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## Soudorv T70

# Soudorv Smart Watch T70 User Manual

Model: T70 | Brand: Soudorv

## 1. INTRODUCTION

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Thank you for choosing the Soudorv T70 Smart Watch. This device is designed to enhance your daily life by providing convenient communication features, comprehensive health monitoring, and diverse fitness tracking capabilities. Please read this manual carefully to understand the full functionality of your new smartwatch and ensure optimal performance.



Image: The Soudorv T70 Smart Watch with its main display showing various health metrics and time.

## 2. WHAT'S IN THE BOX

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Upon opening your Soudorv T70 Smart Watch package, you should find the following items:

- Smartwatch \* 1
- Magnetic Charger \* 1
- 22mm Replaceable Strap \* 1
- Instructions \* 1

## 3. PRODUCT OVERVIEW

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The Soudorv T70 Smart Watch is equipped with advanced features to support your active lifestyle and connectivity needs.

### 3.1 Key Features

- **Bluetooth Call Functionality:** Answer and make calls directly from your wrist.
- **1.91" HD Display:** A large, vibrant TFT color screen (320\*380 resolution) with 3D curved glass for clear visuals and responsive touch.
- **110+ Sport Modes:** Comprehensive tracking for a wide range of physical activities.
- **24-Hour Health Monitoring:** Tracks Heart Rate, Blood Oxygen (SpO2), and Sleep patterns. Includes menstrual cycle tracking.
- **IP68 Waterproof Rating:** Suitable for daily use, including hand washing and rainy conditions. *Note: Not suitable for showers, saunas, or swimming.*
- **Long Battery Life:** Up to 5-7 days of normal use and 30 days standby time on a 2-hour charge.
- **Smart Notifications:** Receive alerts for calls, emails, texts, and social media messages (Facebook, WhatsApp, Twitter, TikTok, Instagram, Gmail).
- **Practical Utilities:** Weather forecast, calculator, music control, camera control, alarm clock, sedentary reminder, stopwatch, timer, GPS (via smartphone), and 'find my phone' function.



## Long Battery Life

**7 Days**

Normal Use

**2 Hrs**

Charging

Image: The 1.91-inch HD display of the smartwatch, emphasizing its clarity and wide vision.

## 4. SETUP GUIDE

### 4.1 Charging the Smart Watch

Before first use, fully charge your Soudorv T70 Smart Watch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- Charging Time: Approximately 2 hours for a full charge.
- Battery Life: Up to 5-7 days of normal use, 30 days standby.

# Practical Function

- Find Phone
- Voice
- Women's Health
- Breathe Training
- DIY Dial
- Timer

Image: The smartwatch connected to its magnetic charger, illustrating its long battery life and quick charging.

### 4.2 App Download and Pairing

To unlock the full potential of your smartwatch, download the **GloryFit** app on your smartphone.

1. **Download App:** Scan the QR code provided in the watch's quick start guide or search for "GloryFit" in the App Store (iOS 9.0 and higher) or Google Play Store (Android 5.0 and higher).

2. **Enable Bluetooth:** Turn on Bluetooth on your smartphone.
3. **Pair Device:** Open the GloryFit app, navigate to the device section, and search for "T70". Select it to bind the watch. Ensure the binding is successful.

## Magnetic Charging

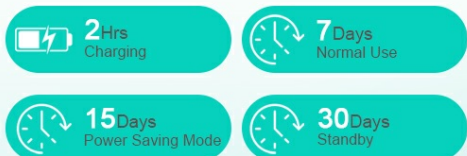


Image: Step-by-step guide for downloading the GloryFit app, connecting the watch, and enabling call functions.

### 4.3 Enabling Call Function

After successful pairing, enable the call function within the GloryFit app:

1. Ensure the watch is successfully bound to the app.
2. Open "Bluetooth Call" settings within the app.
3. Enable the Bluetooth call function. You can then sync multiple mobile contacts to your watch.

# Answer Make Call



Call History



Frequent  
Contacts



Dialpad



## Smart Notification



Image: The smartwatch's interface for making/answering calls and receiving notifications from various apps.

## 5. OPERATING INSTRUCTIONS

### 5.1 Basic Navigation

The Soudorv T70 Smart Watch features a full touch screen for easy navigation. Swipe left, right, up, or down to access different functions and menus. Press the side button to return to the home screen or wake the device.

### 5.2 Health Monitoring

Your smartwatch continuously tracks vital health data, which can be viewed on the watch or in detail within the GloryFit app.

- **Heart Rate:** Monitors your heart rate in real-time throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times, providing a

comprehensive sleep quality analysis.

- **Menstrual Cycle Tracking:** For female users, the watch can track menstrual cycles and predict ovulation dates.

# Your Health Guardian

The smartwatch can measure heart rate in real-time.



