

Amazfit T-Rex Dual Solar User Manual - Global Version

Connection and pairing

Use your phone to scan the following QR code, and download and install the Zepp App. For a better user experience, update the app to the latest version as prompted.

Note: Your mobile phone must run Android 8.0 or iOS 17.0 or later.

Initial pairing

When the watch is started for the first time, the QR code is used for pairing displays on the screen.

Open the Zepp App on your phone, log in to the app, and scan the QR code on the watch to pair your phone with the watch.



Pairing with a new phone:

1. Open the app on your old phone and synchronize data with the watch.
2. On your old phone, go to the information page of the watch, tap Unpair at the bottom of the page, and unpair the old phone from the watch. If it is an iPhone, you also need to unpair the Bluetooth connection between the phone and the watch. Please find the Bluetooth name corresponding to the watch in Settings-Bluetooth, click the icon on the far right of the name, enter and click Forget This Device.

3. Restore the factory settings of the watch, and then pair the watch with your new phone as described in the initial pairing procedure.

Updating the system of your watch

Keep the watch connected to your phone, open the Zepp App, and go to Profile > Amazfit T-Rex Dual Solar > System Update to check for or update the watch system.

When the watch receives a system update notification, we recommend tapping Update Immediately to get the latest features and optimizations in a timely manner.

Wearing the watch

- The strap should be comfortably snug, allowing the watch to fit against your skin without excessive pressure. This helps keep your skin ventilated and allows the sensors to work properly.
- When measuring blood oxygen saturation, avoid wearing the watch directly over the wrist bone. Keep your arm still and supported, and make sure the back of the watch is in full contact with your skin. You can tighten the strap slightly if necessary. Factors such as a hanging or moving arm, excessive body hair, tattoos, and other conditions may result in inaccurate measurements or measurement failure.
- It is recommended to tighten the strap appropriately during workouts to obtain more stable monitoring data. After the workout, loosen the strap to a comfortable level.

Basic operations

Gestures and buttons on watchface page

Operations	Results
Swipe down the screen or press the UP button	Accesses the Notification Center and Control Center
Swipe up the screen or press the DOWN button	Accesses Shortcut Cards
Swipe from left to right or press the	Accesses the Workout List

SELECT button	
Swipe from right to left or press the BACK button	Accesses App List

Commonly used gestures and buttons

Operations	Results
Tap the Screen	Uses a feature, selects the current item, or proceeds with the next step
Press and hold the watch face	Activates watch face selection and watch face settings
Cover the screen	Turns off the screen
Swipe from left to right	Returns to the upper-level page when on most sub-level pages
Swipe up or down on the screen	Scrolls or switches pages
Press the upper right button - SELECT	Uses a feature, selects the current item, or proceeds with the next step
Press the lower right button - BACK	Returns to the upper-level page when on most sub-level pages
Press UP/DOWN button	Scrolls or switches pages
Press and hold the UP button for 2 sec	Turn Flashlight On/Off
Press and hold the BACK button for 5 sec or longer	Powers on, accesses the restart page, and performs force restart.

Control center

On the watch face, swipe down or press the UP button, then swipe down again or press the UP button again to open the Control Center and access system controls.

Supported features:

1. Default display: Flashlight, DND, Sleep mode, Theater mode, Calendar, Alarm, Battery, Volume, Brightness, Settings, SOS, Lock Screen, Find Phone, Bluetooth, Wi-Fi, Eject Water, Outdoor Extreme Mode, Priority Charging Mode
2. Can be added: Night Display, AOD, Bluetooth Earphones, Buzzer Intensity, Barometric Altimeter, Compass, Countdown, Timer, Test Size, Screen Always Lit, Music, Bluetooth Speaker

Long-press any icon in the Control Center to enter edit mode and personalize your layout. You can add up to **24** system functions for quick access.

LED Flashlight

- Tap Flashlight in the Control Center or press and hold the UP button to turn on the flashlight.
- When the flashlight is on, press the UP/DOWN button four times consecutively to adjust the brightness and switch to red light.
- After turning on the flashlight, press UP + BACK simultaneously to activate the ultra-bright mode. The ultra-bright mode lasts for 30 seconds, after which the flashlight automatically returns to normal brightness. A 6-minute cooldown is required before the mode can be used again.



Find the phone

1. Keep the watch connected to your phone
2. On the watch face page, swipe down to go to the Control Center, find and tap

the Find Phone button , then your phone will vibrate. You can also click the ring button, and then the phone will ring;

3. Or you can go to the App List, tap More, and then tap Find My Phone.

Find the watch

Keep the watch connected to your phone, open the Zepp App, go to Profile > Amazfit T-Rex Dual Solar, and tap Find Device. Then, your watch will vibrate and buzz, if the two functions Vibrate For Alert and Buzzer scenes have been toggled on the watch Settings. (The default is only vibration, and the buzzer needs to be manually set: Settings > Sound and vibration > Buzzer Intensity)

Text Size Adjustment

- When you first bind the watch or after a system update, a **text size selection screen** will appear. Select the size that suits you best.
- To adjust later, go to **Settings > Accessibility > Text Size** on the watch and choose your preferred text size.

Watch faces

Change watch faces

1. Wake up the watch face, and press and hold the watch face to go to the watch face selection page.
2. Swipe left or right on the screen to preview watch faces available on the watch, including built-in watch faces and synchronized online watch faces.
3. Tap the desired watch face to replace the current watch face.

Add watch faces

In addition to the built-in watch faces, you can choose online watch faces as desired from the watch face store in the Zepp app and synchronize them to the watch. You can also use a photo you took using your phone or use an image in the album as a custom background watch face.

Add online watch faces:

1. Keep the watch connected to your phone, open the Zepp app, and go to Device > Amazfit T-Rex Dual Solar > Watch Faces.
2. Select one or more watch faces, and then synchronize them to the watch to give yourself multiple options.

Add customized watch faces:

Keep the watch connected to your phone, open the Zepp app, go to Device > Amazfit T-Rex Dual Solar > Watch Faces > Photo Watch Face and tap your preferred style to

change background by selecting a photo from your phone's albums or taking a photo with your phone's camera.

Delete watch faces

When the storage space on the watch is almost full, you will need to delete some of the watch faces to make room for new ones (retain at least one watch face).

1. Wake up the watch face, and press and hold the watch face to go to the watch face selection page.
2. Swipe left or right on the screen to preview watch faces available on the watch, including built-in watch faces, synchronized online watch faces, and customized watch faces.
3. Swipe up on the screen, you can see the delete button , and tap it to delete the watch face.

Watch face compilations

Some watch faces support compilations. With compilations, you can view steps, calories, weather, and other information, and edit the information as needed.

Edit watch face compilations:

1. After waking up the watch, press and hold the watch face to enter the watch face selection page, where you can choose other watch faces or edit the watch face.
2. Swipe left or right on the screen to preview watch faces available. The Edit button displays at the bottom of a watch face that supports compilations.



You can tap this button to go to the page to edit the compilations of this watch face.

3. Select the compilation to edit. Tap a compilation, or swipe up or down on the screen to switch between compilations.
4. After editing, press the upper right button to finish editing and enable the watch face.

Always On Display

If this feature is enabled, the screen still displays time and some information on the watch face in standby mode. Notice: This feature may greatly reduce the battery life.

Set Always On Display:

1. After you wake up your watch, swipe left on the watch face or press the BACK button to open the App List, and go to Settings > Display > Always On Display.
2. Select the watch face style and enable status for Always On Display.

State points

The state point is displayed on the top of the watch face to indicate the functions currently enabled on the watch, such as the Theater Mode turned on in the watch or the Countdown app running in the background.

The supported display states are:

- Low battery
- DND Mode
- Sleep Mode
- Theater Mode
- Stopwatch (tap the state point to go to the app)
- Countdown (tap the state point to go to the app)
- Music (tap the state point to go to the app)
- In workouts (tap the state point to go to the app)
- Charging
- Flashlight
- SOS Light Mode

Notifications and calls

Notifications

The watch can display notifications generated by the system and apps, as well as notifications received from your phone.

On the watch face, swipe down and tap a notification card or press the SELECT button to open the Notification Center.

Clear all notifications

Tap Clear All at the bottom of the Notification Center to clear all notifications.

Notifications are also cleared automatically when the watch restarts.

Delete a single notification

When a notification is displayed, tap the Delete button at the bottom of the notification to delete it. You can also swipe left on a notification in the Notification Center to delete it.

Turn off notifications

Go to Settings > Notifications to turn notifications on or off.

When notifications are disabled, the watch will no longer display notifications or reminders, and the Notification Center entry will be hidden. Alarm and low-battery

alerts will continue to be displayed.

The watch also supports separate notification settings for phone notifications and notifications from apps on the watch. For example, you can go to Settings > Notifications > Schedule and disable Allow Notifications to stop schedule-related reminders.

Silence notifications during workouts or when off-wrist

You can customize how notifications behave when the watch is off your wrist or during workouts.

For example, go to Settings > Notifications > Schedule > Silent Notifications and enable During Workouts to prevent schedule-related reminders from appearing during workouts.

Phone notifications

When the watch is connected to your phone, you can receive phone notifications on the watch.

To set up phone notifications:

Keep the watch connected to your phone, open the Zepp App, and go to Profile > Amazfit T-Rex Dual Solar > Notifications > App Notifications. Enable notifications for the apps you want.

Note:

- Android users: To ensure that notifications work properly, add the Zepp App to the phone's background allowlist or enable auto-start, and keep the app running in the background. If the app is terminated by the phone's background process, the watch may disconnect from the app and stop receiving notifications.
- iOS users: When the watch is first activated, only a limited number of apps may be available for notification settings. As more app notifications are received on the phone, more apps will become available in the App Notifications list.

To clear all notifications:

Tap the Clear button  at the bottom of the notification list to clear all notifications.

Notifications are also cleared automatically when the watch restarts.

To delete a single notification:

When a notification is received, or after opening a notification from the notification list, tap the Delete button at the bottom of the notification to delete it.

Morning Updates

When Morning Updates is enabled, the device sends a brief report each morning to

help you quickly review today's weather, activity and health status, personal affairs, and other information so that you can better prepare for the day.

You can enable or disable Morning Updates and adjust its content and display order by going to Settings > Notifications > Morning Updates on the watch.

You can also configure it in the Zepp App by going to Profile > Amazfit T-Rex Dual Solar > Notifications > Morning Updates.

Bluetooth calling

- Once this feature is enabled, pair the watch with your phone via Bluetooth and maintain the connection to receive calls on the watch.
- While the watch and your phone are connected via Bluetooth, you can also make Bluetooth calls on the watch through the Phone app.

Bluetooth calling setup methods:

Method one: Start the Zepp App, go to Device > Amazfit T-Rex Dual Solar > App Settings > Phone, enable Bluetooth Calling.

Method two: On your phone, go to Settings > Bluetooth to pair the watch with your phone:

1. On your phone, go to Settings > Bluetooth, and enable the Bluetooth to make the phone discoverable. On the watch, go to the app list, tap Settings > Network & Connections > Bluetooth, and ensure the Bluetooth is enabled.
2. Find the watch in the search results for available devices on your phone, and tap to pair the devices.

Incoming call alerts

To enable this feature, open the Zepp App, and go to Profile > Amazfit T-Rex Dual Solar > Notifications and Reminders > Incoming Calls. Once the feature is enabled and the watch and phone are connected, the watch will display a prompt when the phone receives a call, and you can ignore or hang up the call on the watch.

