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Cillso T80

Cillso T80 Military Smart Watch User Manual

Model: T80 | Brand: Cillso

1. PRODUCT OVERVIEW

The Cillso T80 Military Smart Watch is designed to provide comprehensive health tracking, communication features, and robust performance for various activities. This manual provides instructions for setup, operation, and maintenance.



Image 1: Cillso T80 Military Smart Watch. This image displays the watch face with time, date, step count, heart rate, and temperature. A smaller version of the watch is shown in the background.

What's in the Box:

- 1x Cillso T80 Smart Watch
- 1x Type-C Magnetic Charging Cable
- 1x User Manual

2. SETUP GUIDE

2.1 Initial Charging

Before first use, fully charge your Cillso T80 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB-C end into a compatible power adapter (not included).

- Charging time: Approximately 2 hours for a full charge.
- Battery life: Up to 5-7 days of typical use, up to 30 days standby.

300mAh Lithium-ion Battery

300mAh high-capacity battery with 30 days of standby time



Image 2: The Cillso T80 Smart Watch connected to its magnetic charging cable, displaying a battery icon with 80% charge.

2.2 App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the "GloryFit" app on your smartphone.

- Download the App:** Search for "GloryFit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and install it.
- Create Account:** Open the GloryFit app and follow the on-screen instructions to create an account or log in.
- Pair the Watch:**
 - Ensure Bluetooth is enabled on your phone.
 - Ensure the watch is sufficiently charged.
 - Open the GloryFit app, navigate to the "Device" section, and tap "Add Device" or a similar option.
 - The app will search for available devices. Select "T80" or the corresponding device name when it appears.
 - Confirm the pairing request on both your phone and the watch if prompted.
- Grant Permissions:** Allow necessary permissions (e.g., notifications, location, contacts) for the app to function

correctly.

The watch is compatible with iOS 9.0+ and Android 5.0+ devices.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** The watch features side buttons for quick access to functions or to return to the home screen. Refer to the watch's on-screen prompts for specific button actions.

3.2 Bluetooth Calls and Messaging

Once paired with your smartphone, the T80 allows you to make and receive calls directly from your wrist.

- **Making Calls:** Access the dial pad or contact list on the watch to initiate a call.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to decline.
- **Notifications:** Receive notifications from social media apps (Facebook, WhatsApp, Instagram, Twitter) and other messaging services. The watch will vibrate to alert you.

Answer/Make Call

Bluetooth wireless calling to answer/make call directly from the watch



Image 3: A user interacting with the Cillso T80 Smart Watch to answer or make a call, with a smartphone displaying a call interface in the background.

3.3 Custom Watch Faces

Personalize your watch with over 200 customizable watch faces available through the GloryFit app. You can also use any photo from your phone as a watch face.

