

Sunorshop T54

Sunorshop T54 Health Fitness Tracker Smartwatch User Manual

Model: T54 | Brand: Sunorshop

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1. INTRODUCTION

This manual provides detailed instructions for the Sunorshop T54 Health Fitness Tracker Smartwatch. It covers initial setup, operational guidance for various features, maintenance tips, and troubleshooting steps to ensure optimal performance and user experience. The T54 smartwatch is designed to assist users in monitoring their health and fitness activities.

2. WHAT'S IN THE BOX

Upon opening the package, verify that all items are present:

- Sunorshop T54 Smart Watch (1 unit)
- Charging Cable (1 unit)
- User Manual (1 unit)

Your browser does not support the video tag.

Video Description: This video demonstrates the unboxing of the Sunorshop T54 Smartwatch, showing the watch, charging cable, and user manual included in the package. It also highlights some of the watch's features as listed on the box and provides a brief overview of the watch's interface and sports modes.

3. SETUP

3.1 Initial Charging

Before first use, it is recommended to fully charge the smartwatch for approximately 2 hours. Connect the provided charging cable

to the watch and a compatible USB power source.

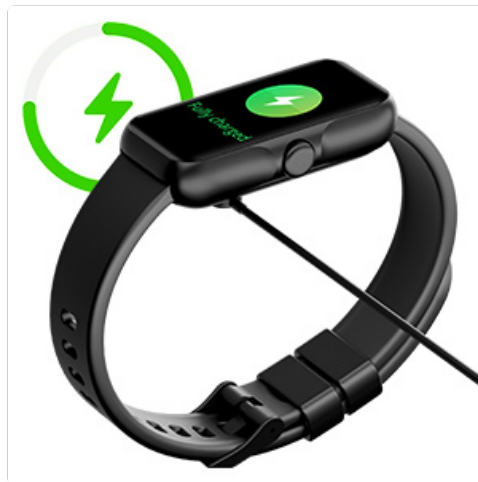


Image Description: A close-up view of the Sunorshop T54 smartwatch being charged with its magnetic charging cable. The watch screen shows a "Fully Charged" icon, indicating the charging status.

3.2 App Installation and Pairing

To unlock the full functionality of your smartwatch, download the companion application on your smartphone. The app allows for data synchronization, settings customization, and detailed health reports.

1. Scan the QR code in the user manual or search for the app name (usually mentioned in the manual or on the watch screen) in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. Within the app, search for your device (T54) and initiate the pairing process. Confirm the pairing on both your phone and the smartwatch if prompted.

The smartwatch supports Android 5.0 / iOS 10.0 or above smartphones with Bluetooth 5.0. It is not compatible with PCs, iPads, or tablets.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The T54 smartwatch features a 1.47-inch HD color display with touch functionality. Swipe across the screen to navigate through menus and tap to select options.

4.2 Health Monitoring

The smartwatch offers continuous health monitoring features. Access these functions directly from the watch or view detailed data in the companion app.

- **Heart Rate Monitoring:** Tracks heart rate continuously throughout the day. Real-time changes are displayed on the watch.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.
- **Blood Pressure Monitoring:** Provides blood pressure readings. *(Note: This feature is for reference only and not intended for medical use.)*
- **Sleep Tracking:** Automatically monitors sleep stages (REM, light, deep sleep, and awake times) and analyzes sleep quality.



Image Description: An image showcasing the Sunorshop T54 smartwatch on a wrist, displaying various health metrics like heart rate (89 BPM), blood pressure (111/66 MMHG), and blood oxygen (98%). The image emphasizes convenient on-wrist health tracking.



Image Description: A person sleeping with the Sunorshop T54 smartwatch on their wrist. The watch screen displays sleep tracking data, showing total sleep duration (10h 35m) and breakdown into deep sleep, light sleep, and awake time.

4.3 Multiple Sports Modes

The smartwatch includes over 24 sports modes to track various physical activities. It records real-time steps, distance, calories burned, and heart rate during workouts.

- To access sports modes, swipe on the watch face until you find the "Training" or "Sports" icon and tap to select.
- Choose your desired activity (e.g., Outdoor Running, Cycling, Skipping, Badminton, Tennis, Walking, Football, Basketball, Volleyball, Cricket, Rugby, Hockey, Dancing, Spinning Bike, Yoga, Sit-ups, Indoor Running, Gymnastics, Boating, Jumping Jack, Integrated Training).
- Tap "Start" to begin tracking. The watch will display duration, heart rate, calories, and steps/distance.
- To pause or end a workout, swipe or tap the screen as indicated on the watch.

