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› [SKG Smart Watch for Men Women, 1.8" Men's Military Smartwatch for Android iPhone with Alexa Built-in, IP68 Waterproof, Fitness Tracker with 100+ Sports, R8](#)

SKG SKG R8

SKG R8 Military Smartwatch User Manual

Model: SKG R8

PRODUCT OVERVIEW

The SKG R8 Military Smartwatch is a rugged and versatile device designed for active individuals. It features a durable metal bezel and composite frame, built to withstand extreme conditions. Equipped with a large 1.8-inch HD screen, it offers clear visuals and intuitive operation.

Key features include Bluetooth call functionality, built-in Alexa voice assistant, comprehensive fitness tracking with over 100 sports modes, and 24-hour health monitoring for heart rate, SpO2, and sleep quality. The watch is IP68 waterproof, ensuring reliability in various environments.



Image: Overview of the SKG R8 Military Smartwatch highlighting its rugged design and key features.

WHAT'S IN THE BOX

- 1 x SKG R8 Smartwatch
- 1 x Charging Cable

- 1 x User Manual



Image: Contents of the SKG R8 Smartwatch retail box, including the watch, charging cable, and user manual.

SETUP

1. Initial Charging

Before first use, fully charge your SKG R8 Smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB-A end into a compatible power source (e.g., computer USB port, USB wall adapter). The watch will automatically power on when charging begins.



Image: The SKG R8 Smartwatch connected to its magnetic charging cable.

2. App Download & Pairing

The SKG R8 Smartwatch requires the 'VeryFit' app for full functionality. Download the app from the Google Play Store (for Android 5.0+ devices) or the Apple App Store (for iOS 9.0+ devices).

1. Scan the QR code displayed on the watch screen or in the user manual to directly access the app download page.

2. Install the 'VeryFit' app on your smartphone.
3. Open the app and follow the on-screen instructions to pair your watch via Bluetooth. Ensure Bluetooth is enabled on your phone.



Image: Smartphone displaying the VeryFit app interface for pairing with the SKG R8 Smartwatch.

Video: Official SKG video demonstrating the pairing process of the R8 Smartwatch with the VeryFit app.

3. Alexa Built-in Setup

The SKG R8 features Alexa Built-in, allowing you to use voice commands for various tasks.

1. Ensure your watch is paired with the VeryFit app.
2. Navigate to the Alexa section within the VeryFit app settings.
3. Log in with your Amazon account credentials to enable Alexa functionality on your watch.



Image: User interacting with Alexa on the SKG R8 Smartwatch, demonstrating voice command capabilities.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touch Screen:** Swipe left/right or up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** The watch features multiple physical buttons for quick access to functions and navigation.

- **Rotatable Crown:** Use the rotatable crown for scrolling through lists and adjusting settings.

2. Call & Notifications

The SKG R8 allows you to make and answer calls directly from your wrist, thanks to its built-in microphone and speaker. It also provides real-time notifications for calls, messages, and app alerts (e.g., Facebook, WhatsApp, Twitter) when connected to your smartphone.



Image: User receiving a call and message notifications on the SKG R8 Smartwatch.

3. Sports Modes

With over 100 sports modes, the SKG R8 helps you track various activities, including walking, running, basketball, soccer, cycling, and more. It records steps, calories burned, distance, and speed. The watch also includes 6 professional running courses to enhance your running performance.

BLUETOOTH CALL MESSAGE NOTIFICATION

Built-in microphone and speaker can easily respond to calls



Image: Athlete running, with the SKG R8 Smartwatch displaying various sports modes and tracking metrics.

4. Health Monitoring

The watch offers 24-hour real-time health monitoring, including heart rate, SpO2 (blood oxygen), and stress levels. It also tracks your sleep quality, providing insights to improve your rest.

IP68

Waterproof



Image: Person sleeping, with the SKG R8 Smartwatch displaying heart rate, blood oxygen, and sleep quality data.