Heart Rate   Heart Rate   Blood Oxygen

09:08  
32°  
100  
09.22 WED  
7.5 km   1000 steps   589 kcal   078 bpm

Heart rate  
70 bpm  
Max 120   Min 56  
00:00   12:00   24:00

Blood oxygen  
97%  
Max 98%   Min 94%  
00:00   12:00   24:00

Sleep  
07 h 26 m  
23:00   08:00

Image: The smartwatch's health monitoring capabilities, including heart rate, blood oxygen, and sleep tracking.

### 5.3 Sport Modes

The watch offers over 110 sport modes to accurately record your workout data, including steps, calories burned, distance, and active hours.

- Select your desired sport mode from the watch's menu before starting an activity.
- Data will be recorded in real-time and synced to the GloryFit app for detailed analysis.

# 1.91" HD Display

More Vivid & Brilliant



Image: The smartwatch tracking daily activity with over 100 sport modes, showing real-time data during exercise.

## 5.4 Smart Notifications

Stay connected by receiving notifications directly on your wrist. Ensure the GloryFit app has the necessary permissions on your phone.

- **Incoming Calls:** See caller ID and answer/reject calls.
- **Messages:** View SMS, email, and social media alerts (Facebook, WhatsApp, Twitter, TikTok, Instagram, Gmail).

## 5.5 Practical Functions

The Soudorv T70 Smart Watch includes several convenient utilities:

- **Weather Forecast:** Get real-time weather updates.
- **Calculator:** Perform basic calculations on your wrist.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Camera Control:** Remotely trigger your phone's camera shutter.

- **Alarm Clock:** Set up to 8 alarm reminders.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Stopwatch & Timer:** For precise timekeeping.
- **Find Phone:** Locate your misplaced smartphone by making it ring.
- **Voice Assistant:** Interact with your phone's voice assistant.



Image: Overview of the smartwatch's practical functions, from utility tools to health and customization options.

## 5.6 Customizing Watch Faces

Personalize your smartwatch with a variety of watch faces:

- The GloryFit app offers over 100 unique online watch faces.
- You can also customize your watch face using any photo from your phone, such as family pictures or pets.

## 6. MAINTENANCE AND CARE

To ensure the longevity and optimal performance of your Soudorv T70 Smart Watch, follow these care guidelines:

- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** The watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. However, it is **not recommended** for use in hot showers, saunas, or prolonged swimming, as steam and hot water can damage the seals.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials.
- **Temperature:** Avoid extreme temperatures, both hot and cold, as they can affect battery life and component integrity.
- **Impact:** Protect the watch from strong impacts or drops, which can cause physical damage.

## 7. TROUBLESHOOTING

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If you encounter issues with your Soudorv T70 Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch won't turn on or respond.	Ensure the watch is fully charged. If it's charged, try a soft reset by pressing and holding the side button for 10-15 seconds.
Cannot pair with smartphone.	Make sure Bluetooth is enabled on your phone and the watch. Ensure the GloryFit app is installed and open. Try restarting both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again.
Call function not working.	Verify that the Bluetooth call function is enabled within the GloryFit app (refer to Section 4.3). Ensure the watch is connected to your phone's Bluetooth for both data and call audio.
Notifications not received.	Check app permissions for GloryFit on your phone to ensure it can access notifications. Make sure notification alerts are enabled within the GloryFit app for specific applications. Ensure the watch is connected to your phone.
Health data (HR, SpO2, Sleep, Steps) seems inaccurate.	Ensure the watch is worn snugly but comfortably on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during measurements. For sleep tracking, ensure you wear the watch throughout the night. Environmental factors and individual physiology can affect sensor readings.
Short battery life.	Reduce screen brightness, disable continuous heart rate monitoring if not needed, limit frequent notifications, and ensure background app usage is optimized on your phone.

## 8. SPECIFICATIONS

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Detailed technical specifications for the Soudorv T70 Smart Watch:

Feature	Specification
Model Number	T70
Screen Size	1.91 Inches TFT HD (320*380 resolution)
Connectivity	Bluetooth 5.3
Battery Capacity	300 mAh (Lithium Ion)
Battery Life (Normal Use)	5-7 days
Standby Time	Approx. 30 days
Charging Time	Approx. 2 hours
Waterproof Rating	IP68
Operating System Compatibility	Android 5.0+ / iOS 9.0+
Memory Storage Capacity	100 MB
Item Weight	3.2 ounces
Package Dimensions	6.89 x 3.66 x 0.83 inches

## 9. WARRANTY AND SUPPORT

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For warranty information or technical support regarding your Soudorv T70 Smart Watch, please refer to the warranty card included in your product packaging or contact Soudorv customer service through the official website or your point of purchase. Please have your model number (T70) and purchase details ready when contacting support.