

Amazfit T-Rex Pro User Manual

Contents

Operating Instructions and Function Navigation	3
Basic Operations	3
Touch Screen	3
Physical Buttons	5
Daily Operations:.....	5
Operations while working out.....	6
Function Navigation	7
Watch Wearing and Charging	8
Before Use	10
Device Pairing and Unpairing	10
Shortcut Control	11
Flashlight	11
Brightness Adjustment.....	12
DND Mode	12
Battery Saver Mode	13
Theater Mode.....	14
Activities and Health	14
PAI	14
Activity goal	15
Idle alert	15
Heart Rate	16
Heart rate alerts.....	16
All-Day Heart Rate Monitoring.....	16
Manual measurement.....	17
Sleep	17
Assisted Sleep Monitoring.....	17
Sleep breathing quality monitoring.....	18
SpO2	18
Precautions for SpO2 measurement.....	18
Stress	19
Workout Functions	19
Editing the Workout List	20
Selecting a Workout	21
Starting a Workout	22
About GPS Search	22
Workout Pause or Ending	23
Workout pause	23

Ending a Workout	23
More	23
Workout Assistant	23
Workout goal.....	25
Workout settings	25
Workout Alerts	26
Pool Swimming	27
Terms	27
Viewing Workout Records	28
Indoor Running Calibration	29
Workout Status	29
Real-Time Data Item Sorting	29
Automatic Workout Identification.....	29
Physical Indicators for Workouts.....	30
Daily Maintenance	34
Precautions	34

Operating Instructions and Function Navigation

Amazfit T-Rex Pro features one AMOLED touch screen and four physical buttons.



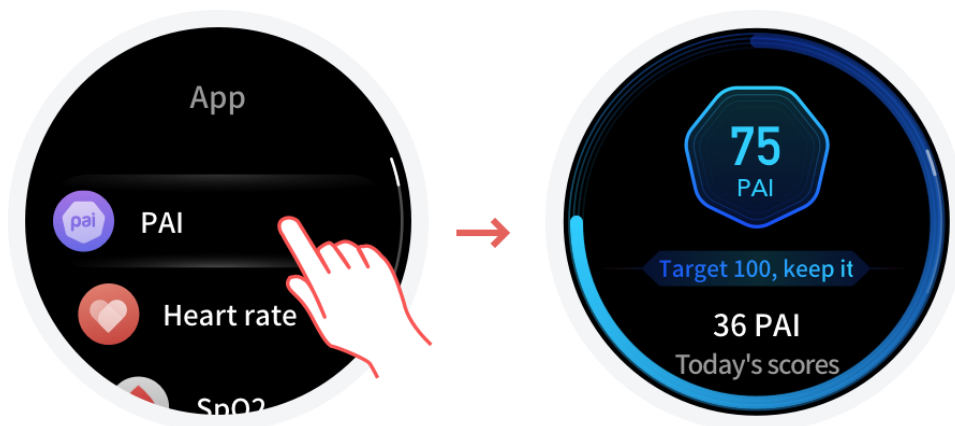
Basic Operations

Touch Screen

You can swipe left/right or up/down on the watch face screen to switch between different function pages.



Tapping and exiting: Tap to enter a specific function page. After entering a certain function page by tapping, swipe right to quickly return to the previous menu level. Swipe left from the notification list page to return to the watch face.





Physical Buttons

Daily Operations:



Button definition

SELECT button	<ol style="list-style-type: none"> 1、 Press and hold the button for 2s to power on the watch. 2、 Press the button to light up the screen. 3、 On the watch face screen, press the button to go to the workout list. (You can also configure this operation to quickly enable other functions using Quick start-up in system settings.) 4、 Press the button on screens other than the watch face screen to go to the next menu level or on any list screen to enter a subpage. 5、 Press and hold the button for 12s to power off the watch.
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BACK button	<ol style="list-style-type: none"> 1、 Press the button to light up the screen. 2、 On the watch face screen, press the button to go to the app list. 3、 On screens other than the watch face screen, press the button to quickly return to the previous page. 4、 On screens other than the watch face screen, press and hold the button to quickly return to the watch face.
UP/DOWN button	<ol style="list-style-type: none"> 1、 On the watch face screen, press the button to switch between different widgets or for shortcut control. 2、 On any list screen, press the button to change the currently selected item. 3、 On a long page, press the button to scroll up and down.

Operations while working out



Screen Not Locked



Screen Locked

Button definition

	Screen Not Locked	Screen Locked
SELECT button	Workout pause	Workout pause
BACK button	Manual lap	Manual lap
UP/DOWN button	Page switching	Screen unlocking

Function Navigation

Swipe up on the watch face screen or press the DOWN button to switch widgets. Swipe down on the watch face screen or press the UP button to enter the shortcut control screen, where you can quickly turn on the flashlight, set the screen brightness, set the DND mode, enter the battery saver mode and enter the theater mode.