Shortcuts

Shortcut Cards

Swipe up on the watch face to go to the Shortcut Cards page, where you can easily use and view various features and information:

- You can add frequently used feature cards to the Shortcut Cards page, such as recent schedules, the next alarm, and recent heart rate data.
- You can swipe to the bottom of the Shortcut Cards page and tap Edit, or open Zepp App > Profile > Amazfit T-Rex Dual Solar > Shortcut Cards to customize the

displayed cards and their order.

Press buttons for quick start-up

You can go to Watch > Settings > Preferences > Shortcut Buttons and select the app to be quickly launched, and then you can quickly open the previously set app by operating the corresponding button.

Supported trigger methods include:

- Press and hold the SELECT button
- Press the SELECT button
- Press and hold the DOWN button
- Double-press the BACK button
- Press the BACK button

Workouts

Workout modes

The watch supports more than 180 workout modes, including Running & walking, Cycling, Swimming, Outdoor workouts, Indoor workouts, Dance, Combat workouts, Ball workouts, Water workouts, Winter workouts, Extreme workouts, Leisure workouts, Board & card games, Diving and Others.

Workout list

1. Select Workouts in the watch App list or press the upper right 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 on the workout list.
3. Select More Workouts to view all workout modes and start a workout.

4. Tap the Edit button  to edit the workout list, where you can add, delete, and sort workouts.

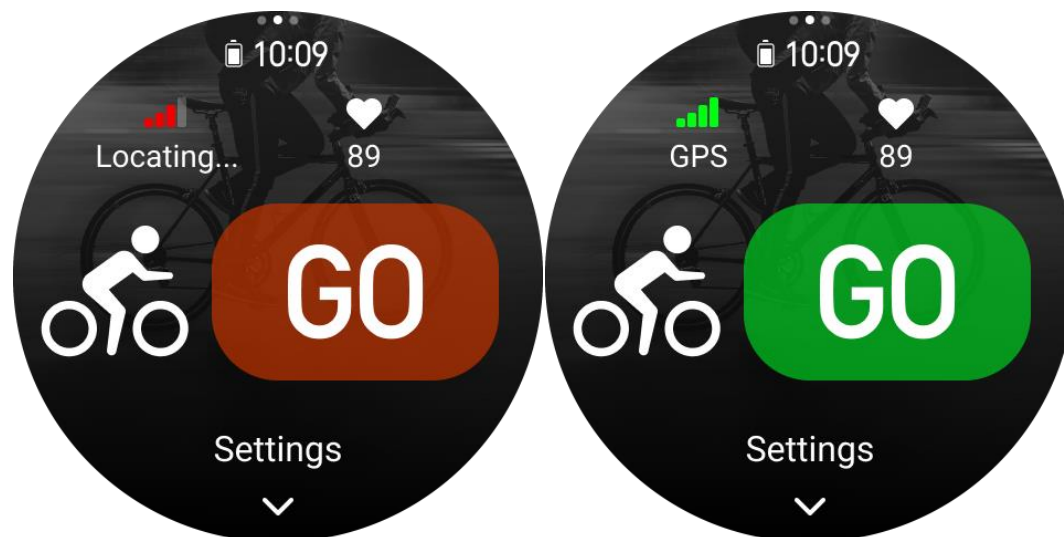
Select a workout

In the workout list, swipe up or down on the screen or press UP/DOWN buttons to select the workout to start.

Start a workout

After entering the workout preparation page, for the workouts that require positioning, the device will automatically search for a GPS signal. The red status bar indicates that the watch is searching for a signal, and it will turn green once the signal is found. It is recommended that you tap the green status bar or the upper right button to enter the workout after the signal is found to improve the accuracy of workout data calculation.

For workouts that do not require positioning, you can directly tap the green status bar on the workout preparation page to start the workout.



Workout settings

Workout alerts

Workout alerts provide reminders such as distance, heart rate, pace, and cadence. Available alerts vary by workout type.

1. Safe heart rate alert

If your heart rate exceeds the safe heart rate you set during a workout, the watch vibrates and displays an alert.

To set up:

Workout Mode > Workout **Settings** > Workout Alerts > Safe Heart Rate

Select the safe heart rate value and enable or disable the alert.

2. Heart rate zone alert

If your heart rate falls outside the configured heart rate zone during a workout, the watch vibrates and displays an alert.

Adjust your pace to bring your heart rate back into the target zone.

To set up:

Workout Mode > Workout **Settings** > Workout Alerts > Heart Rate Zone

Select the heart rate zone and enable or disable the alert.

3. Distance alert

The watch vibrates and displays the elapsed time each time you reach the configured whole-kilometer or whole-mile distance.

To set up:

Workout Mode > Workout **Settings** > Workout Alerts > Distance

Select the desired distance and enable or disable the alert.

4. Pace alert

You can set minimum and maximum pace values. If your current pace falls outside the configured range, the watch vibrates and displays an alert.

To set up:

Workout Mode > Workout **Settings** > Workout Alerts > Fastest/Slowest Pace

Select the pace and enable or disable the alert.

The watch also supports alerts for high speed, laps, low speed, stroke rate, cadence, time, calories, hydration, nutrition, return, rest duration, altitude, and target altitude.

5. Cadence alert

You can set maximum and minimum cadence values. During a workout, the watch vibrates and displays an alert when your cadence exceeds or falls below the configured value.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Max/Min Cadence

Select the cadence value and enable or disable the alert.

6. Time alert

When a time alert is enabled, the watch sends an alert when the configured duration is reached.

If you set a target duration and continue working out after reaching the target, the alert continues without interrupting the workout.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Time

7. Calorie alert

When a calorie alert is enabled, the watch sends an alert when the configured calorie value is reached.

If you continue working out after reaching the target, the alert continues without interrupting the workout.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Calories

8. Hydration alert

When enabled, the watch sends a reminder when the configured hydration interval is reached.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Hydration Alert

9. Nutrition alert

When enabled, the watch sends a reminder when the configured energy intake value is reached.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Nutrition Alert

10. Return alert

When enabled, the watch sends a reminder when the configured return condition is reached.

To set up:

Workout Mode > Workout Settings > Workout Alerts > Return

Data pages

You can edit the workout data pages, including the page layout, data items, number of pages, and workout charts.

- Each page can display 1, 2, 3, 4, 5, or 6 data items.
- More than 150 workout data items are supported. Available data items vary by workout type.
- More than 8 types of real-time workout charts are supported, including pace and elevation.
- Up to 4 workout extension data pages can be added.
- Up to 10 data/chart pages can be added.

Auto pause

Enable or disable Auto Pause in workout settings.

When enabled, the workout automatically pauses when your speed becomes too low and resumes when your speed reaches the required threshold. You can also manually resume the workout while it is paused.

Some workouts allow you to customize the auto-pause threshold.

To set up:

Workout Mode > Workout Settings > Auto Pause

Select one of the following:

- When Still
- By Pace
- Off

Auto lap

Some workout modes support the lap function.

Set an auto lap distance in workout settings. The watch automatically records a lap and sends a reminder each time you reach the configured distance.

During a workout, you can also press the BACK button to manually record a lap.

The watch records the workout details for each manual or automatic lap. After the workout ends, you can view the details for each lap.

To set up:

Workout Mode > Workout Settings > Auto Lap

Set the auto lap distance. Manual laps do not require additional settings.

Voice broadcast

Voice broadcast is supported during workouts. The broadcast content varies depending on the workout type.

Voice broadcast is disabled by default and supports English.

To enable it for all workouts:

Settings > Workout > Voice Broadcast

You can also configure it for an individual workout:

Workout > Workout Settings > Voice Broadcast

On devices with a speaker, if Bluetooth headphones are connected, voice broadcasts are played through the Bluetooth headphones first.

Virtual pacer

Set a pace for the virtual pacer to view your current pace and the distance by which

you are ahead of or behind the virtual pacer during a workout. The interface also shows your position relative to the virtual pacer.

To set up:

Outdoor Run/Treadmill > Workout Settings > Virtual Pacer

Set the virtual pacer's pace and enable the feature.

Workout goals

You can set workout goals such as distance, duration, calories, or training effect.

During the workout, the watch displays your real-time progress toward the goal and notifies you when the goal is reached.

Available goals vary by workout type.

New accessory alert

When the watch detects a workout accessory suitable for the current workout type, it can display a reminder on the workout GO page.

You can choose to pair the accessory with one tap or skip it.

After pairing, press the BACK button to return to the workout and use the accessory and view its data.

If you skip pairing, the watch automatically returns to the workout GO page.

To set up:

Workout Settings > New Device Alert > On

Safety light

The watch's LED flashlight can be used as a safety light during night running or cycling. It helps alert vehicles and pedestrians to your position and improves visibility during nighttime workouts.

To enable:

Supported Workout > Workout Settings > Safety Light > On

Smart Start

After Smart Start is enabled, when GPS positioning is successful and the watch detects that you are working out on the workout preparation page, it automatically starts and records the workout.

This helps prevent data loss caused by forgetting to start the workout while waiting for GPS positioning.

To set up:

Specific Workout Mode, such as Outdoor Run > Workout Settings > **Start**

intelligently > On

Cadence Assistant

You can set a cadence per minute and a reminder frequency.

During the workout, the watch vibrates or plays a sound at the configured frequency. You can follow the vibration or sound rhythm to control your cadence.

To set up:

Workout Mode > Workout Settings > Cadence Assistant

Set the cadence per minute and reminder frequency, then enable the feature.

Pause Button Settings

Pause Button Settings supports single-press and double-press actions for the SEL button.

You can configure this setting globally in System Settings. Path: System > Workout > Pause Button Setting.

You can also configure it separately for individual workouts. Path: Workout > Workout Settings > Pause Button Setting.

Weighted load

Some workout modes support weighted load, including Outdoor Run, Treadmill, Walking, Hiking, Trail Run, Trekking, Indoor Walking, Race Walking, Dog Walking, Weighted Hiking, Mountain Climbing, Orienteering, Track Run, and Ultramarathon.

The weighted load setting applies to one workout session. After you end the workout or return to the workout list, the setting automatically returns to Off.

If you configure weighted load or navigation on the workout preparation page, you must exit the preparation page before the setting takes effect. It will not automatically turn off.

After you confirm the weight, the system remembers the value and uses it by default the next time you enter the same workout mode.

The setting takes effect and is saved only after you tap Confirm.

To set up:

Workout Mode > Workout Settings > Weighted Load > On

Initial value: 5 kg

Adjustable range:

- 0.5–50.0 kg
- 0.5–99.5 lb

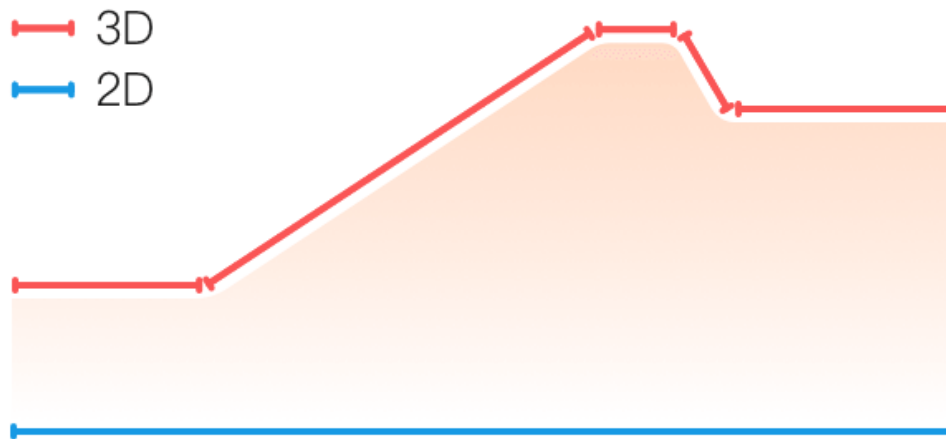
3D data mode

Some workout modes support 3D data.

