KOSPET TANK T4

KOSPET Tank T4 Smartwatch User Manual

Model: TANK T4

INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your KOSPET Tank T4 Smartwatch. Please read this manual thoroughly before using the device to ensure proper functionality and longevity.

WHAT'S IN THE BOX

Upon opening the KOSPET Tank T4 Smartwatch package, you should find the following items:

- 1 x KOSPET Tank T4 Smartwatch
- 1 x Charger
- 1 x Silicone Strap
- 1 x User Manual

Image: KOSPET Tank T4 Smartwatch with its charger, silicone strap, and user manual.

SETUP

1. Charging the Smartwatch

Before initial use, fully charge your KOSPET Tank T4 Smartwatch. Connect the provided charger to a power source and attach the magnetic charging pins to the back of the smartwatch. The watch display will indicate charging status.

Image: The KOSPET Tank T4 Smartwatch connected to its magnetic charging base, illustrating the charging process and battery life infographic.

2. App Installation and Pairing

To unlock the full functionality of your KOSPET Tank T4, you need to install the "APEXMOVE" app on your smartphone and pair the devices.

For iOS Devices:

1. Install the APEXMOVE app from the Apple App Store.
2. Open the app and navigate to "My Device".
3. Click on "My Device" and select the "+" icon to add a new device.
4. Select "KOSPET TANK T4" from the list and connect.
5. Tap "Pair" when prompted and grant the watch permission to receive notifications from your phone.

Video: Instructions on how to connect the KOSPET Tank T4 Smartwatch to an iOS smartphone, showing the steps within the APEXMOVE app.

For Android Devices:

1. Install the APEXMOVE app from the Google Play Store.

2. Open the app and navigate to "My Device".

3. Click on "My Device" and select the "+" icon to add a new device.

4. Select "KOSPET TANK T4" from the list and connect.

5. Tap "Pair" when prompted and grant the watch permission to receive notifications from your phone.

Video: Instructions on how to connect the KOSPET Tank T4 Smartwatch to an Android smartphone, demonstrating the pairing process within the APEXMOVE app.

OPERATING INSTRUCTIONS

1. Basic Navigation

The KOSPET Tank T4 features a 1.43" AMOLED touchscreen display and physical buttons for navigation. Swipe across the screen to access different functions and menus. The side buttons provide quick access to specific features or can be customized.

Image: A close-up view of the KOSPET Tank T4 Smartwatch, highlighting its display and physical buttons for user interaction.

2. Making and Receiving Calls

The smartwatch supports Bluetooth calling. Once paired with your smartphone, you can answer incoming calls directly from your watch or dial numbers using the on-screen keypad.

Ampia Compatibilità

Nota: lo smartwatch è compatibile con dispositivi smartphone iOS 10.0+ e Android 5.1+".

Dispositivo iOS:

- Serie iPhone17
- Serie iPhone16
- Serie iPhone15
- Serie iPhone14
- Serie iPhone12/11/10
- ● ● ●

Dispositivi Android: serie Galaxy

- Serie Galaxy
- Serie Piexl
- Serie Xiaomi
- Serie Huawei
- Altre serie
- ● ● ●

Image: A person interacting with the KOSPET Tank T4 Smartwatch to answer an incoming call, demonstrating the call function.

