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› Poounur T80 Smart Watch User Manual

Poounur T80

Poounur T80 Smart Watch User Manual

Model: T80

1. INTRODUCTION

The Poounur T80 Smart Watch is a versatile fitness tracker designed for men and women, featuring a 1.95-inch touch screen. It offers comprehensive health monitoring, various sports modes, and Bluetooth calling capabilities. This manual provides detailed instructions for setup, operation, and maintenance to ensure optimal use of your device.



Image: The Poounur T80 Smart Watch, showcasing its sleek design and digital display.

2. WHAT'S IN THE BOX

Upon unboxing your Poounur T80 Smart Watch, please verify that all the following items are included:

- 1 x Poounur T80 Smart Watch
- 1 x Silicone Strap
- 1 x Magnetic Charging Cable
- 1 x User Manual

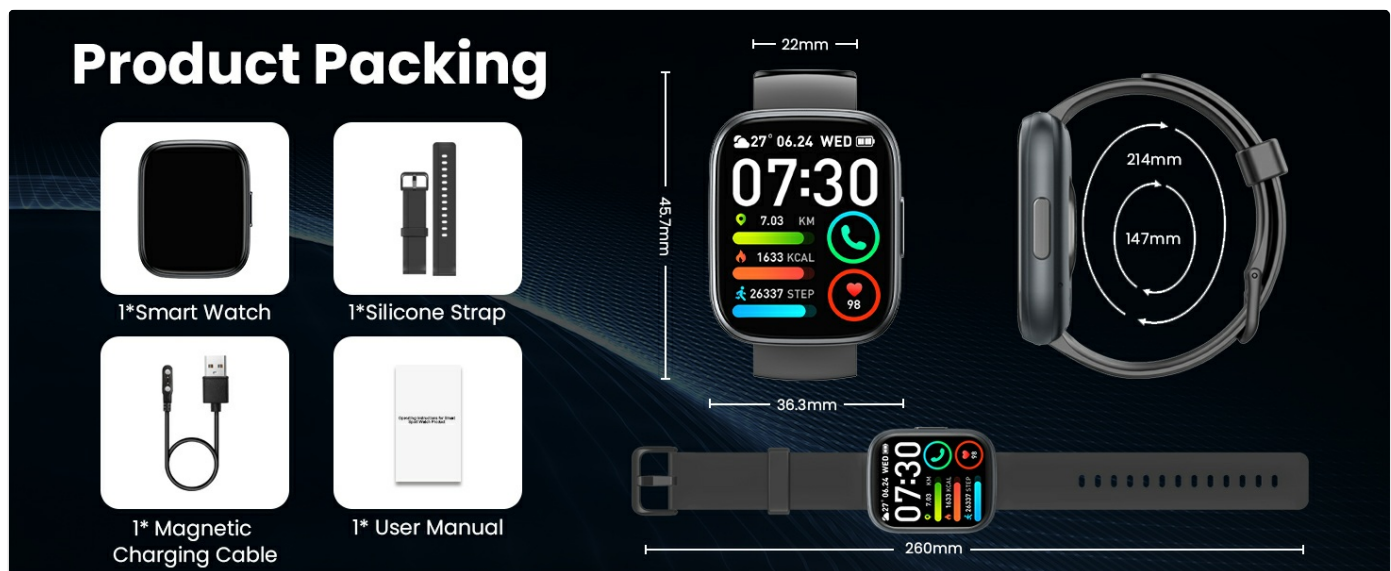


Image: A visual representation of the items included in the product packaging.

3. SETUP

3.1. Charging the Smart Watch

Before initial use, fully charge your Poounur T80 Smart Watch. The device features a 300 mAh battery, requiring approximately 2 hours for a full charge. A full charge provides 5-7 days of normal use and up to 20 days of standby time.

1. Connect the magnetic charging cable to the charging points on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status.