Swipe left on the watch face screen to go to the app list.



Swipe right on the watch face screen to go to the notification list.



Watch Wearing and Charging

Daily wearing: We recommend that you wear the watch at a moderate tightness at a distance of two fingers from your wrist to ensure that the optical heart rate monitor works properly.



Wearing during workouts: We recommend that you wear the watch comfortably and ensure a tight fit that does not slip. Being too tight or too loose may cause inaccurate detection of workout data, which must be avoided.

Charging

- 1、 Insert the USB port of the watch charger in a device that supports USB power supply, such as a socket, a PC, or a power bank.
- 2、 Put the watch into the magnetic charging base. Pay attention to the direction and position of the watch, and ensure that the metal contacts on the back of the watch fit snugly onto the charging base.
- 3、 The screen will display a charging notification when the watch is placed properly.



Before Use

Download the app via your phone before using Amazfit T-Rex Pro. You need to pair the watch using the app to use all functions. In addition, a paired watch allows the saving of data generated on the watch to your personal account in the cloud, which will avoid data loss.

Device Pairing and Unpairing

- 1、 Download the app from an app store or by scanning the QR code on the watch, and register an account or log in to your account.



- 2、 Open the app and tap + in the upper left corner or go to Zepp APP > Profile > +Add > Watch > Watch with a QR code, and scan the QR code on the watch as prompted.
- 3、 Complete pairing as prompted on the watch and your phone.



- 4、 Upgrade the system on the watch after pairing. During the upgrade, keep your phone connected to both the network and the watch via Bluetooth to ensure that the upgrade is successful.



- 5、 You can use the features provided by the watch after pairing and upgrade. You can also use the app to configure the watch.
- 6、 To unpair your watch, open the app, go to Profile >Amazfit T-Rex Pro, and tap Unpair.

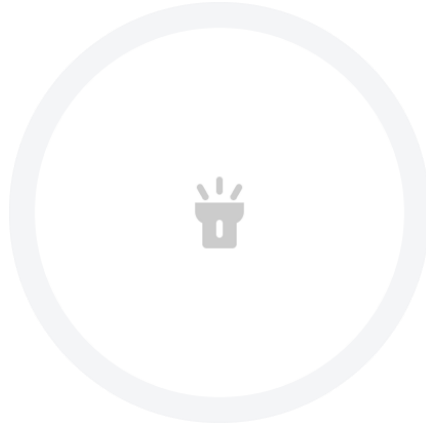
Shortcut Control

Swipe down on the watch face screen to quickly enter the shortcut control page.



Flashlight

Tap the flashlight icon to enable the flashlight. The watch screen displays a white background that can illuminate a small area at night. And you can disable the flashlight function by swiping right or pressing the BACK button.



Brightness Adjustment

Tap the brightness adjustment icon to enter the brightness adjustment screen.

Auto brightness: Once enabled, the watch automatically adjusts screen brightness based on ambient light, and you cannot move the screen brightness slider.

Manual brightness: Adjust the brightness by dragging the brightness slider up/down or pressing the UP/DOWN button.

The brightness adjustment will take effect immediately. Swipe right on the screen or press the BACK button to return to the previous screen.



DND Mode

DND: Once enabled, the watch will no longer receive incoming call reminders from your phone.

Deselect to disable DND.

Scheduled DND: You can customize the time period during which the DND mode is automatically enabled or disabled.



Battery Saver Mode

The battery saver mode can maximize the battery life of your watch. After the battery saver mode is enabled, the watch will only display the time and record your number of steps and sleep information. Other functions are disabled.



Press and hold any button to exit this mode.



Theater Mode

When the theater mode is enabled, screen brightness is automatically reduced, and screen lit upon wrist lift is temporarily disabled to keep your watch screen dark. And this is the easiest way to make sure you watch doesn't light up in the middle of the night.

Replacing the Watch Face

Tap and hold the watch face for 2s on the watch face screen or go to Settings > Watch Face, and swipe left and right to select a watch face.

To replace the watch face in the app, go to Profile > Amazfit T-REX Pro > Store, and download more watch faces from the Watch Face Store.



Activities and Health

PAI

PAI is used to measure a person's physiological activity and reflect overall physical condition. It is calculated based on a person's BPM, the intensity of daily activities, and physiological data.

By maintaining a certain intensity of daily activities or workouts, you can obtain your PAI value. According to the results of the HUNT Fitness Study*, maintaining a PAI above 100 helps reduce the risk of cardiovascular death and increase life expectancy.

For more information, open the app and go to PAI > PAI Q&A.

* The HUNT Fitness Study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff at the School of Medicine, Norwegian University of Science and Technology. It has lasted over 35 years and involved more than 230,000 participants.



