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Soudorv T70

Soudorv T70 Smartwatch User Manual

Model: T70

1. Introduction

Thank you for choosing the Soudorv T70 Smartwatch. This device is designed to enhance your daily life with its advanced fitness tracking, communication features, and health monitoring capabilities. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your smartwatch to ensure optimal performance.



The Soudorv T70 Smartwatch features a large display and a comfortable strap, designed for daily wear and fitness tracking.

2. What's in the Box

Please check the package contents upon unboxing:

- Soudorv T70 Smartwatch
- Silicone Strap
- Charging Cable
- User Manual (this document)

3. Setup Guide

3.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the charging cable to the charging port on the back of the watch and to a USB power adapter (not included). A full charge typically takes approximately 2 hours.

3.2 App Installation and Pairing

1. Scan the QR code provided in the quick start guide or on the watch screen (if available) to download the companion app on your smartphone. Alternatively, search for the app name (usually mentioned in the quick start guide) in your phone's app store.
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the app and follow the on-screen instructions to create an account and pair your Soudorv T70 Smartwatch. The watch is compatible with iOS 9.0 and Android 6.0 and above.
4. Once paired, the watch will synchronize time and data with your phone.

4. Operating Instructions

4.1 Bluetooth Calling and Notifications

After connecting your smartwatch to your phone via Bluetooth, you can make and receive calls directly from your watch. The watch also displays notifications from various apps (e.g., Twitter, Facebook, Instagram) and reminds you via vibration.

4.2 Display and Customization

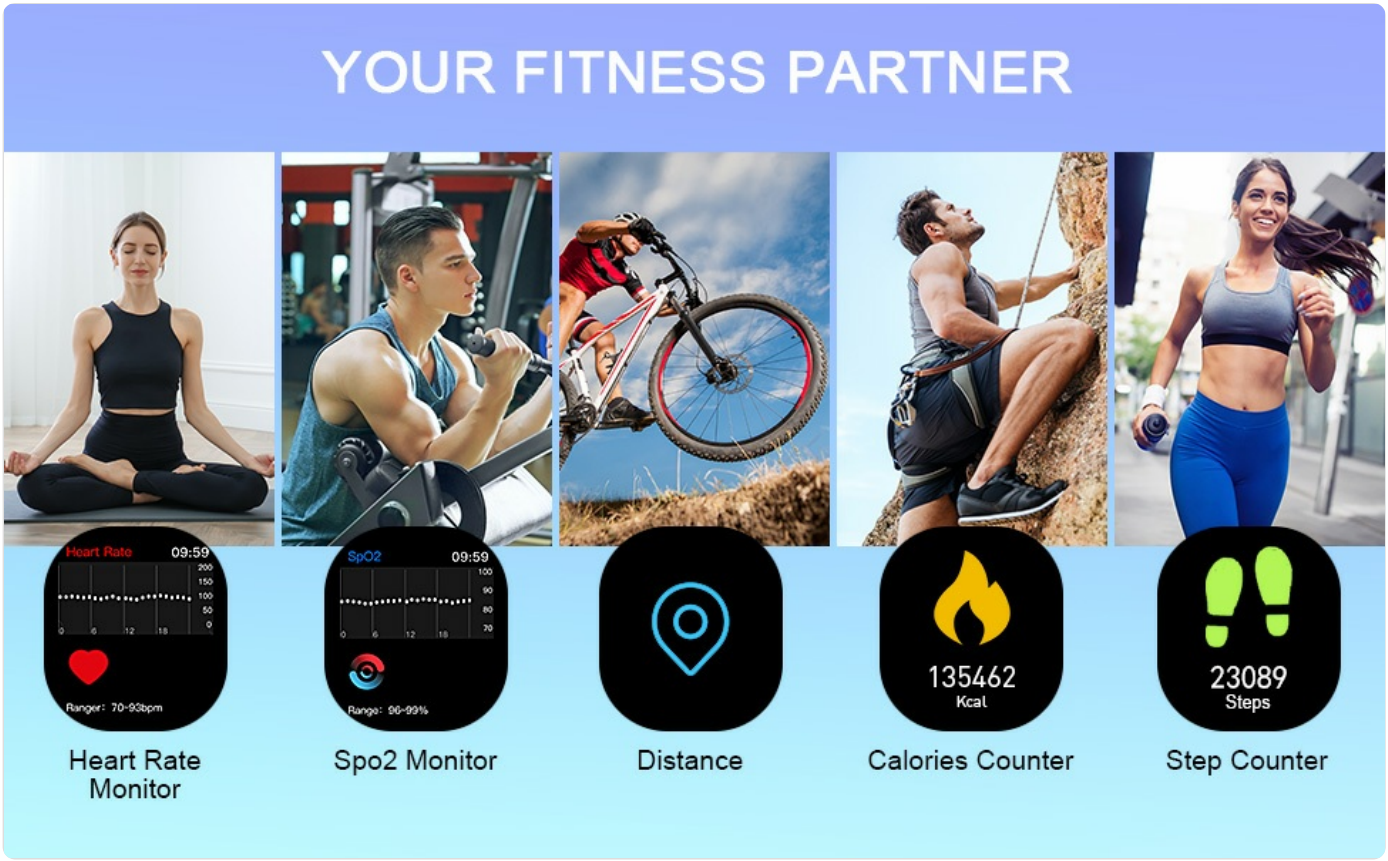
The 1.91-inch HD touch screen offers four adjustable brightness levels for clear visibility, even in sunlight. You can customize your smartwatch's appearance daily with over 100 free watch faces or by using your favorite photo from your phone's album.

