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TYKOIT B0CX4ZYV85

TYKOIT Pedometer Watch User Manual

Model: B0CX4ZYV85

1. Introduction

The TYKOIT Pedometer Watch is designed for ease of use, offering essential fitness tracking without the need for a smartphone application. This manual provides instructions for setting up, operating, and maintaining your watch. It is particularly suitable for individuals seeking a straightforward and reliable fitness companion.



The TYKOIT Pedometer Watch operates independently, requiring no smartphone or application for its core functions.

2. What's in the Box

- TYKOIT Pedometer Watch
- Charging Cable

- User Manual

3. Setup

3.1 Initial Charging

Before first use, fully charge the watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. A full charge takes approximately 1.5 hours and provides up to 7 days of use.



The watch features magnetic charging for convenience and offers a long battery life of up to 7 days on a single 1.5-hour charge.

3.2 Power On/Off

- To **Power On**: Press and hold the side button until the screen lights up.
- To **Power Off**: Navigate to the settings menu on the watch, then select the power off option.

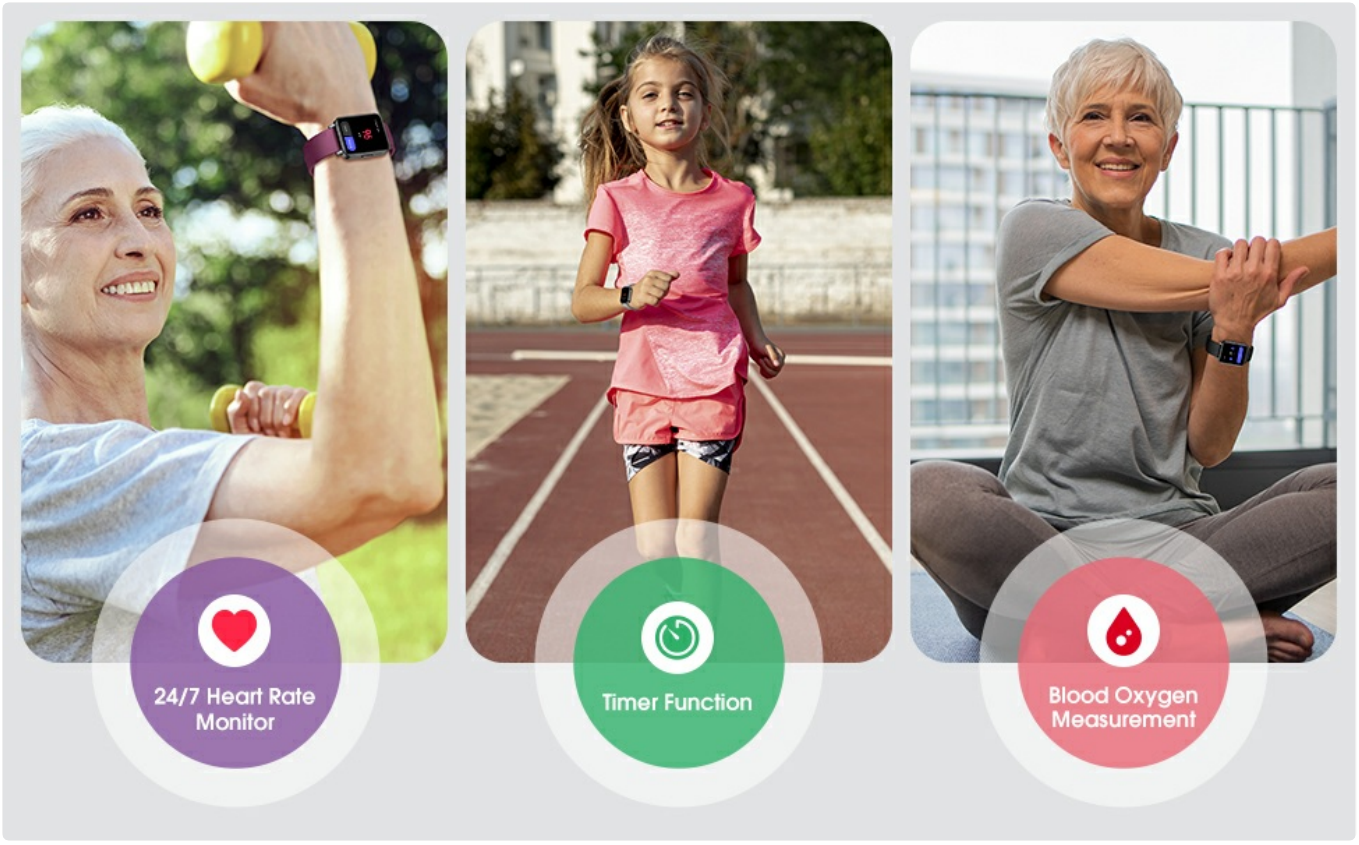
3.3 Basic Settings

Use the touchscreen to navigate and set the time, date, and personal information directly on the device. No smartphone app is required for these basic functions.

4. Operating the Watch

4.1 Touchscreen Navigation

Swipe left, right, up, or down on the screen to navigate through different functions and menus. Tap to select an option or confirm an action.



The 41mm color screen offers responsive touch control for easy navigation through various watch functions.

4.2 Activity Tracking

The watch accurately monitors and records your steps, calories burned, distance traveled, and activity time. Swipe to view these metrics on the display.



The watch records sports data such as steps, calories, and distance, providing a clear overview of your physical activity.

4.3 Heart Rate Monitoring

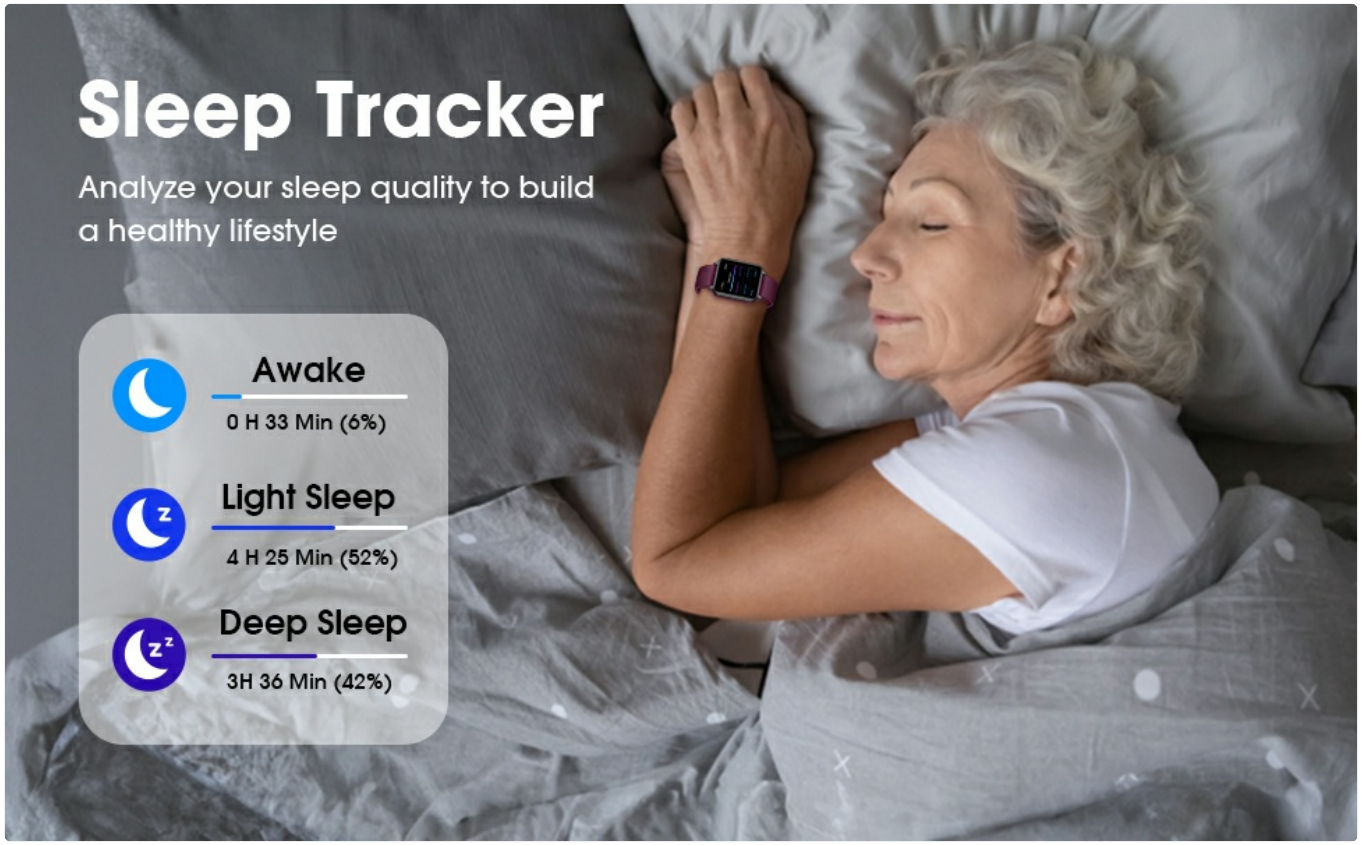
Access the heart rate function to measure your current heart rate in real-time. Ensure the watch is worn snugly on your wrist for accurate readings.

