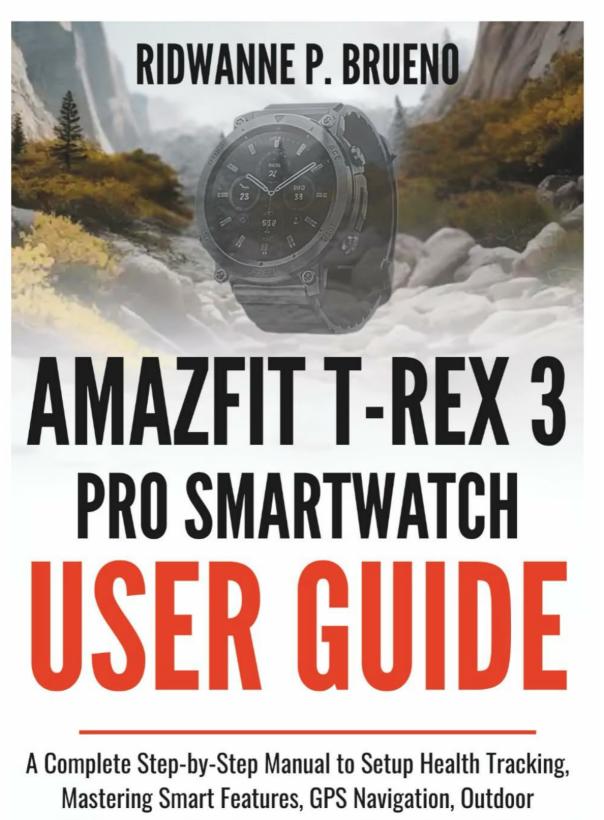## Amazfit T-Rex 3 Pro

Amazfit T-Rex 3 Pro Smartwatch User Guide

Comprehensive instructions for setup, operation, and advanced features.

INTRODUCTION

This manual provides detailed instructions for the Amazfit T-Rex 3 Pro smartwatch. It covers essential setup procedures, operational guidance for various smart features, health tracking, GPS navigation, and troubleshooting tips to help users maximize the device's capabilities.

The Amazfit T-Rex 3 Pro is designed with advanced features including AI voice controls, offline trail maps, dual-band GPS, real-time VO2 max statistics, and over 180 precision training modes. This guide aims to facilitate a complete understanding and effective use of all functionalities.

RIDWANNE P. BRUENO

AMAZFIT T-REX 3 PRO SMARTWATCH
USER GUIDE

A Complete Step-by-Step Manual to Setup Health Tracking, Mastering Smart Features, GPS Navigation, Outdoor Workouts and Troubleshooting with Pro Tips & Trick

Image 1: Front cover of the Amazfit T-Rex 3 Pro Smartwatch User Guide book. This image displays the title and a visual representation of the smartwatch.

1. SETUP AND SYNCHRONIZATION

To begin using your Amazfit T-Rex 3 Pro, follow these steps for initial setup and synchronization:

1. **Charging the Device:** Before first use, fully charge your smartwatch using the provided charging cable. Connect the magnetic end to the charging contacts on the back of the watch and the USB end to a power adapter or computer.

2. **Powering On:** Press and hold the power button (usually on the side) until the Amazfit logo appears.

3. **Downloading the Zepp App:** On your smartphone, download and install the official Zepp app from your device's app store (App Store for iOS, Google Play Store for Android).

4. **Pairing the Smartwatch:**
   - Open the Zepp app and create an account or log in.
   - Navigate to the "Profile" tab, then tap "Add device" or the "+" icon.
   - Select "Watch" and then "Watch with QR code" or "Watch without QR code" depending on the prompt on your smartwatch screen.
   - If prompted, scan the QR code displayed on your smartwatch using your phone's camera, or manually select your device from the list of nearby Bluetooth devices.
   - Confirm the pairing request on both your phone and smartwatch.

5. **Initial Configuration:** Follow the on-screen prompts in the Zepp app to complete initial settings such as language, time zone, and personal profile information.

Ensure your smartphone's Bluetooth is enabled throughout the pairing process to avoid connectivity issues.