When 3D data is enabled, the watch calculates distance based on the actual three-dimensional route. As a result, elevation and slope changes are taken into account when calculating distance.

When 3D distance is enabled, the watch calculates the slope distance of the route. This more closely reflects the actual distance traveled.

When 3D distance is disabled, the watch calculates the projected distance, which is the 2D distance.



Real-time Performance

Real-time Performance evaluates your physical condition and workout performance during a workout. A higher value indicates a better current state, while a lower value indicates a poorer state.

Real-time Performance is available in Outdoor Run and Track Run.

The watch displays a Real-time Performance alert during the workout.

- Alert timing: An alert is displayed when Real-time Performance data is generated for the first time and whenever the performance range changes.
- Alert condition: Real-time Performance data is generated only after a single workout reaches the conditions required to generate VO_2 Max data.

A Real-time Performance chart is displayed in the workout record.

You can manually disable this feature:

Outdoor Run/Track Run > Settings > More > Real-time Performance

Real-time Performance ranges:

Excellent: $\geq +10\%$

Very good: $+5 \sim +9\%$

Very good: $-5 \sim +4\%$

Fatigued: -10 ~ -4%

Extremely fatigued: < -10%

Wrist side

For some workout types, such as tennis, the watch needs to be worn on the hand holding the racket. Wearing the watch on the configured hand can improve workout data accuracy.

For example, if you hold the racket with your right hand, wear the watch on your right hand.

To set up:

Tennis/Rowing Machine > Workout Settings > Wrist Side

Swimming pool length

Refers to 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.

Setting steps: Pool Swimming > Workout Settings > Lane Length

Recalibration

If the distance recorded by the watch in Treadmill mode still differs significantly from the actual distance after multiple calibrations, you can recalibrate the treadmill recording algorithm to improve distance accuracy.

To set up:

Treadmill > Workout Settings > Recalibrate

Down Swing Direction

For some workout types, such as Golf Swing, wearing the watch on the hand corresponding to your down swing direction can improve workout data accuracy.

If your down swing direction is left, meaning that you hit the ball from right to left, wear the watch on your left hand.

To set up:

Golf Swing > Workout Settings > Down Swing Direction

Track distance and track selection

In Track Run, set the track distance and track number to improve workout data accuracy.

To set up:

Track Run > Settings > More > Track Run Settings > Track Distance & Track Selection

Basic workout operations

Turn pages during a workout

During a workout, swipe up or down or press the UP/DOWN buttons to switch between data pages.

You can also swipe left or right:

- The left side of the workout data pages is the workout operation page, where you can pause or end the workout.
- The right side is the music control page, where you can control music playback on the watch or control music playing on your phone.

Button definitions during workouts

- Press UP/DOWN to switch pages.
- Press BACK during a workout to record a lap or set.
- Press and hold UP to turn the flashlight on or off.
- When Button Lock is enabled, press and hold SELECT to unlock the buttons.
- When Button Lock is disabled, press SELECT to pause or resume the workout.
- When the workout is paused, press BACK to switch between the operation page and data page.
- Press and hold BACK to return to the watch face while keeping the workout running in the background.

Workout menu

The workout operation page is located on the left side of the workout data pages. You can use it to pause or end the workout.

1. Pause/resume

Tap to pause or resume the workout.

2. Finish

Tap to end and save the current workout.

3. Navigation

For navigation operations, see Navigation > Settings.

4. Workout settings

You can modify some workout settings. These settings can only be modified while the workout is paused.

5. System

You can modify some system settings. These settings can only be modified while the workout is paused.

6. Resume later

Tap to keep the workout and return to the watch face.

When you open the Workout app again, the watch returns to the workout pause page.

Touch and button lock during workouts

Touch lock

- Supports two lock methods: Auto Lock and Always Lock.

Auto Lock

- When enabled, the watch automatically locks the screen during workouts. After temporarily unlocking the screen, Touch Lock is automatically enabled again when the conditions for re-locking are met.
- For sports that support navigation, you can choose:
 - **Lock Navigation Page:** All pages are automatically locked during workouts, including the Navigation Page.
 - **Don't Lock Navigation Page:** The Navigation Page remains touch-enabled, while all other pages are automatically locked.
- Unlock Method for Auto Lock supports two methods: raise wrist to unlock and double-tap with one finger to unlock.
 - You can configure this setting for all sports in System Settings. Path: System > Sport > Unlock Method for Auto Lock.
 - You can also configure it separately for individual sports. Path: Sport > Sport Settings > Unlock Method for Auto Lock.
- In Battery Saver Mode and Outdoor Extreme Mode, only double-tapping with one finger is supported to unlock the touchscreen.

Always Lock

- When enabled, the touchscreen remains locked throughout the workout and cannot be temporarily unlocked. To use the touchscreen, you must first change the Touch Lock method or turn off Touch Lock.
- For sports that support navigation, you can choose:

- **Lock Navigation Page:** The touchscreen remains locked on all pages, including the Navigation Page.
- **Don't Lock Navigation Page:** The Navigation Page remains touch-enabled, while all other pages remain locked.

Button lock

You can lock the buttons during workouts.

To set up: Workout > Workout Settings > Button Lock

Screen Lock during workout

When the touchscreen is disabled, the touchscreen will be locked after the screen turns off, enters Always-on Display mode, or times out during a workout. A lock icon

is displayed in the status area. 

The touchscreen cannot be operated while locked. Double-tap the screen to unlock it, or use the buttons directly to control the workout.

During swimming workouts, the touchscreen remains disabled throughout the workout and becomes available after the workout is paused or ended.

During diving workouts, the touchscreen remains disabled throughout the workout and becomes available after the workout ends.

Navigation - Settings

My Routes

You can upload route files in GPX, TCX, FIT, KML, and other supported formats to the Zepp App and send them to the watch for navigation.

To use a route: Route File > Open with Zepp App > Save Route > Send to Watch

Start Navigation

You can access My Routes or My Locations and select a route or location to start navigation.

When navigation is enabled, the watch provides route guidance on the navigation page during supported workouts.

Available for certain outdoor activities only.

To start navigation: Workout > Navigation > My Routes/My Locations > Select a route > Start Navigation

Save current location

In supported workouts, you can save your current coordinates and use the location later for navigation.

To save your current location:

Before or during a workout > Navigation > Save Current Location

Navigation settings

Start Point Direction

You can configure the direction used as the reference for the navigation view.

Path: Navigation > Navigation Settings > Start Point Direction > Forward/Reverse

Navigation View

You can select the map orientation used during navigation.

Path: Navigation > Navigation Settings > Navigation View > Heading Up/North Up

Navigation Reminder

When route navigation is enabled, turn alerts will notify you at turns along the route. This feature is only available for certain outdoor activities.

Path: Workout > Navigation > Navigation Settings > Navigation Reminder

Available for certain outdoor activities only.

Route colors

You can choose whether to display different route colors during a workout for the imported route and the route you have already traveled.

Path: Navigation > Navigation Settings > Route Colors > Imported Route/Traveled Route

Using navigation during a workout

Altitude overview

When route navigation is in use, the watch automatically analyzes the route and generates an altitude overview page. During the workout, you can view the overall elevation changes of the route and your current position.

Slope Analysis

When using Track Navigation, when the altitude of the current route changes greatly,

it will automatically analyze and generate slope information, and mark the positional relationship between the current position and the slope.

Remarks: Not all track routes can generate slope segment information, only track routes with large altitude fluctuations can generate slope segment information.

Waypoint Reminder

When using Track navigation, if there are waypoints on the track, segment information will be automatically parsed and generated. You can view the remaining distance to the next waypoint and remaining elevation gain at any time during workout. When you are about to reach a waypoint, an arrival reminder will also be triggered.

Return to the starting point

In the workout, you can return to the starting point through navigation. There are two ways of returning: returning according to straight-line and returning according to the original route (Backtrack). This feature is only applicable to some outdoor activities where GPS tracks are generated during workout.

Straight line return

When this feature is enabled, the track page of the device will connect a straight line based on your current position and the starting point of this workout, and you can return to the starting point by following the guide.

Setting steps: Workout > Pause > Navigation > Back to start point> Straight-line return

Remarks: The straight-line return route is drawn purely based on GPS location points, and it is impossible to judge impassable landform features such as mountains, rivers, canyons, and buildings. Please navigate according to the actual situation.

Backtrack

When this function is enabled, the track page of the device will be navigated according to the route track you have passed, and you can return to the starting point of this exercise by pressing this track navigation.

Setting steps: Workout > Pause > Navigation >Back to start point> Backtracking

Workout GPS positioning

When starting an outdoor workout, wait for GPS positioning to succeed on the workout preparation page before tapping GO. This helps the watch record complete workout data and prevents inaccurate data caused by missing workout tracks.

Positioning guide

1. If the watch prompts you to update AGPS after you select a workout, open the Zepp App and connect the watch to your phone. Update AGPS and then try again. Otherwise, GPS positioning may take longer or fail.
2. During positioning, the GPS signal icon continues to flash. GPS signals are generally stronger in open areas, which can help speed up positioning. Nearby buildings may block the signal and cause longer positioning times or positioning failure.
3. After positioning succeeds, the GO button becomes available. The GPS signal icon indicates the current GPS signal strength.

AGPS (Assisted GPS) is GPS satellite orbit information that helps the watch complete GPS positioning faster.

Automatic workout identification

Workout types that can be identified include walking, indoor walking, outdoor running, treadmill, outdoor cycling, pool swimming, elliptical 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 compiled with and your workout continues for a period.

You can set this in Workout > Workout settings > Workout Detection.

Types: After you select a workout type, the automatic identification feature is enabled for the workout.

Alert: When the feature is enabled, a pop-up dialog box is displayed when a workout is identified or ends. When the feature 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 identification time. Identification 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 Detection feature is not enabled. If the watch detects an ongoing workout, some data can not be synchronized with the app.

Training

Training library

Some workout modes support the Training Library.

You can configure this feature in:

Zepp App > Workout > More > Training Library

Zepp Training Courses

You can select official preset training courses in Zepp Training Courses.

The courses cover different workout goals and training needs. Select a suitable course and follow the instructions to complete each training stage.

Training plan library

The Zepp App provides fixed-duration running training plans to help users start running, complete their first 5K, or challenge a half marathon.

Training plans are matched according to your current running experience and historical records and use a progressive training approach to help you reach your goal on race day.

Selected training plans can be viewed in:

Zepp App > Workout > More > My Training Plans

They can also be viewed in My Training Calendar.

Save and edit training

- You can save a Zepp Training Course as a training template or create a new training template for a specific workout type.
- You can edit training steps, step types, reminder content, number of repetitions, and other settings.
- After editing, synchronize the template to the watch.

