

EN: SILENTRA – USER MANUAL

24-Hour 3D Pedometer Fitness Bracelet

PRODUCT SPECIFICATIONS

Product Model: T5C1

Material: Silicone strap + ABS housing

Display Screen: LED display

Charging Method: USB

Charging Voltage: 5 V

Supply Voltage: DC 3.7 V

Battery Capacity: 55 mAh

Pedometer Sensor: G-sensor

Step Counting Accuracy: ±5%

Maximum Step Display: 39,999 steps

Operating Atmospheric Pressure: 860 hPa – 1060 hPa

Weight: 18 g (subject to the actual product)

Overall Dimensions: 215 (L) × 17 (W) × 8 mm (H) (subject to the actual product)

BASIC OPERATIONS OVERVIEW

- **Time/Date:** Touch the button once to display the current time and date.

Note: The display format is Time/Date.

- **Pedometer/Step Count:** Touch the button twice consecutively to display the real-time step count. While the step count is displayed, press and hold the button for 3 seconds to clear the current data and restart counting.
- **Calories:** Touch the button three times consecutively to display the total calories burned today.
- **Distance:** Touch the button four times consecutively to display the total distance traveled in real time.
- **Stopwatch:** When the calorie display is active, press and hold the button for 3 seconds to enter stopwatch mode. Press the button once to start or pause the stopwatch. Press and hold the button again to exit stopwatch mode.
- **Check Battery Level:** In standby mode, press and hold the button for 3 seconds to display the remaining battery level. When the battery level falls below 10%, a low-battery warning will appear.
- **Time and Personal Settings:** In normal time display mode, press and hold the button for 3 seconds to enter the settings menu. The hour value will begin flashing.

Press the button to adjust the currently flashing value. Press and hold the button for 3 seconds to confirm the setting and move to the next item.

The settings can be adjusted in the following order:

Hour → Minute → Month → Day → Year → 12/24-Hour Format → Height → Weight

After completing the settings, or if no button is pressed for 8 seconds, the device will automatically return to standby mode.

- **Alarm Clock Settings:** Press the button five times to display Alarm 1. "OF" indicates that the alarm is disabled by default.

Press and hold the button for 3 seconds to enable and configure the alarm. The hour value will flash. Press the button to adjust the hour, then press and hold the button to switch to minute adjustment.

Press the button six times to display Alarm 2. "OF" indicates that the alarm is disabled by default.

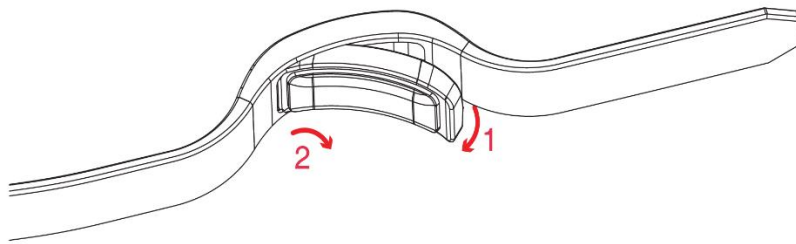
Press and hold the button for 3 seconds to enable and configure the alarm. Adjust the hour and minute values using the same procedure as Alarm 1.

Note: Set the alarm to "OF" to disable it.

Important: To extend the service life of the wristband, remove the watch module after washing your hands or exercising and wipe away any water droplets or perspiration.

CHARGING INSTRUCTIONS

1. Remove the watch module from the strap to expose the USB charging connector.



2. Insert the USB connector into a USB power adapter (not included).



Charging Time: Approximately 0.5 hours

Working Time: Approximately 15 days

Standby Time: Approximately 30 days

INSTRUCTIONS FOR RECYCLING AND DISPOSAL:



This label means that the product cannot be disposed of as other household waste throughout the EU. To prevent potential damage to the environment or human health from uncontrolled waste disposal. Recycle responsibly to promote the sustainable use of material resources. If you want to return a used device, use the drop-off and collection system, or contact the retailer from whom you bought the product. The retailer can accept the product for environmentally safe recycling.



A declaration by the manufacturer that the product complies with the requirements of the applicable EU Directives.