2. OPERATING YOUR SMARTWATCH

2.1 Smart Features and AI Voice Control

The Amazfit T-Rex 3 Pro integrates advanced smart features, including AI voice control via Zepp Flow AI & GPT-4. To activate and use voice commands:

- **Activating Voice Assistant:** Ensure Zepp Flow AI is enabled in the Zepp app settings under your device profile. You can typically activate the voice assistant on the watch by swiping right on the watch face or pressing a designated button (refer to your watch's specific button layout).

- **Issuing Commands:** Once the voice assistant is active, speak clearly to issue commands such as "Start a run," "Check my heart rate," "Set a timer for 10 minutes," or "What's the weather?"

2.2 Health Monitoring with BioTracker 6.0

The BioTracker 6.0 optical sensor provides comprehensive health data. Key metrics include:

- **Heart Rate (HR):** Continuous heart rate monitoring is active by default. View real-time HR on the watch face or in the Heart Rate app.

- **Blood Oxygen Saturation (SpO2):** To measure SpO2, ensure the watch is snug on your wrist. Navigate to the SpO2 app on the watch and initiate a measurement. Remain still during the process.

- **Sleep Readiness:** The watch automatically tracks sleep patterns. Access detailed sleep analysis, including sleep stages and quality scores, in the Zepp app.

- **Stress Monitoring:** The watch monitors stress levels throughout the day. View your stress trends and receive alerts for high stress in the Zepp app.

- **Heart Rate Variability (HRV):** HRV data is collected during sleep and specific activities, providing insights into recovery and overall health. This data is accessible in the Zepp app.

For accurate readings, ensure the watch is worn correctly, neither too tight nor too loose, and positioned above the wrist bone.

2.3 GPS Navigation and Outdoor Activities

The T-Rex 3 Pro features dual-band GPS and offline map capabilities for precise outdoor navigation.

- **GPS Activation:** GPS is automatically activated when starting outdoor workout modes. Ensure you are in an open area for faster satellite acquisition.

- **Offline Maps:** Download maps for specific regions via the Zepp app before your activity. Once downloaded, these maps can be accessed on the watch for navigation without a phone connection.

- **Route Planning and Rerouting:** Plan routes in the Zepp app and sync them to your watch. During an activity, the watch can provide real-time navigation and rerouting suggestions if you deviate from the planned path.

2.4 Workout Modes and Performance Tracking

With over 180 sports modes, the T-Rex 3 Pro offers extensive workout tracking.

- **Selecting a Workout:** Swipe to the "Workout" or "Sports" menu on your watch, then select your desired activity (e.g., Running, Cycling, Swimming).

- **Starting a Workout:** Tap "Go" or the start icon. For outdoor activities, wait for GPS signal acquisition before starting.

- **Real-time Metrics:** During a workout, the watch displays real-time data such as duration, distance, pace, heart rate, and calories burned.

- **VO2 Max:** The watch estimates your VO2 Max (maximal oxygen uptake) during certain outdoor activities, providing an indicator of cardiovascular fitness. This metric is analyzed and displayed in the Zepp app post-workout.

- **Post-Workout Analysis:** After completing and saving a workout, detailed statistics and performance insights are available on the watch and in the Zepp app.

3. Maintenance and Battery Optimization

3.1 Battery-Saving Tips

To extend the battery life of your Amazfit T-Rex 3 Pro:

- **Adjust Screen Brightness:** Lower the screen brightness or enable auto-brightness in the watch settings.

- **Reduce Screen On Time:** Set a shorter screen-on duration in the watch settings.

- **Disable Always-On Display (AOD):** If not essential, turn off the Always-On Display feature.

- **Limit Notifications:** Manage app notifications through the Zepp app to only receive essential alerts. Excessive notifications can drain battery.

- **Optimize Heart Rate Monitoring:** In the Zepp app, adjust the frequency of automatic heart rate monitoring (e.g., from 1-minute intervals to 5 or 10 minutes).

- **Turn Off Unused Features:** Disable features like Wi-Fi, GPS (when not in use for workouts), or continuous SpO2 monitoring if not required.

- **Use Battery Saver Mode:** Activate the battery saver mode on your watch when battery is low or when extended usage is needed.

3.2 Cleaning and Care

Regular cleaning ensures optimal performance and longevity:

- **Watch Body:** Wipe the watch body with a soft, damp, lint-free cloth. Avoid harsh chemicals or abrasive materials.

- **Charging Contacts:** Periodically clean the charging contacts on the back of the watch and the charging cable with a dry cloth to prevent corrosion and ensure proper charging.