Perform a training session

After a training session is synchronized to the watch, you can start it in either of the following ways:

1. Open App List > Workout > Training Library, select the training session, and tap Start.
2. Open App List > Workout > Outdoor Run or another supported workout > Training > Training Library, select the training session, and tap Start.

The watch follows the edited training plan and automatically moves to the next stage after the current stage is completed.

After a training template is synchronized to a workout mode, open:

Workout > [Workout Mode] > Training > Training Library

Select the template and tap GO to start.

Interval training

Some workout modes support interval training.

You can directly edit the training stages, rest stages, and number of repetitions on the watch. During interval training, the watch follows the configured template and

automatically moves to the next stage after each stage is completed.

Training and rest stages can be configured by distance, duration, laps, or custom settings. Available options vary by workout type.

Lactate Threshold Test

You can test your lactate threshold, including pace and heart rate. Using your lactate threshold as a reference can help improve training effectiveness.

On the watch:

App List > Workout > Outdoor Run or another supported workout > Training > Lactate Threshold Test

You can also enable automatic lactate threshold detection in the app. When you run or perform another supported workout and the workout intensity reaches the required level, your lactate threshold is automatically calculated and updated.

Zepp App > Device > Heart Rate Zone > Lactate Threshold Heart Rate Zone > Automatic Update

Zepp Coach

Zepp Fitness Coach creates personalized training plans based on your historical workout data and training habits. It helps you develop consistent training habits while reducing the risk of workout injury and overtraining and gradually improving your fitness.

You can select different training plans according to your workout goals, including Smart Plan and Running Plan.

- Smart Plan is not limited to a specific workout type. On training days, it recommends the appropriate workout intensity and duration and progressively helps you develop consistent training habits.
- Running Plan supports goals such as 3 km, 5 km, 10 km, half marathon, and full marathon. Zepp Fitness Coach continuously adjusts and optimizes the training schedule based on your workout data and training progress.

1. Start a plan

Open Zepp App > Workout > Zepp Fitness Coach, tap Customize a Plan > Select Training Device > Start Now.

When starting Zepp Fitness Coach, you need to specify the training device. Only workouts performed on the selected training device are included in Zepp Fitness Coach calculations and statistics.

If you have multiple devices that support Zepp Fitness Coach, you can switch the training device after starting the plan.

Select Smart Plan or Running Plan according to your workout goal. Follow the instructions to enter your workout information for the past 1–2 months, select rest days, and set the start date.

2. View the plan

After setting up the training plan in the Zepp App, you can view your daily training content in the Zepp Fitness Coach app on the watch or on the Zepp Fitness Coach details page in Zepp App > Home.

You can also view the corresponding training content in My Training Calendar.

3. Set reminders

On the watch, open Zepp Fitness Coach and swipe to the far-right page to configure scheduled training-day reminders and workout reminders.

4. Perform the plan

You can quickly start a workout from Device > Zepp Fitness Coach, or open Device > Workout and select the corresponding workout mode.

Workouts completed as part of the training plan are included in the day's training statistics.

Wear the training device correctly and synchronize the workout record to the Zepp App promptly after the workout.

Some workout settings may be temporarily adjusted during training and will return to their previous settings after the workout.

5. Modify or end the plan

In the Zepp App, open the Zepp Fitness Coach home page and tap the Settings button in the upper-right corner of the details page to modify or end the current training plan.

My Training Calendar

My Training Calendar is used to view and manage training plans, follow training progress, and adjust training schedules based on workout data.

It supports daily training follow-up, race preparation planning, and race-related information.

The calendar displays recent training content from Zepp Fitness Coach, Zepp running training plans, third-party training plans, and free workouts.

App

Path: Zepp App > Workout > My Training Calendar

1. Monthly, weekly, and daily views

The calendar displays dates for the current month and supports monthly, weekly, and daily training views.

You can add, modify, or delete training content while adjusting your plan.

2. Import training plans from multiple sources

My Training Calendar supports adding plans from Zepp Fitness Coach, the Training Library, training templates, HYROX race strategies, and third-party platforms.

Method 1: Tap + in the upper-right corner of the My Training Calendar card to open the Add Training Plan page, where you can view details about different training plans.

Method 2: Open the weekly view and tap + in the upper-right corner to add different types of training plans or templates.

3. Review and compare data

You can compare workout data by day, week, or month.

The calendar also provides AI summaries such as total distance, number of workouts, and total duration.

4. HYROX race calendar

The calendar includes the official HYROX race list and supports adding HYROX race strategies to My Training Calendar.

On the watch

1. Training shortcut

The training calendar in the Zepp App automatically synchronizes with the watch.

The watch displays training plans for the upcoming week. Tap a plan to view and perform it.

2. Start a workout on the watch

You can view the training content for today or this week and select a session to start.

Path: App List > Training Calendar > Select a date with training content > Today's Training > Start Workout

Special workout modes - Swimming

Workout terms

Trip: Refers to the lane length in pool swimming mode.

Stroke: Refers to a complete stroke motion while you are wearing the watch.

Stroke rate: Refers to the number of strokes per minute.

DPS: Refers to the distance of a complete stroke.

SWOLF: It is an important indicator of swimming scores, which comprehensively evaluates 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.

Stroke Type	Definition
Freestyle	Freestyle stroke
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 feature after you start swimming. In this case, you can control the workout with the watch buttons. After the workout ends, the watch will re-enable the touch screen function.

Special workout modes - Diving

The watch supports four diving workout modes:

- Recreational Diving
- Outdoor Freediving
- Indoor Freediving
- Spearfishing

It also supports automatic dive detection and automatic surface detection.

Before diving, configure the required diving parameters and alerts.

Automatic dive detection

The watch supports both Global Automatic Dive Detection and workout-page automatic dive detection.

Global Automatic Dive Detection

When enabled, the watch can automatically detect a dive from non-workout pages such as the watch face and directly start the corresponding diving workout.

Automatic detection is also supported when the screen is off.

To enable:

Settings > Workout > Auto Dive

or

Workout List > Workout Settings > Auto Dive

Global Automatic Dive Detection uses the most recent dive record to determine the workout type and dive detection depth.

For example, if the detection depth is set to 1.2 m:

- In daily use, the watch checks depth every 10 seconds.
- After a depth change is detected, it increases the detection frequency to once every second.
- When the dive depth reaches or exceeds 1.2 m and remains there for 3 seconds, the watch automatically starts the diving workout.

Recreational Diving and Freediving use separate dive detection depths.

Recreational Diving: 1.0 m, 1.2 m, or 1.5 m; default 1.2 m.

Path:

Recreational Diving > Settings > Dive Setting> Auto Start/Finish

Freediving: 0.6 m, 0.9 m, or 1.2 m; default 0.9 m.

Path:

Outdoor Freediving/Indoor Freediving/Spearfishing > Workout Settings > Dive Detection Depth

If another workout is currently in progress, Global Automatic Dive Detection does not take effect.

If the watch is already on the preparation page for Recreational Diving, Outdoor Freediving, Indoor Freediving, or Spearfishing, the watch uses the detection depth configured for the current workout and automatically starts the corresponding workout.

Global Automatic Dive Detection is unavailable when Low Temperature Mode is enabled.

Automatic dive detection on the GO page

After entering Recreational Diving, Outdoor Freediving, Indoor Freediving, or Spearfishing, the watch can automatically detect a dive even if you have not tapped GO.

When the configured dive detection depth is reached and maintained for 3 seconds, the watch automatically starts the dive and begins timing.

For Recreational Diving, Outdoor Freediving, Indoor Freediving, and Spearfishing, the watch enters the waiting-for-dive page regardless of whether GPS positioning succeeds.

On the waiting-for-dive page, the watch automatically detects the first and subsequent dives based on the configured dive detection depth.

The waiting-for-dive page is considered a workout page. The touchscreen is unavailable and the buttons must be used for operation.

Recreational Diving

Dive settings

Go to Recreational Diving > Settings > Dive Settings to configure:

- **Gas:** Air by default.
- **Water Type:** Seawater by default.
- **Safety Stop:** 3 minutes at 5 meters by default.
- **Auto Start/Finish:** Configure the dive detection depth and automatic end time.

Alerts

Go to Recreational Diving >Reminder Settings> Alerts to configure:

- Dive Depth
- Dive Duration
- PO2 Limit

Advanced settings

Go to Recreational Diving > Settings > Advanced Settings to configure:

- Conservative Level Settings
- Record heart rate during workout
- Reset Deco

Auto end

During ascent in Recreational Diving, when the depth returns to 0.9 m / 3.0 ft, the

watch starts the automatic end countdown.

By default, the workout ends automatically after remaining at this depth for 5 minutes.

You can change the end time:

Recreational Diving > Dive Setting > Auto Finish

Outdoor Freediving

Go to Outdoor Freediving > Workout Settings to configure:

- **Water Type:** Seawater by default.
- **Dive Detection Depth:** 0.6 m, 0.9 m, or 1.2 m; default 0.9 m.
- **Reminder Settings:** Dive depth, dive duration, and surface duration reminders. On devices that support the buzzer, you can select different buzzer types when adding or editing dive depth and dive duration reminders.
- **Compass:** You can set a target direction. Tap the Lock Orientation button on the screen to set the current 12 o'clock direction as the target direction. During a dive, press UP/DOWN to open the compass page and view the angular difference between your current direction and the target direction.
- **Auto detection:** Enabled by default. The watch automatically detects when you enter and exit the water and switches between the underwater and surface real-time data pages.

Indoor Freediving

Go to Indoor Freediving > Workout Settings > More to configure:

- **Water Type:** Freshwater by default.
- **Dive Detection Depth:** 0.6 m, 0.9 m, or 1.2 m; default 0.9 m.
- **Dive Alerts:** Dive duration, dive depth, and surface duration reminders. On devices that support the buzzer, different buzzer types can be configured for dive depth and dive duration reminders.
- **Auto detection:** Enabled by default. The watch automatically detects when you enter and exit the water and switches between the underwater and surface real-time data pages.

Spearfishing

Settings

Go to Spearfishing > Workout Settings > More to configure:

- **Water Type:** Seawater by default.
- **Dive Detection Depth:** 0.6 m, 0.9 m, or 1.2 m; default 0.9 m.

- **Dive Alerts:** Dive duration, Dive depth, and Surface Interval reminders. On devices that support the buzzer, different buzzer types can be configured for dive depth and dive duration reminders.
- **Compass:** You can set a target direction. Tap the Lock Orientation button on the screen to set the current 12 o'clock direction as the target direction. During a dive, press UP/DOWN to open the compass page and view the angular difference between your current direction and the target direction.
- **Auto detection:** Enabled by default. The watch automatically detects when you enter and exit the water and switches between the underwater and surface real-time data pages.

Record the number of fish caught

On the surface page, press and hold the UP button to add the number of fish caught during the most recent dive.

Touchscreen during diving

To protect the touch screen from unintentional touches and water interference, the watch automatically disables the touch screen feature after you start diving. In this case, you can control the workout with the watch buttons. After the workout ends, the watch will re-enable the touch screen function.

Technical specifications

- **Maximum measurement depth:** 50 m / 164.0 ft.
- **Measurement accuracy:** Depth measurement complies with the EN 13319 international diving equipment standard. A certain measurement deviation is permitted at different test depths.

