



# TISSOT

SWISS WATCHES SINCE 1853



## T-TOUCH CONNECT SPORT

User's Manual

V1.0

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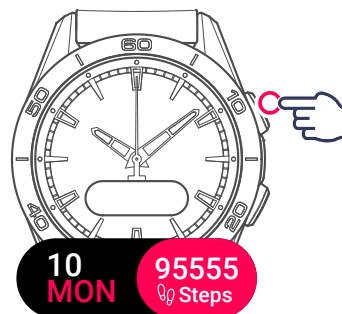
# STARTING AN ACTIVITY

## Running

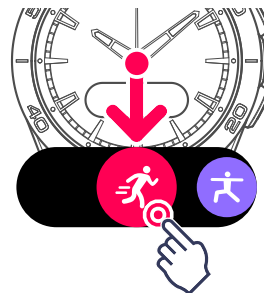
Track your running activity, and save your data.

- ✓ The app must be open on your smartphone.

### 1 Activate the watch



### 2 Select the activity



The watch will connect to GPS.



#### **i** Information

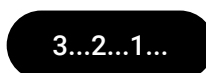
Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

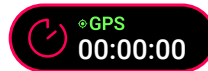
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



### 3 View the activity data

Use the watch's pushers or touch the screen.

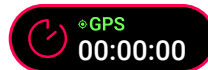


#### *i* Information

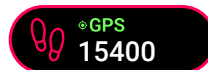
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

#### Data being saved:

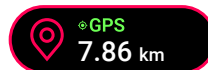
Activity time



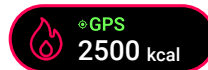
Number of steps taken



Distance covered (km or miles)



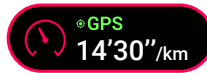
Energy burned



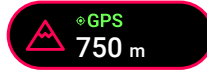
Heart rate



Time per unit distance (km or miles)



Maximum altitude reached

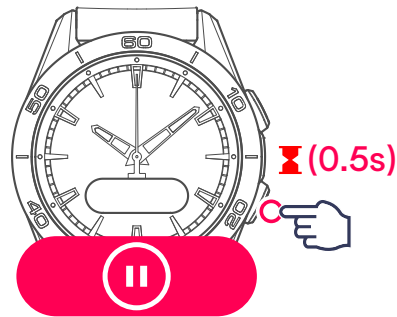


Elevation gain/loss



[More information >](#)

## 4 Exit activity



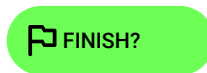
The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking

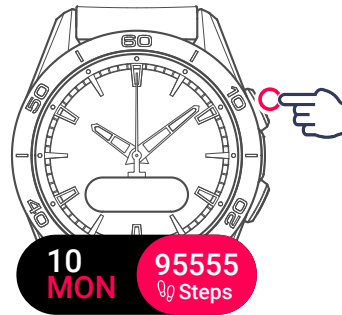


# Training

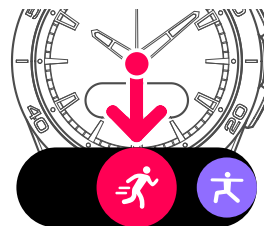
Track your training activity and save your data.

- ✓ The app must be open on your smartphone.

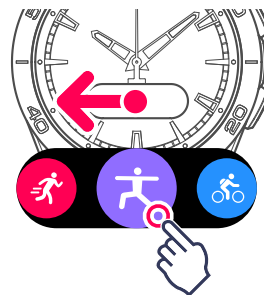
## 1 Activate the watch



## 2 Display activities



## 3 Display and select the activity



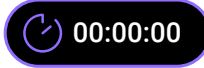
The watch is ready to track your activity.



The countdown is started automatically.

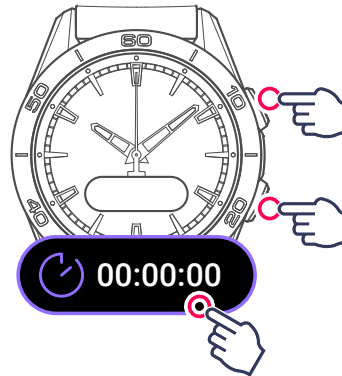


Your activity will start being saved, with the time displayed.



## 4 View the activity data

Use the watch's pushers or touch the screen.

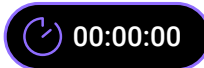


### *i* Information

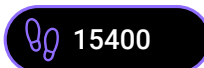
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

### Data being saved:

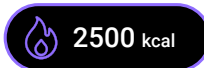
Activity time



Number of steps taken



Energy burned

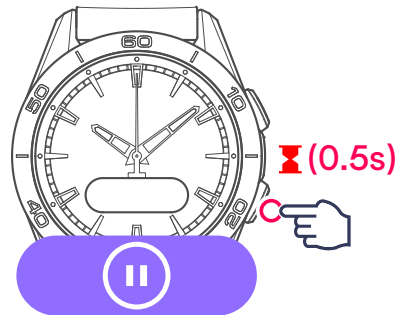


Heart rate

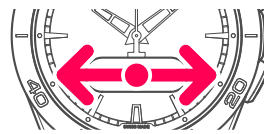


[More information >](#)

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



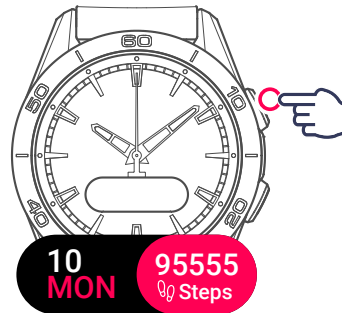


# Cycling

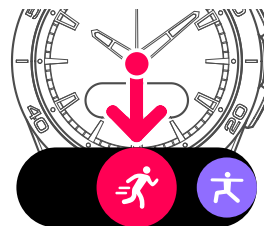
Track your cycling activity and save your data.

- ✓ The app must be open on your smartphone.

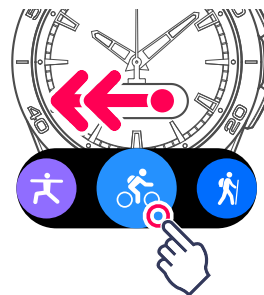
## 1 Activate the watch



## 2 Display activities



## 3 Display and select the activity



The watch will connect to GPS.



### **i** Information

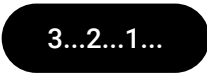
Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

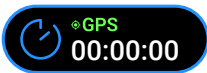
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



## 4 View the activity data

Use the watch's pushers or touch the screen.

