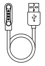
KOSPET TANK T4C

User Manual

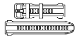
Packing List

Smartwatch (including strap), Magnetic charging cable, User manual

Smartwatch



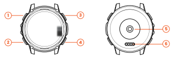
Magnetic charging cable



Strap

User manual

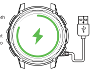
About the Watch



1	**UP button**	Press the UP button once to scroll up through options.
2	**DOWN button**	Press the DOWN button once to scroll down through options.
3	**SEL button**	· Long press the SEL button to power on/power off. · Short press the SEL button to enter the App List or return to the home screen.
4	**BACK button**	Press the BACK button to return to the upper-level page when on most sub-level pages.
5	**Heart rate sensor**	
6	**Charging port**	

Notes:

- Please use the original KOSPET charger to charge the watch. Before charging, please ensure that both the charger and the watch are dry and clean.
- Please use a power adapter with an output current of 500mA or higher and ensure that it is certified to meet safety standards.



Usage Environment Precautions

Do not expose the watch to the following conditions to maintain its water resistance.

- High-temperature environments (e.g., saunas, hot showers)
- High-pressure water (e.g., diving, water skiing)
- Strong corrosive liquids or UV/radiation exposure

Note: Prolonged exposure to extreme conditions accelerates gasket deterioration, which may lead to water ingress.

Watch Wear and Care Tips

Cleaning and Maintenance After Water Activities

After water activities (e.g., swimming, surfing), please shake the watch promptly to remove residual water from holes in the watch case and wipe the watch body and the strap with a soft cloth dampened with clean water. Allow them to dry completely before wearing the watch again to prevent salt deposits that may affect the normal use of the watch.

Cleaning Tips After Workouts

After intense activities (e.g., running, hiking, cycling), sweat and acidic residues may accumulate on the watch. Please rinse the watch with clean water and dry it promptly to minimize long-term corrosion.

Cleaning Precautions

Do not use soap, hand sanitizer, shampoo, or other harsh chemicals to clean the watch, in order to avoid skin irritation or component damage caused by residues.

Device defects or damage caused by improper cleaning or chemical exposure is not covered under warranty.

App Download and Installation

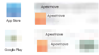
Before using the smartwatch, please download the Apexmove App where you can access more health and fitness data insights and customize various settings, which helps you to embrace a healthier and more active lifestyle.

Method 1:
Scan the QR code below to download and install the App.

Method 2:
Enter the keyword "Apexmove" in the Apple App Store or Google Play Store to download and install the App.

App QR code

Apexmove



App Registration and Login

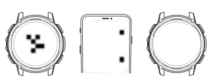
1. The App will request permissions on your phone. We will use this information to enhance your user experience and guarantee the absolute security of this information.

2. To fully experience all features of the smartwatch, please register and log into your account before using the App and grant necessary permissions to the App.

Pairing and Connection

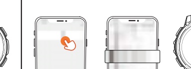
Method 1:

① Press and hold the SEL button for 3 seconds to power on the watch, select the language, and enter the QR code interface.
② Open the App and go to My > My Device.
③ Select the scanning icon and complete pairing by scanning the QR code.

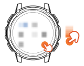


Method 2:

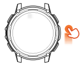
① Press and hold the SEL button for 3 seconds to power on the watch.
② Open the App and go to My > My Device.
③ Select the Add Device icon, find "KOSPET TANK T4C" from nearby devices, and tap to pair the device.



Gesture Operations



Swipe Down:
Swipe down on the home screen to access the Control Center, where you can customize relevant features.



Swipe Up
Swipe up on the home screen to access the Shortcut Cards.

Gesture Operations

Swipe Right:
Swipe right on the home screen to view unread notifications.

Swipe Left:
Swipe left on the home screen to enter the App List.

BT Calling Setup

To ensure the normal use of the watch, once it is connected to the App, please tap "Pair" in the App to enable BT calling.

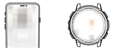
When pairing the watch with an Android phone, please confirm BT pairing on the watch.

To ensure the normal use of BT calling feature, please keep the 🟦 enabled on the watch.

For Android Phones

OTA Update

Before using the watch, please open the App and go to My > My Device > Firmware Update to download the latest firmware version for the watch.



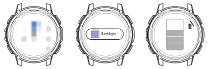
Training Plans

You can create personalized training plans in the App with a few simple steps.

Once the training plans are synced successfully, you can directly begin your training programs on the watch. You can also check your training schedule and progress to better achieve your training goals.

LED Flashlight

A built-in LED flashlight helps you navigate safely in low-light conditions. You can adjust the brightness level on the flashlight setting page to suit different environments.



Technical Specifications

Frequency	2402–2480MHz GPS L1C/A, GPS L1C, BDS B1, GLONASS G1, Galileo E1:1559–1610MHZ
Power (EIRP)	BT:6.06dBm BLE: 5.84dBm

Warranty Policy

For products purchased from the KOSPET official online store (http://www.kospet.com), please visit https://kospet.com/pages/warranty-policy for the warranty policy.
If you have any further questions, feel free to:

- Email: support@kospet.com
- Call: +1 (507) 668-8466 (Service hours: Monday to Friday, 9:00 AM - 6:00 PM EST)

For purchases made on Amazon, please contact: smartwatch.amz@gmail.com.

Safety Precautions

- Do not expose the watch to high temperatures or place it near heat sources, such as heaters, ovens, microwaves, or water heaters, as excessive heat may cause battery explosion and other safety hazards.
- This product uses a non-removable polymer battery. Disassembly by unauthorized personnel is strictly prohibited to prevent potential risks.
- While the watch passed waterproof testing before leaving the factory, wear and tear during daily use may affect its sealing performance. Please use the watch carefully while swimming, and avoid wearing it in saunas or during hot showers.
- This product is not a professional medical device and cannot be used for medical purposes, or as the basis for diagnosis of any medical condition. All detection results are provided for reference purposes only.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and.
(2) This device must accept any interference received, including interference that may cause undesired operation.

Important Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Manufacturer:
Shenzhen Amazwear Technology Co., Ltd.

Address:
34/F, Changjiang Center, Intersection of Renmin Road and Jianshe Road, Jingxin Community, Longhua Subdistrict, Longhua District, Shenzhen, Guangdong, China

MADE IN CHINA

The E-label Information

Step 1: Click Settings in the App List or click Settings in the Control Center.
Step 2: Enter the System Settings interface.
Step 3: Select About and view FCC ID.

This user manual is published by KOSPET. The company reserves the right of final interpretation and may make adjustments to this manual anytime if necessary. Please refer to the latest version published on the KOSPET official website. Feature descriptions on the foregoing pages are provided for reference only.

Please scan the QR code to view more.