3. Notifications

Receive notifications from your smartphone apps directly on your KOSPET Tank T4. Ensure the APEXMOVE app has the necessary permissions enabled on your phone for notifications to function correctly.
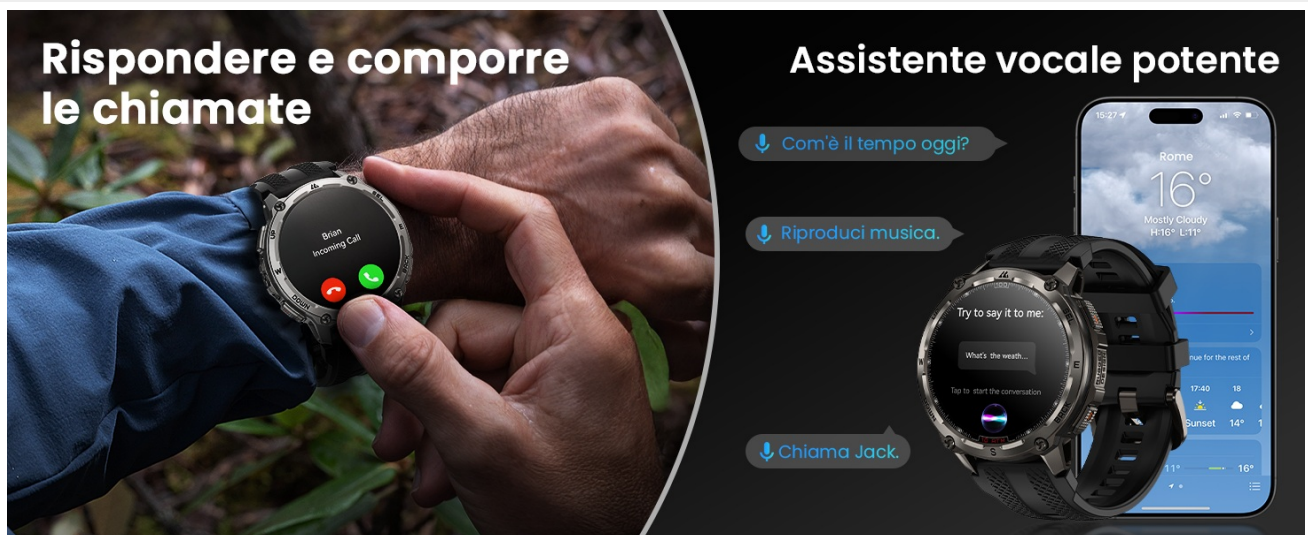

Image: The KOSPET Tank T4 Smartwatch screen showing notifications from various social media and messaging applications.

4. Health Monitoring

The KOSPET Tank T4 features an advanced 4PD sensor for 24/7 health monitoring, including heart rate, blood oxygen (SpO2), sleep patterns, and stress levels. Access these metrics through the watch interface or the APEXMOVE app for detailed analysis.

- **Heart Rate:** Continuous monitoring of your heart rate.
- **Blood Oxygen (SpO2):** Measures the oxygen saturation in your blood.
- **Sleep Tracking:** Analyzes sleep stages (deep, light, awake) to provide insights into sleep quality.
- **Stress Monitoring:** Helps you understand your stress levels throughout the day.

Image: Displays the KOSPET Tank T4 Smartwatch showing heart rate, blood oxygen, and sleep tracking data on its screen.

5. Sports Modes and GPS

The smartwatch offers 23 ApexMotion sports modes and over 160 free training modes. It features dual-band GNSS positioning with 6 satellite systems for accurate outdoor activity tracking and offline map support.

- **Activity Tracking:** Records calories burned, heart rate, distance, and pace for various sports.
- **GPS Navigation:** Utilizes dual-band GNSS for precise location tracking.
- **Offline Maps:** Download maps to your watch for navigation without a network connection.
- **Route Planning:** Plan and follow routes directly from your watch.

Image: The KOSPET Tank T4 Smartwatch displaying an offline map with a planned route, demonstrating its navigation capabilities.

Video: Demonstrates the KOSPET Tank T4 Smartwatch's GPS and offline map features, showing route tracking during outdoor activities.

