TROTY C60

TROTY Fitness Tracker C60 User Manual

Model: C60 | Brand: TROTY

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your TROTY Fitness Tracker C60. Please read this guide thoroughly to ensure proper use and to maximize the benefits of your device. The TROTY C60 is designed to help you monitor various health and fitness metrics, including heart rate, blood oxygen, sleep patterns, and daily activity.

Image: The TROTY Fitness Tracker C60, a sleek black band with a rectangular display showing time and heart rate.

SETUP

1. Initial Charging

Upon receiving your TROTY Fitness Tracker C60, it is recommended to fully charge the device before its first use. Connect the included charger to the tracker and a USB power source. A full charge typically takes

approximately 2 hours.

Image: The TROTY Fitness Tracker C60 alongside its built-in USB charging cable, illustrating the charging method.

2. App Installation and Pairing

1. Download the **"Keep Health"** application from your smartphone's app store (available for Android and iOS).

2. Ensure your phone's Bluetooth is enabled.

3. Open the "Keep Health" app and follow the on-screen instructions to create an account and set up your personal profile.

4. Within the app, navigate to the device pairing section and select your TROTY C60 from the list of available devices. Confirm the pairing request on both your phone and the tracker if prompted.

5. Once paired, the tracker's time and date will automatically synchronize with your phone.

OPERATING INSTRUCTIONS

1. Basic Navigation

The TROTY C60 features a 1.10-inch AMOLED HD touchscreen. Swipe up, down, left, or right to navigate through different functions and menus. Tap the screen to select an option or view detailed information.

Image: The TROTY Fitness Tracker C60's vibrant display showing icons for heart rate, blood oxygen, alarm clock, sleep, stopwatch, blood pressure, exercise, body temperature, smart notifications, settings, and find phone.

2. Health Monitoring Features

- **Heart Rate Monitor:** The device continuously monitors your heart rate 24/7. View real-time data on the tracker or detailed graphs in the "Keep Health" app.

- **Blood Oxygen Monitor:** Measure your blood oxygen levels on demand. For best results, remain still during measurement.

- **Sleep Tracking:** The tracker automatically monitors your sleep patterns, distinguishing between deep sleep, light sleep, and awake stages. Access comprehensive sleep analysis and scores in the app.

- **Blood Pressure & Temperature:** The device provides reference measurements for blood pressure and body temperature. These readings are for informational purposes only and should not be used for medical diagnosis.

Image: A graphic illustrating continuous 24/7 health monitoring, showing heart rate fluctuations over time and a person measuring blood oxygen with the tracker.

3. Activity Tracking

The TROTY C60 supports over 20 sports modes. Select your desired activity in the app to track specific data such as steps, distance, and calorie consumption. The tracker records all daily health data, which can be viewed in the "Keep Health" app.
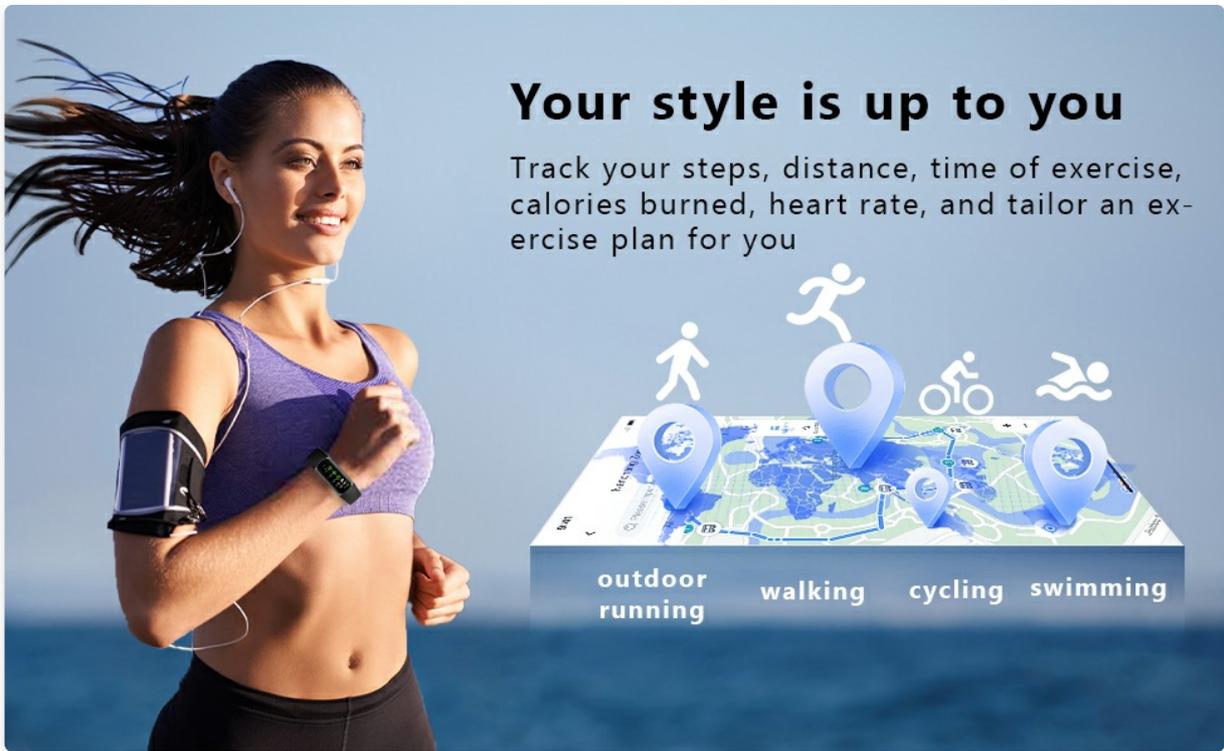
Image: The TROTY Fitness Tracker C60 displaying various activity tracking icons including blood oxygen, heart rate, alarm clock, sleep, find phone, stopwatch, blood pressure, exercise, body temperature, activity tracking, settings, and smart notifications.