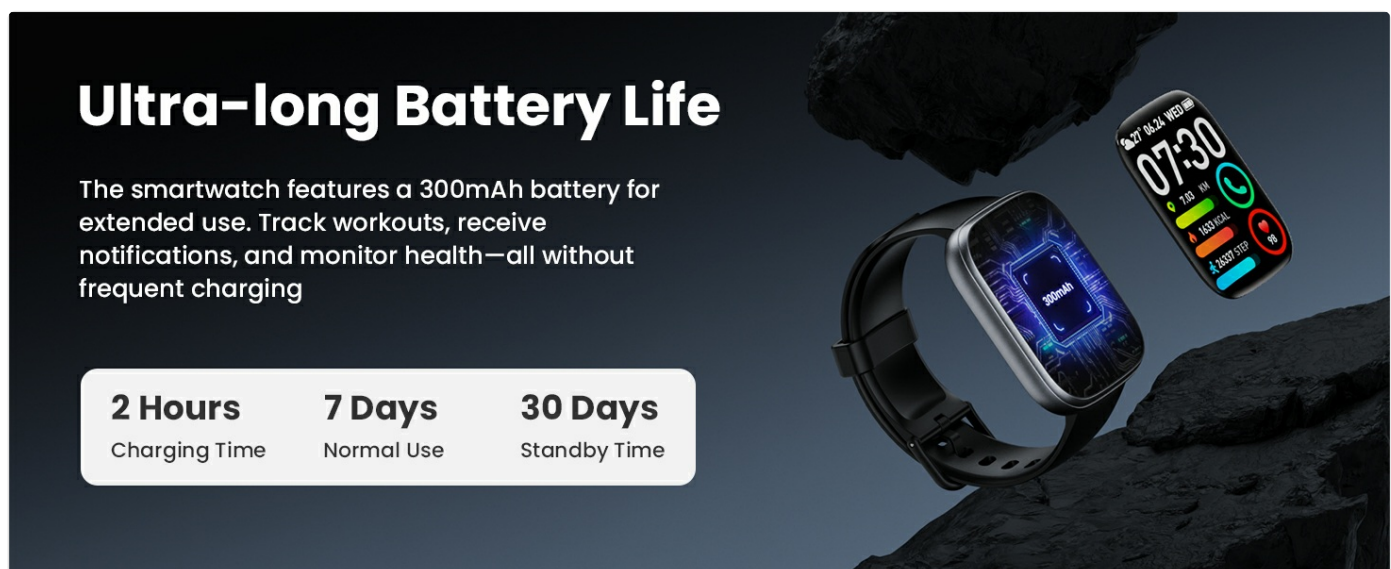


Image: Information on the watch's battery life and charging duration.

3.2. App Installation and Device Pairing

To unlock the full functionality of your Poounur T80 Smart Watch, you must connect it to your smartphone via the "Dee Fit" app.

1. **Download the App:** Scan the QR code in the user manual or search for "Dee Fit" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Install the app.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.

3. **Pair the Device:** Open the "Dee Fit" app, navigate to the device section, and search for your T80 Smart Watch. Select "T80" from the list to bind the device.
4. **Enable Call Function (Optional):** For Bluetooth calling, after initial pairing, go to your phone's Bluetooth settings. Find "T80" in the list of paired devices and ensure all necessary permissions (e.g., contacts, call history) are granted.