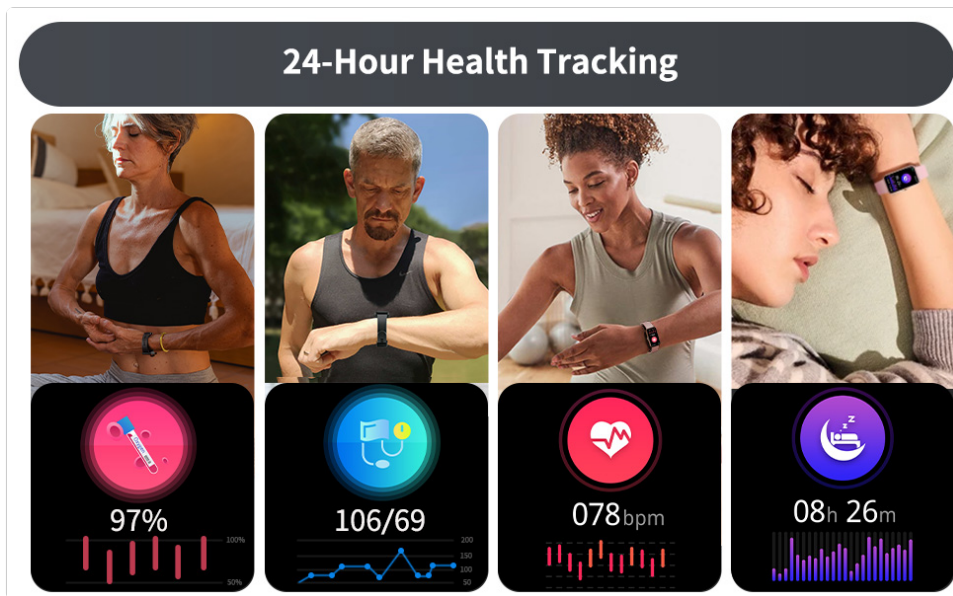


Image Description: A man running outdoors, wearing the Sunorshop T54 smartwatch. The watch screen shows activity tracking data including steps (24633), distance (2.68 km), and calories burned (2222 kcal).

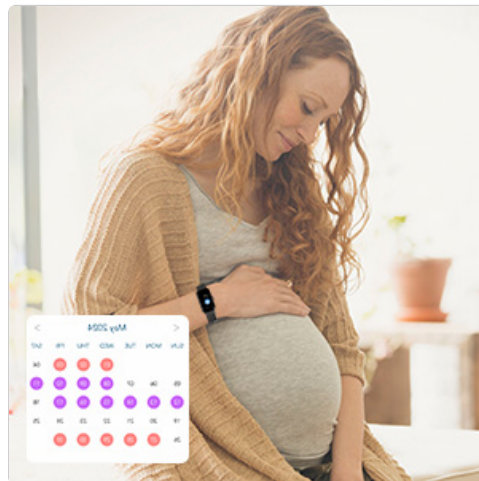


Image Description: A pregnant woman looking at her Sunorshop T54 smartwatch, which displays a calendar interface for female physiological cycle tracking.

4.4 Smart Features

The T54 smartwatch integrates several smart features to enhance daily convenience:

- **Message & Call Notifications:** Receive alerts for incoming calls and messages directly on your wrist when connected to your smartphone.
- **Weather Forecasts:** View current weather conditions and forecasts.
- **Music Player Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Alarm Clock:** Set alarms for reminders.
- **Shutter Control:** Use the watch as a remote shutter for your smartphone camera.
- **Find Phone:** Locate your paired smartphone.
- **Stopwatch:** Utilize the stopwatch function for timing activities.
- **Sedentary Alert:** Receive reminders to move after periods of inactivity.
- **Female Physiological Cycle Reminder:** Track and predict menstrual cycles.
- **Breathing Training:** Guided breathing exercises for relaxation.

