

EZON T031

EZON GPS Running Watch User Manual

MODEL: T031

1. Introduction and Overview

The EZON T031 GPS Running Watch is designed for athletes and fitness enthusiasts, providing precise tracking of various exercise metrics. This manual provides comprehensive instructions for setting up, operating, and maintaining your watch to ensure optimal performance and longevity.

Key functionalities include advanced GPS for accurate positioning, automatic time synchronization, detailed exercise data tracking, and a multi-function alarm. Its durable design with 5ATM water resistance makes it suitable for various activities.

2. Product Features

- **Advanced GPS for Precise Tracking:** Equipped with cutting-edge GPS technology, featuring a cold start time of approximately 1 minute and an instant hot start for seamless re-connection.
- **GPS Auto Time Synchronization:** Built-in GPS receiver automatically syncs the time based on the city you set, ensuring accurate time display without manual adjustments.
- **One-Tap Exercise Data Tracking:** Easily view detailed workout data including running distance, average pace, calories burned, and total time. The watch can save the last 10 exercise records.
- **Precise Stopwatch and Lap Tracking:** Maximum stopwatch time of 99 hours, 59 minutes, and 59 seconds, supporting both countdown and lap timer modes. Automatically records lap data (duration, pace, distance, average speed) with up to 50 laps of data saved.
- **Precise Fitness Tracking, Personalized:** Input your height, weight, age, gender, and preferred imperial or metric units for tailored fitness monitoring.
- **Multi-Function Alarm Reminder:** Alarm chimes for approximately 20 seconds at the set time, stoppable by pressing any button.
- **5ATM Water Resistance:** Suitable for daily activities like washing hands, showering, and swimming. Not for diving or sauna. Do not press any button underwater.

3. Setup

3.1 Initial Charging

Before first use, fully charge your EZON T031 GPS Running Watch. Connect the provided charging cable to the watch and a USB power source. A full charge typically takes 2-3 hours. The watch can last up to 90 days on standby or 6 hours with GPS continuously active.

Long Battery Life

No Frequent Charging Needed

90 days standby

6 hours with GPS on

2-3 hours Charging Time



The image shows a black EZON T031 GPS Running Watch with a black strap. The watch is connected to a black charging cable. The watch face is visible, showing a digital display with '00:00' and 'EZON' at the bottom. The strap has a series of white rectangular cutouts. The background is a light gray gradient.

Note: To extend battery life, we recommend charging the watch at least once a month, even if not in regular use.

Figure 3.1: Charging the EZON T031 GPS Running Watch and battery life overview.

3.2 Personal Profile Setup

For accurate fitness tracking, it is essential to set up your personal profile. Press and hold the 'SET' button for 2-3 seconds to enter the setting screens. Use the 'UP' or 'DOWN' buttons to scroll through the menu options (TIME-DATE → ALARM → USER). Select 'USER' to input your height, weight, age, gender, and preferred units (imperial or metric).

3.3 GPS Time Synchronization

The watch automatically synchronizes time via GPS. Ensure you are in an open area for the initial GPS lock. The watch will set the correct time based on your selected city.

Built-in High Precision GPS

Accurately record exercise data



Figure 3.2: The watch features a built-in high-sensitivity GPS system for quick satellite positioning and automatic time synchronization.

4. Operating Instructions

4.1 Button Functions Overview

LIGHT

Press to activate the backlight, the light will glow for 5 seconds

Press to get to STOPWATCH mode

GPS

Hold the button for 2-3 seconds to enter the GPS mode

Press to get to DATA mode

SET

Press to view time, day of week, month-date, second, battery level

THE MAIN MENU:

Press and hold the button for 2-3 seconds to enter the setting screens
Press the ▲ or ▼ Button to scroll through: TIME-DATE → ALARM → USER

Figure 4.1: EZON T031 GPS Running Watch button layout and primary functions.

- **LIGHT Button:** Press to activate the backlight. The light will glow for 5 seconds.
- **SET Button:** Press to view time, day of week, month-date, second, and battery level. Press and hold for 2-3 seconds to enter setting screens (TIME-DATE → ALARM → USER).
- **GPS Button:** Hold for 2-3 seconds to enter GPS mode.
- **UP/STOPWATCH Button:** Press to get to STOPWATCH mode.
- **DOWN/DATA Button:** Press to get to DATA mode.

