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## Amazfit T-Rex 3

# Amazfit T-Rex 3 Smart Watch User Manual

Model: T-Rex 3 | Brand: Amazfit

## INTRODUCTION

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The Amazfit T-Rex 3 is a rugged and versatile smart watch designed for outdoor enthusiasts and active individuals. It combines military-grade durability with advanced health and fitness tracking features, precise GPS navigation, and long battery life. This manual provides essential information for setting up, operating, and maintaining your device.



Image: The Amazfit T-Rex 3 Smart Watch in Onyx Black, showcasing its robust design and digital display.

## WHAT'S IN THE BOX

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Verify that all items are present in your product packaging:

- Amazfit T-Rex 3 Smart Watch
- Magnetic Charging Base (USB Type-C cable not included)
- User Manual (this document)

## SETUP

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### 1. Charging Your Device

Before first use, fully charge your Amazfit T-Rex 3. Connect the magnetic charging base to a USB power source (e.g., computer USB port or a USB wall adapter). Align the charging pins on the watch with the magnetic base until it snaps into place. The watch display will indicate charging status.

## 2. Pairing with Your Smartphone (Zepp App)

1. Download the **Zepp App** from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the Zepp App and create an account or log in.
3. Follow the on-screen instructions in the app to add your Amazfit T-Rex 3. This typically involves scanning a QR code displayed on the watch or manually selecting the device from a list.
4. Ensure Bluetooth is enabled on your smartphone during the pairing process.

## 3. Initial Configuration

Once paired, the Zepp App will guide you through initial settings such as language, time zone, and personal profile information (age, height, weight) for accurate health and fitness tracking.

Your browser does not support the video tag.

Video: Official unboxing and initial setup of the Amazfit T-Rex 3 Smart Watch, demonstrating the contents and first steps.

# OPERATING YOUR SMART WATCH

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## Basic Navigation

The Amazfit T-Rex 3 features both a responsive touchscreen and physical buttons for navigation. Swipe across the screen to access different widgets and menus. Use the 'UP', 'DOWN', 'SEL' (Select), and 'BACK' buttons for precise control, especially in challenging conditions or when wearing gloves.

**1.5"**  
AMOLED Display

**2,000 nits**  
Peak Brightness

**316L**  
Stainless Steel Bezel



Image: Close-up of the Amazfit T-Rex 3 display, highlighting its 1.5-inch AMOLED screen and 2,000 nits peak brightness for clear visibility.

### AI-Powered Voice Control

Utilize the integrated AI voice control for hands-free operation. You can use voice commands to reply to messages, set alarms, check weather, access health data, and more. This feature enhances convenience, especially when your hands are occupied.

# AI-Powered Voice Control

Speech-to-Text Replies | Set Alarms and Reminders  
Check Weather, Health Data & More



Image: Illustration of the Amazfit T-Rex 3's AI-powered voice control feature, showing a message notification and the option to reply via speech-to-text.

## GPS and Offline Maps

The T-Rex 3 features dual-band GPS positioning with support for six satellite systems, ensuring accurate location tracking. You can download free global offline maps directly to the watch, providing turn-by-turn navigation even without a network connection. This is ideal for hiking, cycling, and other outdoor adventures.

# Advanced Maps And Navigation

Dual-Band Positioning | 6 Satellite Systems  
Free Offline Maps with Turn Directions



Image: The Amazfit T-Rex 3 displaying an advanced map with navigation details, emphasizing its dual-band positioning and offline map capabilities.

## Sports Modes and AI Training

With over 170 built-in sports modes, the watch can track a wide range of activities. The AI-generated training plans provide personalized guidance to help you achieve your fitness goals. Real-time updates and metrics are displayed during workouts.

## Health Monitoring

The T-Rex 3 offers comprehensive health monitoring features, including:

- **Heart Rate Monitoring:** Continuous tracking of your heart rate.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen saturation levels.
- **Sleep Tracking:** Analyze your sleep stages and quality.
- **Stress Monitoring:** Track your stress levels throughout the day.

## Battery Life Management

The Amazfit T-Rex 3 is designed for extended battery life, offering up to 27 days of typical use. Battery performance can vary based on usage, GPS activity, and display settings. To optimize battery life, manage notifications, screen brightness, and continuous health monitoring features through the Zepp App.



Image: The Amazfit T-Rex 3 display showing battery life indicators, illustrating its impressive endurance of up to 27 days with typical use.

## Watch Face and Strap Customization

Personalize your watch with over 400 watch face options available through the Zepp App. The watch also supports easy strap changes, allowing you to adapt its look to your style or activity. A free strap-changing kit is included.

## MAINTENANCE

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### Cleaning Your Watch

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device. Ensure the charging contacts are clean and dry before charging.

## Water and Temperature Resistance

The Amazfit T-Rex 3 is water-resistant up to 328 feet (10 ATM) and certified for freediving up to 147 feet. It is designed to withstand extreme temperatures from -22°F (-30°C) to 158°F (70°C). While highly durable, avoid exposing the watch to sudden, extreme temperature changes or high-velocity water activities that exceed its ratings.

# Crafted for Adventure



**158°F**  
Heat-Resistance



**-22°F**  
Cold-Resistance



**328 Feet**  
Water-Resistance



**147 Feet**  
Freediving Certified

Image: The Amazfit T-Rex 3 in a rugged outdoor setting, illustrating its military-grade durability, heat and cold resistance, and water resistance ratings.

## TROUBLESHOOTING

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Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Unable to pair with phone	Check if Bluetooth is enabled on your phone. Restart both the watch and your phone. Ensure the Zepp App is updated to the latest version.
Inaccurate GPS data	Ensure you are in an open area with clear sky view. Allow the watch to acquire satellite signals for a few minutes before starting an activity.
Short battery life	Reduce screen brightness, disable Always-On Display, limit continuous heart rate monitoring, and turn off unnecessary notifications.

## SPECIFICATIONS

Feature	Detail
Operating System	Zepp OS 4.0
Memory Storage Capacity	26 GB
Special Features	Maps, Altitude Assistant, Compass, Dual-band GPS, Freediving Certified
Connectivity Technology	Bluetooth, Wi-Fi
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	Built-in GPS
Shape	Round
Screen Size	1.5 Inches
Brand	Amazfit

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Amazfit website or contact their customer service directly. The product typically comes with a manufacturer's warranty covering defects in materials and workmanship. Keep your proof of purchase for warranty claims.

You can also find additional support and FAQs on the [Amazfit Brand Store on Amazon](#).

A PDF version of the user manual is available for download: [User Manual \(PDF\)](#).