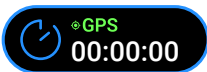


### *i* Information

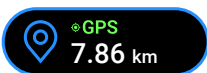
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

### Data being saved:

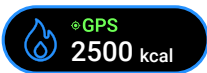
Activity time



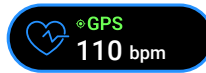
Distance covered (km or miles)



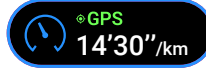
Energy burned



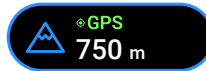
Heart rate



Time per unit distance (km or miles)



Maximum altitude reached

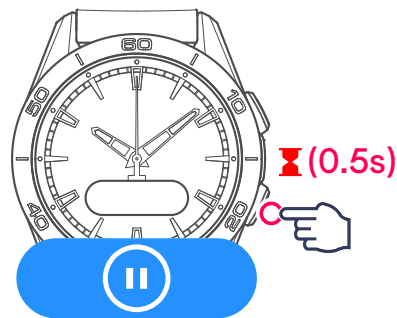


Elevation gain/loss



[More information >](#)

## 5 Exit activity



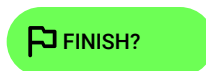
The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking

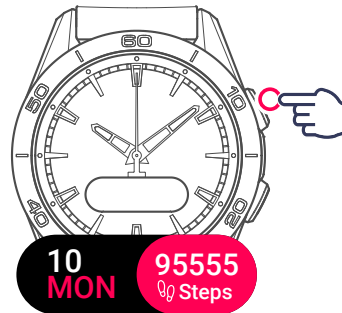


# Hiking

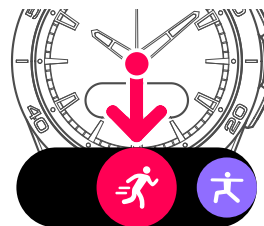
Track your hiking activity and save your data.

- ✓ The app must be open on your smartphone.

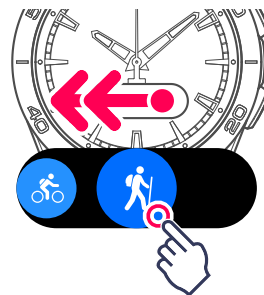
## 1 Activate the watch



## 2 Display activities



## 3 Display and select the activity



The watch will connect to GPS.



### **i** Information

Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

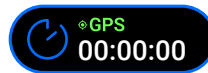
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



## 4 View the activity data

Use the watch's pushers or touch the screen.



### Information

During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

### Data being saved:

Activity time



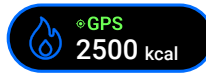
Number of steps taken



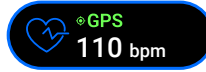
Distance covered (km or miles)



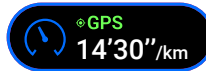
Energy burned



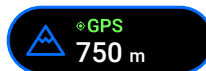
Heart rate



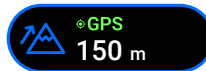
Time per unit distance (km or miles)



Maximum altitude reached

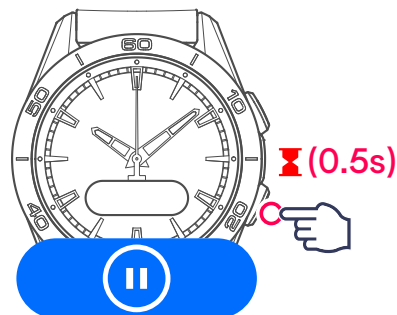


Elevation gain/loss

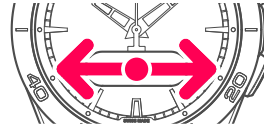


[More information >](#)

**5** Exit activity



The watch offers 2 options:



Restart tracking the current activity

▶ RESUME?

Finish and confirm end of tracking

▢ FINISH?

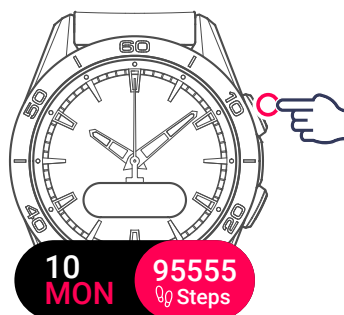


# FUNCTIONS

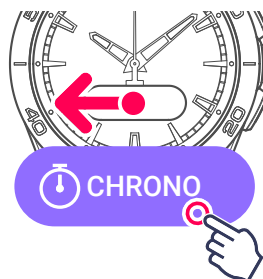
## Chrono

A chronometer for measuring times and split times.

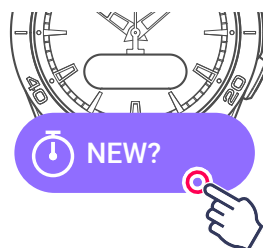
- 1 Activate the watch



- 2 Display and select the function

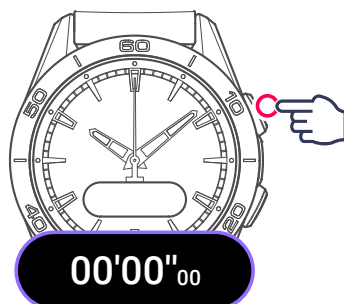


- 3 Confirm a new timing session

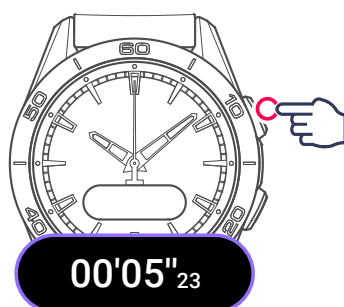




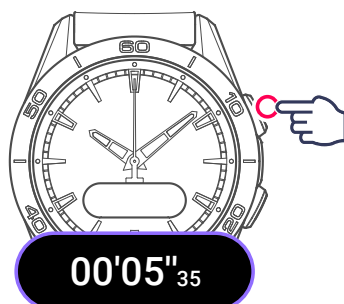
4 Start the chronometer



5 Chronometer paused

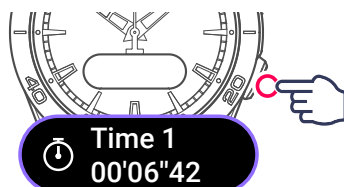


6 Restart the chronometer

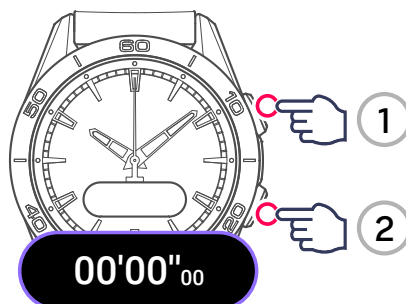


7 Save a split time

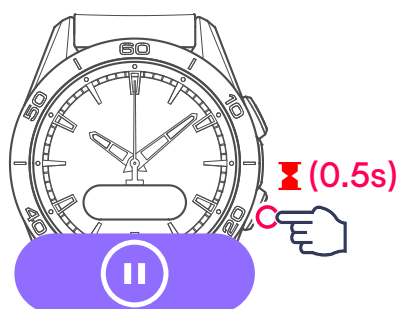
The screen displays the split time for a few seconds, then goes back to timing.