6. Walkie-Talkie Function

The integrated walkie-talkie function allows for instant communication with a simple touch-and-hold, useful for outdoor group activities.
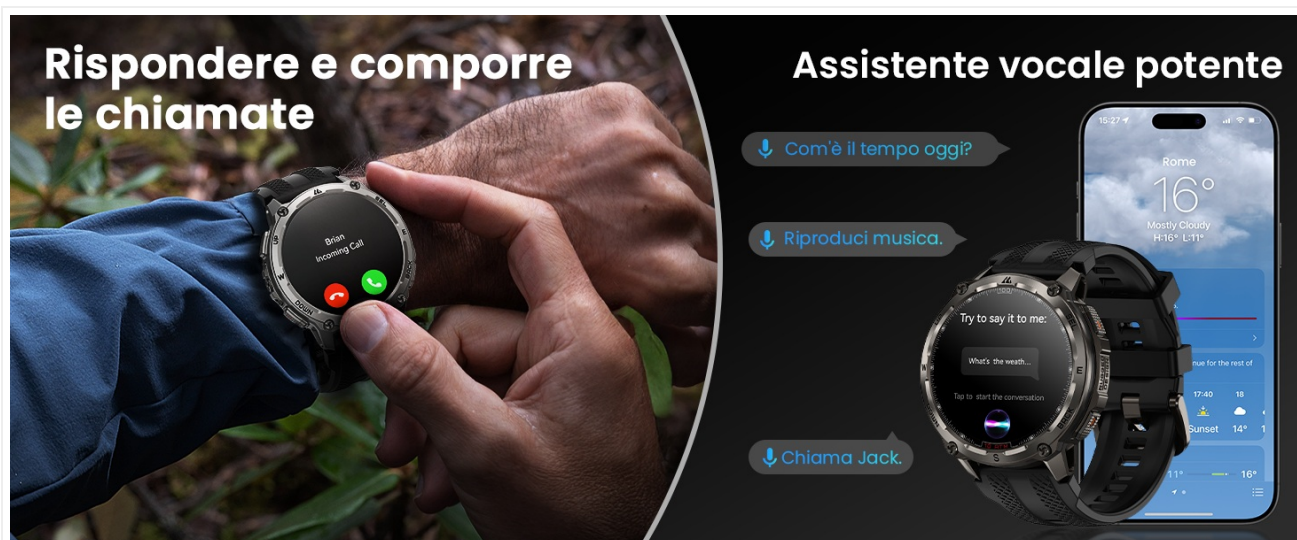

Image: A person using the KOSPET Tank T4 Smartwatch's walkie-talkie feature in an outdoor setting.

7. Customization

Personalize your KOSPET Tank T4 with various watch faces, icon themes, and customizable quick-access cards through the APEXMOVE app.

Image: A collage of different watch faces and icon themes available for customization on the KOSPET Tank T4 Smartwatch.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

2. Water Resistance

The KOSPET Tank T4 is rated 10 ATM and IP69K, making it suitable for swimming, snorkeling, and free diving up to 45 meters. Rinse the watch with fresh water after exposure to salt water or chlorine and dry thoroughly.

Image: A diver wearing the KOSPET Tank T4 Smartwatch underwater, demonstrating its 10 ATM water resistance for diving activities.

Video: The KOSPET Tank T4 Smartwatch being exposed to water, illustrating its IP69K and 10 ATM water resistance.

3. Battery Life

The KOSPET Tank T4 features a 500 mAh battery. Typical usage provides up to 18 days of battery life, while continuous GPS use offers up to 22 hours. Actual battery performance may vary based on settings and usage.

Dimensioni e imballaggio inclusi

22mm

48.6mm

Min: 150mm
Max: 240mm

13.7mm

265mm

Image: An infographic detailing the battery life of the KOSPET Tank T4 Smartwatch under different usage scenarios, including typical use, continuous GPS, intense use, and Always-On Display mode.

TROUBLESHOOTING

- **Device not pairing:** Ensure Bluetooth is enabled on your smartphone and the smartwatch is discoverable. Restart both devices and try pairing again.

- **Notifications not received:** Verify that the APEXMOVE app has notification permissions enabled in your phone's settings. Disable "Do Not Disturb" mode on your phone.

- **GPS inaccuracy:** Ensure you are in an open area with a clear view of the sky for optimal GPS signal reception. Allow the watch sufficient time to acquire a GPS signal before starting an activity.

- **Screen unresponsive:** Try restarting the smartwatch. If the issue persists, ensure the screen is clean and dry.

