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SUNKTA ST19-J

SUNKTA Military Smart Watch User Manual

Model: ST19-J

Introduction

This manual provides detailed instructions for the setup, operation, and maintenance of your SUNKTA Military Smart Watch (Model ST19-J). Please read this manual thoroughly before using the device to ensure proper function and longevity.

What's in the Box

- SUNKTA Military Smart Watch (ST19-J)
- Stainless Steel Band
- Sports Silicone Band
- Magnetic Charger
- Smartwatch Regulator (for band adjustment)
- User Manual



Image: Contents of the SUNKTA Military Smart Watch package, including the watch, two bands, charger, and tools.

Setup

1. Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a power source. A full charge typically takes 2.5 hours.



Image: The SUNKTA Military Smart Watch displaying its main interface, highlighting the robust design and digital readouts.

2. Installing the FitCloudPro App

The FitCloudPro app is essential for unlocking the full functionality of your smartwatch. You can download it by scanning the QR code provided in the manual or on the watch screen, or by searching for "FitCloudPro" in your device's app store (Google Play for Android, App Store for iOS).



Image: A visual guide illustrating the connection method for the smartwatch with a mobile phone, including QR code scanning and app interface.

3. Pairing with Your Smartphone

1. Ensure your smartwatch is charged and Bluetooth is enabled on your phone.
2. Open the FitCloudPro app and follow the on-screen prompts to add a new device.
3. Select "ST19" from the list of available devices to pair.
4. Confirm the pairing request on both your phone and the smartwatch.
5. Allow necessary permissions for notifications and contact syncing.

▶ **Watch video online**
How to use the smartwatch?

Video: A demonstration of how to set up and connect the SUNKTA Smart Watch with a smartphone, including app installation and pairing steps.

Operating the Smart Watch

1. 1.43" AMOLED Touchscreen

The smartwatch features a vibrant 1.43-inch AMOLED display with 466*466 resolution, offering clear visuals even in bright sunlight. Navigate the interface by swiping and tapping the screen.



Image: The 1.43-inch AMOLED touchscreen of the smartwatch, showcasing its high resolution and wide viewing angles.

2. Bluetooth Calling & Message Notifications

Make and receive calls directly from your wrist using the built-in speaker and noise-cancelling microphone. The watch also displays notifications from various apps like SMS, Facebook, WhatsApp, Instagram, Twitter, and TikTok.



Image: The smartwatch demonstrating Bluetooth call functionality and message notifications from popular social media and messaging applications.

3. Health Tracking

The smartwatch continuously monitors your health data:

- **Heart Rate:** Tracks your heart rate 24/7 using the HRS3605 chip.
- **SpO2:** Measures blood oxygen levels (for more accurate results, measure while resting).
- **Sleep Monitor:** Automatically records sleep time and quality (deep sleep, light sleep, wakefulness).
- **Reminders:** Includes drinking water and sedentary reminders.



Image: Health tracking features of the smartwatch, showing real-time data for blood oxygen, heart rate, blood pressure, and sleep patterns.

4. Sports Modes & Activity Tracking

With 126 indoor and outdoor sports modes, the watch records comprehensive sports data including heart rate, exercise time, calories burned, distance, and steps. This helps in planning and enhancing your fitness routine.



Image: The smartwatch's interface showing different sports modes and activity tracking capabilities, such as steps, calories, and distance.

5. Customizable Watch Faces

Choose from over 300 watch faces or customize your own by uploading personal photos through the FitCloudPro app.



Image: A selection of over 300 watch faces available for the smartwatch, along with the option to create custom DIY watch faces using personal images.

6. Other Practical Functions

The smartwatch includes additional features such as weather forecast, AI voice assistant, remote camera control, music player, find my phone, stopwatch, alarm clock, calculator, and pedometer.