8 Stop with reset



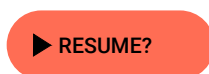
9 Exit timing



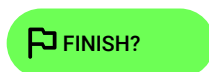
The watch offers 2 options:



Restart the current timing session



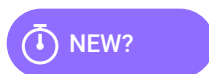
Finish the timing session



When you finish the timing session, the watch will offer 2 options:



Start a new timing session



Exit the timing function



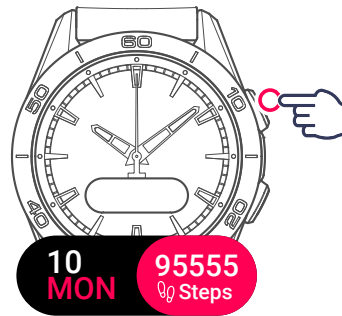
In paired mode

The split times are saved on the app.

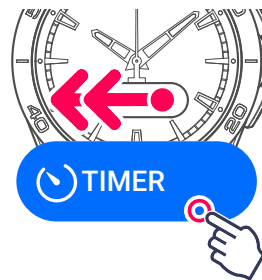
# Timer

Countdown of up to 23 hours 59 mins 59 secs.

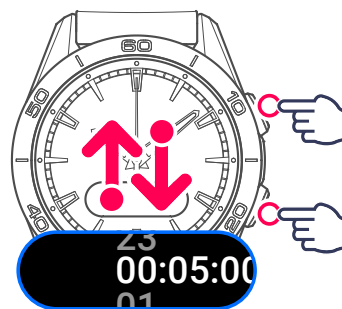
## 1 Activate the watch



## 2 Display and select the function



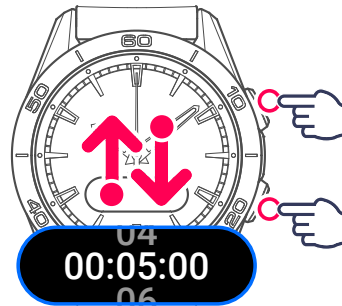
## 3 Set the hours



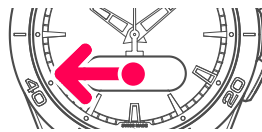
Then go to the next setting.



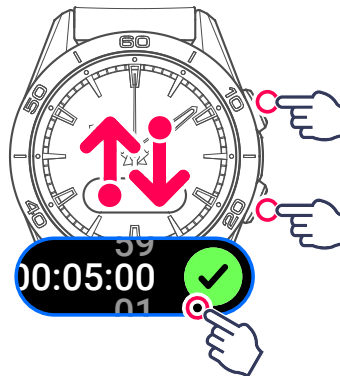
4 Set the minutes



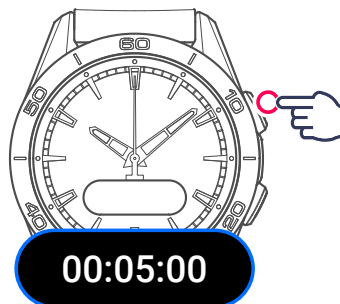
Then go to the next setting.



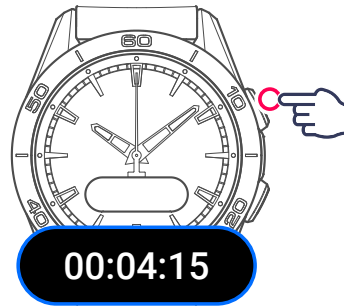
5 Set the seconds and confirm



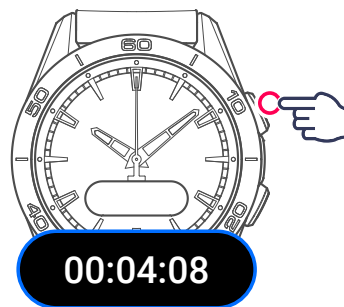
6 Start the timer



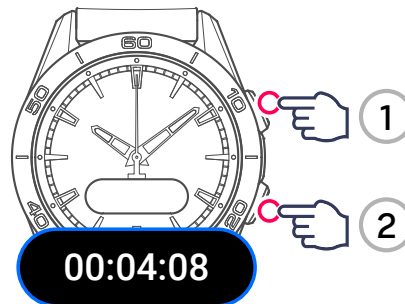
7 Timer paused



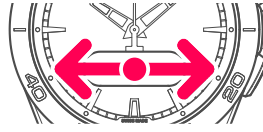
8 Restart the timer



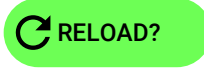
9 Stop with reset



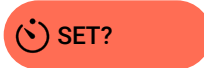
When stopped, the watch offers 3 options:



Restart the timer from the set value




Set a new timer value



Stop and exit the function



 In paired mode  
The timer duration can also be set in the app.

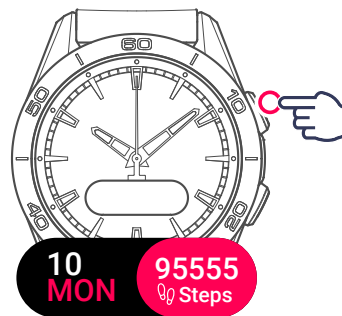
# STATISTICS

## Looking up the displays

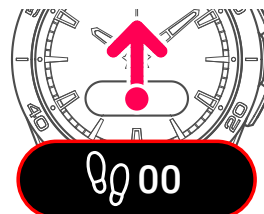
Your watch records your daily statistics to help you track your activities and progress. You can look them up at any time on your watch and on the Tissot app.

**i** Note  
The daily statistical data is reset every day at midnight.

### 1 Activate the watch

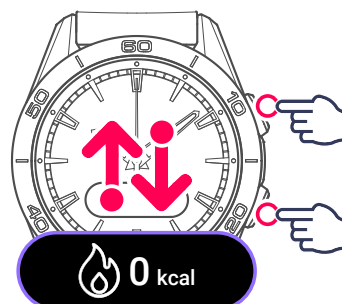


### 2 Display statistics



### 3 Display other statistics

Use the watch's pushers or swipe the screen.





Number of steps

00

Energy burned

0 kcal

Activity time

0 min

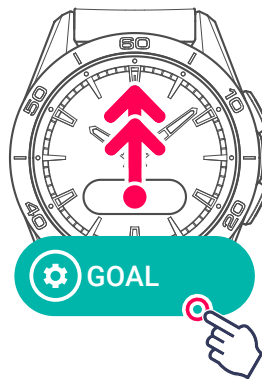
Distance covered

0 m

[More information on the data >](#)

You can also customise your daily steps goal.