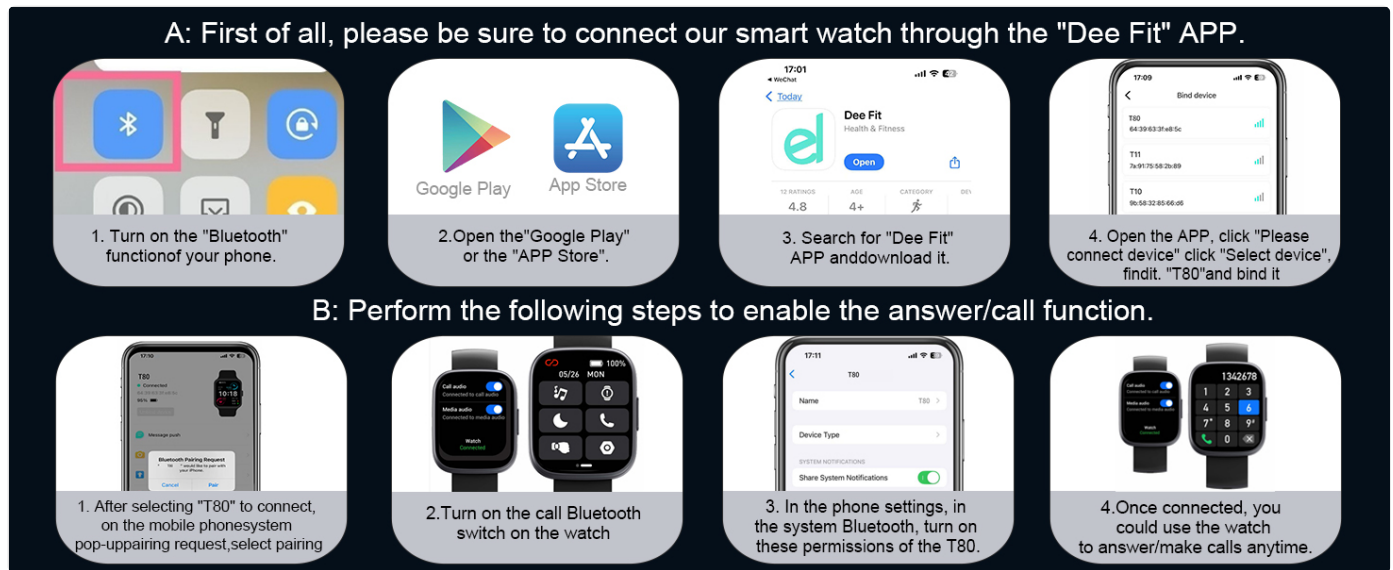


Image: Visual instructions for connecting the smartwatch to the "Dee Fit" app and activating the call feature.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

The Pounur T80 Smart Watch features a 1.95-inch HD touch screen for intuitive navigation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different watch faces.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or access the app menu.

4.2. Bluetooth Call Function

With Bluetooth 5.3, you can answer and make calls directly from your wrist.

- **Answering Calls:** When a call comes in, the watch will display the caller ID. Tap the green phone icon to answer.
- **Making Calls:** Access the phone function on your watch to dial numbers or select from synced contacts.

Bluetooth Call

With a built-in microphone and speaker, you can keep your calls clear whether you're in a work meeting or on the move



Contact



Answer and make calls



Call history



Image: The smartwatch displaying an incoming call and options to answer or decline.

4.3. Health Monitoring

The T80 Smart Watch is equipped with a high-precision optical sensor for continuous health tracking.

- **Heart Rate Monitoring:** Monitors your heart rate 24/7, providing real-time data and alerts for elevated heart rates during workouts.
- **Sleep Monitoring:** Tracks your sleep patterns, including light sleep, deep sleep, and wakefulness, offering insights for healthier sleep habits.
- **Blood Oxygen:** Measures blood oxygen levels.
- **Stress Monitoring:** Provides stress level assessments.



24H Heart Rate Monitoring

Real-Time Health Guardian

Equipped with an advanced bio-optical sensor, this smartwatch proactively alerts you to an elevated heart rate during your workout

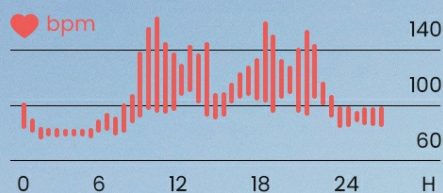


Image: A graph illustrating 24-hour heart rate monitoring on the smartwatch display.

