Cillso T80

Cillso T80 Smartwatch User Manual

Model: T80

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Cillso T80 Smartwatch. Please read this guide thoroughly to ensure proper use and to maximize the device's features.

2. PRODUCT OVERVIEW

The Cillso T80 Smartwatch is a versatile device designed for fitness tracking and smart communication. It features a 1.95-inch HD touch screen, Bluetooth calling capabilities, over 110 sports modes, and IP68 water resistance.

Figure 1: Cillso T80 Smartwatch. The display shows the date (DEC 26 MON), heart rate (97 bpm), battery level (75%), calories burned (328), steps taken (6800), and current temperature (24°).

2.1 Components Included

- 1 x Cillso T80 Smartwatch
- 1 x Fast Charger
- 1 x User Manual

3. SETUP

3.1 Charging the Smartwatch

Before first use, fully charge the smartwatch. Connect the provided fast charger to the charging port on the back of the watch and to a USB power source. A full charge takes approximately 2 hours and provides up to 7 days of typical use.

3.2 App Installation and Pairing

1. **Download the Companion App:** Search for the official Cillso companion app in your smartphone's app store (e.g., Apple App Store or Google Play Store) and install it.

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.

3. **Open the App and Pair:** Open the installed app, create an account if prompted, and follow the on-screen instructions to search for and pair with your Cillso T80 Smartwatch. The app will guide you through the pairing process.

4. OPERATING INSTRUCTIONS

4.1 Display and Customization

- **Touch Screen:** The 1.95-inch TFT color screen is fully touch-sensitive. Swipe up, down, left, or right to navigate menus and tap to select options.

- **Brightness Adjustment:** Adjust the screen brightness through the watch settings. There are 4 levels of adjustable brightness for optimal visibility in various lighting conditions.

- **Watch Faces:** Choose from over 200 unique online watch faces available through the companion app. You can also upload any image from your phone to set as a custom watch face background.

4.2 Bluetooth Calls and Smart Notifications

- **Making/Receiving Calls:** With the new Bluetooth chip, built-in speaker, and high-quality microphone, you can make and receive calls directly from your smartwatch once paired with your phone.

- **Notifications:** The smartwatch displays SMS messages and notifications from various applications (e.g., WhatsApp, Facebook, Twitter). All notifications are accompanied by a vibration alert.

4.3 Sports Modes

The T80 Smartwatch offers over 110 sports modes, including walking, running, cycling, mountaineering, and yoga. Select your desired activity from the sports menu to track your performance. The watch records calories burned, distance covered, and steps taken during your workout to help you achieve your fitness goals.

4.4 Health Monitoring

- **Heart Rate Monitoring:** Equipped with a high-tech measurement sensor, the watch provides 24/7 real-time dynamic heart rate monitoring. View your heart rate data on the watch or in the companion app.

- **Sleep Monitoring:** The smartwatch monitors your sleep patterns, recording deep sleep, light sleep, and wake states. This data helps you understand and improve your sleep quality.

4.5 Other Functions

The Cillso T80 Smartwatch includes a variety of additional useful functions:

- Weather Forecasts
- Music Control
- Camera Control
- Sedentary Reminder
- Stopwatch
- Alarm
- Timer
- Women's Cycle Tracking
- Find Phone
- Calendar

- Calculator

5. MAINTENANCE

5.1 Water Resistance

The Cillso T80 Smartwatch is IP68 water-resistant, meaning it can withstand splashes, rain, and sweat during sports activities. **Note:** It is not resistant to hot water, seawater, or prolonged submersion. Do not wear it while showering with hot water, swimming in the sea, or diving.

5.2 Cleaning

Regularly clean your smartwatch and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

5.3 Battery Care

To prolong battery life, avoid exposing the smartwatch to extreme temperatures. Charge the device using only the provided charger.

6. TROUBLESHOOTING

- **Watch not connecting to phone:** Ensure Bluetooth is enabled on your smartphone and the companion app is running. Try restarting both your phone and the smartwatch.
- **Inaccurate data (steps, heart rate):** Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone. Update the companion app to the latest version.
- **Notifications not appearing:** Check app notification settings on your smartphone and within the companion app to ensure they are enabled for the smartwatch.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and ensure background app usage is optimized on your phone.

7. SPECIFICATIONS

Feature	Specification
Brand	Cillso
Model Name	T80
Color	Black
Screen Size	1.95 Inches
Display Type	LCD
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Composition	Lithium Polymer
Rechargeable Battery	Yes
Water Resistance Level	IP68 (Waterproof)

Manufacturer	Cillso

8. Warranty and Support

Information regarding specific warranty terms and customer support channels is not provided in the product details. Please refer to the product packaging, the official Cillso website, or your point of purchase for detailed warranty information and support contacts.

Related Documents - T80

	T80 Smartwatch User Manual and Guide Comprehensive user manual for the T80 smartwatch, detailing setup, app connection with GloryFit, watch functions, charging, precautions, and troubleshooting FAQs. Learn to maximize your T80 wearable device.
	T80 Smartwatch User Manual and Guide User manual for the T80 smartwatch, detailing setup with the GloryFit app, features like call functions, health tracking, exercise modes, and troubleshooting tips.
	ID-T80(ZN995A) Smartwatch Specification Sheet Detailed specifications for the ID-T80(ZN995A) smartwatch, including features like dual-mode Bluetooth calling, health monitoring (heart rate, blood oxygen, sleep), multiple motion modes, and a 1.95-inch touch screen.
	Tunturi Cardio Equipment 2022 - Cross Trainers, Treadmills, Bikes, Rowers Explore the Tunturi 2022 range of cardio fitness equipment, including cross trainers, treadmills, recumbent bikes, sprinter bikes, and rowing trainers. Find detailed specifications, features, and warranty information.