1 Display and select the goal menu

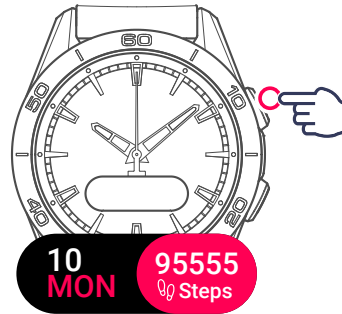


[Set your own goal >](#)

## Your goal

Set your daily goal by selecting a preset value, or a custom goal.

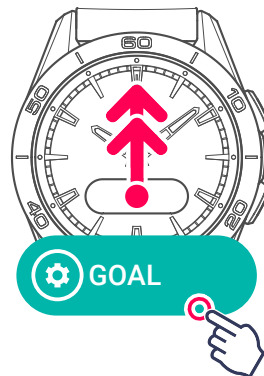
### 1 Activate the watch



### 2 Display statistics



### 3 Display and select the goal menu

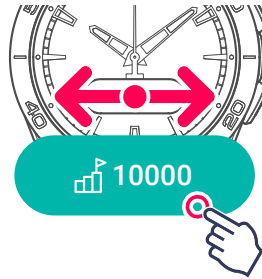


### Preset goals

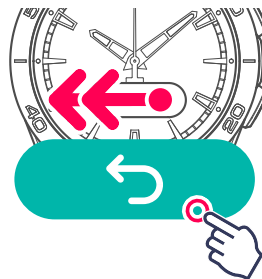
Your watch offers 3 options:



- 1 Select the preset goal.

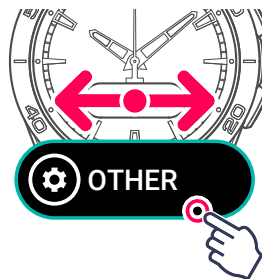


- 2 Finish and confirm the goal.

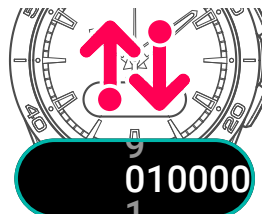


#### Custom goal

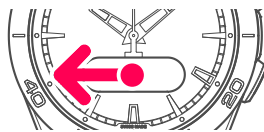
- 3 Select the menu.



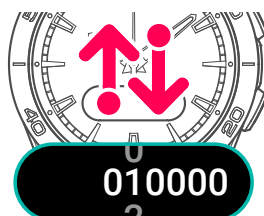
- 4 Customise your goal, firstly setting the hundreds of thousands unit.



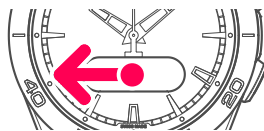
Then go to the next setting.



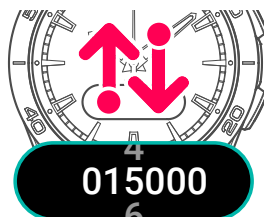
**5** Set the tens of thousands unit.



Then go to the next setting.



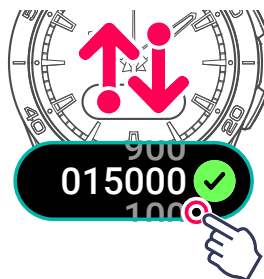
**6** Set the thousands unit.



Then go to the next setting.



**7** Set the hundreds unit, and confirm.



8 Finish and confirm the goal.



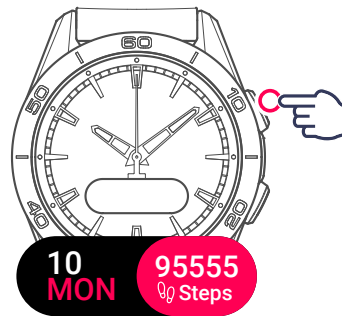
 *If you hit your goal, the watch will beep.*

# SETTINGS

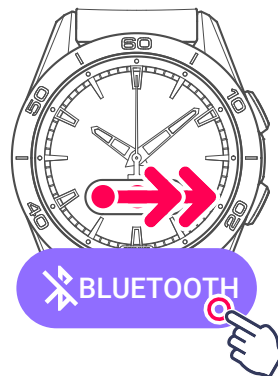
## Bluetooth

Activating / deactivating the Bluetooth® connection.

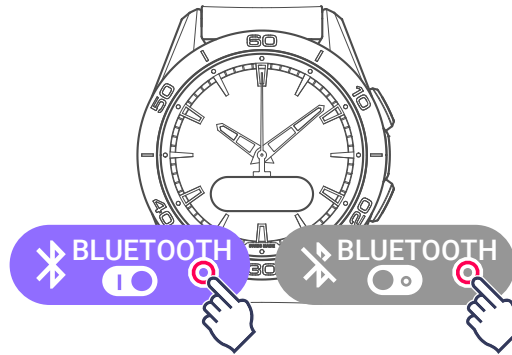
- 1 Activate the watch



- 2 Display and select the setting



### 3 Activate or deactivate



#### **i** Important!

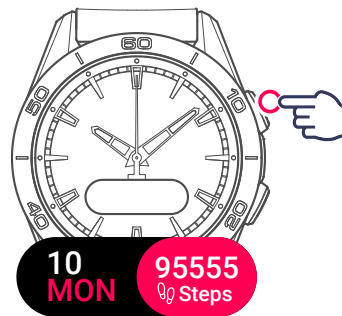
The Bluetooth® connection is required for communication between your watch and your smartphone. If deactivated, the watch's functions can no longer be used in paired mode.

# Settings

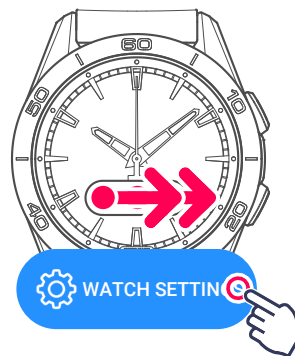
## Alerts

Activating / deactivating alerts.

1 Activate the watch



2 Display and select the settings menu



3 Display and select the alerts setting





## 4 Activate / deactivate alerts



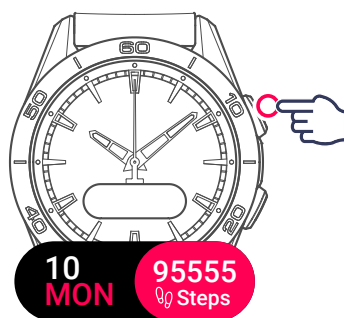
### *i* Information

If alerts are activated, the watch will beep when its connects to or disconnects from the app.