Personalised Dials Just For You

You can switch or download your favourite dials online



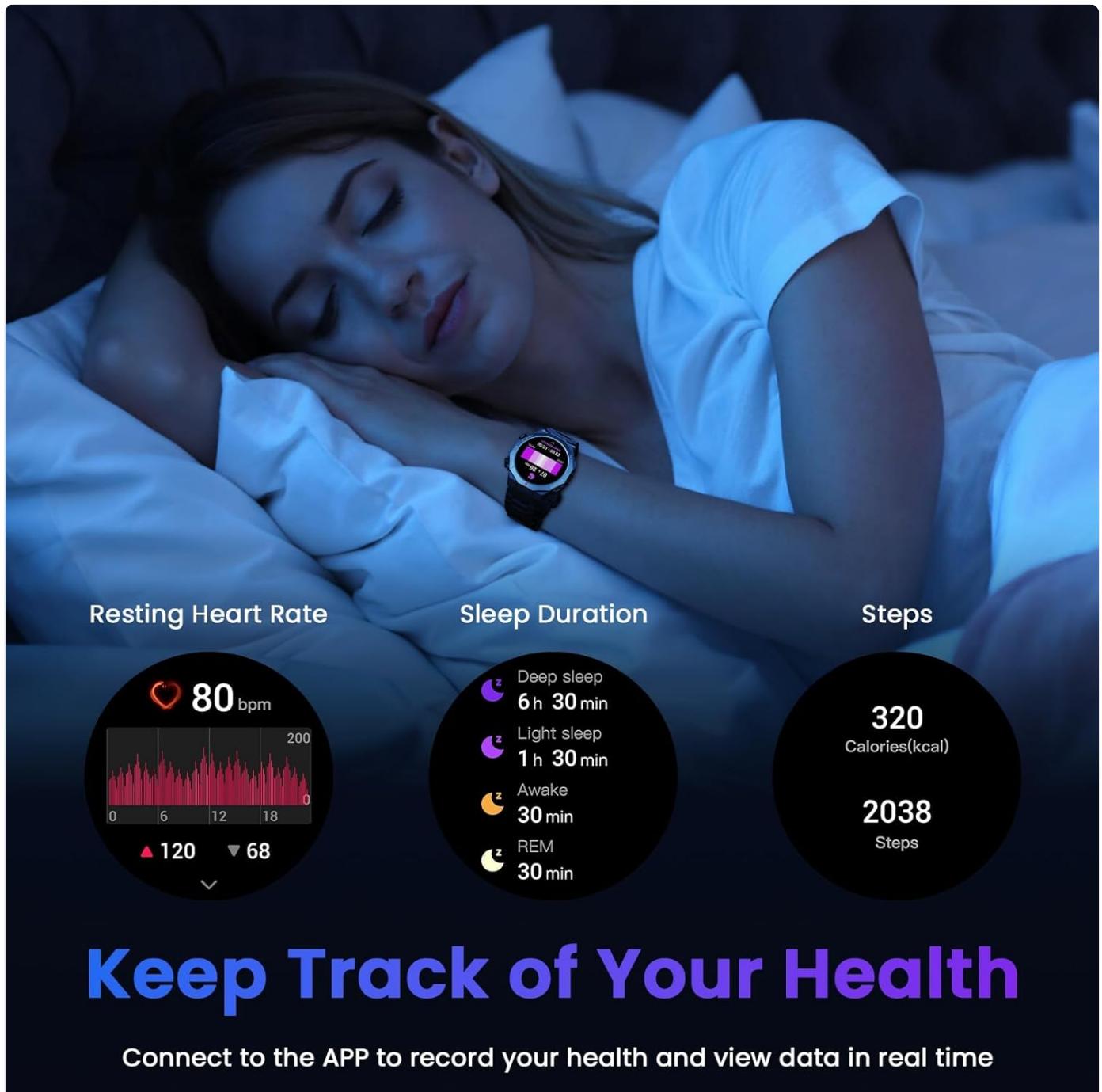
Image 4: The Cillso T80 Smart Watch displaying a customizable watch face with various data points like steps, heart rate, and weather. Details about the 1.39-inch display and 320x386 resolution are highlighted.

3.4 Health Monitoring

The T80 Smart Watch continuously monitors key health metrics:

- **Heart Rate:** Real-time heart rate monitoring using the LC10A optical sensor.
- **Blood Oxygen (SpO2):** Continuous blood oxygen level tracking.
- **Sleep Tracking:** Automatically monitors sleep patterns, including deep sleep, light sleep, and wake periods. View detailed analysis in the GloryFit app.

Access weekly health reports within the GloryFit app to review your data and adjust your lifestyle.



A woman is sleeping peacefully in bed, wearing a Cillso T80 Smart Watch on her left wrist. The watch is displaying various health tracking metrics. The screen shows a resting heart rate of 80 bpm, a sleep duration of 6 hours and 30 minutes (split into Deep sleep, Light sleep, Awake, and REM stages), and a total of 320 Calories (kcal) burned and 2038 steps taken. The background is a dark, peaceful bedroom setting.

Resting Heart Rate

80 bpm

0 6 12 18 200

▲ 120 ▼ 68

Sleep Duration

- Deep sleep: 6 h 30 min
- Light sleep: 1 h 30 min
- Awake: 30 min
- REM: 30 min

Steps

320 Calories(kcal)

2038 Steps

Keep Track of Your Health

Connect to the APP to record your health and view data in real time

Image 5: Visual representation of the Cillso T80 Smart Watch's health tracking features, including resting heart rate, sleep duration (deep, light, awake, REM), and steps/calories burned.

3.5 Sports Modes

The watch supports over 110 sports modes to track your physical activities. It records real-time data such as heart rate, steps, calories burned, distance, and activity time.

110+Sports Modes

Record your exercise data



Image 6: A person running on a treadmill, with the Cillso T80 Smart Watch displaying various sports modes icons and tracking data like heart rate, pace, distance, and time. Examples of modes include outdoor running, cycling, skipping, and swimming.