4.2 GPS Functionality

To begin tracking with GPS, hold the 'GPS' button for 2-3 seconds. Ensure you are in an open outdoor area for optimal signal acquisition. The watch will indicate when a GPS signal is acquired. The watch operates independently, without requiring a phone for GPS tracking.

Phone-Free, Standalone Operation

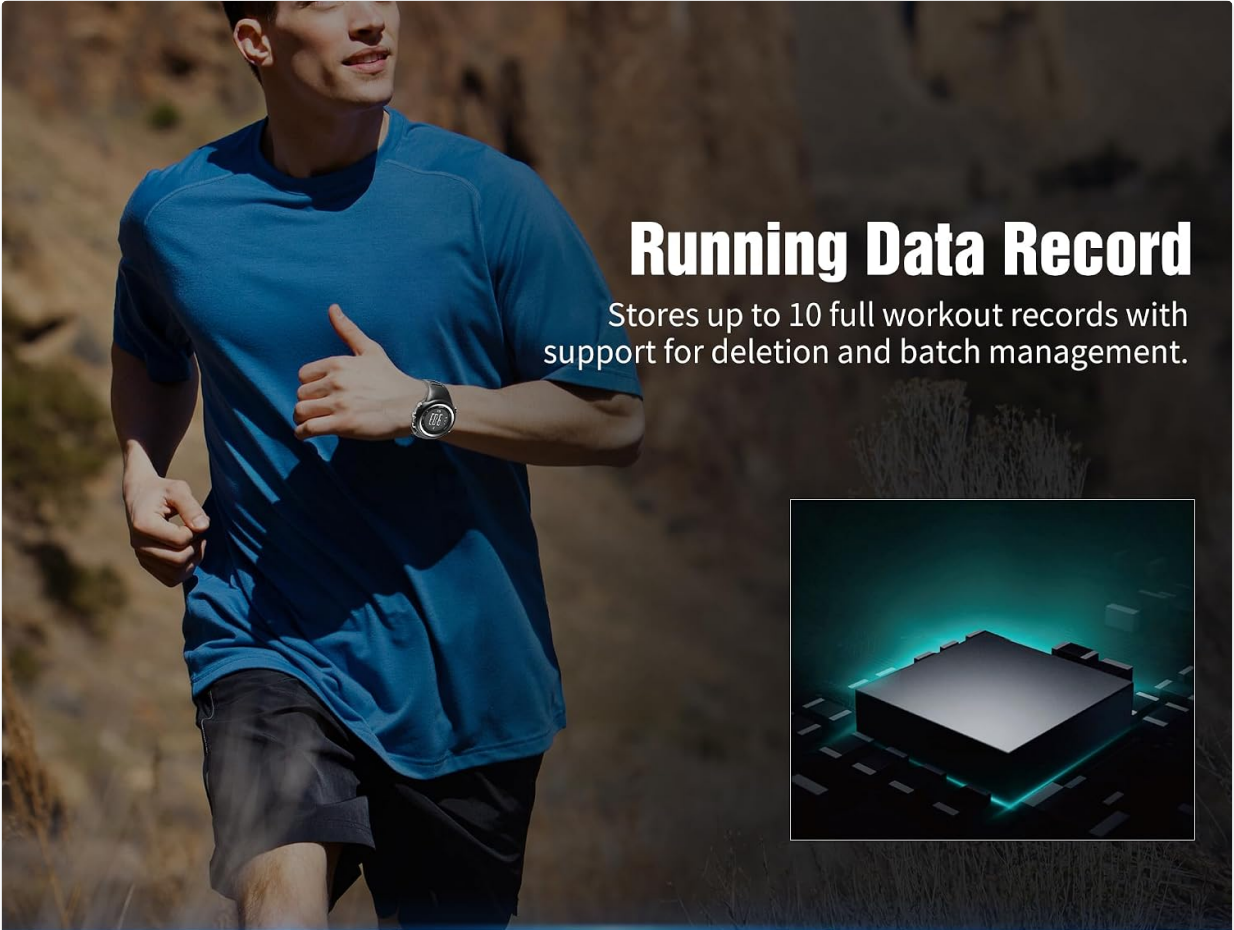
Simple, intuitive design with easy setup and operation
With the built-in GPS module, you can exercise freely
without relying on your phone



Figure 4.2: The EZON T031 allows for phone-free, standalone operation with its built-in GPS.