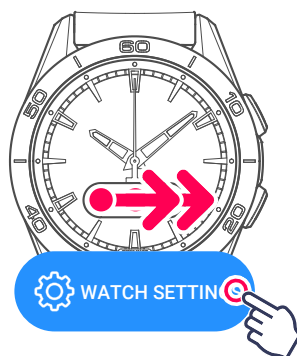
## Sounds

### Sounds and vibrations management

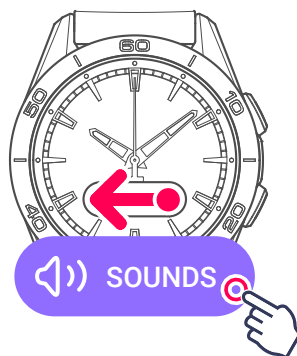
- 1 Activate the watch



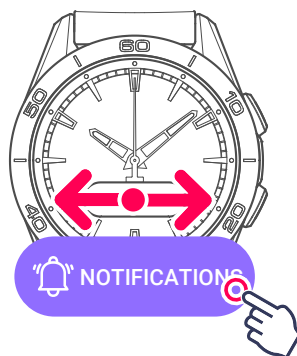
- 2 Display and select the settings menu



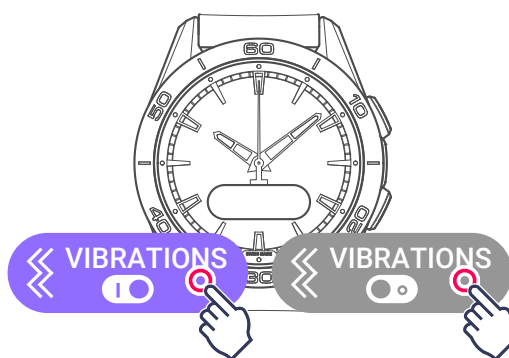
- 3 Display and select the sounds setting



## 4 Display and select notifications

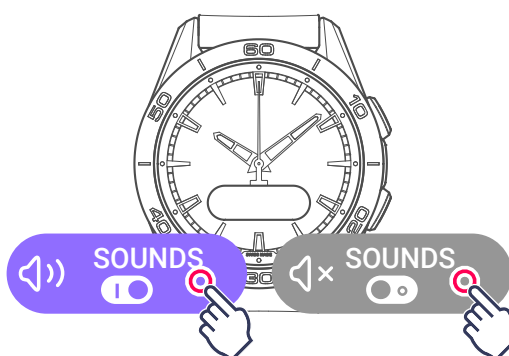


## 5 Activate / deactivate vibrations



If vibrations are activated, the watch will briefly vibrate when a notification arrives from the app.

## 6 Activate / deactivate sounds

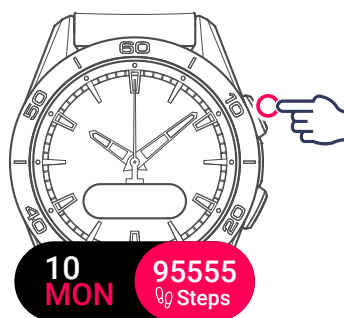


If sounds are activated, the watch will beep when a notification arrives from the app.

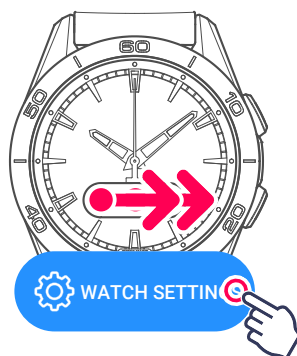
## Language

### Selecting the display language

- 1 Activate the watch



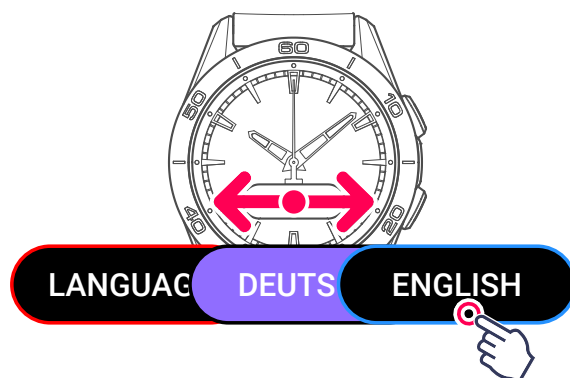
- 2 Display and select the settings menu



- 3 Select the language setting



4 Display and select the desired language

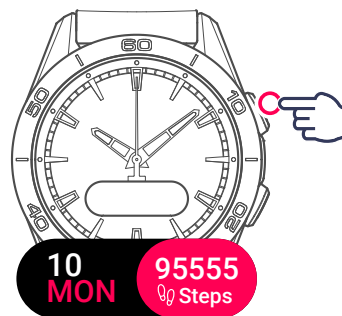


## Advanced

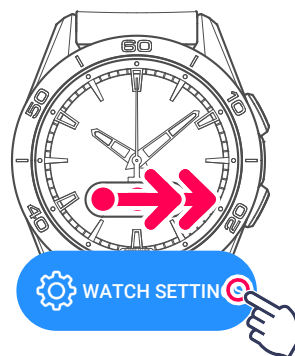
### Using advanced settings

These settings are used to calibrate the hands or reinitialise your watch.

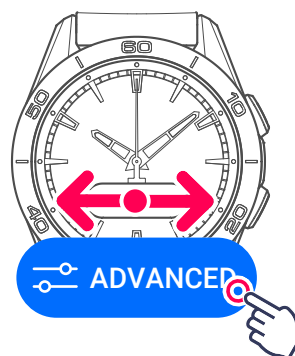
#### 1 Activate the watch



#### 2 Display and select the settings menu



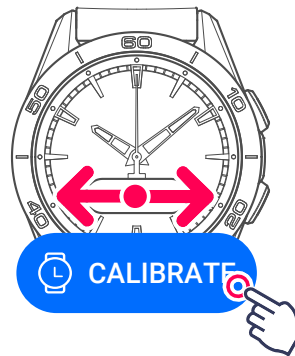
#### 3 Display and select advanced settings



## CALIBRATE

This control is used to calibrate the hands when they are no longer correctly positioned. This can happen after an impact, or when the watch is close to a powerful magnetic field.

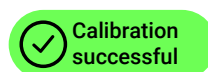
### 1 Display and start hands calibration



The watch performs a hands calibration cycle to ensure that they are accurately positioned.



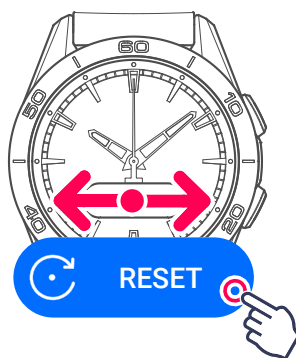
End of calibration cycle



## RESET

This control reinitialises your watch, enabling you to wish to reselect its paired or non-paired mode.