4.3 24/7 Health Monitoring

The Soudorv T70 Smartwatch utilizes advanced sensors to continuously monitor your heart rate, blood oxygen level (SpO2), stress, and sleep patterns (deep sleep/light sleep) in real-time. It also includes a menstrual cycle tracking function for female users, promoting a healthier lifestyle.

4.4 Sports Modes

With over 110 sports modes, the smartwatch can track nearly all types of physical activities, including walking, running, yoga, and cycling. It provides real-time data such as heart rate, steps, distance, calories burned, and duration for each activity.



This image illustrates the Soudorv T70 Smartwatch's comprehensive fitness tracking capabilities, showing real-time data for heart rate, blood oxygen saturation (SpO2), distance covered, calories burned, and step count. It highlights the watch's role as a versatile fitness partner.

4.5 Other Functions

The smartwatch includes practical functions such as an alarm clock, voice assistant, and sedentary reminders, making it a versatile tool for daily use.

5. Maintenance

5.1 Water Resistance

The Soudorv T70 Smartwatch is IP68 waterproof, meaning it can withstand daily activities like hand washing or rain. However, it is not suitable for diving or prolonged immersion. Avoid wearing the smartwatch in seawater or hot water, as this can compromise its water resistance.

5.2 Cleaning

To clean your smartwatch, gently wipe the screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then dry thoroughly. Avoid using harsh chemicals or abrasive materials.

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.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both your phone and the watch, then try pairing again through the app.

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Keep the sensor clean. Environmental factors and individual physiology can affect readings.
- **Notifications not received:** Check app permissions on your phone to ensure the companion app has access to notifications. Verify that notifications are enabled within the smartwatch app settings.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and limit frequent health monitoring if not required. Ensure the watch is fully charged.

7. Specifications

Feature	Specification
Model Name	T70
Display Size	1.91 inches
Display Type	OLED
Display Resolution	320 x 380 pixels
Battery Capacity	300 mAh
Charging Time	Approx. 2 hours
Battery Life (Daily Use)	7-10 days
Standby Time	Up to 30 days
Connectivity	Bluetooth
Water Resistance	IP68 (up to 1.5 meters depth)
Compatibility	Android 6.0+ / iOS 9.0+
Health Monitoring	Heart Rate, SpO2, Sleep, Stress, Pedometer, Menstrual Cycle
Sports Modes	110+
Material (Strap)	Silicone

8. Warranty and Support

8.1 Limited Warranty

The Soudorv T70 Smartwatch comes with a limited warranty. Please refer to the warranty card included in your package or contact your retailer for specific terms and conditions regarding warranty coverage.

8.2 Customer Support

If you encounter any issues or have questions not covered in this manual, please contact Soudorv customer support through the contact information provided on our official website or through your purchase platform. Please have your model number (T70) and purchase details ready when contacting support.

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Question

Example: How do I reset this device or fix this error?

Details

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