Test depth	Permissible deviation
3 m / 9.8 ft	+0.8 / -0.4 m (+2.6 / -1.3 ft)
6 m / 19.7 ft	+0.8 / -0.4 m (+2.6 / -1.3 ft)
9 m / 29.5 ft	±0.8 m (±2.6 ft)
15 m / 49.2 ft	+1.0 / -1.2 m (+3.3 / -3.9 ft)
30 m / 98.4 ft	+1.0 / -1.2 m (+3.3 / -3.9 ft)
45 m / 147.6 ft	+1.0 / -1.5 m (+3.3 / -4.9 ft)

50 m / 164.0 ft	+1.0 / -1.5 m (+3.3 / -4.9 ft)
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Usage in High-Altitude Areas

- Before using the diving function in high-altitude locations, please perform altitude calibration in the air or wait for the device to automatically update atmospheric pressure. This ensures the correct reference pressure is recorded, allowing accurate dive start/end detection and reliable depth data.
- Failure to calibrate may lead to depth inaccuracies or abnormal dive logs.

Inspection and Maintenance Recommendations

- Avoid using detergents such as soap, hand sanitizer, bath foam, or lotion for cleaning to prevent chemical residues from irritating the skin, corroding the device, which may affect its water resistance. If the watch accidentally comes into contact with such substances, rinse it immediately with clean water, soak the device in clean water for 30 minutes, and then dry it with a clean, soft cloth.
- Rinse the device thoroughly with fresh water after each dive, especially after exposure to seawater or chlorinated pools, to prevent corrosion.
- After prolonged wearing, it is recommended to use a soft cloth dipped in clean water to clean the charging contacts, to avoid sweat, sebum, and dirt affecting charging performance.
- The watch is not suitable for use in situations such as hot showers, hot springs, saunas (steam rooms), etc. After the watch comes into contact with seawater, please rinse all the holes with fresh water to prevent seawater residue and crystallization, which may affect the normal use of the watch.
- Note that waterproof performance may degrade over time with regular use. Periodic checks and recalibration are recommended to maintain accuracy and reliability.

Storage Recommendations

- Store the device in a cool, dry place, away from direct sunlight, heat, or humidity.
- If unused for an extended period, maintain the battery level between 40–60%, and recharge every 1–2 months.
- Do not seal the device in a container while still wet, as this may lead to corrosion or mold.
- Keep away from strong magnetic fields, solvents, perfumes, or other chemicals to avoid damage to internal components.
- Use the original packaging or a protective case for storage, and avoid contact

with sharp objects to prevent scratches or damage.

Diving Safety

1. Under normal usage conditions, this device has a maximum diving display depth of 50 meters and is intended only for recreational diving and freediving purposes. It must not be used for technical diving, cave diving, mixed-gas diving, or other high-risk scenarios.
2. The diving features of this device are intended for use by certified divers only. Please ensure you have received professional training and understand how to operate the device before use. General users conducting breath-hold training, breath-hold testing, or engaging in any diving activities must be accompanied by a coach, an experienced dive buddy, or a professional. The device should not be shared among multiple users, as mixed data may pose potential risks.
3. Diving is a high-risk activity. Before beginning, confirm that you are in suitable health to participate. If in doubt, consult a medical professional. Always check the device status before each dive and perform regular maintenance. Do not use the device if any malfunction or damage is found.
4. Avoid rapid ascents. Even if a decompression stop is not required, a safety stop of 3 minutes at a depth of 3–5 meters is strongly recommended.
5. To reduce the risk of decompression sickness, ensure adequate surface interval after diving, especially after recreational dives. Strictly follow the recommended no-fly time and avoid flying before the interval has elapsed. For detailed pre-flight recommendations, please refer to guidelines provided by recognized diving safety organizations.
6. Note that all electronic devices may malfunction. Depth, dive time, ascent rate, and other data provided by the device are for reference only and may be affected by environmental conditions or how the device is used. Always dive with a professional dive computer or other backup device. Do not rely on a single device when making critical decisions, such as planning decompression stops or determining no-fly times.
7. By using this device, you acknowledge and accept that it serves as an auxiliary tool and does not guarantee absolute accuracy or suitability of data, nor can it eliminate the inherent risks associated with diving. Always prioritize safety, make reasonable dive plans, and take responsibility for your personal safety.

Special sports mode - Golf

Download

You need to download the corresponding golf course maps in advance before you can use the Golf feature. In the Zepp App, go to Device > Amazfit T-Rex Dual Solar > Golf > Find a Course.

- Search for golf courses based on the entered location and search radius.
- Select the desired golf courses. Multiple courses can be selected.
- Tap “Download”. The watch will automatically download the selected maps.

Manage

On your phone, you can manage downloaded maps in the Zepp App by going to Device > Amazfit T-Rex Dual Solar > Golf:

- Swipe left to delete a downloaded map from the phone.
- Tap a golf course to view information such as the map, address, and phone number.
- Tap a golf course and transfer its map to the watch again.

On the watch, go to Settings > Golf to delete downloaded map resources.

Use

After the maps have been downloaded, you can start Golf on the watch in either of the following ways:

- From the watch face, press the lower button, go to the app list > Golf, and tap to start.
- Swipe from left to right on the watch face, go to the workout list > Golf, and tap to start.

After starting Golf, select the golf course and complete the initial settings, including handedness, units, tee-off distance, scoring method, and tee box. You can then start your round.

During a round, you can:

- Swipe up and down on the watch face to view the course map or down to view the course map, data-only screen, last-shot analysis, and score entry.
- View the course map and swipe left or right to view key course hazards and green information.
- View the course map, tap to zoom in or out for details, measure the distance between any two points, and set markers.
- Change the hole and scorecard.

After finishing the round, the watch displays information such as score, holes, duration, number of putts, distance, and steps. The corresponding workout record is automatically synced to the Zepp App.

Special workout modes - Skydiving

How to use:

1. You can set the starting altitude before the workout to record the starting point more accurately

Setting steps: Skydiving > Workout Settings > Calibrate

2. You can set the target altitude reminder for assistance in skydiving. After setting, after reaching the target altitude, the watch will trigger vibration and pop up UI to indicate the arrival of the target altitude.

Setting steps: Skydive > Workout Settings > Workout Alerts>Target height

3. The main page in the workout will display the current altitude you are at through the pointer and numbers.

Remark: This altitude recording on the watch can not be used as the main skydiving altimeter. The only purpose of the watch is to record your data.

4. Please read the safety tips carefully and make sure you meet the conditions of the user. When using this feature, please make sure you are in an absolutely safe situation.

Special workout modes - Ultramarathon

How to use:

You can configure rest mode settings before the workout.

Setting steps: Ultramarathon > Workout Settings > Rest Settings

Special workout modes - Expedition

Expedition is designed for multi-day outdoor adventures. It reduces power consumption while continuously recording activity tracks to extend the battery life of the device.

Start and exit

In Outdoor Extreme Mode, open Explore from the App List.

In Smart Mode or Battery Saver Mode, you can also select Explore from the Workout List. The watch enters Outdoor Extreme Mode and disconnects from the phone and all peripherals.

After the workout ends, the system remains in Outdoor Extreme Mode. You must exit the mode manually.

Set the track recording interval

Before starting Explore, you can set the interval at which track points are automatically recorded.

The default interval is 60 minutes. You can change the recording interval according

to your needs.

You can also manually record track points during an Explore workout.

View records

During Explore, the watch records track points, which can be viewed in the workout record.

- **Workout data:** View total distance, total duration, workout duration, paused duration, average pace, best pace, average speed, maximum speed, maximum altitude, minimum altitude, average altitude, and other data.
- **Weighted load:** If weighted load was configured during the workout, the corresponding weight information is also displayed.
- **Daily mileage:** The watch calculates accumulated distance for each day based on recorded track points and displays the distance for each day in a chart.
- **Track point list:** View detailed information for each track point, including recording time, accumulated distance, coordinates, and altitude.

Workout History

When a workout ends, the workout record will automatically be saved to **Workout History**. If you end the workout when the workout time is too short, the watch will ask you whether to save it. Due to the limited storage space, it is recommended that you synchronize the workout data to the app soon after completing a workout; otherwise, the workout data may be overwritten.

Workout history on the watch

Workout history includes workout data, workout trace (for workouts which support GPS), lap/set data, workout goal completion, and other information.

When a workout ends, the screen will immediately jump to the workout history details page, or you can view recent workout history details in the **Workout History** app.

The watch can save up to 100 recent workout records.

Workout history on the app

Workout history on the app shows a wider range of workout data. Dynamic route and sharing features are also supported.

Path in the app: Zepp App > Workout page > Workout history

Personal Best

The best records from certain types of workouts will be saved, including longest distance, longest workout time, and so on.

Heart Rate After Workout

The device will automatically measure the Heart Rate after Workout within 3 minutes after the end of the workout. The results will be displayed in the heart rate chart section of the workout record on the Zepp App, which can be viewed by swiping horizontally.

If the next workout is started right after the previous one, the measurement of the Heart Rate after Workout of the previous workout will be terminated. Delayed termination of the workout after pausing may also affect the accuracy of the Heart Rate after Workout.

To ensure the timeliness and effectiveness of the Heart Rate after Workout data measurement, it is recommended to:

1. End the workout in a timely manner, 2. Wear the watch properly within 3 minutes after the end of the workout, 3. Wait at least 3 minutes after the end of the previous workout before starting the next one.

Equipment Management

You can add equipment in the Zepp App.

Open Zepp App > Profile > My Equipment > Add.

After a workout, select the specific equipment used for the workout on the watch to track mileage and manage equipment lifespan.

Physical indicators

The watch provides a variety of physical indicators for workouts. You can use evaluation scores as a reference for your workouts. These indicators can be viewed in workout records or the Workout Status app, including current training load, total recovery time, VO_2 Max, and training effect.

You can find a detailed explanation of current training load, full recovery time, and VO_2 Max in the Workout Status app.

Training Load (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 starts from 0.0 and 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
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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.

Workout status

Workout status includes current training load, full recovery time, and VO₂ Max. These indicators are determined based on your profile and other data such as heart rate. As the watch continues to understand and analyze your body and workout data, the accuracy of evaluation scores gradually improves.

VO₂ Max (Maximum oxygen uptake)

VO₂ Max (unit: ml/kg/min) refers to the maximum amount of oxygen the body can take in and utilize during maximal-intensity exercise. It is a key indicator of aerobic capacity. A high VO₂ Max generally represents superior aerobic performance and is particularly important for endurance athletes.

VO₂ Max is highly individualized, with reference standards varying by gender and age. Devices assess your exercise capacity based on personal information, as well as heart rate and speed during physical activity, and this evaluation dynamically adjusts as your fitness level changes. It should be noted that everyone has an inherent upper limit for the VO₂ Max, which is determined by their physiological conditions.

Based on VO₂ Max scores, athletic ability is classified into the following seven levels: Very poor, Poor, Fair, Average, Good, Very good, Excellent.

VO₂ Max levels for males:

Age	Very Poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-45	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48

50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40

VO₂ Max levels for females:

Age	Very Poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

How is it obtained?

1. Enter accurate personal information in the Zepp app;
2. Wear the device and start one of the following activities: Outdoor running, Track run, Ultramarathon, or Trail running;
3. During the activity, maintain a running speed continuously exceeding 6 km/h (10 min/km) or 3.7 mph (16 min/mile) for 10 minutes. Throughout this period, your heart rate must be consistently recorded and reach 75% of your maximum heart rate.

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.

Training Load

The training load score is calculated based on excess post-exercise oxygen consumption (EPOC). A higher score indicates a longer workout time and a greater workout intensity. The training load score is calculated as your total training load over the past 7 days, which represents the burden brought to your body from the recent workouts.

