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› Military Smart Watches Built-in GPS, 170+ Sport Modes for Men with Flashlight, Smartwatch for Android Phones and iPhone, 1.43" AMOLED Screen Bluetooth Call Compass Altimeter (Black & Orange (2 Bands))

Tiwain ZK67 Smart watch

Tiwain Military Smart Watch User Manual

Model: ZK67 Smart watch

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your Tiwain Military Smart Watch (Model: ZK67 Smart watch). Please read this manual thoroughly before using your device to ensure optimal performance and longevity.



Figure 1: Tiwain Military Smart Watch (Black & Orange variant).

2. WHAT'S IN THE BOX

Upon opening the package, verify that all components are present:

- Smart watch (Tiwain ZK67)
- Two straps (one black, one orange)
- Charging cable
- User Manual (this document)

🎁 Our more advantages 🎁



More functions: find phone, DIY watch face, weather, alarm clock, steps, remote camera, music control, stop watch, timer, calculator, contact person, call records, etc.



Zinc alloy shell



30 days long standby



LED flashlight



Get an extra strap

Figure 2: Package contents including the smartwatch, two straps, and charging cable.

3. SETUP GUIDE

3.1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 2 hours.

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Zinc alloy shell



30 days long standby



LED flashlight



Get an extra strap

Figure 3: The smartwatch features a 530mAh battery, offering up to 30 days standby time and 7-10 days of typical use.

3.2. Attaching the Straps

The smartwatch comes with two interchangeable straps. To attach a strap, align the spring bar with the lug holes on the watch body and gently push the pin inwards to secure it. Repeat for the other side.



Figure 4: The smartwatch is supplied with two durable straps for customization.

3.3. App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the companion app on your smartphone. The watch is compatible with iOS 8.0 and Android 4.4 and later versions.

1. Power on the smartwatch by pressing and holding the side button.
2. On the watch screen, select your preferred language (e.g., English).
3. A QR code will appear on the watch display. Scan this QR code using your smartphone's camera or a QR code scanner app to download the official companion application.
4. Alternatively, search for the app name (refer to the watch's display or included user manual for the specific app name) in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
5. Once the app is installed, open it and follow the on-screen instructions to create an account and pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
6. During the pairing process, the app may prompt you to update the watch's firmware. It is recommended to perform these updates to ensure optimal performance and access to the latest features.



Figure 5: The companion app facilitates pairing and provides detailed activity tracking.

4. OPERATING YOUR SMARTWATCH

4.1. Basic Navigation

The Tiwain Smart Watch features a 1.43-inch AMOLED HD touchscreen for intuitive navigation. Swipe left, right, up, or down to access different menus and functions. Use the physical side buttons for quick access to specific features or to return to the home screen.



Figure 6: The 1.43-inch AMOLED HD touchscreen offers vibrant colors and clear visibility.

