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› Pounur T80 Smart Watch User Manual

Pounur T80

Pounur T80 Smart Watch User Manual

Model: T80 | Brand: Pounur

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your Pounur T80 Smart Watch. Please read this manual thoroughly before using the device to ensure proper function and longevity.

PACKAGE CONTENTS

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

DEVICE OVERVIEW



Figure 1: Front view of the Pounur T80 Smart Watch, showing its 1.95-inch HD touchscreen display and green silicone strap. The screen displays various metrics including heart rate (97 bpm), steps (7645), calories burned (328), and current weather (24°C).

The Pounur T80 Smart Watch features a 1.95-inch HD curved display, a side button for navigation, and sensors on the rear for health monitoring. It is designed for comfortable all-day wear.

SETUP

1. Charging the Smart Watch

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included).

- A full charge typically takes approximately 2 hours.
- The watch display will show the charging status.

2. Installing the Companion App

To unlock all features and synchronize data, download the dedicated companion app on your smartphone. Search for "[App Name, e.g., 'FitPro' or 'GloryFit']" in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android) or scan the QR code provided in the quick start guide (if applicable).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the companion app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the "Device" or "Add Device" section.
4. Select "T80" from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smart watch.
6. Once paired, the watch will synchronize time and data with your phone.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press once to return to the previous screen or watch face. Press and hold to power on/off or access quick settings.

Bluetooth Calling

After successful pairing, the watch supports Bluetooth calling. Ensure the watch is connected to your phone's Bluetooth for this feature to function.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
- **Making Calls:** Access the dial pad or contact list on the watch to initiate a call.

Sports Modes

The T80 Smart Watch offers over 110 sports modes. Navigate to the "Workout" or "Sports" section on your watch, select your desired activity, and begin tracking.

- The watch tracks metrics such as duration, distance, calories burned, and heart rate during workouts.
- Data is synchronized with the companion app for detailed analysis.

Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate:** Provides 24-hour real-time heart rate monitoring. View current and historical data in the app.
- **Sleep Monitor:** Tracks sleep patterns, including deep sleep, light sleep, and wake times. Access detailed sleep analysis in the app.
- *Note: This device is not a medical device. Health data is for reference only and should not be used for medical*

diagnosis or treatment.

Notifications

Receive notifications for calls, messages, and app alerts directly on your watch. Ensure notification permissions are enabled in both your phone's settings and the companion app.

MAINTENANCE

Cleaning

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

Water Resistance (IP68)

The Pounur T80 Smart Watch 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 daily use, hand washing, and light rain.

- *Do not use the watch in hot water, saunas, or steam rooms.*
- *Avoid prolonged immersion or high-pressure water activities.*

Battery Care

- To prolong battery life, avoid fully discharging the watch frequently.
- Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the side button for 5-10 seconds.
Unable to pair with phone	<ol style="list-style-type: none">1. Ensure Bluetooth is enabled on your phone.2. Make sure the watch is within Bluetooth range (approx. 10 meters).3. Restart both the watch and your phone.4. Clear previous pairing records from your phone's Bluetooth settings.5. Reinstall the companion app.
Inaccurate health data	<ol style="list-style-type: none">1. Ensure the watch is worn snugly on your wrist, not too tight or too loose.2. Clean the sensor on the back of the watch.3. Avoid excessive movement during measurements.
Notifications not received	<ol style="list-style-type: none">1. Check if the watch is connected to your phone via Bluetooth.2. Verify notification permissions are enabled for the companion app in your phone's settings.3. Ensure notification settings are enabled within the companion app.

SPECIFICATIONS

- **Model:** T80
- **Brand:** Poounur
- **Display:** 1.95 Inches HD Touchscreen
- **Connectivity:** Bluetooth
- **Battery Capacity:** 300 mAh
- **Battery Life:** Up to 5-7 days (typical usage)
- **Water Resistance:** IP68
- **Operating System:** Android Wear 1.1 *(Note: This may refer to a compatible OS or a generic classification)*
- **Health Monitoring:** Heart Rate, Sleep Monitor
- **Sports Modes:** 110+
- **Item Weight:** 3.17 ounces
- **Package Dimensions:** 6.85 x 3.74 x 0.75 inches

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the contact details provided on the product packaging or the official Poounur website. Keep your purchase receipt as proof of purchase.