5. Water Resistance

The SKG R8 is IP68 waterproof, meaning it can withstand dust, dirt, and sand, and is resistant to submersion up to a maximum depth of 1.5m for up to 30 minutes. It is suitable for daily use, including hand washing and light rain exposure.

100

Sports Modes

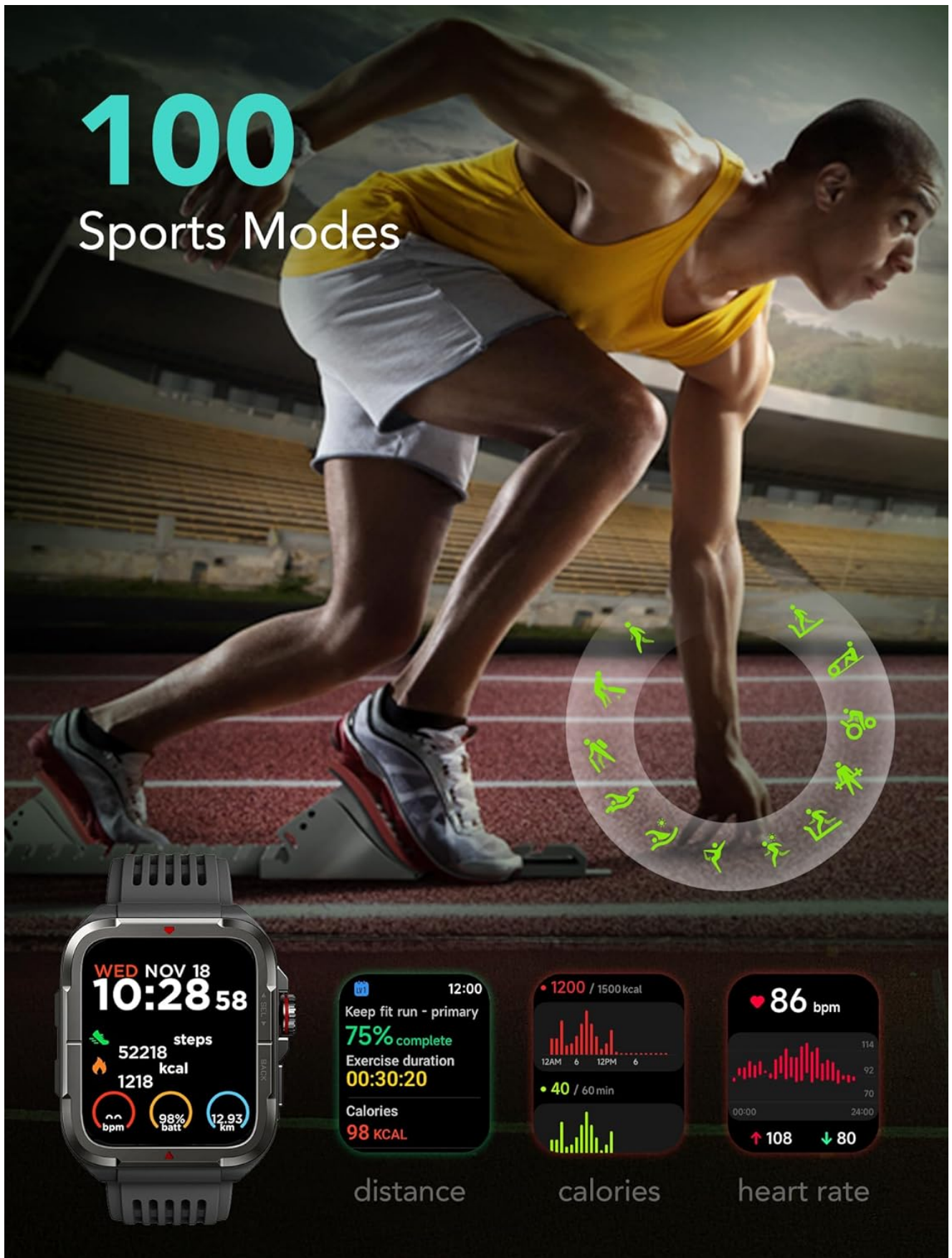


Image: Person washing hands with the SKG R8 Smartwatch, demonstrating its IP68 waterproof rating.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and wristband to prevent skin irritation and ensure proper sensor function. Use a soft, damp cloth to wipe the screen and body. For the wristband, use mild soap and water if necessary, then rinse thoroughly and dry completely before wearing.