3.6 Additional Features

The Cillso T80 includes more than 20 practical features:

- Timer
- Stopwatch
- Alarm Clock
- Sedentary Reminder
- Weather Forecast
- Calculator
- Music Control
- Camera Remote Control
- GPS Location (via connected phone)

Rich Functions

Rich and practical functionality to make your life easier

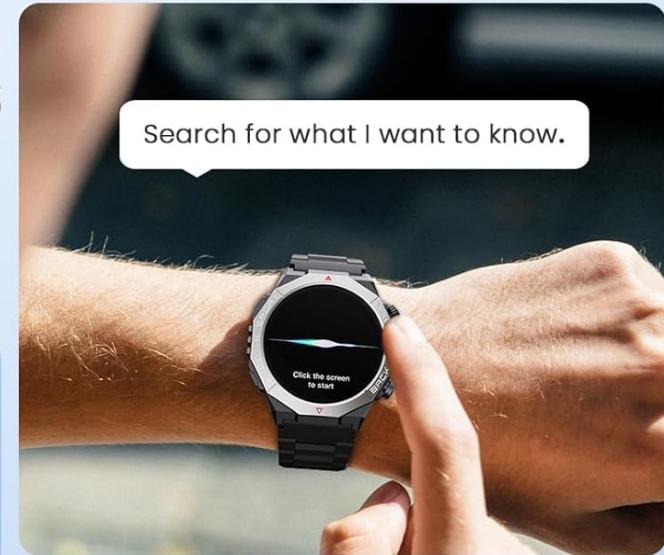


Image 7: A collage of icons representing various functions of the Cillso T80 Smart Watch, including weather, coffee break reminder, camera control, GPS location, music control, and alarm clock.

4. MAINTENANCE

4.1 Cleaning Your Watch

- Wipe the watch screen and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.
- Ensure the charging contacts are clean and dry before charging.

4.2 Water Resistance (IP68)

The Cillso T80 Smart Watch features an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including:

- Washing hands

- Rain exposure
- Showering (avoid hot water and steam)
- Swimming in shallow water

Important: Do not use the watch in hot water, saunas, or steam rooms. Avoid prolonged immersion or high-pressure water activities. The water resistance is not permanent and may decrease over time.



Image 8: Three Cillso T80 Smart Watches in different colors, shown with water splashing around them, illustrating the IP68 waterproof feature.

4.3 Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Do not disassemble the device or attempt to replace the battery yourself.
- Use only the provided charging cable.

5. TROUBLESHOOTING

5.1 Common Issues and Solutions

Issue	Possible Cause / Solution
Watch not turning on or charging	<p>Ensure the charging cable is securely connected to both the watch and the power source.</p> <p>Check if the power adapter is working correctly.</p> <p>Allow the watch to charge for at least 10-15 minutes before attempting to turn it on.</p>
Unable to pair with smartphone	<p>Make sure Bluetooth is enabled on your phone.</p> <p>Ensure the watch is sufficiently charged.</p> <p>Restart both your phone and the watch.</p> <p>Try unpairing and re-pairing the device through the GloryFit app.</p> <p>Ensure the GloryFit app has necessary Bluetooth and location permissions.</p>

Issue	Possible Cause / Solution
Notifications not appearing	<p>Check notification permissions for the GloryFit app in your phone's settings.</p> <p>Ensure the app is running in the background and not being closed by battery optimization settings.</p> <p>Verify that notifications are enabled for specific apps within the GloryFit app settings.</p>
Inaccurate health data (heart rate, steps)	<p>Ensure the watch is worn snugly on your wrist, not too loose or too tight.</p> <p>Clean the sensor on the back of the watch.</p> <p>Note that smartwatches are not medical devices; data is for reference only.</p>
Display not responding or slow	<p>Restart the watch.</p> <p>Ensure the screen is clean and dry.</p> <p>If the issue persists, contact customer support.</p>

6. SPECIFICATIONS

Feature	Detail
Model Name	T80
Brand	Cillso
Screen Size	1.39 Inches
Display Type	TFT-LCD
Resolution	320 x 386 (implied from image)
Shape	Round
Battery Capacity	300 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth (BLE 5.3 version for calls)
Waterproof Rating	IP68
Operating System Compatibility	iOS 9.0+ and Android 5.0+
Sensors	Three-axis sensor, Green light rate sensor (Heart Rate, SpO2)
Item Weight	3.84 ounces
Special Features	Activity Tracker, Alarm Clock, Camera Control, Notifications, Touchscreen

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact Cillso customer service directly. Details are typically available on the manufacturer's official website or through the retailer where the product was purchased.

When contacting support, please have your product model (T80) and purchase details ready.

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