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Cillso T80

Cillso T80 Smart Watch User Manual

Model: T80

Brand: Cillso

INTRODUCTION

Thank you for choosing the Cillso T80 Smart Watch. This user manual provides comprehensive instructions on how to set up, operate, and maintain your new smartwatch. Designed for convenience and health monitoring, the T80 Smart Watch features a vibrant HD touchscreen, Bluetooth calling capabilities, and a wide array of fitness tracking functions. Please read this manual thoroughly to ensure optimal performance and longevity of your device.



Figure 1: Cillso T80 Smart Watch overview, highlighting its main display and call functions.

WHAT'S IN THE BOX

Upon opening the package, please verify that all the following items are included:

- Cillso T80 Smart Watch
- Charging Cable
- User Manual (this document)

PRODUCT FEATURES

1.95" Ultra HD Display and Personalized Customization

The Cillso T80 Smart Watch features a 1.95-inch HD curved display with 3D tempered glass, offering a resolution of

320×385 pixels for enhanced clarity and a broader viewing experience. Its slim 8mm profile and light weight of just 32g ensure comfort for all-day wear. The display includes 4-level adjustable brightness for clear visibility in various lighting conditions, including bright sunlight. Through the dedicated "GloryFit" application, users can access over 200 stylish watch faces and create custom designs to personalize their device.



Figure 2: The 1.95" HD color screen with multiple customizable watch faces.

Bluetooth 5.3 Call and Message Notification

Equipped with an advanced single-chip processor and a sensitive microphone, the T80 Smart Watch allows users to make and receive calls directly from their wrist via Bluetooth 5.3, ensuring faster and more stable connectivity. It supports contact synchronization and call log storage. Additionally, the watch provides vibration alerts for social media notifications from platforms such as Facebook, WhatsApp, Instagram, and Twitter, allowing users to view messages with a simple wrist raise.

Bluetooth Call & Smart Notification

Free your hands and make calls anytime, anywhere



Figure 3: Bluetooth call and smart notification features on the T80 Smart Watch.

110+ Sport Modes and IP68 Waterproof Rating

The fitness watch supports over 110 professional sport modes, catering to a wide range of indoor and outdoor activities including running, cycling, and soccer. High-precision sensors accurately track steps, distance, calories burned, and workout duration, assisting users in analyzing performance and optimizing training plans. With an IP68 waterproof rating, the watch is resistant to sweat, rain, and handwashing. **Note: It is not suitable for swimming or hot showers.**

100+ SPORT MODES

Outdo Yourself, Life is About Movement!



Figure 4: The T80 Smart Watch supports over 110 sport modes for diverse activities.



IP68
Waterproof

Shower Wash hands Rain

The inset watch face displays the following information:
- Time: 07:30
- Date: 06.24 WED
- Temperature: 27°C
- Distance: 7.03 KM
- Calories: 1633 KCAL
- Steps: 26337 STEP
- Heart rate: 86 BPM

Figure 5: IP68 waterproof rating for daily use, excluding swimming or hot showers.

All-Day Health Monitoring

The T80 Smart Watch is equipped with a high-precision optical sensor for 24-hour real-time heart rate monitoring, providing continuous insights into your physical condition. It also intelligently analyzes sleep quality, accurately identifying deep sleep, light sleep, and awake phases to help improve sleep habits. When paired with its dedicated app, users can view long-term health trends and receive personalized insights to foster a healthier lifestyle.