2. Charging

Charge the watch when the battery level is low. A full charge typically takes about 2.5 hours and provides 7+ days of typical usage or up to 30 days of standby time.

3. Software Updates

Periodically check the VeryFit app for software updates. Keeping your watch's firmware updated ensures optimal performance, new features, and bug fixes.

TROUBLESHOOTING

- **Connectivity Issues:** If the watch fails to connect or frequently disconnects from your phone, ensure Bluetooth is enabled on both devices. Try restarting both the watch and the phone. Verify the VeryFit app has all necessary permissions.
- **Alexa Not Responding:** Check your internet connection on your phone. Ensure you are logged into your Amazon account within the VeryFit app.
- **Inaccurate Readings (Heart Rate, Steps, Sleep):** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly. For sleep tracking, wear the watch throughout the night.
- **Screen Unresponsive:** Try restarting the watch by long-pressing the power button. If the issue persists, ensure the watch is charged.

For further assistance, refer to the detailed user guide PDF available via the link in the Specifications section or contact SKG customer support.

SPECIFICATIONS

Feature	Detail
Brand	SKG
Model Number	SKG R8
Screen Size	1.8 Inches
Display Type	HD Screen
Water Resistance	IP68
Battery Capacity	300 Milliamp Hours
Battery Life	7+ Days (typical usage), 30 Days (standby)
Charging Time	2.5 Hours

Connectivity	Bluetooth
Operating System	iOS 9.0+, Android 5.0+
Weight	3.21 ounces
Dimensions	4.37 x 3.03 x 2.24 inches




WARRANTY AND SUPPORT




SKG provides a standard manufacturer's warranty for the R8 Smartwatch. Please refer to the official user guide for detailed warranty terms and conditions.

For technical support, troubleshooting, or warranty claims, please visit the [SKG Global Official Store on Amazon](#) or consult the comprehensive [User Guide \(PDF\)](#).

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Related Documents - SKG R8

	<p>SKG V7 Pro Smart Watch Quick Start Guide - Setup, Features, and Safety</p> <p>A concise guide to setting up and using the SKG V7 Pro Smart Watch. Covers product overview, physical button operations, turning on/off, app pairing, screen gestures, features, care, maintenance, and safety instructions.</p>
	<p>SKG Smart Watch R8 Quick Start Guide</p> <p>Concise guide to setting up and using the SKG Smart Watch R8, covering product overview, charging, app download and pairing, screen operation, features, care, maintenance, and safety instructions.</p>
	<p>SKG Smart Watch V7 Cyber User Manual</p> <p>Comprehensive user manual for the SKG Smart Watch V7 Cyber. Learn how to set up, use health tracking features like heart rate, SpO2, and sleep monitoring, access sports modes, utilize smart functionalities including Alexa integration, and manage device settings for Android and iPhone users.</p>

	<p><u>SKG Smart Watch R8 Quick Start Guide</u></p> <p>A concise guide to setting up and using the SKG Smart Watch R8, covering product overview, button operations, app pairing, features, care, and safety instructions.</p>
	<p><u>SKG Smart Watch ID207 Quick Start Guide</u></p> <p>A comprehensive guide to setting up and using the SKG Smart Watch ID207, covering device pairing, health monitoring, sports tracking, and various app functions.</p>
	<p><u>SKG V7-2 Smart Watch User Guide</u></p> <p>Comprehensive user guide for the SKG V7-2 Smart Watch, covering setup, features, app connection, and troubleshooting. Learn how to use your SKG V7-2 for fitness tracking, health monitoring, and smart notifications.</p>