There are three training load ranges: low, moderate, and high.

If the training load is low, it will not help much to improve your athletic ability. However, if the training load is relatively high or too high, you may feel too tired, meaning it is not conducive to effectively improving your ability and may also cause injury risks. If you want to continuously improve your athletic ability within a tolerance range, it is recommended that you keep the training load score within the moderate range.

The moderate range of the training load score depends on your recent and long-term workout data, and will become increasingly accurate as you use it.

How to obtain training load

After the workout mode is enabled on the device, you can obtain the training load of the current workout once you reach the minimum training load level. The training load over the past 7 days can be viewed in the workout status application of the watch.

How to view the training load

The training load can be viewed in the workout status application of the watch. You can view your historical training load and change trends in the app.

Next hard session

Next Hard Session estimates when your body may be ready for hard training after a workout. The estimate is based on your recent workout intensity and recovery status, helping you plan your next training session more appropriately.

Before your next hard session, the watch may also show when lighter activity may be better supported. This can help you stay active while allowing time for recovery.

Recovery supports muscle repair, energy replenishment, and nervous system reset. Giving your body enough time before harder training may help improve workout quality and reduce excess fatigue.

Status	Meaning
Next Hard Session	Estimated time until harder training may be better supported.
Easy Activity	Estimated time until easy activity may be appropriate.

Moderate Activity	Estimated time until moderate activity may be appropriate.
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Activity Guidance

Recovery window	Suggested guidance
0–18 hours	Your body may be close to ready for harder training.
19–35 hours	Moderate activity may be more appropriate before harder training.
36–53 hours	Light activity may be more appropriate while recovery continues.
54–96 hours	Prioritize recovery before returning to harder training.

Note: Recovery estimates are for reference only and may vary based on recent activity, sleep, fitness level, and other factors.

Map

Map download

1. Connect the watch to Wi-Fi or download through Bluetooth.
2. Open Zepp App > Profile > Amazfit T-Rex Dual Solar > Map.
3. Select the areas to download. You can select base maps, ski resort maps, and contour maps at the same time.
4. Tap Add to Device Download Queue.
5. Select Wi-Fi or Bluetooth for the download.

Preloaded base Maps

1. Amazfit T-Rex Dual Solar comes preloaded only with a global base map (terrain map). Install it before using the map.
2. Zepp App > Device > Map > Select the region and confirm Install> The watch will decompress the files. Once completed, it is ready to use.

Offline Route Planning

After downloading the map resources, the watch supports offline creation of round-trip routes.

Path: Map app → press SEL → Navigation → Create Round-Trip Route → select the target distance, direction, and workout type to generate the route.

Delete Base Maps

Path: Watch Settings > Map > Map Resource > Base Map / Contour Map > Delete

The base map currently only supports full deletion and does not support deleting by region.

Save / Navigate to a Location Point

After downloading map resources, tap any location on the map to view its coordinates. You can then choose to save the location point or navigate to it directly (supports straight-line and route navigation).

Route Replanning During Workout

When using location-point-based route navigation, if you deviate significantly from the route, the watch will automatically trigger route replanning based on your current position to the target location point.

Using Map During Workout

1. Once the download is complete, the switch to using the map during workouts will be turned on by default
2. Select the type of movement with GPS positioning, the map will be displayed on the real-time track page of the workout

Trouble Shooting:

1. Map download progress is not updated
 - It is related to the network environment. If the download speed is too slow, you can switch the network environment to download.
2. The map can not be displayed during the workout
 - Confirm whether the map has been downloaded successfully, check in watch settings > Map > Map Resources
 - Check whether the switch of Settings > Map > Show Base Map
 - Confirm whether the GPS positioning is successful.
 - Ensure whether the map resource of the current location is downloaded.

Workout Accessories

The watch supports connection with standard Bluetooth heart rate monitors, cycling power meters, Cadence meter, thermometer, etc.

1. Connection path: Go to Settings > Workout Accessories. The watch will start scanning for nearby compatible devices.
2. Once connected, heart rate data and certain cycling metrics during workouts will be provided by the external device.
3. Only one device per accessory type can be connected at a time. Connecting a new device of the same type will automatically disconnect the previous one.

Eject Water

Manually turn on the eject water

Open Watch > Control Center > Eject Water to start the water ejection process. The watch will beep and any remaining water in the speaker will be drained. In the process of ejecting water, you can press any button to exit.

Automatically turn on the eject water after exercise

After the water sports are over, it will automatically start ejecting water, and you can press any button to exit. The exercise record will be displayed after the water is ejected.

Activities and Health

HybridCharge

HybridCharge dynamically evaluates your overall readiness by combining physiological data with subjective lifestyle context. Unlike traditional recovery metrics that rely only on physical signals, HybridCharge also considers how daily experiences may impact your energy, recovery, and performance.

HybridCharge uses health and activity metrics such as heart rate, HRV, stress, sleep quality, activity levels, and workout load, together with LifeLoad inputs, to generate a daily readiness score from 0 to 100.

A higher score generally indicates:

- Better physical and mental recovery
- Higher available energy levels
- Greater readiness for training or daily activities

A lower score may indicate:

- Increased fatigue or stress
- Reduced recovery
- Higher accumulated physical or mental load

View HybridCharge:

1. Wake up the watch and press the BACK button to open the app list.
2. Swipe up or down and open the HybridCharge app.
3. View your current readiness status and related insights.
4. Synchronize with the Zepp App for detailed trends, correlations, and historical analysis.

Notes:

- HybridCharge accuracy improves with consistent use and continuous health monitoring.
- Wearing the watch during sleep is strongly recommended for more accurate recovery analysis.
- HybridCharge is intended as a wellness and training reference only and should not be used for medical purposes.

HybridCharge Boundary Alerts (Workout Experience)

You can enable HybridCharge boundary alerts during workouts.

Path: Workout > Workout Settings > HybridCharge Boundary Alerts

When enabled, you will be notified during a workout when your training load is approaching or exceeding the recommended range. This helps you manage your workout intensity appropriately, avoid excessive training, and keep each workout aligned with your physical condition and training goals.

LifeLoad

LifeLoad allows you to log daily experiences and lifestyle factors that may influence your recovery, readiness, and overall wellbeing. By combining subjective inputs with biometric data, LifeLoad helps HybridCharge better understand how your body and mind respond to daily life.

You can log events related to:

- Sleep
- Physical state
- Mood and emotions
- Work and life stress
- Nutrition
- Recovery activities

Examples include:

- Poor sleep

- Feeling stressed
- Intense work day
- Travel fatigue
- Sauna or cold exposure
- Muscle soreness

To access LifeLoad:

1. Open the app list and select HybridCharge.
2. Click on the LifeLoad button and either:
 - a. Log your daily context using voice
 - b. Or manually select from your pinned items and choose the intensity level and save the entry.

LifeLoad entries are used to provide:

- More personalized HybridCharge insights
- Improved recovery and readiness analysis
- Better understanding of performance patterns over time

Notes:

- Multiple LifeLoad events can be logged throughout the day.
- LifeLoad is designed to supplement biometric data with personal context.
- Subjective entries help improve the relevance of insights and recommendations shown in the Zepp App.

One-tap measurement

This device supports heart rate, blood oxygen, stress, and breathing rate monitoring. You can quickly check the status of various health indicators by using the One-tap measuring feature. The measurement data will be saved under each feature's data records.

Wake up the watch, press the BACK button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the One-tap Measuring app, and then tap "measure" to start measurement.

Sleep

Sleep quality has an important impact on human health.

When you are wearing the watch while sleeping, it automatically records sleep information. The watch can record nighttime sleep and naps. Sleep time that

overlaps with 0:00am - 8:00am will be recorded as night sleep, and sleep that is more than 60 minutes apart from night sleep will be recorded as naps. Sleep less than 20 minutes will not be recorded.

Wake up the watch, press the BACK button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Sleep app. In the Sleep app on the watch, you can view night sleep duration, sleep stages, sleep score, and other information. Naps and other more information can be viewed after synchronizing to the app. Setting the Sleep app as a shortcut card allows you to easily view the previous night's sleep status.

While the phone and watch are connected, the following sleep settings can also be accessed in the Zepp App under Profile > Amazfit T-Rex Dual Solar > Health Monitor.

Sleep Plan

In the sleep plan, you can set different sleep and wake up times for each day in a weekly cycle. The device will turn on sleep mode on time according to the daily plan, remind you to go to bed and wake up, and monitor your sleep based on the scheduled time, helping you to develop good sleep habits.

Open the Sleep app, swipe down to the last page, enter sleep settings, and click sleep plan to set the sleep plan. While keeping the watch connected to your phone, you can also set it in Zepp App > Sleep page > Regularity > Sleep Schedule.

Assisted Sleep Monitoring

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable assisted sleep monitor. If the system detects that you are wearing the device during sleep, it will automatically record more sleep data, such as REM sleep stages.

Sleep breathing quality monitoring

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable sleep breathing quality monitoring. If the system detects that you are wearing the device during sleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

While keeping the watch connected to your phone, you can also set it in Zepp App > Profile > Amazfit T-Rex Dual Solar > Health Monitor.

PAI

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

Wake up the watch, press the BACK button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the PAI app. In the PAI app on the watch, you can view information such as your PAI score in the past seven days, today's PAI score, and advice on gaining a higher PAI score. Synchronize the data to the app to view more information.

By maintaining a certain intensity of daily activities or workouts, you can obtain a 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 Zepp app>Home > PAI.

* 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.

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.

Wake up the watch, press the BACK button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Heart Rate app. In the Heart Rate app on the watch, you can view your most recently measured heart rate value, all-day heart rate curve, resting heart rate, heart rate interval distribution and other information. Synchronize the data to the app to view more information.

While the phone and watch are connected, the following heart rate settings can also be accessed in the Zepp App > Profile > Amazfit T-Rex Dual Solar > Health Monitoring.

Manual heart rate measurement

Wake up the watch, go to the app list, swipe up or down on the screen to select and



open the Heart Rate app, and tap to measure heart rate manually. After a successful measurement, if staying on the Heart Rate screen, the device will keep measuring and updating the data.

Auto Heart Rate Monitoring

1. Open the Heart Rate app, swipe up to the last page, and go to Settings > Auto Heart Rate Monitor to adjust the monitoring frequency. The watch automatically measures your heart rate at the set frequency and records changes in heart rate throughout the day.

2. Heart rate changes are more intense when you are working out. Enable the activity detection feature to allow the watch to automatically increase measuring frequency when it detects an activity so that more heart rate changes can be recorded.

Heart Rate Alert

In a resting state (except sleep), the device will notify you if your heart rate goes above or below the limit for 10 minutes.

1. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate alert feature can be enabled.
2. In the settings for high and low heart rate alerts, the alert value can be adjusted or alerts can be disabled.

Blood Oxygen

Blood oxygen is an important physiological indicator of respiration and circulation.

Wake up the watch, press the BACK button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Blood Oxygen app, where you can view your most recently measured blood oxygen value and all-day blood oxygen status. Synchronize the data to the app to view more information.

While the phone and watch are connected, the following blood oxygen settings can also be accessed in the Zepp App under Profile > Amazfit T-Rex Dual Solar > Health Monitor.

Manual blood oxygen measurement



Tap  to manually measure your blood oxygen. After a successful measurement, the device will continue to hold the measurement and update the data if staying on the blood oxygen screen.