4.4 Blood Oxygen Measurement

Use the dedicated blood oxygen function to manually check your blood oxygen levels. This feature provides additional health insights.

4.5 Sleep Tracking

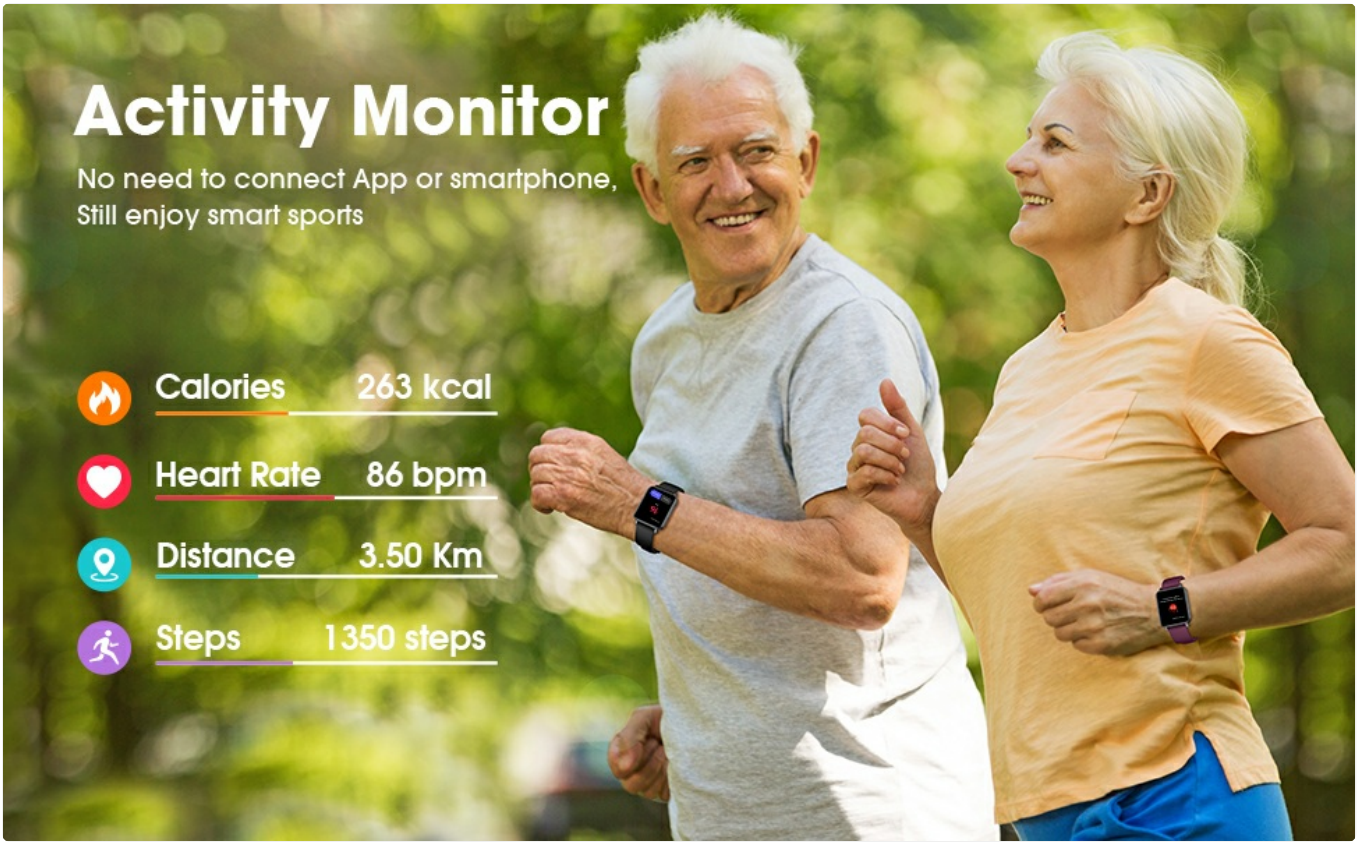
Wear the watch while sleeping to monitor your sleep patterns, including awake time, light sleep, and deep sleep. This data assists in cultivating a healthier lifestyle.