Sleep Monitoring

Smarter Sleep, Every Night

By tracking physiological data in real-time, the smartwatch analyzes sleep patterns and offers personalized suggestions for healthier living

● Light Sleep

03h 28m

● Deep Sleep

02h 28m

● Wakefulness

01h 28m

Image: The smartwatch screen showing detailed sleep analysis data.

4.4. Sports Modes

The watch supports over 120 sports modes, tracking various metrics such as steps, calories, and exercise records.

- Access the 'Workout' or 'Sports Modes' section on your watch.
- Select your desired activity (e.g., running, cycling, yoga).
- The watch will begin tracking your performance.

110+ Sports Modes

Comprehensive tracking of professional metrics – including steps, calories, training plans, and exercise records – makes every moment of your life meaningful



Running



Golf



Basketball



Mountaineering



Free Training



Football



Boxing



Wrestling



Fencing



Indoor Cycling



Baseball



Yoga

Image: A display of over 110 sports modes available on the smartwatch.

4.5. Message Notifications

Receive instant vibrating alerts for social media notifications and messages. Simply lift your wrist to view the content.

Message Notification!

Smartwatch provides instant vibrating alerts for social media notifications. Simply lift your wrist to view messages

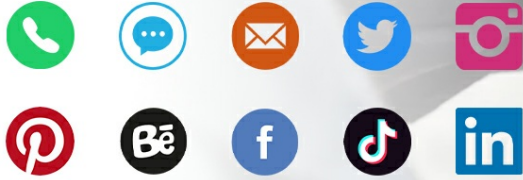


Image: The smartwatch showing a message notification from a social media application.

4.6. Customizable Watch Faces

Personalize your watch with over 100 stylish watch faces available through the "Dee Fit" app, or create custom designs using your own photos.



Image: A selection of customizable watch faces available for the T80 Smart Watch.

4.7. Other Functions

The Poounur T80 Smart Watch includes additional features for convenience:

- **Music Control:** Play, pause, skip tracks, and adjust volume directly from your wrist.
- **Camera Control:** Remotely control your smartphone's camera to snap photos or start/stop video recording.
- **Weather:** View current weather conditions.
- **Cycle Tracking:** Monitor menstrual cycles.
- **Find Phone:** Locate your paired smartphone.

5. MAINTENANCE

5.1. Water Resistance (IP68)

The Poounur T80 Smart Watch is IP68 waterproof, making it suitable for daily activities such as hand washing, rainy days,

and sweating during exercise. **Note:** It is not recommended for use in showers, saunas, swimming, or diving, as prolonged exposure to hot water or high-pressure water may damage the device.



Image: Visual guide to the IP68 water resistance capabilities of the smartwatch.

5.2. Cleaning and Care

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

5.3. Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Charge the watch fully before long periods of inactivity.

6. TROUBLESHOOTING

If you encounter issues with your Poounur T80 Smart Watch, try the following solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the magnetic charging cable and a power source.
- **Unable to pair with phone:**
 - a. Ensure Bluetooth is enabled on your phone.
 - b. Make sure the "Dee Fit" app is installed and running.
 - c. Restart both your phone and the smart watch.
 - d. Ensure the watch is within Bluetooth range of your phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not appearing:** Check app permissions in your phone's settings to ensure the "Dee Fit" app has access to notifications. Verify notification settings within the "Dee Fit" app.

7. SPECIFICATIONS

Feature	Specification
Model Number	T80
Brand	Poounur
Screen Size	1.95 Inches
Display Type	LCD
Battery Capacity	300 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Charging Time	2 Hours
Memory Storage Capacity	1 GB

Water Resistance	IP68
Supported Application	Fitness Tracker, Sleep Monitor (via "Dee Fit" app)
Metrics Measured	Heart Rate Monitor, Sleep Duration
Supported Satellite Navigation System	GPS
Compatibility	iOS 9.0+ and Android 6.0+

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact Poounur customer service through the official website or your retailer. Keep your proof of purchase for warranty claims.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question