4. Smart Functions

- **Call & Message Reminder:** Receive alerts for incoming calls and messages directly on your tracker.

- **Remote Photograph:** Use your tracker as a remote shutter button for your smartphone camera.

- **Drink Water Reminder:** Set reminders to stay hydrated throughout the day.

- **Sedentary Reminder:** Get alerts when you've been inactive for too long.

- **Female Health:** Track and manage female physiological cycles through the app.

- **Alarm Clock, Stopwatch, Find Device:** Access these utility functions directly from your tracker.

Timely Notification
The smart assistant can alert you to incoming calls and view messages and notifications from most apps so that you never miss an important message again

Image: The TROTY Fitness Tracker C60 on a wrist, displaying a message notification, surrounded by icons of various social media and messaging applications.

MAINTENANCE

1. Cleaning

Regularly clean your tracker and wristband to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and band. Avoid harsh chemicals or abrasive materials.

2. Water Resistance

The TROTY C60 is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for activities like surfing, running in the rain, and swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high temperatures can damage the seals.

Image: The TROTY Fitness Tracker C60 displaying weather and activity data, with a swimmer in the background, highlighting its IP68 waterproof rating.

3. Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the battery fully when indicated by the device or app. The Lithium Polymer battery has a capacity of 120 Milliamp Hours and takes approximately 2 hours to charge.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.

- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the tracker is within range. Restart both your phone and the tracker, then try pairing again through the "Keep Health" app.

- **Inaccurate health readings:** Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensor on the back of the device. Avoid excessive movement during measurements.

- **Notifications not appearing:** Check your phone's app settings to ensure "Keep Health" has permission to send notifications. Verify that notification alerts are enabled within the "Keep Health" app for your tracker.

- **App data not syncing:** Ensure your phone has an active internet connection and the "Keep Health" app is running in the background. Manually refresh the data within the app.

SPECIFICATIONS

Feature	Specification
Brand	TROTY
Model Name	C60
Screen Size	1.1 Inches AMOLED HD Touchscreen
Material	Nylon
Item Weight	0.06 Kilograms
Sensor Type	Optical
Battery Type	Lithium Polymer
Battery Capacity	120 Milliamp Hours
Battery Charge Time	2 Hours
Battery Power	0.33 Watt Hours
Water Resistance	IP68
Compatible Devices	Smartphones (Android/iOS)
UPC	640486494452
Included Components	Charger, Fitness Tracker, User Manual

WARRANTY AND SUPPORT

Warranty Information

The TROTY Fitness Tracker C60 comes with a limited warranty. For detailed information regarding warranty coverage, terms, and conditions, please refer to the warranty card included in your product packaging or visit the official TROTY website.

Customer Support

If you encounter any issues or have questions not covered in this manual, please contact TROTY customer support. Contact information can typically be found on the product packaging, the official TROTY website, or within the "Keep Health" application.