4.2. GPS and Navigation Features

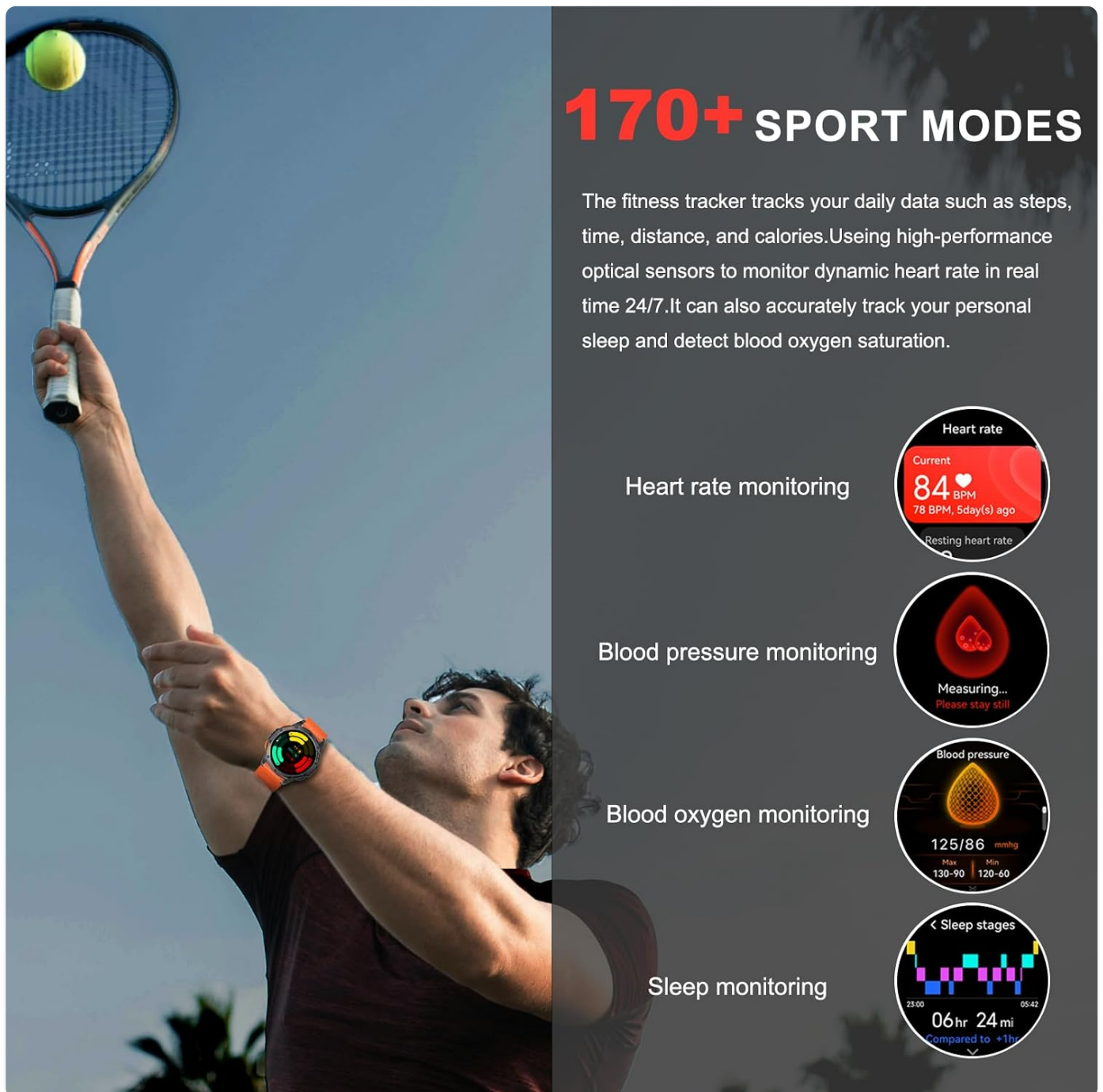
Your smartwatch is equipped with built-in GPS and supports six satellite systems (GPS, GLONASS, Beidou, Galileo, NAVIC, QZSS) for accurate location tracking. It also includes a compass, altimeter, and barometer to provide real-time data on your altitude, air pressure, and position, ideal for outdoor activities.



Figure 7: Integrated GPS and multi-system positioning for precise outdoor tracking.

4.3. Sport Modes and Fitness Tracking

The watch offers over 170 sport modes to track various activities. Select your desired sport mode before starting an activity to record data such as steps, distance, calories burned, and heart rate. Data can be synced to the companion app for detailed analysis and progress monitoring.



170+ SPORT MODES

The fitness tracker tracks your daily data such as steps, time, distance, and calories. Using high-performance optical sensors to monitor dynamic heart rate in real time 24/7. It can also accurately track your personal sleep and detect blood oxygen saturation.

- Heart rate monitoring**
Heart rate: 84 BPM (Current), 78 BPM (5day(s) ago), Resting heart rate: 60 BPM
- Blood pressure monitoring**
Measuring... Please stay still
- Blood oxygen monitoring**
Blood pressure: 125/86 mmHg (Max: 130-90, Min: 120-60)
- Sleep monitoring**
Sleep stages: 06 hr 24 mi (Compared to +1hr)

Figure 8: Track your fitness with over 170 sport modes and comprehensive data logging.

4.4. Health Monitoring

Monitor your health with real-time tracking of heart rate, sleep patterns, blood pressure, and blood oxygen levels. The smartwatch can vibrate to alert you of abnormal readings. For accurate readings, ensure the watch is worn snugly on your wrist.

