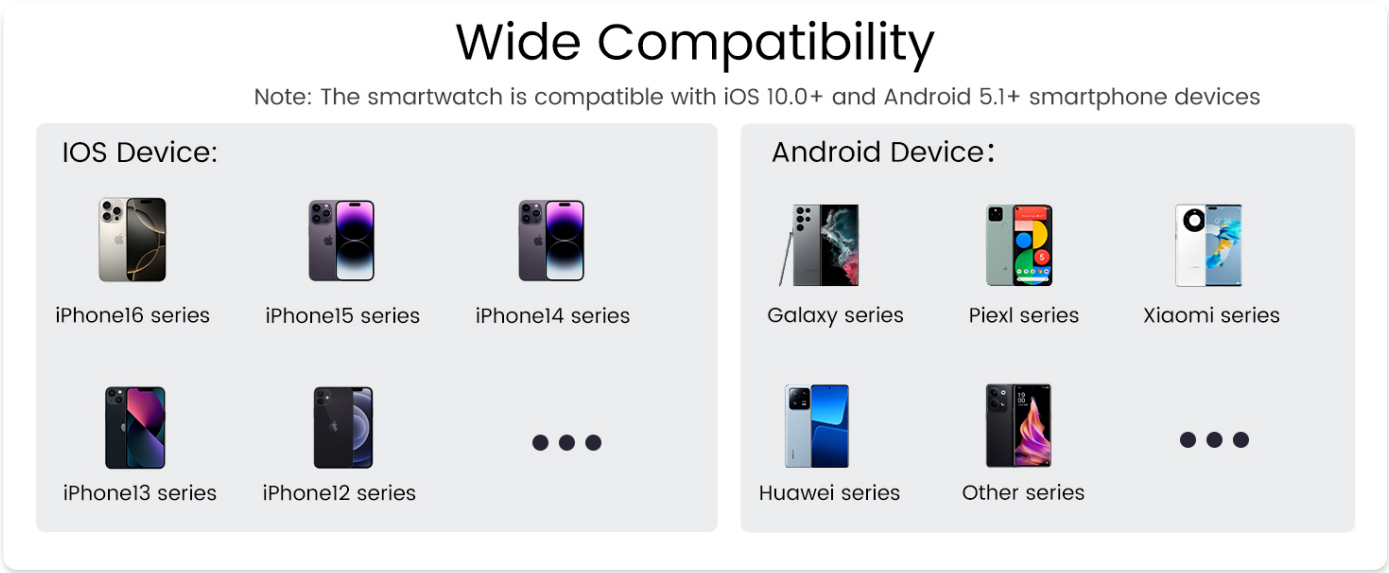


Figure 11: The KOSPET Tank X2's voice assistant in action, showing examples of commands for calls and music playback.

5. Notifications

Receive call, SMS, and app notifications directly on your watch. Ensure the KOSPET FIT app remains active in the background and that necessary notification permissions are granted on your smartphone. For Android users, it may be necessary to add the app to the whitelist in your phone's settings to prevent it from being closed by the system.