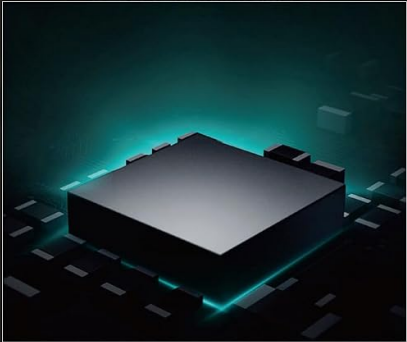
4.3 Exercise Data Tracking

After completing an exercise, simply tap any watch button to view detailed workout data. This includes running distance, average pace, calories burned, and total time. The watch stores up to 10 full workout records, which can be reviewed in DATA mode.



Running Data Record

Stores up to 10 full workout records with support for deletion and batch management.



Get Feedback in Exercise	Improve Exercise Effect	Track Exercise Target
		
No more haphazard in exercise	Master exercise intensity	View progress in exercise

Figure 4.3: The watch records and displays comprehensive running data.

4.4 Stopwatch and Lap Tracking

To access the stopwatch, press the 'UP/STOPWATCH' button. The stopwatch can measure up to 99 hours, 59 minutes, and 59 seconds. It supports both countdown and lap timer modes. Lap data, including duration, pace, distance, and average speed, is automatically recorded, with storage for up to 50 laps.

4.5 Alarm Function

To set the alarm, navigate to the ALARM setting via the 'SET' button. When activated, the alarm will chime for approximately 20 seconds. Press any button on the watch to stop the chime.

4.6 Backlight Display

For visibility in low-light conditions or during night workouts, press the 'LIGHT' button to activate the backlight. The backlight will remain on for 5 seconds.

Backlight Display – Easily view data and enjoy night time workouts

With a backlight display, this sports watch ensures clear visibility of your data in low-light conditions, making night runs and outdoor activities more convenient.