Auto Blood Oxygen Monitoring

Go to the Blood Oxygen app, swipe up and go to the **Settings** page to enable Auto Blood Oxygen Monitor. In a resting state, the watch will automatically measure your blood oxygen and record changes in blood oxygen levels throughout the day.

Low Blood Oxygen Alerts

In a resting state (except sleep), the device will notify you if your blood oxygen falls below the limit for 10 minutes.

1. After Auto Blood Oxygen Monitor is enabled, enable the Low blood oxygen alerts feature.
2. In the settings for low blood oxygen alerts, the alert value can be adjusted or

alerts can be disabled.

Precautions for SpO2 measurement

1. Wear the watch a distance of one finger away from the carpal and remain still.
2. Wear the watch tightly. For best results, there should be a sensation of pressure from the watch.
3. Place your arm on a stable surface, for example, on a table, while measuring, with the screen facing up.
4. Remain 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 this watch is 80%-100%. This function is for reference only and should not be used as the basis for medical diagnosis. If you feel unwell, please seek professional 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.

Wake up the watch, go to the app list, and swipe up and down to select and open the Stress app. In the Stress app on the watch, you can view your most recently measured stress value, all-day stress status, stress interval distribution, and pressure status over the last seven days. Synchronize the data to the app to view more information.

While the phone and watch are connected, the following stress settings can also be accessed in the Zepp App under Profile > Amazfit T-Rex Dual Solar > Health Monitor.

Manual stress measurement



In the Stress app, tap  to manually measure your stress. After a successful measurement, if staying on the Stress screen, the device will keep measuring and updating the data.

Auto Stress Monitoring

Open the Stress app, swipe up to the last page, and go to stress settings to enable Auto Stress Monitoring. This will automatically measure stress every five minutes to show you stress changes throughout the day.

Stress Relief Reminder

In a resting state (except sleep), the device will notify you if your stress level goes above the limit for 10 minutes.

1. After auto stress monitoring is enabled, enable the Stress Relief Reminder feature.
2. In stress settings, enable Stress Relief Reminder, and then you can receive alerts.

Activity

Maintaining a certain amount of daily activity is very important for your physical health.

Wake up the watch, go to the app list, and swipe up or down to select and open the Activity app. Your daily activity is composed of three main indicators, which are activity (which can be set as steps or calories), fat burning, and standing. In Activity on the watch, you can view the all-day activity distribution chart.

The watch also automatically records other activity data, including resting consumption, walking time, sitting time, floors climbed, and distance, which can be viewed in the Activity app.

Goal notifications

The watch displays a notification when any main indicator of daily activity reaches the set target value.

1. Open the Activity app, swipe up to the last page, and go to activity settings to enable Goal notifications. While the phone is connected, these settings can also be accessed in the Zepp App under Profile > Amazfit T-Rex Dual Solar > Notifications and Reminders > Goal Reach Notifications.
2. In Activity settings, you can also set daily goals for steps and calories. While the phone is connected, these settings can also be accessed in the Zepp App under Profile > My Goals.

Standing Reminder

To reduce the harm caused by remaining sedentary, the watch encourages you to move and be active every hour while you are awake. The daily goal is that you are active for 12 hours a day.

While you are awake, if no activity is detected for more than one minute during the first 50 minutes of an hour, the watch will remind you to move around. When you receive a standing alert, you can still achieve the standing goal of the current hour as long as you move before the next hour arrives.

Open the Activity app, swipe up to the last page, and go to activity settings to enable

Standing Reminder. While the phone is connected, these settings can also be accessed in the Zepp App under Profile > Amazfit T-Rex Dual Solar > Notifications and Reminders > Standing Reminders.

Progress reminder

Turn on the Progress Reminder in Watch > Activity > More > Settings, and the watch will remind you according to the completion of your activity goals.

Weekly report

If you have turned on progress reminder, it will also remind you of the achievement of the previous week's activities every Monday. You can click to view the weekly activity report of the previous week in the weekly report notification; or check the activity status of the week in Watch > Today's Activity > More > Weekly Report at any time.

Cycles

Tracking the menstrual cycles helps you understand your own physiological rhythms.

Wake up the watch, go to the app list, and swipe up or down on the screen to select and open the Cycles app. In the Cycles app on the watch, you can view information such as menstrual cycle records and predictions. More information can be viewed after synchronizing the data to the app.

Before using the Cycles app, you need to enter the start time of your most recent period, the duration of the period, and the duration of your menstrual cycle. You can also enter this data on the Zepp App and synchronize it to the watch.

While the phone and watch are connected, the following settings can also be accessed in the Zepp App > Home > Cycles > Settings.

Manually record the menstrual cycle

In the Cycles Tracking app, tap  to record the menstrual cycle tracking data:

1. If you have not recorded this menstrual cycle, tap to record the start date of the current period.
2. If you have recorded this menstrual cycle, tap to record the end date of the current period.
3. If you need to extend your period after the set end time, you can tap the record

again within 30 days, as the last period has not ended, or synchronize the data to the app, and then modify it.

Menstrual cycle prediction

The Cycles app will intelligently predict your period, fertile period, and ovulation day based on your data. This feature is not a substitute for contraception or medical advice.

Open the Cycles app, swipe up to the last page, and enter the menstrual cycle settings to start the menstrual cycle prediction.

Menstrual cycle reminder

Before the start of your period, the watch will send you a notification at 9:00 PM on the set date.

1. When menstrual cycle prediction is turned on, enable the menstrual cycle reminder.
2. For the menstrual period reminder and ovulation day reminder that you set in the Cycles app, you can adjust the reminder date or disable the reminder feature.

Breath

It helps you relieve stress by guiding you to breathe slowly and deeply.

Wake up the watch, go to the app list, and swipe up or down to select and open the Breath app. You can select different modes in the breathing application.

- Relax mode. Support breathing rhythm setting, you can choose 6 times per minute to 8 times per minute according to your comfortable frequency.
- Sleeping mode. Guided extended breathing to relax and fall asleep.
- Focus mode. Guide the mind to empty and detach from emotions or events to gain inner peace.

Breathing reminder

Open the breathing application, slide down to the last page, add breathing reminders in the settings, and support setting up to 5 reminders.

Set session duration

Open the Breathe application on the watch, slide down to the last page, and in the settings, you can choose the exercise duration of 1-5 minutes, which will be applied to the three modes.

Jet Lag Manager

The Jet Lag Manager provides expert guidance to help travelers reduce adjustment time and ease the effects of crossing time zones.

By analyzing your circadian rhythm with advanced algorithms, it precisely schedules the best times for light exposure and sleep, enabling quicker adaptation — even after long-haul flights across multiple time zones.

Add trip

You can add your outbound and return trip information via Zepp App > Device > Amazfit T-Rex Dual Solar > Jet Lag Manager.

View recommendations

Starting 72 hours before your departure, you can view your personalized schedule recommendations in both the Zepp App > Device > Amazfit T-Rex Dual Solar > Jet Lag Manager and the Jet Lag Manager app on your watch.

These include specific time windows for light avoidance, light exposure, sleep, and activity.

After arriving at your destination, the Jet Lag Manager will provide a Readiness for Adaptation assessment to help evaluate how well you're adjusting to the local time zone. It will also generate updated schedule recommendations (light avoidance, light exposure, sleep, and activity) based on your destination. These can be viewed in both the Zepp App and on the watch app.

Note:

- Schedule recommendations are only generated for trips that cross more than 3 time zones.
- For short stays of 3 days or less (when the time between outbound arrival and return departure is under 72 hours), no Readiness assessment or schedule recommendations will be provided.

Voice Features

Offline voice

1. Offline voice allows you to control most of watch features even though the watch and phone are disconnected.

Offline voice wake-up mode:

Go to Settings > Preferences > Offline Voice Control > Wake-up Mode.

- (1) Respond in 5 seconds after you turn your wrist.
- (2) Respond in 5 seconds after the screen lights on.

(3) Respond during screen light-up.

2. Select "Respond in 5 seconds after you turn your wrist" and "Respond in 5 seconds after the screen lights on" to enable offline voice. After turning your wrist or

lighting the screen, the "recognizing offline voice" icon  appears. Then, you can run offline voice commands to use a specific feature.

3. If you select Respond during screen light-up, you can use offline voice commands directly before the recognizing offline voice icon appears.

4. Offline voice commands:

Go to Settings > Preferences > Offline Voice Control > View All Voice Commands to see all offline voice commands the watch supports.

- You can directly say "Open + application name", such as: "Open Heart Rate", "Open Stress", "Open Blood Oxygen", and "Open Temperature".
- When you want to work out, you can say "Start walking", "Start outdoor running", "Start outdoor cycling", "Start climbing", and more.
- When you want to set an alarm or timer, you can say "Alarm at 8 o'clock" or "Timer for 1 minute".

Multimedia feature

Music player

Support playing local music stored in the watch, Music Playback via Watch Speaker or Bluetooth Devices

1. Add music: Go to Zepp App > Profile > Amazfit T-Rex Dual Solar > Music page, select .mp3 music file from your phone and transfer it to the watch. Once the transfer is complete, you can play music on the watch.

Note: To transfer files, you need to connect to the watch hotspot, and your phone will not be able to connect to other networks while connected to the hotspot. The watch will turn off the hotspot after the file transfer is completed, and the phone will automatically connect to the previous network.

2. Music home page supports displaying song name, composer, previous song, play/pause, next song operation, setting play mode, volume adjustment operation, click "+" to collect songs.

3. Slide up the music home page to the second page to switch music usage mode, view the song list, connect Bluetooth audio devices and other operations.

Music remote controller

Keep the watch connected with your phone. When playing music on your phone, you can start or pause the music, switch to the previous or next song, and perform other operations on the music app of your watch.

Modifying settings on an Android phone:

Keep your watch connected to your phone. Start the Zepp App, go to Profile > Amazfit T-Rex Dual Solar > Notifications and Reminders. On the page that appears, tap the

"Access to read notifications not enabled" message to go to the Notification Settings page, and grant notification permission to the Zepp App. If this message is not displayed, the permission has been granted.

Note:

To enable this feature on an Android phone, you need to add the Zepp App to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp App is terminated by the phone's background process, the watch will be disconnected from your phone and you will be unable to control music playback.

Convenient life

Membership Card

How to add the membership card to the watch:

- 1) Enter the membership card page, tap "Add" to go to the scan page, and align the QR code/barcode of your membership card with the scan box.
- 2) Or, you can take a screenshot or photo of your membership card barcode/QR code in advance and save it in Photos in your mobile phone. Tap "Photos" and select the saved membership card barcode/QR code photo.
- 3) After successfully scanning, enter your membership card name and card number, select the preferred color of the card face, tap the "Save" button, and your membership card is added successfully.

Notes:

Due to the limited storage in the watch, only a maximum of 20 membership cards can be added to the same account.

We only support Code 128, Code 39, QR code, UPC A, EAN 13, and EAN 8.

Watch apps

Apps refer to watch features that can be used separately, such as workouts, heart rate, and weather.

Wake up the watch, go to the app list, swipe up or down on the screen to browse the app list, and tap an app to start it.

Alarm

You can add alarms in the Zepp App and on the watch. Up to 10 alarms can be added.