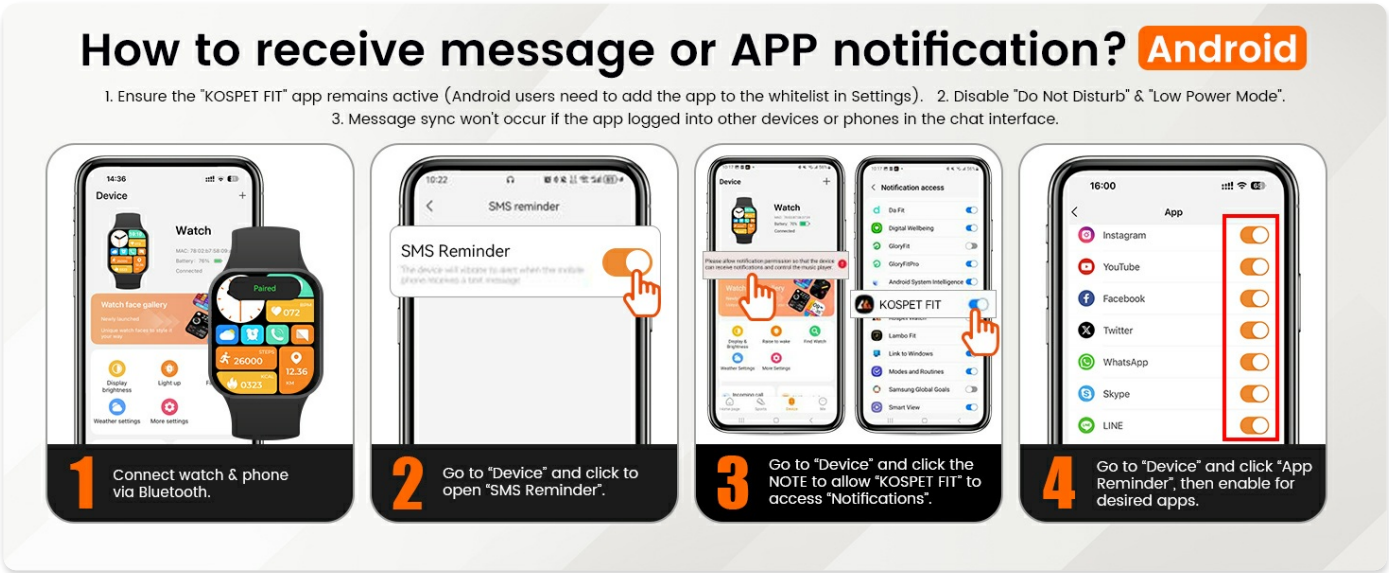


Figure 12: Instructions for iOS users to enable message and app notifications on their KOSPET Tank X2.



Figure 13: Instructions for Android users to enable message and app notifications on their KOSPET Tank X2.

Maintenance

1. Water Resistance

The KOSPET Tank X2 boasts 5ATM and IP69K waterproof ratings, making it suitable for swimming, handwashing, and exposure to rain. It is designed to withstand immersion up to 50 meters. However, it is not recommended for hot water activities, saunas, or diving, as steam and high temperatures can compromise the seals.



Figure 14: The KOSPET Tank X2's 5ATM and IP69K waterproof capabilities, suitable for various water activities.

2. Cleaning and Care

Regularly clean your watch and watch band to prevent skin irritation and maintain device longevity. Use a soft, lint-free cloth to wipe the screen and body. For the band, a mild soap and water solution can be used, followed by thorough rinsing and drying. Avoid using harsh chemicals or abrasive materials.

3. Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the battery is partially charged (around 50%) before storing to prolong battery life.

Troubleshooting

If you encounter issues with your KOSPET Tank X2 Smart Watch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging station and verify the charging indicator.

- **Cannot pair with phone:** Ensure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again. Make sure the KOSPET FIT app has all necessary permissions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Avoid excessive movement during measurements.
- **Notifications not appearing:** Verify that the KOSPET FIT app is running in the background and has notification access enabled in your phone's settings. For Android, check if the app is whitelisted from battery optimization.
- **Short battery life:** Reduce screen brightness, disable always-on display if not needed, limit continuous heart rate monitoring, and close unnecessary background apps on the watch.

For further assistance, please contact KOSPET customer support.

Specifications

Feature	Detail
Brand	KOSPET
Model Number	Tank X2 Black
Display	1.64 Inches AMOLED Always-on Display with 3D Curved Glass
Body Material	Stainless Steel Unibody
Water Resistance	5ATM & IP69K (up to 50m)
Battery Capacity	280 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth
Operating System Compatibility	Compatible for Android 5.1+ and iOS 10.0+
Health Monitoring	24-hour Heart Rate, Real-time Blood Oxygen, Sleep Tracking, Stress Monitoring, Blood Pressure
Sports Modes	170+ Sports Modes with 6 Intelligent Recognition (Still, Walking, Running, Cycling, Elliptical Trainer, Rowing Machine)
Special Features	Bluetooth Answer/Make Call, AI Voice Assistant, Military Rugged Grade Design (MIL-STD-810H)
Item Weight	7.2 ounces (0.2 Kilograms)
Dimensions	4.44 x 4.31 x 2.06 inches (Package)

Warranty and Support

Warranty Information

Your KOSPET Tank X2 Smart Watch comes with a manufacturer's warranty. Please refer to the included Warranty Card in your package for specific terms, conditions, and duration of the warranty. Retain your proof of purchase for any warranty claims.

Customer Support

For technical assistance, troubleshooting, or any inquiries regarding your KOSPET Tank X2 Smart Watch, please visit the

official KOSPET website or contact their customer support team. Contact information can typically be found on the KOSPET website or the Warranty Card.
You can also visit the KOSPET Store on Amazon for additional product information and support resources.

© 2024 KOSPET. All rights reserved.

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/B0CQX8ZMLP

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