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› Smart Watch for Men, 1.83" HD Smartwatch with 80 Sports Modes, Heart Rate/Sleep Monitor, IPX5 Waterproof, Bluetooth Call & Music Control for iPhone/Android

TRAUSI TG08

Quick guide for the TRAUSI TG08 Smart Watch covering what's in the box, initial setup (charging, pairing), and key features like health tracking, connectivity, and care instructions. Includes a visual of the smartwatch.

TRAUSI TG08 Smart Watch User Manual

Model: TG08

1. INTRODUCTION

This user manual provides detailed instructions for the operation and maintenance of your TRAUSI TG08 Smart Watch. Please read this manual thoroughly before using the device to ensure proper functionality and to maximize your user experience.



Image: Front view of the TRAUSI TG08 Smart Watch, showcasing its sleek design and digital display.

2. PACKAGE CONTENTS

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

- TRAUSI TG08 Smart Watch
- Charging Cable
- Owner's Manual (this document)

3. KEY FEATURES

The TRAUSI TG08 Smart Watch is designed with a range of features to support your daily activities and health monitoring:

- **1.83" HD Display:** Vibrant IPS display with 240*284 resolution for clear visuals and customizable watch faces.

- **80 Sports Modes:** Track various activities including walking, running, cycling, and swimming.
- **Advanced Health Tracking:** Integrated heart rate and sleep monitors for comprehensive health overview.
- **Bluetooth Call & Music Control:** Make and receive calls, control music directly from your wrist.
- **Smart Notifications:** Receive real-time alerts for calls, messages, and social media apps (Facebook, WhatsApp, Twitter, Instagram).
- **IP67 Waterproof Rating:** Designed to withstand splashes, sweat, and brief submersion.
- **Long-Lasting Battery:** 350mAh battery providing 5-7 days of active use and up to 30 days standby.
- **Multifunctionality:** Includes camera control, stopwatch, alarm clock, find your phone, sedentary reminder, weather forecast, female cycle tracking, voice assistant, and calculator.



Image: Visual representation of the smartwatch's various functions and applications.

4. SETUP GUIDE

4.1 Initial Charging

Before first use, fully charge your TRAUSI TG08 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge typically takes approximately 1.5 hours.



Image: The smartwatch being charged, illustrating its long-lasting battery capabilities.

4.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download the companion app on your smartphone. The app is compatible with iOS 9.0+ and Android 5.0+ devices. Follow these steps to pair your watch:

1. Scan the QR code in the watch's settings or search for the app name (usually mentioned in the quick start guide or on the watch screen during initial setup) in your phone's app store.
2. Install and open the app.
3. Enable Bluetooth on your smartphone.
4. Within the app, follow the on-screen instructions to search for and connect to your TRAUSI TG08 Smart Watch.
5. Confirm the pairing request on both your phone and the watch.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The TRAUSI TG08 Smart Watch features a full-touch 1.83-inch HD display for intuitive control:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access different widgets or quick functions.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to wake the screen, return to the home screen, or access the main menu.



Image: Illustrates the 1.83" touchscreen and its responsive control.

5.2 Customizing Watch Faces

Personalize your watch by choosing from a wide array of watch faces. This can typically be done directly on the watch by long-pressing the home screen or through the companion app on your smartphone.

6. HEALTH MONITORING

The TRAUSI TG08 Smart Watch provides continuous health monitoring features:

- **Heart Rate Monitor:** Tracks your heart rate throughout the day. Access the heart rate function on the watch to view real-time data.
- **Sleep Monitor:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. View detailed sleep analysis in the companion app.



Image: The smartwatch displaying sleep monitoring data, indicating deep, light, and REM sleep phases.

7. SPORTS MODES

With 80 built-in sports modes, your TRAUSI TG08 Smart Watch can accurately track various physical activities. Select your desired sport from the watch's menu to begin tracking metrics such as steps, distance, calories burned, and duration. Note: Step recording starts after exceeding 20 steps.



Image: A visual representation of the smartwatch tracking various sports activities, highlighting its 120 sports modes.

8. CONNECTIVITY FEATURES

Stay connected with your TRAUSI TG08 Smart Watch:

- **Bluetooth Calls:** Once paired, you can make and receive calls directly from your watch.
- **Music Control:** Control your smartphone's music playback (play, pause, skip tracks) from your wrist.
- **Notifications:** Receive alerts for incoming calls, text messages, and notifications from social media applications (e.g., Facebook, WhatsApp, Twitter, Instagram). Ensure app notifications are enabled in your phone's settings and the companion app.



Image: The smartwatch displaying various social media and communication app icons, emphasizing its seamless connectivity.

9. WATER RESISTANCE AND BATTERY LIFE

The TRAUSI TG08 Smart Watch features an IP67 waterproof rating, meaning it is resistant to splashes, sweat, and brief submersion. It is not recommended for swimming, showering, or prolonged submersion. The 350mAh battery provides approximately 5-7 days of active use and up to 30 days of standby time, depending on usage patterns.

10. MAINTENANCE

To ensure the longevity and optimal performance of your TRAUSI TG08 Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by immediate drying.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as these may damage the

watch's finish or internal components.

- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Charging:** Use only the provided charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.

11. TROUBLESHOOTING

If you encounter issues with your TRAUSI TG08 Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within the Bluetooth range of your phone. Restart both the watch and your phone. Clear previous Bluetooth connections on your phone. Ensure the correct companion app is installed.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
Notifications not received	Check notification settings in the companion app. Ensure app notifications are enabled in your phone's system settings. Verify Bluetooth connection is stable.
Short battery life	Reduce screen brightness, disable unnecessary features (e.g., continuous heart rate monitoring if not needed), and limit frequent screen wake-ups.

12. SPECIFICATIONS

Detailed technical specifications for the TRAUSI TG08 Smart Watch:

Feature	Detail
Model Number	TG08
Display Size	1.83 Inches (1.83" HD Color Screen)
Waterproof Rating	IP67
Battery Capacity	350 Milliamp Hours
Battery Life (Active Use)	5-7 Days
Battery Life (Standby)	Up to 30 Days
Connectivity	Bluetooth
Operating System Compatibility	iPhone (iOS 9.0+) & Android (5.0+)

Feature	Detail
Memory Storage Capacity	64 GB
Item Weight	0.035 ounces (1 Grams)
Dimensions	5.59 x 3.31 x 0.75 inches (Package)

13. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your TRAUSI TG08 Smart Watch, please contact TRAUSI customer service through their official channels or visit the [TRAUSI Store on Amazon](#).

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I change the weather setting from Celsius to Fahrenheit on my TRAUSI TG08 Smart Watch?

To change the weather temperature unit from Celsius to Fahrenheit on your TRAUSI TG08 Smart Watch, you typically need to adjust the settings within the companion app on your smartphone rather than on the...

[Read full answer](#)