The watch can buzz or vibrate to remind you when the set alarm time arrives, and you can choose to turn it off or reminder you later. If you choose Remind Me Later, the watch will remind you after 10 minutes. You can only use this feature 5 times per alarm. If you have not performed any operation, the watch reminds you later by default.

Calendar

Keep the watch connected to your phone, open the Zepp App, and go to Profile > Amazfit T-Rex Dual Solar > Calendar, where you can create or edit an event. You can also synchronize up to 200 events for today and the next 30 days to the watch. At the same time, the Zepp App will read events from the system calendar of the phone and synchronize them to the app's event list, but app events cannot be synchronized to the system calendar of the phone.

When you tap the calendar on the watch to go to the event list, it will display the events for today and the next 30 days. When the specified time arrives, an event reminder will pop up on the watch, which you can choose to turn it off or remind you later. If you choose Remind Me Later, the watch will remind you after 10 minutes.

To-Do List

While the watch and phone are connected, open the Zepp App, tap Profile > Amazfit T-Rex Dual Solar > To-Do List, and you can create or edit to-dos and set a reminder time or repetition for to-dos. Up to 60 to-dos can be added.

When the specified reminder time arrives, the to-do reminder will pop up on the watch, after which you can perform operations such as Done, Remind me in 1 hour, Remind me later, and Ignore.

Pomodoro Tracker

The Pomodoro Tracker app allows you to manage time scientifically and set the concentration time in a cycle. This allows you to strike a balance between your work and breaks with minimum interruptions and make time management more intuitive and effective. By default, each work period lasts 25 minutes and is followed by a 5-minute break. You can create the custom work time and break time. During the work time, the watch will automatically enter the DND mode.

World Clock

In Profile > Amazfit T-Rex Dual Solar > World Clock, you can add clocks of different cities in the Zepp App, and then synchronize them to the watch to view the time in those cities in real time. Up to 20 different cities can be added. At the same time, the watch provides some default cities, so that you can quickly add cities to the world clock list on the watch.

Stopwatch

The stopwatch can time up to 23 hours, 59 minutes, and 59 seconds with an accuracy of 0.01 seconds. The watch can count up to 99 times during the timing. While counting, the time difference between the current and last counts is also recorded.

Countdown

The Countdown app provides 8 shortcuts for quick setup. Also, you can manually set a timer with a maximum time of 23 hours, 59 minutes and 59 seconds. The watch will remind you when the timer ends.

Camera Remote

When the phone's camera is turned on, you can take pictures remotely using the watch.

If the phone is an iOS device, you need to pair the watch with the phone's Bluetooth before use.

This feature is not currently supported on Android devices.

Weather

In the Weather app, you can view the following:

- Today's weather (including temperature, temperature curve, weather conditions, wind force, and humidity).
- Daily life index (including outdoor workouts index, UV index, fishing index, and car wash index).
- Weather forecast for the next 5 days.

The weather data needs to be synchronized through the mobile network. Therefore, you need to keep the watch connected to your phone to keep weather information up to date.

- You can add locations (up to 5) and temperature units (Celsius/Fahrenheit) in the Zepp App.
- You can view the locations that have been added on the watch.

Sun & Moon

In the Sun & Moon app, you can view the following:

- Sunrise and sunset time.

Tap the reminder button on the page to enable/disable the sunrise/sunset reminder.

- Moonrise and moonset time, and moon phase.
- For tides, you can view hourly tidal data in coastal and port areas.

Compass

You need to calibrate the watch depending on surrounding magnetic field interference. In the Compass app, rotate the ball to complete calibration as prompted.

After the compass calibration is completed, the bearing and angle pointed to by the current 12 o'clock direction on the watch face will be displayed.

Tap the button on the screen to lock the current 12 o'clock position. Then, when you change direction, the interface will display the angle between the new 12 o'clock direction and the previous 12 o'clock direction.

Barometer

In the Barometer app, you can view the following:

- Air Pressure Page

Displays the current barometric pressure of your current location and the pressure

curve over the last 4 hours.

On the air pressure page, you can enable the storm alert feature and set a threshold value. Once enabled, the system will alert you when a sudden change in air pressure is detected.

- Altitude Page

Displays the altitude value of your current location and the altitude curve over the last 4 hours.

Support calibration through manual elevation input and positioning.

Membership Card

Membership card added to the watch process.

- 1) Enter the membership card page, click "Add", enter the sweep page, and scan the code box against the QR code/barcode of your membership card.
- (2) Or take a screenshot or photo of your membership card barcode or QR code in advance and save it in your cell phone album; click on "Album" and select your saved membership card barcode or QR code image.
- 3) After successful scanning, enter your membership card name, card number, choose your favorite card color, click "Save" button, and your membership card will be added successfully.

Note for adding membership card.

- Due to the limited watch storage, only the same account currently supports adding up to 20 membership cards.
- We currently only support Code 128, Code 39, QR code, UPC A, EAN 13, EAN 8.

App installation and uninstallation

You can download and install more apps in the app store.

1. Installing an app: With the watch and phone connected, in the Zepp App, go to Profile > Amazfit T-Rex Dual Solar > App settings > More > Go shopping> App store, select a target app to download and install it, or update an installed app to the latest version.
2. Uninstalling an app: With the watch and phone connected, in the Zepp App, go to Profile > Amazfit T-Rex Dual Solar > App store > Mine > More, tap More to enter the app management page, and then tap the delete button and select apps to uninstall them.

Solar

Solar Intensity

The Solar Intensity app displays the current light intensity, Solar Index, and estimated battery life extended by solar charging.

View Solar Intensity

Method 1: App List > Solar Intensity

View the current Solar Intensity and changes over the past four hours.

Method 2: Shortcut Cards > Solar Intensity

View the current Solar Intensity and changes over the past four hours.

Method 3: Supported watch faces

View the current Solar Intensity, Solar Intensity level, and changes over the past four hours.

View Solar Index

Path:

App List > Solar Intensity

View the current Solar Index and changes over the past four hours.

The Solar Charging Index separately displays solar charging performance from the watch-face solar panel and case-back solar panel.

View battery life extended by solar

Path:

App List > Solar Intensity

View the estimated battery life extended by solar charging for today, the past 7 days, and the past 30 days.

The data is calculated based on different usage modes, including Smart Mode, Battery Saver Mode, and Clock Mode.

Solar preferences

You can select which solar panel the watch uses for charging when it is not being worn or when it is powered off.

Path:

Settings > Solar Preferences

Charging when off-wrist

When the watch detects that it is not being worn, select a solar charging method:

- **Watch face:** Charges using the watch-face solar panel.
- **Case back:** Charges using the case-back solar panel.
- **Auto:** Automatically selects the side with higher charging efficiency based on the current conditions.

Charging when powered off

The watch can continue charging with solar power after it is powered off.

You must specify which solar panel to use. The case-back solar panel is selected by default.

Path:

Settings > Solar Charging > Power-off Charging(Case back)

Select Watch Face or Case Back for solar charging.

Watch settings

Battery Saver Mode

Battery Saver Mode is designed for daily use when you need to extend battery life.

It reduces device power consumption while retaining commonly used watch functions.

In this mode, you can use common apps, perform regular workouts, view workout records, take single heart rate and stress measurements, and view Activity, PAI, alarms, Calendar, To-do List, and other information.

On devices that support solar charging, you can also view Solar Intensity.

Enable

1. Settings > Battery > Battery Saver Mode
2. Control Center > tap the Battery icon

Exit

1. Settings > Battery
2. Control Center > tap the Battery icon

Clock Mode

Clock Mode is suitable when the battery is low or you temporarily do not need smart features.

It uses extremely low power to extend battery life while providing a basic watch experience.

In this mode, you can view the time and date, record steps and basic sleep data, and view Solar Intensity on devices that support solar charging.

Enable

Settings > Battery

or

Control Center > Battery

Exit

Press and hold any button.

Outdoor Extreme Mode

Outdoor Extreme Mode is designed for long-distance hiking, camping, and outdoor exploration.

It extends battery life while retaining key outdoor exploration features.

You can view downloaded topographic maps and Solar Intensity and use commonly needed outdoor features such as Compass, Barometer/Altimeter, LED Flashlight, SOS, and Alarm.

Explore workout is also supported. It records GPS track points using a low-power method and allows you to view workout duration, a rough track, and the distance between track points.

Enable

1. Settings > Battery or Control Center > Battery
2. Starting the Explore workout automatically enters Outdoor Extreme Mode.

Exit

Settings > Battery

or

Control Center > Battery

Solar Priority Mode

Solar Priority Mode is designed for situations with sufficient sunlight outdoors when

you temporarily do not need to use the watch.

It is suitable for taking the watch off and using solar power to replenish the battery.

Place the case back facing upward to achieve better solar charging performance.

After entering Solar Priority Mode, most watch functions are disabled and the screen is turned off by default to reduce power consumption.

A dedicated watch face displays the current time, battery level, and Solar Intensity.

Bluetooth remains connected, but data is not synchronized. Most notifications and reminders are reduced, with only necessary reminders such as increased battery level and low charging efficiency retained.

Manually enter Solar Priority Mode

Normal Mode:

Settings > Battery

or

Control Center > Battery

Battery Saver Mode or Outdoor Extreme Mode:

Settings > Battery

Automatically enter Solar Priority Mode

Enable:

Settings > Battery > Solar Priority Mode > Auto Enter

The watch can automatically enter Solar Priority Mode when the required conditions are met.

Exit Solar Priority Mode

1. Press and hold any button.
2. Connecting the charging cable automatically exits Solar Priority Mode.

Low temperature mode

The watch will enter low temperature mode when the ambient temperature is too low. After low temperature mode is enabled, basic features of the watch will be maintained, but some features will not be available.

Go to Settings > Preferences > Automatic Low Temperature Mode

Note: In low temperature mode, features including buzzer, touch screen, heart rate monitoring, and blood oxygen monitoring are not available.

Units

With the watch connected to your phone, open the Zepp App, and go to Profile > More > Settings. There, you can set the units for distance, weight and temperature. During data synchronization, the watch automatically follows the settings in the app.

Heart rate range setting

Keep the watch connected with your phone, open the Zepp App, and choose Profile > Avatar > Heart Rate Zone to calculate the heart rate zone according to the maximum heart rate or the reserved heart rate. During data synchronization, the watch automatically follows the settings in the app.

Time format

Keep the watch connected to your phone. During data synchronization, the watch automatically follows the system time and time format of your phone, and displays the time in a 12-hour or 24-hour format.

If you select the 12-hour or 24-hour format on the watch in Settings > Watch Face & Time, the time format of the watch will not change with the mobile phone once set.

Date format

The default date format displayed on the watch is "year/month/day". You can change the date format to "month/day/year" or "day/month/year" in Settings > Watch Face & Time.

WIFI (Wireless LAN) settings

You can choose to join a wireless LAN in Watch > Settings > Wi-Fi. If you are joining a password-protected wireless LAN, you need to open the Zepp App and select the wireless LAN you want to join on the watch while keeping the watch connected to your phone and enter the password for that network in the password box that pops up on the Zepp App.

Bluetooth Settings

You can choose to pair with Bluetooth audio devices in Watch > Settings > Bluetooth.

Note: If you can't connect to a Bluetooth device that has been paired, please cancel the pairing status and then pair the connection again.

Setting a password

You can set the watch password in the watch under App List> Settings > Preferences> Off-wrist Lock. When the system detects that you are not wearing the watch, it will automatically lock the watch with a password. You will need to enter the password before you can continue to use the watch.