Activity goal

The watch automatically records your activity data, including steps, KCAL, standing events, and distance. It also records the duration that BMP is maintained within or above the fat-burning range as an index of fat-burning time.

Your daily activity goal consists of three parts, including Move ring (with target steps or calories), Fat burning ring, and Stand ring.

The watch vibrates when you achieve a daily goal.



Idle alert

To encourage you to have a certain amount of activity every hour when you are awake and reduce the harm caused by sitting for too long, the watch monitors your activity as you wear it.

If no activities are detected for more than one minute at the 50th minute of the current hour and you are wearing the watch correctly, the watch vibrates to remind you to work out. When you receive a standing alert, do activity before the next hour arrives to achieve the current hour's standing goal.

How to enable:

Keep the watch connected to your mobile phone, open the app, go to Profile > My Device > Amazfit T-Rex Pro > Notification & Reminders > Idle alert, and enable the function.



Heart Rate

Heart rate is an important indicator of physical condition. Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle.

To ensure measurement accuracy, you need to wear the watch correctly according to the tips, and ensure that the part next to your skin is clean and free of sunscreen smear.

Heart rate alerts

You can enable the heart rate alert feature when you set all day heart rate measurement mode with a measuring frequency of less than 10 minutes.

The watch vibrates when the measured heart rate is greater than the predefined value and you have not done any detectable activity for the past 10 minutes.

All-Day Heart Rate Monitoring

- 1、 Keep the watch connected to your phone, open the app, go to Profile >Amazfit T-Rex Pro > Health Monitoring, enable All-Day Heart Rate Monitoring, and set the measurement frequency. Then, the watch automatically measures the heart rate at the scheduled frequency and records heart rate changes throughout the day.
- 2、 Heart rate changes are more intense when you are working out. Enable Active heart rate monitoring to allow the watch to automatically increase the measurement frequency when it detects an activity so that more heart rate changes can be recorded.

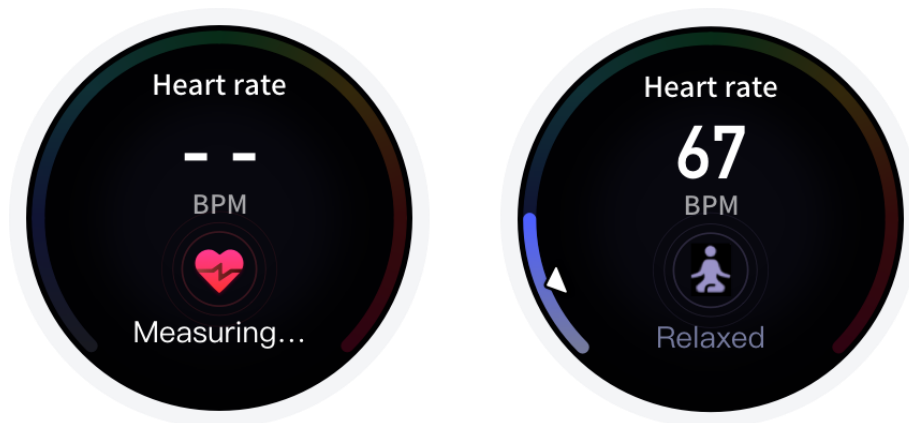
- 3、 The watch's heart rate app allows you to view the heart rate curve and heart rate distribution throughout the day.

Manual measurement

When all-day heart rate measurement is disabled, you can press the upper button on the watch face screen to go to the App List and swipe up and down on the screen to select the Heart Rate app for manual heart rate measurement.

You can set the Heart Rate app as a shortcut widget to start heart rate measurement more conveniently.

The watch only allows you to view the heart rate that is measured each time. To view historical records, you need to synchronize data to the app.



Sleep

Sleep quality has an important impact on human health.

If you wear the watch while sleeping, the watch automatically records sleep information. You can synchronize sleep information to the app to view the sleep duration, sleep stages, sleep score, and sleep suggestions.

Assisted Sleep Monitoring

Keep the watch connected to your phone, open the app, go to Profile > Amazfit T-Rex Pro > Health Monitoring, and enable assisted sleep monitoring for more accurate sleep information (REM sleep stage).