### 1 Display and start reinitialising the watch



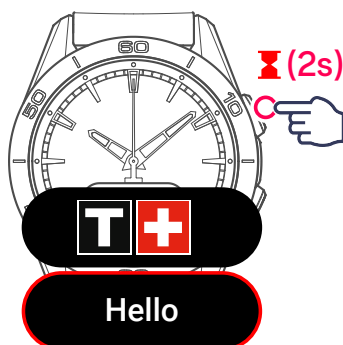
### 2 Confirm data deletion

Touch the screen zone matching your choice



**Accept:** the data saved on your watch will be erased (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

**Refuse:** the procedure is cancelled.



The watch will perform a new initialisation cycle, the same as when it was first started.

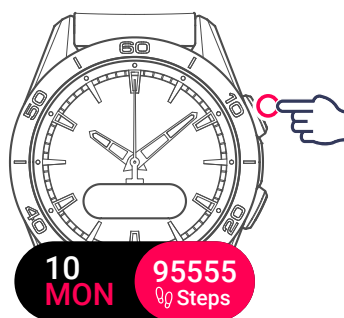
[Continue the start-up procedure >](#)



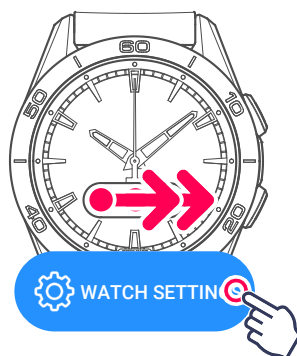
## About

### Information about your watch

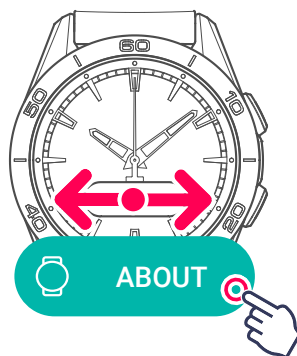
#### 1 Activate the watch



#### 2 Display and select the settings menu



#### 3 Display the watch's information



## Watch ID

Your watch's unique identification number guarantees its authenticity. You could be asked for it when making a support request.

## Firmware version

This is your watch's software version. Tissot SA is determined to ensure the constant development of its products. New features are regularly added. When you make an update request from the app, the server checks that your watch has the latest software version. If this is not the case, it suggests that you install this update.

## Fonts version

To ensure optimal readability, the screen fonts may be updated in order to improve text and value displays on your watch.

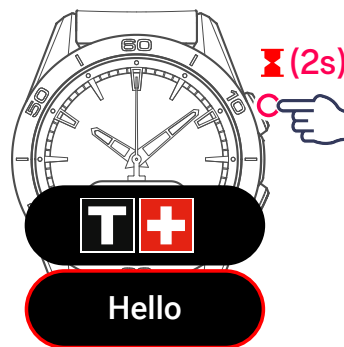
# START-UP/PAIRING

## Start-up

When first used or after reinitialising, some parameters on your T-Touch Connect Sport will need to be set.

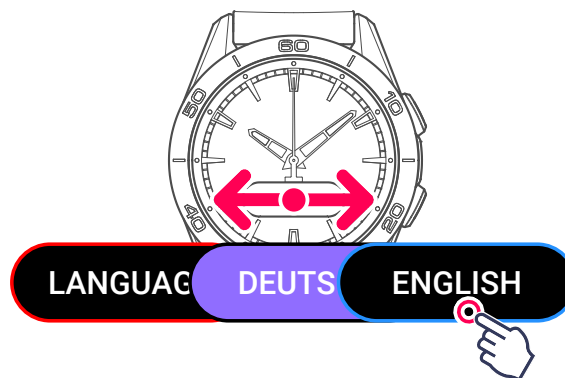
### 1 Activate the watch

Press the upper pusher for 2 seconds.

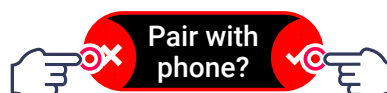


### 2 Select the language

Swipe the screen sideways to display the languages.



### 3 Touch the screen to select the operating mode



**Accept:** the watch will be connected to the Tissot app that you will install on your smartphone. The time, date and other information will be loaded automatically from the app.

[Continue with pairing >](#)

**Refuse:** the watch will operate on its own. You will need to set the date and time.

[Continue in non-paired mode >](#)

---

## Paired mode

### 1 Download and install

the Tissot app on your smartphone.



When the app is installed, the screen will display the pairing code.

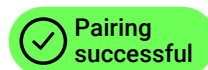


### 2 Check and confirm the codes

The codes are identical, confirm **on the app** and **on the watch**.



Pairing is finished.



### *i* Personal data

We recommend you fill out your personal data in the Tissot app to improve the activity measurement precision.

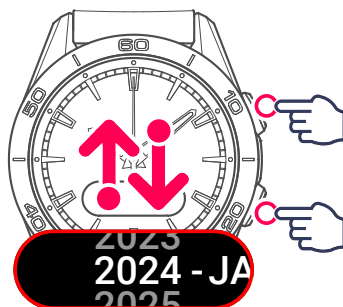
Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

[Familiarisation >](#)

## Non-paired mode

Use your watch in non-paired mode (without connecting to your smartphone).

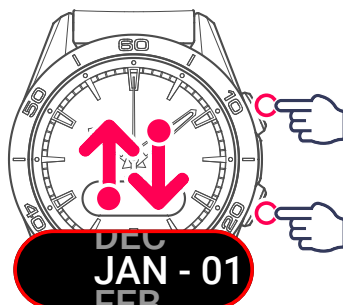
### 1 Select the year



Then go to the next setting



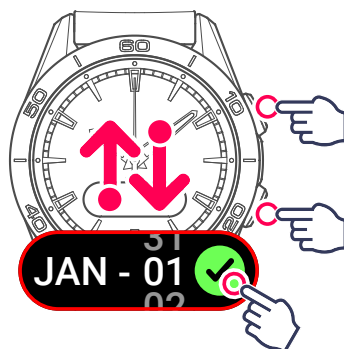
### 2 Select the month



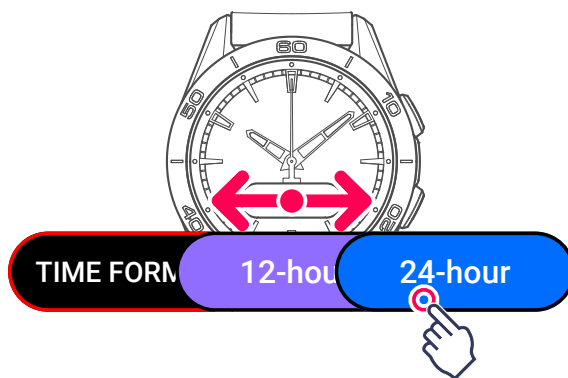
Then go to the next setting



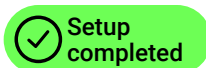
3 Select the date and confirm



4 Select the time format



Start-up in non-paired mode is finished.



Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

[Familiarisation >](#)

# Familiarisation

## Acknowledgements

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Meticulously designed, using only the highest quality materials and components, your watch is protected against impacts, temperature variations, water and dust.

Your T-Touch Connect Sport is a high-performance instrument which accompanies you in all your daily activities.

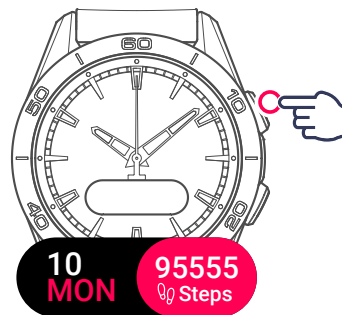
[See start-up and pairing >](#)

---

## Unlock / lock your watch

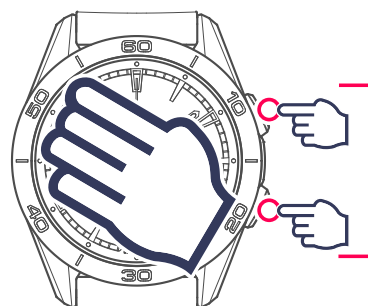
The touch screen and pushers provide quick access to all of your watch's features.

### 1 Unlock the watch



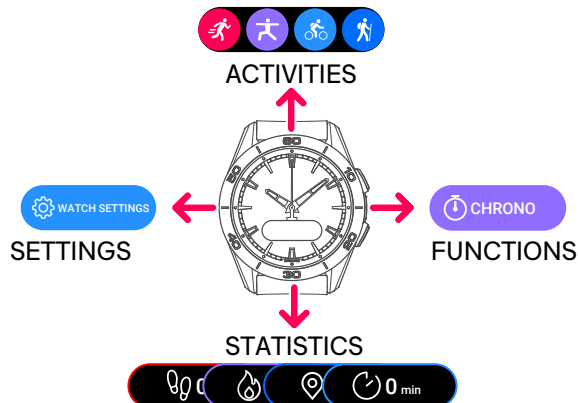
### 2 Lock the watch

Either by placing your hand on the watch dial, or by pressing both pushers at the same time.



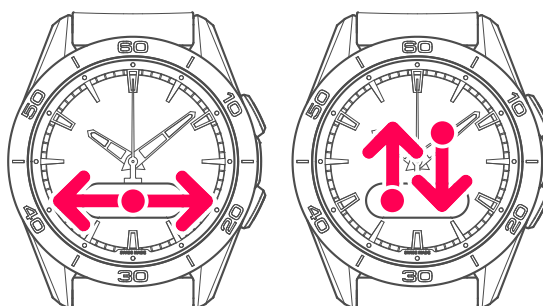
## Browse through the menus

Your watch screen is used to display the features at your disposal. You can browse through the menus in all 4 directions.



### 1 Swipe the screen

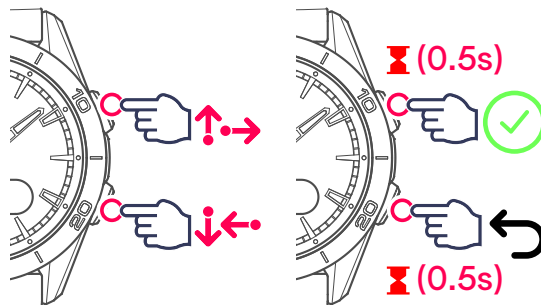
Horizontally or vertically (from the centre of the watch) to browse through the menus.





## 2 Use the pushers

To browse, confirm or go back.

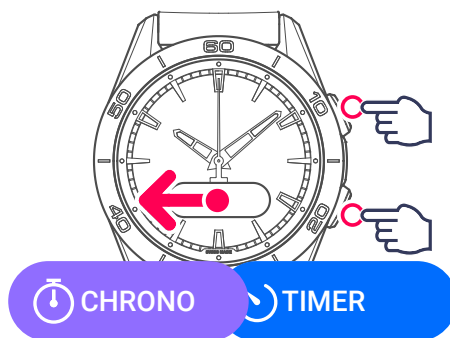


Upper pusher to browse down or left (short press) and confirm (long press).

Lower pusher to browse up or right (short press) and go back (long press).

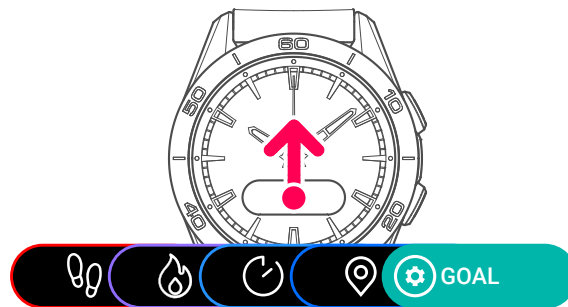
## Access the functions, activities, settings and statistics

### 1 Swipe left to access the watch's FUNCTIONS.



See [functions](#) >

- 2) Swipe up to access the daily STATISTICS.



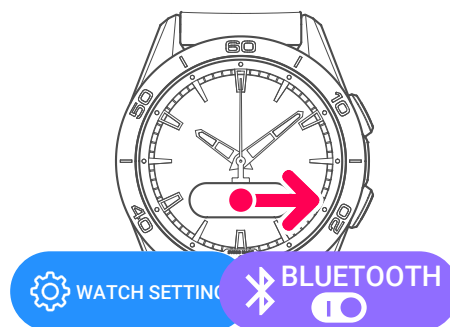
See [statistics](#) >

- 3) Swipe down to access the ACTIVITIES.



See [Starting an activity](#) >

- 4) Swipe right to access the SETTINGS



See [Settings](#) >

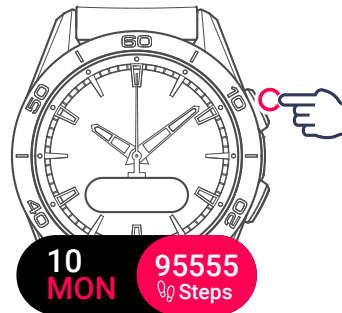
## Reading messages

When a message received on your smartphone is displayed on the watch, you can browse through it by touching the screen and then swiping vertically.