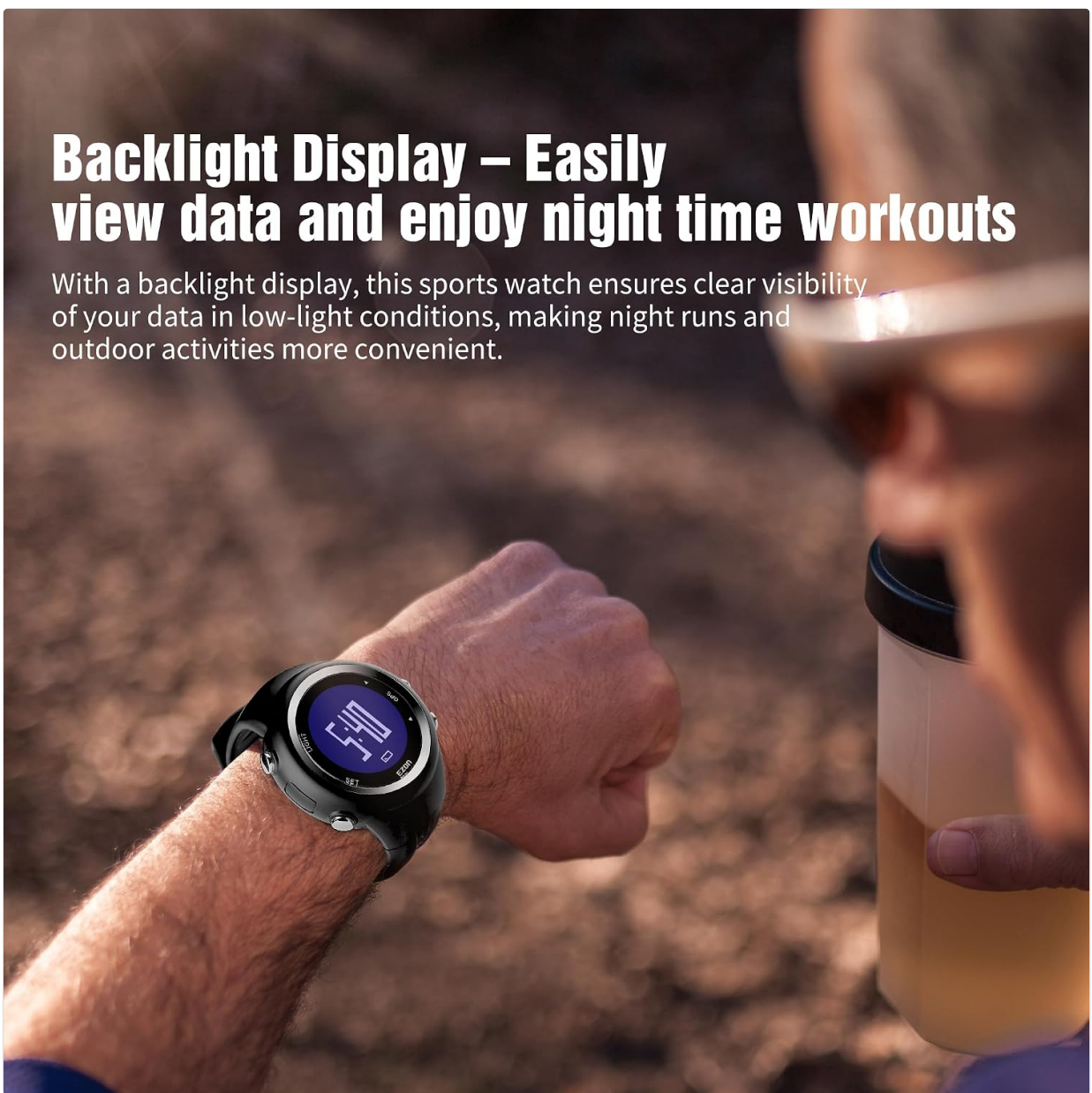


Figure 4.4: The backlight display ensures clear visibility in low-light conditions.

4.7 Product Video Overview

Your browser does not support the video tag.

Video 4.1: An official overview of the EZON T031 GPS Running Watch, showcasing its features and use in various activities.

5. Maintenance

5.1 Water Resistance Guidelines

The EZON T031 watch has a 5ATM water resistance rating. This means it is resistant to splashes, rain, and can be worn during showering or swimming in shallow water. It is not suitable for diving, snorkeling, or high-pressure water activities like jet skiing. **Important: Do not press any buttons while the watch is submerged in water.**

5.2 Battery Care

To extend the battery life and maintain its performance, it is recommended to charge the watch at least once a month, even if it is not in regular use. Avoid exposing the watch to extreme temperatures.

5.3 Cleaning

Clean the watch and strap regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the watch's finish.

6. Troubleshooting

Problem	Possible Cause	Solution
GPS signal acquisition is slow or fails.	Obstructed view of the sky, first-time use (cold start).	Move to an open outdoor area with a clear view of the sky. Allow up to 1 minute for a cold start.
Time is incorrect after initial setup.	GPS time synchronization not completed or incorrect city setting.	Ensure GPS is active in an open area. Verify the correct city is set in the watch's settings.
Display is dim or unreadable.	Backlight not activated or low battery.	Press the 'LIGHT' button to activate the backlight. Charge the watch if the battery is low.
Watch not responding to button presses.	Low battery or temporary software glitch.	Charge the watch. If unresponsive, try a soft reset (refer to advanced manual if available, or let battery drain and recharge).

7. Specifications

Attribute	Detail
Brand	EZON
Model Name	T031
Part Number	EZON T031A01
Color	Matte Black
Style	Athletic
Item Dimensions (LxWxH)	1.97 x 1.97 x 0.6 inches
Item Weight	59 Grams
Screen Size	1.2 Inches
Water Resistance	5ATM
GPS	Built-in GPS
Sport Type	Fitness, Running, Walking
Included Components	Battery
Country of Origin	China

8. Warranty and Support

EZON is committed to providing high-quality products and excellent customer service. Your EZON T031

GPS Running Watch comes with the following support:

- **Lifetime Support:** Dedicated assistance for the lifespan of your product.
- **24-Hour Response:** Customer service inquiries are typically responded to within 24 hours.
- **30-Day Return Policy:** Hassle-free returns within 30 days of purchase.
- **1-Year Free Replacement:** Free replacement for manufacturing defects within one year of purchase.

For further assistance or to inquire about extended protection plans, please visit the official EZON store on Amazon or contact customer support directly.

Available Protection Plans:

- 2-Year Protection Plan
- 3-Year Protection Plan
- Complete Protect (covers all eligible past and future purchases)