- **Strap:** Clean the watch strap according to its material. For silicone straps, mild soap and water can be used. Ensure it is completely dry before wearing.

- **Water Exposure:** While the watch is water-resistant, it is recommended to dry it thoroughly after exposure to water, especially after swimming or showering, to prevent skin irritation and maintain device integrity.

4. TROUBLESHOOTING COMMON ISSUES

This section addresses common problems you might encounter with your Amazfit T-Rex 3 Pro.

- **Watch Not Pairing with Phone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is charged and powered on.
  - Restart both your phone and the smartwatch.
  - Clear the Bluetooth cache on your phone (Android) or forget the device in Bluetooth settings (iOS/Android) and try pairing again.
  - Ensure the Zepp app is updated to the latest version.

- **Inaccurate Heart Rate/SpO2 Readings:**
  - Ensure the watch is worn snugly on your wrist, one finger-width above the wrist bone.
  - Clean the sensor on the back of the watch.
  - Remain still during SpO2 measurements.

- **GPS Signal Acquisition Issues:**
  - Ensure you are in an open outdoor area with a clear view of the sky.
  - Wait a few moments for the watch to acquire a signal before starting your activity.
  - Sync your watch with the Zepp app regularly to update AGPS data, which helps speed up GPS lock.

- **Notifications Not Appearing:**
  - Check notification settings in the Zepp app to ensure app notifications are enabled for the desired applications.
  - Verify that your phone's notification access is granted to the Zepp app (Android: Settings > Apps > Zepp > Notifications).

- Ensure "Do Not Disturb" mode is not active on either your phone or smartwatch.
- **Watch Not Turning On:**
    - Connect the watch to its charger and ensure it is charging correctly. A low battery might prevent it from turning on.
    - If unresponsive, try a forced restart by holding down the power button for an extended period (e.g., 10-15 seconds).

5. ABOUT THIS USER GUIDE DOCUMENT

This section provides details regarding the publication of this Amazfit T-Rex 3 Pro Smartwatch User Guide.

Attribute	Detail
Title	Amazfit T-Rex 3 Pro Smartwatch User Guide
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Image 2: Back cover of the user guide book. This image shows the ISBN and other publication information.

Related Documents - **T-Rex 3 Pro**

[Amazfit T-Rex User Manual](#)
Comprehensive user manual for the Amazfit T-Rex smartwatch, covering operational instructions, function navigation, wearing and charging, device pairing, quick access controls, workout functions including GPS and heart rate monitoring, pool swimming features, and data viewing. Optimize your fitness tracking and daily usage with this guide.

Amazfit T-Rex User Manual (thumbnail)	[Amazfit T-Rex User Manual: Smartwatch Operations, Features, and Settings](#) A comprehensive guide to the Amazfit T-Rex smartwatch, detailing its features, functions, and usage. Covers basic operations, navigation, wearing, charging, pairing, shortcut controls, status and heart rate monitoring, various workout modes, GPS, swimming, and indoor calibration.
Amazfit T-Rex 3 ユーザーマニュアル 接続とペアリング (thumbnail)	[Amazfit T-Rex 3 　　　　：　　　　　　　](#) 　　　　Amazfit T-Rex 3
User Manual for Amazfit GTR 2 (English Edition) (thumbnail)	[Amazfit GTR 2 User Manual: Features, Setup, and Operation](#) A comprehensive guide to the Amazfit GTR 2 smartwatch, detailing setup, connectivity, workout tracking, health monitoring, and various features for optimal user experience.
Amazfit T-Rex Pro User Manual (thumbnail)	[Amazfit T-Rex Pro User Manual](#) User manual for the Amazfit T-Rex Pro smartwatch, covering operating instructions, basic operations, function navigation, wearing and charging, device pairing, shortcut controls, activities and health tracking (PAI, Heart Rate, Sleep, SpO2, Stress), workout functions, pool swimming, indoor running calibration, workout status, automatic workout identification, physical indicators, and daily maintenance.
Amazfit T-Rex 使用手册 (thumbnail)	[Amazfit T-Rex Smartwatch User Manual](#) Comprehensive user manual for the Amazfit T-Rex smartwatch, covering setup, features, sports tracking, health monitoring, and advanced functions like Alipay and GPS.