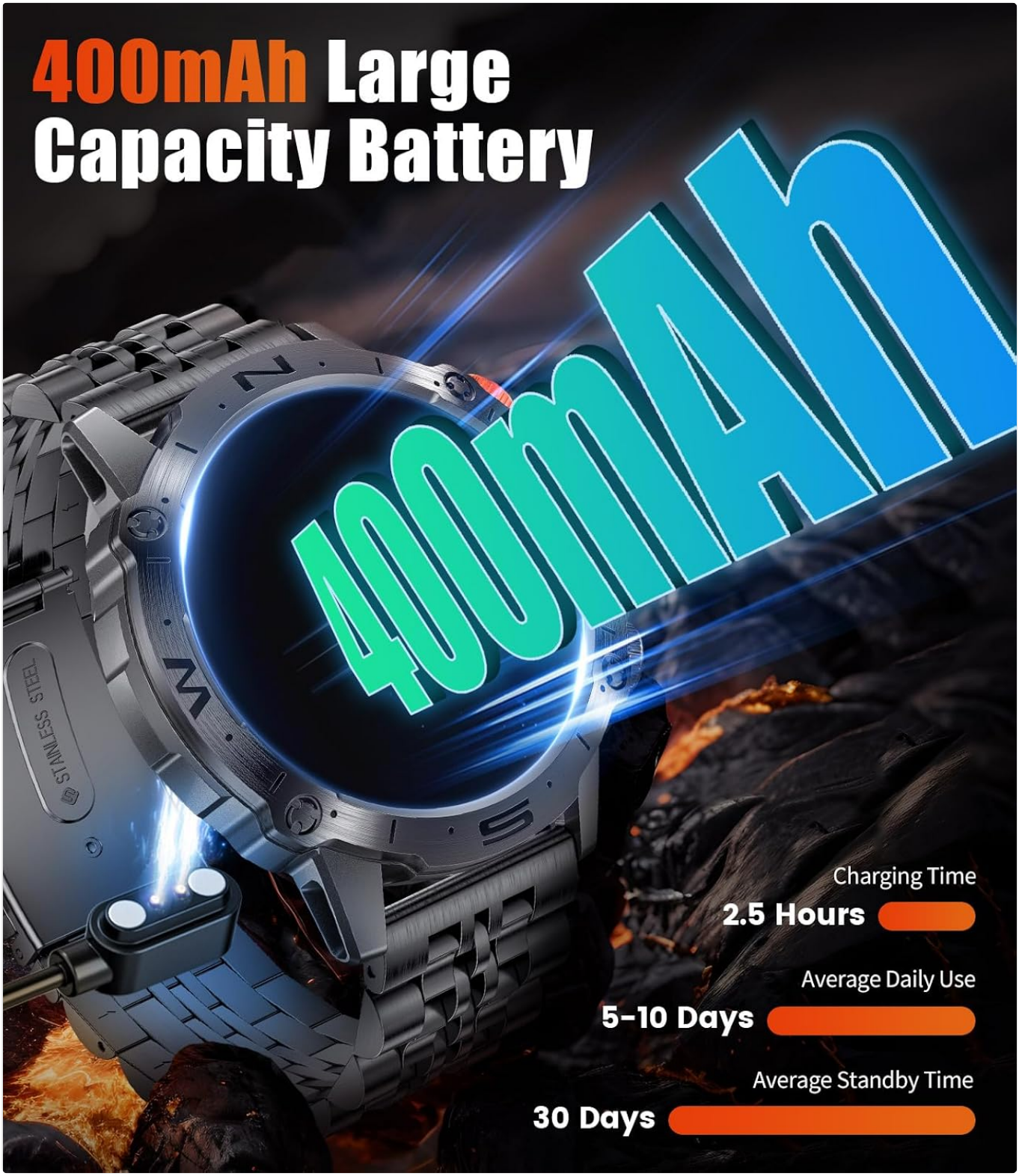

Image: An overview of the smartwatch's practical functions, including weather updates, calculator, remote camera control, music playback, voice assistant, and phone locator.

Maintenance

1. 5ATM Waterproof Rating

The SUNKTA Military Smart Watch is rated 5ATM waterproof, supporting daily use, swimming pool water, and open water wear. It is resistant to sweat and rain. However, avoid hot water, saunas, or diving with the watch.



Image: The smartwatch submerged in water, illustrating its 5ATM waterproof rating suitable for swimming and daily water exposure.

2. General Care

- Clean the watch regularly with a soft, dry cloth.
- Avoid exposing the watch to extreme temperatures or direct sunlight for prolonged periods.
- The watch features Mohs 9H toughened glass for scratch resistance, but avoid sharp objects.

Troubleshooting

Q: How to connect with the smart watch?

A: Search "FitCloudPro" on Google Play or APP Store or scan the QR code to download. Open the "FitCloudPro" APP,

click the "+ Add Peripheral Now" button on the "Devices" screen. Tap "ST19" to pair.

Q: How do I turn off the Media Audio?

A: When the smartwatch and phone are connected by Bluetooth, the smartwatch may sync the phone audio. If you want to keep it quiet, you can tap the phone icon to turn off the "media audio".

Q: What if the strap dimensions don't fit my wrist?

A: The product comes with a strap regulator, which can be adjusted according to your wrist. If you need a longer strap, we can provide you with extra strap sections.

Specifications

Product Dimensions	8.66 x 1.73 x 0.51 inches
Item Weight	3.53 ounces (100 Grams)
Model Number	ST19-J
Screen Size	1.43 Inches
Resolution	466*466
Battery Capacity	400 Milliamp Hours
Waterproof Rating	5ATM
Connectivity	Bluetooth
Operating System	Wear OS

Warranty and Support

SUNKTA is committed to providing high-quality products and excellent customer service.

- **Guarantee:** This product comes with a 2-year guarantee.
- **Returns Service:** Enjoy a 6-month returns service.
- **Online Service:** 24-hour online service is available for support.

For further assistance, please refer to the contact information provided in your product packaging or visit the official SUNKTA website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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