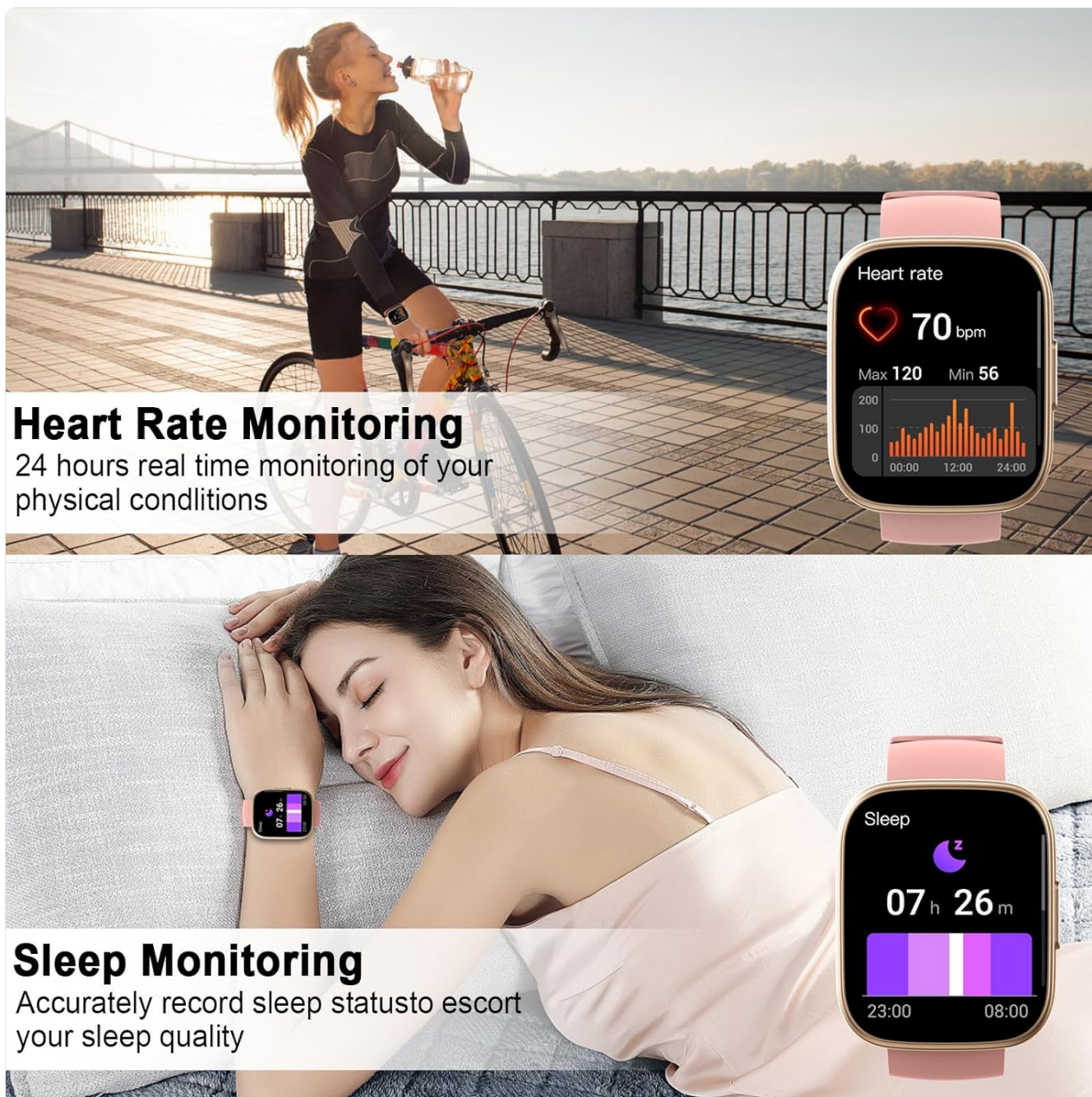


Figure 6: Heart rate and sleep monitoring capabilities of the T80 Smart Watch.

Long Battery Life and Multi-Functionality

Powered by a 300mAh Lithium Polymer battery with a low-power design, the T80 Smart Watch offers up to 5-7 days of typical usage and up to 30 days of standby time. A full charge takes approximately 1.5 hours. It is broadly compatible with smartphones running Bluetooth 4.0, Android 5.0, iOS 9.0, or later versions. Beyond core features, the activity tracker includes practical functions such as an alarm, stopwatch, timer, phone locator, camera control, music control, calculator, weather forecast, and sedentary reminders.

Long Battery Life

Equipped with a 300 mAh battery, low power consumption design, with long battery life



2 Hrs
Charging Time



5-7 Days
Normal Use



30 Days
Standby



20 Days
Power Saving Mode



Figure 7: Battery life and charging information for the T80 Smart Watch.

Multifunctional Smartwatch

Meet Your Daily Life and Work Needs



Figure 8: Overview of the multifunctional capabilities of the T80 Smart Watch.

SETUP GUIDE

1. Charging the Smart Watch

Before initial use, fully charge your Cillso T80 Smart Watch.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the charging cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch display will show a charging indicator. A full charge typically takes about 1.5 hours.
4. Once fully charged, disconnect the charging cable.

2. App Installation and Pairing

To unlock the full potential of your T80 Smart Watch, download and install the "GloryFit" application on your smartphone.

1. **Download the App:** Search for "GloryFit" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it. You can also scan the QR code provided in the quick start guide (if available) to download the app.
2. **Register/Log In:** Open the GloryFit app and follow the on-screen instructions to register a new account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Device:**
 - In the GloryFit app, navigate to the "Device" or "My Device" section.
 - Tap "Add Device" or a similar option to search for your smartwatch.
 - Select "T80" from the list of found devices.
 - Confirm the pairing request on both your smartphone and the smartwatch if prompted.
5. Once successfully paired, the watch will synchronize time and data with your phone.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Tap to select, swipe left/right/up/down to navigate through menus and screens.
- **Side Button:** Press to wake up the screen, return to the main dial, or access the app list.