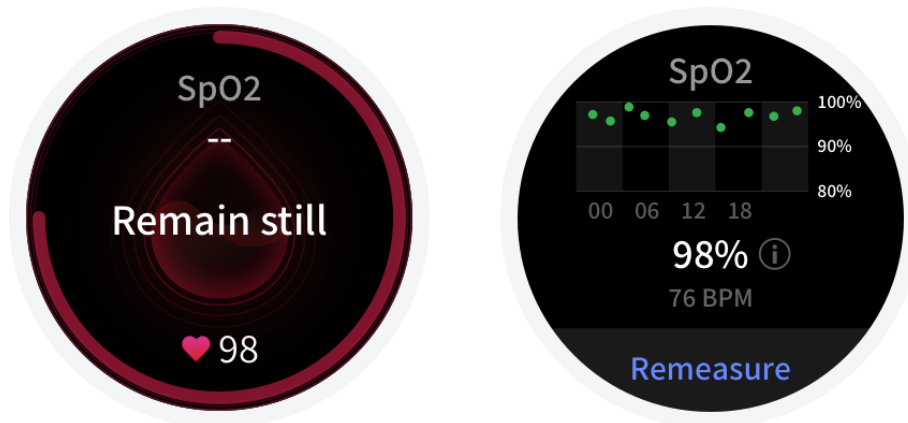
Sleep breathing quality monitoring

Keep the watch connected to your phone, open the app, go to Profile >Amazfit T-Rex Pro > Health Monitoring, and enable sleep breathing quality monitoring. The watch will automatically monitor the sleep breathing quality when it detects that you are wearing the watch during sleep.

SpO2

SpO2 is an important physiological parameter of respiration and circulation.

- 1、 Wake up the watch, go to the app list, and select the SpO2 app to start measuring SpO2.
- 2、 When you are climbing a mountain or hiking outdoors, you can go to Workout Settings > Workout Assistant and enable SpO2 for SpO2 measurement.
- 3、 After measurement is completed, the watch displays the measurement result. You can also view measurement results for the entire day.



Precautions for SpO2 measurement

- 1、 Wear the watch a distance of one finger away from the carpal and remain still.
- 2、 Wear the band tightly, with an appropriate sense of pressure.
- 3、 Place your arm on a tabletop or a stationary surface, with the watch screen facing up.
- 4、 Maintain still during measurement and focus on the measurement.
- 5、 Factors such as hair, tattoo, shaking, low temperature, and incorrect wearing of the watch may affect measurement results, and even lead to measurement failure.
- 6、 The measurement range of the watch is 80%-100%. This feature is for reference only and should not be used as a basis for medical diagnosis. If you feel unwell, please seek medical advice.

Stress

The stress index is calculated based on changes in heart rate variability. It is a reference for health status evaluation. You should rest more when the index is high.

- 1、 Wake up the watch, press the upper button to go to the app list, and swipe up and down to select the Stress app to view related information.
- 2、 When All-day pressure monitoring is enabled in the Stress app, stress will be measured every 5 minutes to record the changes in your stress throughout the day. Keep the watch connected to your phone, open the app, go to Profile >Amazfit T-Rex Pro > Health Monitoring, and set the function.
- 3、 If all-day pressure monitoring is disabled, you can access the Stress app for measurement at any time and view and record the results.



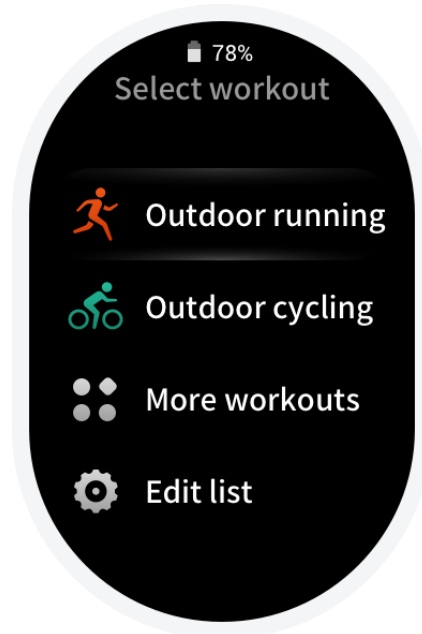
Workout Functions

The watch supports more than 100 workouts. The default 24 workouts in the workout list are outdoor running, walking, treadmill, trail running, indoor walking, outdoor cycling, indoor cycling, pool swimming, open water swimming, climbing, outdoor hiking, elliptical trainer, rowing machine, soccer, outdoor rowing, surfing, strength training, indoor fitness, free training, skiing, snowboarding, cross-country skiing, jumping rope, and stair climbing.

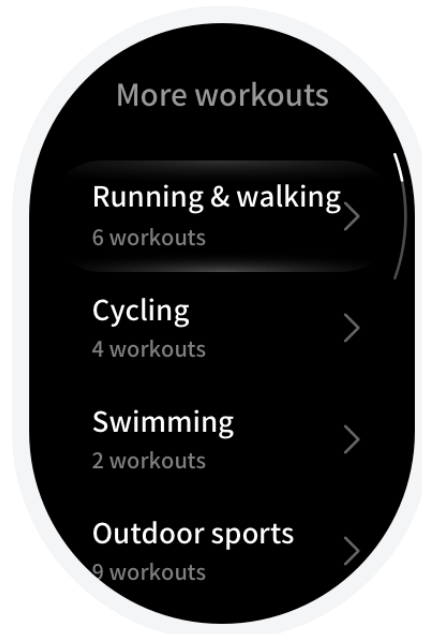
To customize the workout list, select Edit List at the bottom of the workout list.