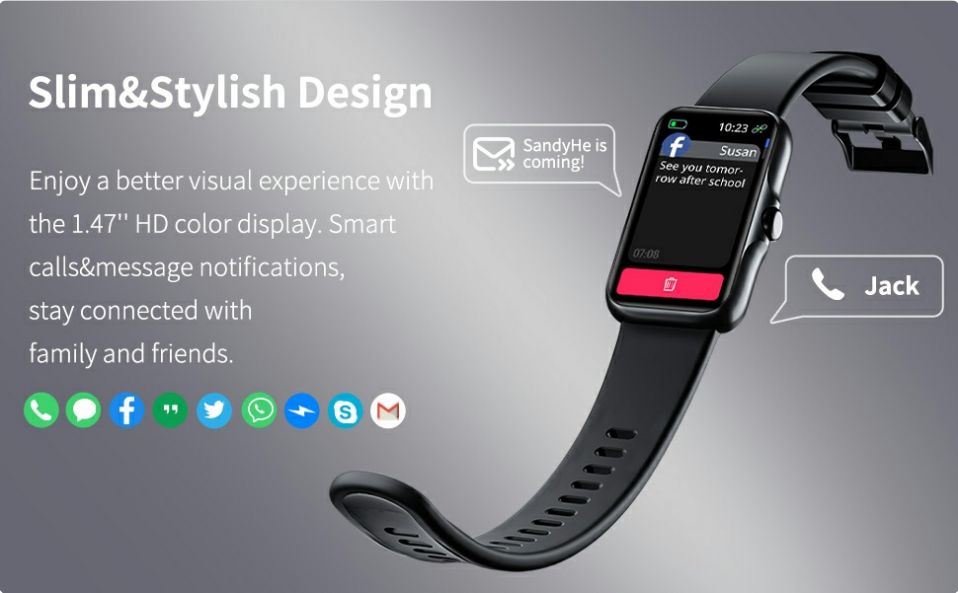


Image Description: The Sunorshop T54 smartwatch displaying message and call notifications on its screen. Below the watch, icons represent various smart functions: music player, stopwatch, menstrual cycle tracking, weather display, alarm clocks, and camera control.

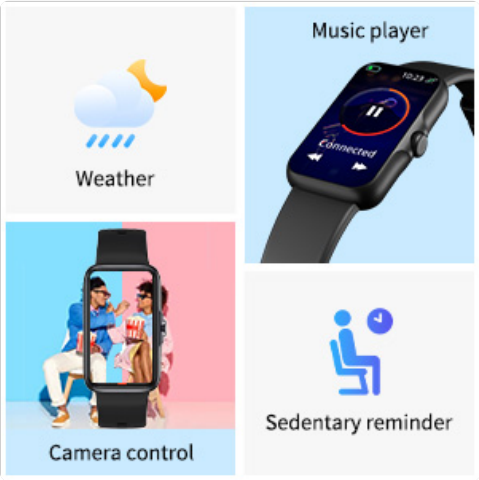


Image Description: A collage of four icons illustrating smart features: a cloud for weather, a musical note for music player, a camera for camera control, and a person sitting for sedentary reminder.

4.5 Watch Face Customization

Personalize your smartwatch with over 100 watch faces available through the companion app. You can also create customized watch faces using your own photos.



Image Description: A display of the Sunorshop T54 smartwatch showcasing a variety of customizable watch faces, including options with personal photos and different digital layouts for time and health data.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth to wipe the screen and strap. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance

The T54 smartwatch has an IP68 waterproof rating, providing protection against dust and immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing and exposure to rain or sweat. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure may compromise the seal.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your smartphone.
 - b. Make sure the smartwatch is within range of your phone.
 - c. Restart both your smartphone and the smartwatch.
 - d. Check if the app is updated to the latest version.
 - e. If previously paired, try unpairing and re-pairing the device through the app.
- **Inaccurate health data:**
 - a. Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - b. Clean the sensor on the back of the watch.
 - c. Avoid excessive movement during measurements.
 - d. Remember that health monitoring data is for reference only and should not be used for medical diagnosis.
- **Notifications not appearing:**

- a. Verify that notifications are enabled in both the smartwatch app and your smartphone's settings.
- b. Ensure the app is running in the background on your phone.
- c. Check if the watch is properly connected via Bluetooth.

7. SPECIFICATIONS

Model Number	T54
Brand	Sunorshop
Screen Size	1.47 Inches
Item Weight	40 Grams (1.41 ounces)
Battery Capacity	200 Milliamp Hours
Battery Type	1 Lithium Ion battery (included)
Charging Time	Approx. 2 hours
Battery Life	5-7 days (varies with usage)
Connectivity	Bluetooth 5.0
Waterproof Rating	IP68
Operating System	Android Wear 2.9 (Compatibility: Android 5.0 / iOS 10.0 or above)
Special Features	Lightweight, Real-time Continuous Heart Rate Monitor, Blood Oxygen, Blood Pressure, Sleep Tracking, Multiple Sports Modes, Smart Notifications

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or the official Sunorshop website. Keep your purchase receipt as proof of purchase for any warranty claims.