Bluetooth Calling and Notifications

After successful Bluetooth pairing, you can manage calls and view notifications directly on your watch.

- **Making Calls:** Access the "Dialpad" or "Contacts" function on the watch to initiate calls.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can choose to answer or reject the call from the watch screen.
- **Notifications:** Ensure notification permissions are enabled in the GloryFit app. Incoming messages from social media apps will be displayed on the watch. Swipe down from the main screen to view recent notifications.

Sports Modes

The T80 Smart Watch supports over 110 sport modes to track your physical activity.

1. From the main screen, swipe to find the "Workout" or "Sports" icon and tap to enter.
2. Select your desired sport mode (e.g., Outdoor Run, Cycling, Walking).
3. Tap to start the activity. The watch will begin tracking relevant data such as duration, calories burned, and heart rate.
4. To pause or end a workout, swipe right or press the side button and follow the on-screen prompts.

Health Monitoring

The watch continuously monitors your heart rate and sleep patterns.

- **Heart Rate:** Swipe to the heart rate interface on the watch to view your current heart rate. Detailed historical data can be viewed in the GloryFit app.
- **Sleep Monitoring:** Wear the watch while sleeping for automatic sleep tracking. The app will provide a detailed analysis of your sleep stages (deep, light, awake) and overall sleep quality.

Other Functions

The T80 Smart Watch offers several additional useful features:

- **Alarm:** Set alarms via the GloryFit app, and the watch will vibrate at the set time.
- **Stopwatch/Timer:** Access these functions directly on the watch for precise timing.
- **Phone Locator:** Use the "Find Phone" feature on the watch to make your paired phone ring (if within Bluetooth range).
- **Camera Control:** Remotely control your smartphone's camera by shaking your wrist or tapping the watch screen after enabling the feature in the app.
- **Music Control:** Control music playback on your smartphone (play/pause, next/previous track) from your watch.
- **Weather Forecast:** View current weather and forecasts after syncing with the app.
- **Sedentary Reminder:** Set reminders in the app to encourage movement after periods of inactivity.

MAINTENANCE

Cleaning Your Smart Watch

To ensure accurate readings and prolong the life of your watch, keep it clean.

- Wipe the watch screen and strap regularly with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

Water Resistance (IP68)

The Cillso T80 Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in fresh water up to 1.5 meters for 30 minutes.

- It is suitable for daily use such as handwashing, rain, and showering (cold water only).
- **Do NOT use the watch for swimming, diving, or in hot water environments (e.g., hot showers, saunas, steam rooms).**
- Avoid exposing the watch to strong water jets or high-pressure water.
- If the watch gets wet, wipe it dry thoroughly before charging or using the buttons.

TROUBLESHOOTING

If you encounter issues with your Cillso T80 Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.

Problem	Possible Solution
Cannot pair with smartphone	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone and the watch.• Make sure the watch is within Bluetooth range of your phone.• Restart both the watch and your phone.• Clear Bluetooth cache on your phone (Android) or forget the device and try pairing again.• Ensure the GloryFit app has necessary permissions.
Inaccurate health data (HR, steps)	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.• Clean the sensor on the back of the watch.• Update the GloryFit app and watch firmware to the latest version.
Notifications not received	<ul style="list-style-type: none">• Check notification settings in the GloryFit app and your phone's system settings.• Ensure the app is running in the background and not optimized for battery saving.• Verify Bluetooth connection is stable.
Short battery life	<ul style="list-style-type: none">• Reduce screen brightness.• Limit continuous heart rate monitoring or turn off features not in use.• Ensure the watch is fully charged each time.

SPECIFICATIONS

Feature	Detail
Model Name	T80
Brand	Cillso
Screen Size	1.95 Inches
Display Resolution	320x385 pixels
Connectivity	Bluetooth 5.3
Waterproof Rating	IP68
Battery Capacity	300mAh Lithium Polymer
Typical Usage Time	5-7 days
Standby Time	Up to 30 days
Charging Time	Approx. 1.5 hours

Feature	Detail
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Compatibility	Android 5.0+ / iOS 9.0+ (with Bluetooth 4.0+)
Item Weight	3.52 ounces (approx. 32g)
Dimensions (Package)	6.81 x 3.74 x 0.75 inches
GPS	No (Connected GPS via phone)

WARRANTY AND SUPPORT

The Cillso T80 Smart Watch comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included in your product packaging or contact Cillso customer support.

If you require further assistance, have questions, or encounter issues not covered in this manual, please contact Cillso customer support through the contact information provided on the official Cillso website or your purchase platform.