Editing the Workout List

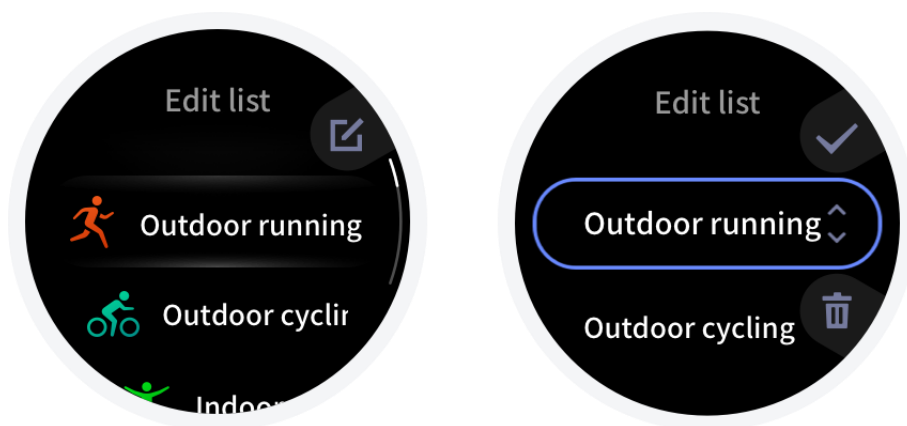
- 1、 Select Workouts in the app or press the SELECT button on the watch face (if quick start-up is set for workouts) to go to the workout list.
- 2、 Select the workout to start in the workout list.



- 3、 Select More Workouts to view all workout modes and start a workout.



4、 Select Edit List to edit the workout list. You can add, delete, and sort workouts.



Selecting a Workout

After entering the workout list, select the required workout by swiping up/down on the screen or pressing the UP/DOWN buttons. Enter the corresponding workout preparation page by tapping the workout or press the SELECT button.



Starting a Workout

After entering the workout preparation page, the watch will automatically search for a GPS signal. Once the signal is found, tap GO or press the SELECT button.



About GPS Search

When you enter a workout preparation page for outdoor sports such as outdoor running, the watch automatically enables GPS positioning and notifies you upon successful positioning. The watch automatically disables GPS positioning when you exit the workout preparation page or complete the workout.

GPS search can last for up to 5 minutes. If the positioning attempt times out and fails, a message is displayed, prompting you to repeat the positioning process. If you do not start a workout for a long time after successful positioning, the watch will automatically disable positioning to save power. In such cases, you must repeat the positioning process before proceeding with the workout.

Positioning suggestions:

Use GPS positioning in an open area outdoors, and wait until the positioning is successful before starting a workout. If you are in a crowd, raise your arm to your chest to accelerate positioning.

A-GPS:

Assisted GPS (A-GPS) uses the GPS satellite-based orbital information to help accelerate GPS positioning for the watch.

When the watch is connected to your phone via Bluetooth, the watch will automatically synchronize and update A-GPS data from the app every day in a scheduled manner. If the watch has not synchronized data from the app for seven consecutive days, the A-GPS data will expire, and the positioning speed may be affected.

Workout Pause or Ending

Workout pause


You can pause a workout by pressing the SELECT button or tapping Pause on the workout screen, and resume the workout by pressing the SELECT button again or tapping Continue.



Ending a Workout

After entering the Paused page, you can tap Save to end the workout, tap Continue to resume the workout, and tap Discard to delete the current workout record. Once you end the workout, the watch displays and saves the details of this workout, and you can view them again on your watch or in the app.

Path in the watch: Watch > Workout Records

Path in the app: App >  in the upper right corner of the home page > Exercise Record

More

Workout Assistant

Workout Assistant provides auxiliary tools for you during workouts, including Cadence assistant, Virtual Rabbit, Compass, and SpO2. The auxiliary tools vary according to workouts.

1、 Cadence assistant

Go to Work Assistant > Cadence Assistant to set and enable Cadence Assistant. You can set the stride frequency per minute and Prompt frequency. During a workout, the watch will vibrate based on the settings. You can follow the vibration frequency to control the stride frequency.



2、 Virtual Rabbit

Go to Workout Assistant > Virtual Rabbit to set and enable Virtual Rabbit. You can set the pace of the rabbit. After you start a workout, the current pace and the lead/lag distance of the rabbit are displayed in real time.



3、 Compass

Go to Work Assistant > Compass to enable Compass. You can view and use the function during a workout.

4、 SpO2

When you are climbing a mountain or hiking outdoors, you can go to Workout Assistant > SpO2 to enable SpO2 for SpO2 measurement during the workout. The measurement result will be saved in the workout records.