The sleep monitor tracks your sleep quality, including awake, light, and deep sleep stages.

4.6 Waterproof Feature

The watch meets the IP68 waterproof standard, making it suitable for swimming, use in rain, and during hand washing. It is designed to withstand immersion in water up to 1.5 meters for up to 30 minutes. **Note:** Avoid hot water or steam, as this can compromise the waterproof seal.



The IP68 waterproof rating allows for worry-free use during swimming and other water activities.

5. Maintenance

5.1 Cleaning

Wipe the watch and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance Guidelines

While the watch is IP68 waterproof, it is not suitable for diving, hot showers, saunas, or high-pressure water activities. Always ensure the watch is dry before charging.

5.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Fully charge the watch when the battery is low to maintain optimal performance.

6. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try pressing and holding the side button for 10-15 seconds.
- **Inaccurate readings (steps, heart rate):** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch regularly to prevent interference.
- **Charging issues:** Check that the magnetic charging cable is properly connected to the watch and the power source. Ensure the charging contacts on both the watch and the cable are clean and free of debris.
- **Screen unresponsive:** Restart the watch by pressing and holding the side button. If the issue persists, allow the battery to drain completely and then recharge.

7. Specifications

Feature	Detail
Product Dimensions	5.9 x 3.2 x 0.75 inches
Item Weight	2.08 ounces
Batteries	1 Lithium Polymer batteries required (included)
Connectivity Technologies	Bluetooth (for optional app features, not required for basic use)
GPS	No GPS
Special Features	Blood Oxygen Measurement, Calorie Tracker, Heart Rate Monitor, Pedometer, Sleep Monitor
Display Technology	LCD
Human Interface Input	Touchscreen
Scanner Resolution	240 x 240
Manufacturer	TYKOIT
Screen Size	1.4 Inches

8. Warranty and Support

This product comes with a standard manufacturer's warranty. For detailed warranty information, specific terms and conditions, or technical support, please refer to the documentation included in your product packaging. You may also contact TYKOIT customer service through their official channels for further 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.

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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.

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