- **Battery draining quickly:** Review your usage patterns. Frequent use of GPS, Always-On Display, and continuous health monitoring can reduce battery life. Adjust settings as needed.

- **Software issues:** Ensure your APEXMOVE app and smartwatch firmware are updated to the latest versions. Check the app for available updates.

SPECIFICATIONS

Feature	Detail
Brand	KOSPET
Model	TANK T4
Display	1.43-inch AMOLED
Body Material	360 Stainless Steel
Screen Glass	Corning Gorilla Glass 3rd Generation 9H
Water Resistance	10 ATM, IP69K (up to 45m for free diving)
GPS	Dual-band GNSS (6 satellite systems), Offline Maps
Battery Capacity	500 mAh Lithium Polymer

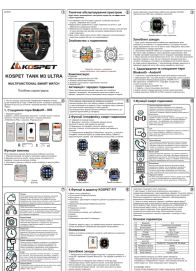| Feature	Detail
Typical Battery Life	Up to 18 days
GPS Continuous Use	Up to 22 hours
Health Monitoring	Heart Rate, Blood Oxygen (SpO2), Sleep, Stress (24/7)
Sports Modes	23 ApexMotion, 160+ Free Training Modes
Connectivity	Bluetooth
Memory	32 GB (storage), 16 MB (RAM)
Operating System	Compatible with Android and iOS
Weight	80 grams
Military Standard Certification	20 MIL-STD-810H tests passed, SGS Certified

WARRANTY AND SUPPORT

Your KOSPET Tank T4 Smartwatch comes with a manufacturer's warranty. For specific warranty details, please refer to the warranty card included in your product packaging or visit the official KOSPET website. For technical support or further assistance, please contact KOSPET customer service or visit the KOSPET Brand Store.

SAFETY INFORMATION

- Do not attempt to disassemble, repair, or modify the device.
- Keep the device away from extreme temperatures, direct sunlight, and open flames.
- Avoid exposing the device to strong magnetic fields.
- Do not use the device while driving or in situations where it could distract you from important tasks.
- Consult a medical professional before starting any new exercise regimen or if you have any health concerns.
- Dispose of the device and its battery responsibly according to local regulations.

Related Documents - TANK T4

KOSPET TANK M3 ULTRA Smartwatch Technical Specifications
Detailed technical specifications for the KOSPET TANK M3 ULTRA smartwatch, covering product information, advantages, hardware, software, package contents, and dimensions. Features include MIL-STD 810H certification, 5ATM & IP69K waterproofing, and a 1.96" AMOLED display.

	[KOSPET TANK S1 Smartwatch User Manual: Features, Setup, and Operation](#) Explore the KOSPET TANK S1 smartwatch. This user manual provides comprehensive guidance on setup, features like Bluetooth calling, fitness tracking, health monitoring, and app integration with KOSPET FIT.
TANK T3 ULTRA User Manual	[KOSPET TANK T3 ULTRA User Manual](#) Comprehensive user manual for the KOSPET TANK T3 ULTRA smartwatch, covering device features, pairing and connection with the KOSPET FIT app, app registration, watch face customization, sports recognition, Bluetooth calling setup, OTA updates, technical specifications, security tips, and FCC compliance information.
	[KOSPET TANK M2 User Manual - Your Guide to Smartwatch Features](#) Explore the KOSPET TANK M2 User Manual for detailed instructions on setup, features, and usage of your KOSPET TANK M2 smartwatch. Learn about pairing, sports modes, audio settings, and more.
	[KOSPET TANK M3 ULTRA Multifunctional Smartwatch User Manual](#) Comprehensive user manual for the KOSPET TANK M3 ULTRA smartwatch, covering setup, features, functions, and troubleshooting. Learn how to pair, use health monitoring, sports modes, and more.
KOSPET TANK M3 User Manual	[KOSPET TANK M3 User Manual](#) User manual for the KOSPET TANK M3 smartwatch, covering setup, charging, pairing, and basic operations.