Workout goal

You can set workout goals, such as the duration, mileage, consumption, and training effect in Workout goal settings. A message is displayed once a configured goal is achieved. Workout goals vary according to workouts.

Workout settings

You can set Auto lap, Auto pause, Screen on, 3D data mode, Real-time graph, Data display, and Screen lit upon wrist lift. Workout settings vary according to workouts.

1、 Auto lap

You can use the lap function during a workout. During your workout, press the DOWN button on the watch to perform the manual lap. In workout settings, you can set an auto lap mileage. In workout alert settings, you can enable auto lap notifications.

The watch also records the workout details of each lap node for both the manual lap and auto lap. After the workout ends, you can view details of different laps.

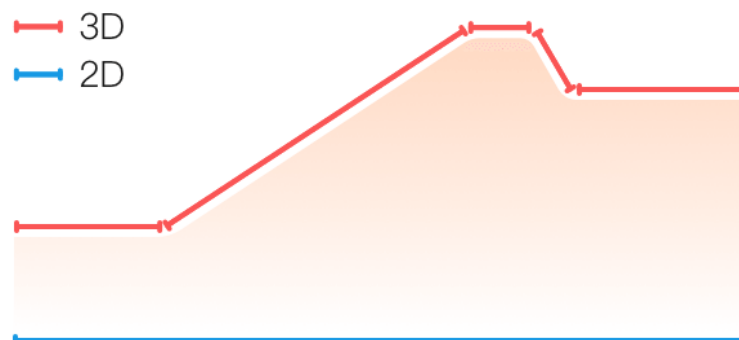
2、 Auto pause

After the function is enabled, the workout will be automatically paused when the workout speed is too low. When the speed increases to a certain threshold, the workout can be resumed. You can also resume the working during the pause. The auto pause threshold can be customized for some workouts.

3、 Screen on

After the function is enabled, the screen remains on with low brightness during a workout. Once enabled, the screen-off settings in the system are not affected. However, power consumption during workouts is increased.

4、 3D data mode



You can enable or disable the function for some workouts in workout settings. If the function is enabled, the watch calculates distance using 3D data, as shown in the preceding figure.

5、 Real-time graph

You can set whether to display a real-time data curve during a workout. Data curves vary according to workouts.

6、 Data display

You can set the displayed data volume per screen during workouts. You can select three to six data types.

7、 Wake screen on wrist raise

You can modify screen lit upon wrist lift settings during workouts. This setting is used only during workouts, and lift wrist to view info in the system is not affected.

Workout Alerts

This function allows you to control various alerts, such as Distance and heart rate alerts. You can set alerts as required in workout settings. Workout alerts vary according to workouts.

1、 Distance alert

The watch vibrates and displays the duration of the last kilometer upon each full kilometer during the workout.

To set the function, go to **Workout Mode > Workout Alert > Distance**, select the number of full kilometers, and enable or disable the function.

2、 Safe heart rate alert

During a workout, if the watch detects that your heart rate exceeds the safe heart rate value you have set, it will vibrate and display a message on the screen. In this case, you need to slow down or stop.

To set the function, go to **Workout Mode > Workout Alert > Safe Heart Rate**, select a safe heart rate value, and enable or disable the function.

3、 Heart rate zone

During a workout, if the watch detects that your heart rate does not fall within the configured heart rate range, it will vibrate and display a message on the screen. In this case, you need to speed up or slow down to ensure that your heart rate is within the configured range.

To set the function, go to **Workout Mode > Workout Alert > Heart rate zone**, select a heart rate range, and enable or disable the function.

4、 Pace alert

During a workout, if the watch detects that your pace is slower than the configured pace, it will vibrate and display a message on the screen.

To set the function, go to Workout Mode > Workout Alert > Pace, select a pace, and enable or disable the function.

In addition, the watch also supports alerts for the following: high speed, number of laps, speed, cadence, pace, time, calorie, drinking water, energy intake, and return.

Pool Swimming

Terms

Lane length: The length of lanes in your swimming pool. The watch calculates swimming data based on the lane length you set.

Set the corresponding lane length for each pool so that the watch can accurately evaluate your swimming data.

Lap: The lane length in pool swimming mode.

Stroke: The complete stroke while you wear the watch.

Stroke rate: The number of strokes per minute.

DPS: The distance moved during a complete stroke.