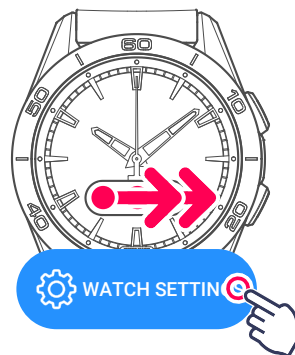
## Pairing

Your watch can be paired if this was not done the first time you used it.

### 1 Activate the watch

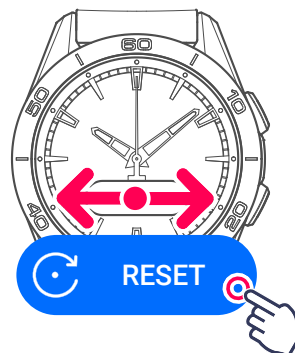


### 2 Display and select the settings menu



### 3 Display and select advanced settings

### 4 Display and start reinitialising the watch



## 5 Confirm data deletion

Touch the screen zone matching your choice



**Refuse:** the procedure is cancelled.

**Accept:** the data saved on your watch will be erased (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

The watch will perform a new initialisation cycle, the same as when it was first started.

[Continue the start-up procedure >](#)

# INFORMATION

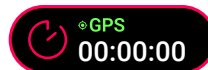
## Data

### Activity data

Data saved during tracked activities.

---

### Activity time



This is the elapsed time during a tracked activity. The time is counted until the activity finishes.

---

### Number of steps



The number of steps is calculated based on your arm movements measured by the 3-axes accelerometer fitted in the watch.

---

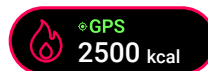
### Distance covered



The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as GPS data.

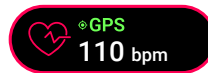
---

### Energy burned



The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.

## Heart rate



Heart rate is measured by means of an optical sensor fitted on the back of the watch. It measures the quantity of light as a function of blood flow in your wrist.



### Important!

To ensure that your heart rate is measured correctly, make sure that your watch is flush against your wrist.

During strength-based activities (when your wrist muscles are tensed), the reading may be less accurate for a few seconds.

---

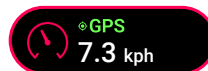
## Time per unit distance



Average time taken to cover one kilometre (or one mile) during an activity. The app calculates the average value of the time taken for each kilometre.

---

## Speed



Average travel speed during your activity, expressed in kilometres (or miles) per hour.

---

## Altitude



Maximum altitude reached during your activity. This value is calculated from your smartphone's GPS data

## Cumulative altitude gain

 GPS  
150 m

Sum total of all upward movement during the activity, expressed in metres (or feet). This value is calculated using your smartphone's GPS data.

---

## Statistical data

Data saved in the daily statistics, and reset every day at midnight.

---

## Number of steps

0000

The number of steps is calculated based on your arm movements measured by a 3-axes accelerometer fitted in the watch.

---


## Energy burned

 0 kcal

The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.

---

## Activity time

 0 min

Your movement time or physical activity time. Any rest time is disregarded.

## Distance covered



The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as your smartphone's GPS data.



# Battery

## Information

Your T-Touch Connect Sport runs on a Lithium-ion Polymer battery charged by means of the solar sensor fitted in the dial, or the cable supplied.

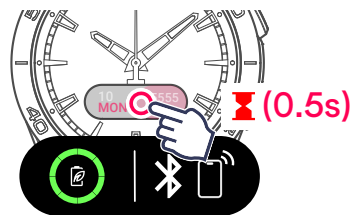
Its average life, according to your activity level, is:

- 2 months with 3 activities per week;
- 6 months in paired mode without activities;
- 1 year with low activity.

---

## Look up the battery level

- 1 Touch the screen for 0.5 seconds



---

## Charging the battery

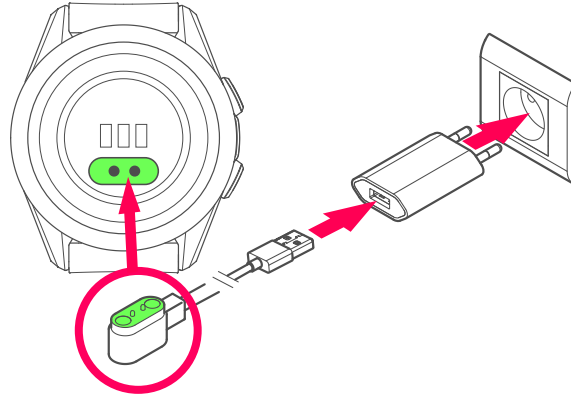
The watch is supplied with a special USB cable for charging with guaranteed water resistance.

- i** Important!  
Do not use a charger of more than 15 Watts.


If the battery charge level is too low to ensure correct operation, the screen will display the message below.



- 1 Place the end of the cable on the connector as shown.



 *There are magnets ensuring that the connector is correctly oriented.*

-  **Information**  
The complete charging time is approximately 90 minutes.

## Modes

### Paired mode

#### Using paired mode

In this mode, the watch is connected to the Tissot app installed on your smartphone.

Some features can also be used via the smartphone:

- **Timer:** the duration can be set via the app.
- **Chronometer:** both time measurements and split times are saved, and can be looked up on the app.
- **Activity tracking data:** these are saved, and can be looked up on the app.
- **Location:** your smartphone's GPS saves the location data during cycling, hiking or running activities.
- **Statistics:** these can also be looked up on the app.

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## Bluetooth®

The data are exchanged between the watch and the app by means of the Bluetooth® protocol.

The Bluetooth® connection must be activated on your smartphone and on the watch.

[See settings >](#)



### Important!

Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet). If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

## Non-paired mode

### Using non-paired mode

In this mode, the watch operates autonomously.

The settings are made directly on the watch, rather than via the app

Some data are saved in the watch temporarily:

- **Chronometer:** both final time measurements and split times are saved, and can be looked up during timing.
- **Activity tracking data:** these are saved in the watch temporarily, and can be looked up during the activity.
- **Statistics:** these can be looked up during the day.
- **Location:** no location or distance measurement.

## GPS

### General information

Using some of your watch's functions requires access to the positioning data. It is your smartphone's GPS which is used.



**Important!**

Your smartphone must always enable location for the Tissot app, and not only when the app is active.

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### Use with GPS

GPS information is exchanged between your smartphone and your watch, thanks to the Bluetooth® connection.

To enable the Bluetooth® connection to operate, your watch must be used in paired mode, and the Bluetooth® connection must be activated.

[Activate the connection >](#)

[Paired mode >](#)



**Important!**

Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet). If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

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### Using without GPS

If the watch cannot use GPS data, the location information is not available, and data tracking for running, cycling and hiking activities will be limited.

The following information cannot be saved

- Location
- Distance measurement
- Speed



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