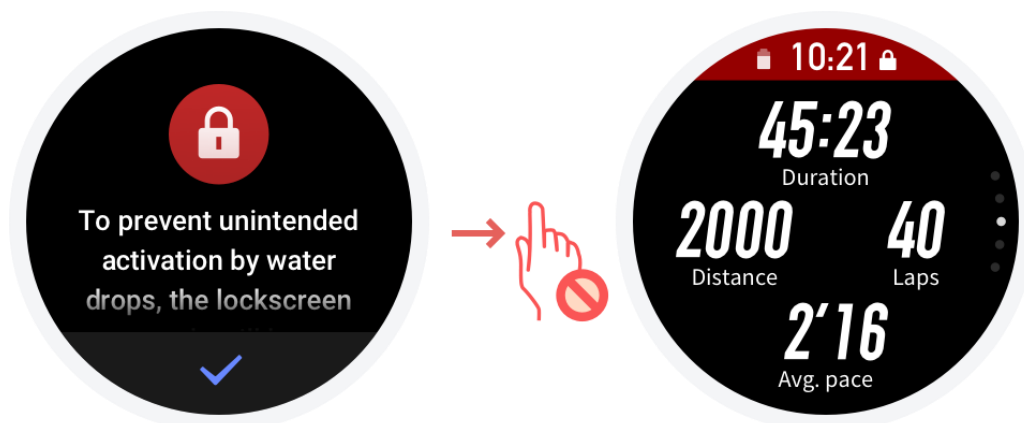
SWOLF: SWOLF is an important indicator for a swimmer, which uses scores to make a comprehensive assessment of your swimming speed. SWOLF in pool swimming mode = Duration of a single lap (in seconds) + Number of strokes in a single lap. In open-water swimming mode, SWOLF is calculated using a lap distance of 100 meters. A smaller SWOLF score indicates higher swimming efficiency.

Stroke Recognition

The watch recognizes strokes in swimming modes and displays the main stroke you use.

Freestyle	Freestyle swimming
Breaststroke	Breaststroke
Backstroke	Backstroke
Butterfly	Butterfly
Medley	More than one stroke is used when swimming, with each stroke in a similar proportion.

Touch Screen During Swimming



To protect the touch screen from unintentional touches and water interference, the watch automatically disables the touch screen function after you start swimming. After the workout ends, the watch will re-enable the touch screen function.

Viewing Workout Records

On the workout record screen, tap on the screen or press the SELECT button to go to the workout history list. After tapping a workout record, you can view the details.

Any workout record that has not been uploaded to the app will be prefixed with a small red dot. We recommend that you open the app to synchronize data in a timely manner to avoid the loss of workout records.



You can view the details of the 20 most recent workouts in the watch's workout record app. On the Workout page of the Zepp app, you can view all workout details that have been successfully synchronized from the watch.

Indoor Running Calibration

If the watch records a distance greater than 0.5 km, the workout can be saved successfully. Once your indoor running ends, distance can be calibrated when saving the records. And as the number of calibrations increases, the watch will learn your running style and make more accurate mileage estimates for your next indoor run.

If the mileage records are still inaccurate after multiple times of calibration, you can select Recalibrate.

Workout Status

In the Workout Status app, you can view the current training load, full recovery time, and VO₂ max.



Real-Time Data Item Sorting

Open the app and go to Profile >Amazfit T-Rex Pro >Workouts, where you can sort the displayed real-time data items during workouts. All workout data items can be sorted.

Automatic Workout Identification

Workout types that can be identified include walking, indoor walking, outdoor running, treadmill, outdoor cycling, pool swimming, elliptical trainer, and rowing machine.

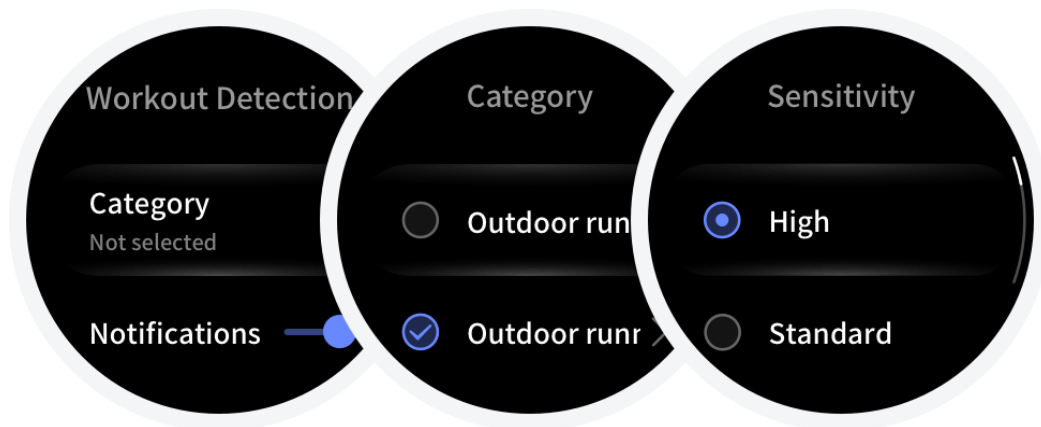
Automatic workout identification is a process where the watch automatically determines the workout type and records a single workout after related workout characteristics are complied with and your workout continues for a period.

Type: After you select a workout type, the automatic identification function is enabled for the workout.

Reminder: When the function is enabled, a pop-up dialog box is displayed upon workout identification. When the function is disabled, data is recorded silently upon workout identification and a dynamic icon is displayed on the watch face screen.

Sensitivity: Higher sensitivity indicates a shorter recognition time. Recognition time is prolonged if the sensitivity is low. Set as required.

* Continuous workout status monitoring will greatly reduce the battery life. When no workout is selected, the workout identification function is not enabled. If the watch detects an ongoing workout, the data cannot be synchronized with the app.



Physical Indicators for Workouts

The watch provides a variety of physical indicators for workouts. You can use evaluation scores as a reference for your workouts. These indicators are determined based on your profile and other data such as heart rate. As the watch progressively understands and analyzes your body and workout data, the accuracy of evaluation scores gradually improves.

VO2 max

VO2 max indicates the amount of oxygen consumed by the body during maximum-intensity workouts, which is an important indicator of the body's aerobic capacity. As one of the most important reference indicator for endurance athletes, high-level VO2 max is the prerequisite for high-level aerobic capacity.

Maximum oxygen uptake is a relatively personal indicator, which has different reference standards for different genders and age groups. The watch evaluates your athletic capacity based on your profile and the heart rate and speed during your workouts. Also, VO2 max changes with your athletic capacity. However, everyone has a VO2 max value, which varies by individual body conditions.

How is it obtained?

- 1、 Correctly enter your profile in the app.
- 2、 Run outdoors for at least 10 minutes when wearing the watch and ensure that your heart rate reaches 75% of the maximum heart rate.
- 3、 After the run ends, you can view your current VO2 max in the watch's workout record app or go to App > Workouts > More.
- 4、 VO2 max scores map seven athletic ability levels.

Novice	Elementary	Moderate	Medium	Good	Excellent	Superior

How can I view it?

You can view the current VO2 max in the watch's workout status app.



You can also view the VO2 max history and variation trends in the app.

TE

Training Effect (TE) is an indicator for measuring the effect of a workout on improving the aerobic capacity. When you work out while wearing the watch, the TE score starting from 0.0 increases as the workout progresses. The TE score ranges from 0.0 to 5.0, and different score ranges indicate different effects. A higher TE score indicates a greater workout intensity. It signifies a higher body load, but a better TE. However, you should consider whether your body load is too high when the TE score reaches 5.0.



Aerobic TE Score	Effect on Improving Aerobic Capacity
0.0 – 0.9	This workout has no effect on improving aerobic capacity.
1.0 - 1.9	This workout helps improve endurance and is ideal for post-workout recovery training.
2.0 - 2.9	This workout helps maintain aerobic capacity.
3.0 - 3.9	This workout significantly helps improve aerobic capacity.
4.0 - 4.9	This workout remarkably improves heart-lung ability and aerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

Anaerobic TE Score	Effect on Improving Anaerobic Capacity
0.0 – 0.9	This workout has no effect on improving anaerobic capacity.
1.0 - 1.9	This workout has a slight effect on improving anaerobic capacity.
2.0 - 2.9	This workout helps maintain anaerobic capacity.
3.0 - 3.9	This workout significantly helps improve anaerobic capacity.
4.0 - 4.9	This workout has a significant effect on improving anaerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

The TE score is evaluated based on your profile, as well as your heart rate and speed during your workout. A low TE score does not indicate a problem during your workout, but instead signifies that the workout is too easy and has no significant effect on improving aerobic capacity (for example, a low TE score for 1-hour of jogging).

How is it obtained?

Once a workout for which heart rate data is monitored ends, the watch displays the TE score of the workout and provides related comments or suggestions. You can also review the TE score of each workout record in the future.

Training Load

The watch calculates the training load based on excess post-exercise oxygen consumption (EPOC) scores over the past seven days to evaluate your workout volume. You can adjust your subsequent training schedule based on your training load score range.



	Insufficient exercise
	Good exercise status
	Too much exercise. Please avoid excessive exercise

Daily Maintenance

- 1、 The watch is water resistant. We recommend that you regularly clean the watch and watch strap with water and drying with a soft cloth before wearing.
- 2、 Avoid using detergents such as soap, hand sanitizer, or shampoo for cleaning to prevent chemical residues from irritating the skin or corroding the watch.

Precautions

- 1、 The watch has a water resistance rating of 10 ATM. It can be used in swimming, snorkeling, and water works, but cannot be used in diving, jump diving, showering, or a sauna.
- 2、 Do not operate the watch underwater via the touch screen or physical buttons. If the watch gets wet, operate the touch screen or charge the watch only after the watch is wiped clean using a soft cloth.
- 3、 The watch is not resistant to corrosive liquids such as acidic and alkaline solutions and chemical reagents. Damage or defects caused by misuse or improper use are not covered by the warranty.