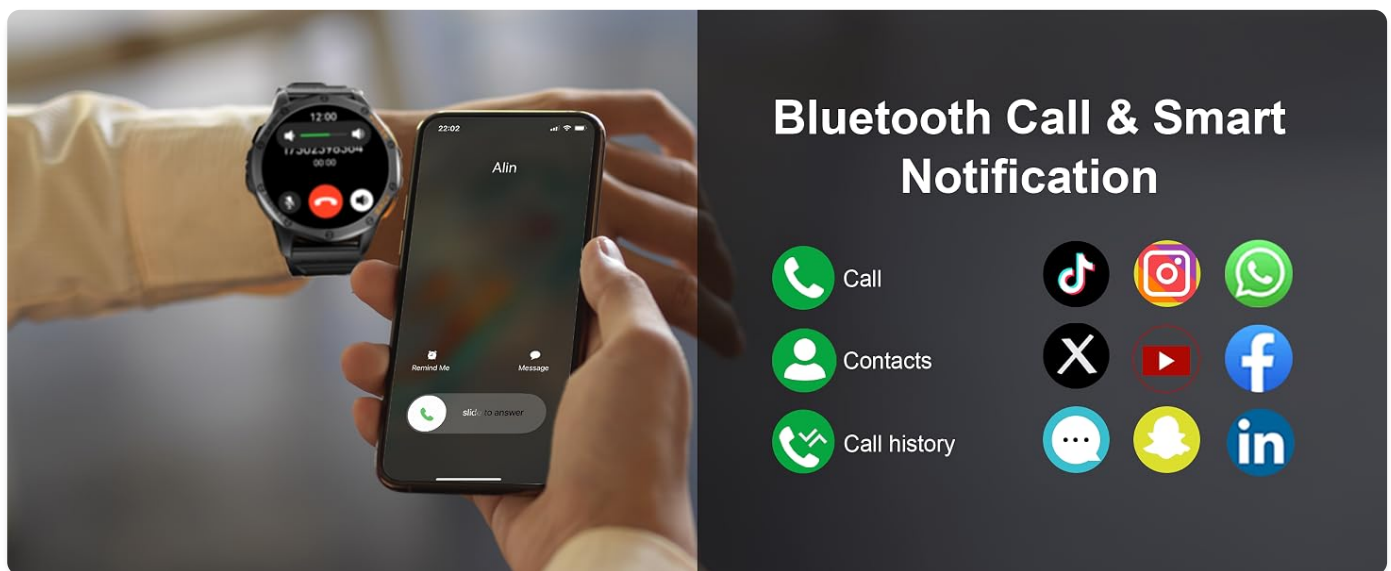


Figure 9: Continuous health data monitoring for heart rate, blood pressure, and blood oxygen.



Figure 10: Detailed sleep monitoring helps track sleep stages and duration.

4.5. Bluetooth Call and Smart Notifications

Make and receive calls directly from your watch when connected to your smartphone via Bluetooth. The watch also displays message and app notifications (receive only, no sending capability), keeping you connected on the go.



Figure 11: Seamless Bluetooth calling and smart notification display.

4.6. LED Flashlight

The smartwatch includes a built-in LED flashlight that can illuminate up to 20 meters. Activate it using the dedicated side button for convenience during nighttime activities or outdoor adventures.



Figure 12: The integrated LED flashlight provides illumination for various situations.

5. MAINTENANCE

5.1. Cleaning Your Smartwatch

Regularly clean your smartwatch and straps to prevent skin irritation and maintain device hygiene. Use a soft, lint-free cloth to wipe the screen and watch body. For the straps, a mild soap solution and water can be used, ensuring they are thoroughly dried before reattaching.

5.2. Water Resistance

The Tiwain Smart Watch has an IP68 waterproof rating, meaning it can withstand splashes, rain, and sweat. However, it is **not suitable for swimming or saunas**. Prolonged exposure to water, especially hot water or submersion, may damage the device. If the watch gets wet, ensure it is completely dry before charging or using the speaker function, as moisture can temporarily affect speaker clarity.

IP68 Waterproof

This military smart watch is made of a zinc alloy case, which is very wear-resistant. It has the characteristics of waterproof, dustproof and anti-fall. The excellent manufacturing process effectively improves the life of the watch.

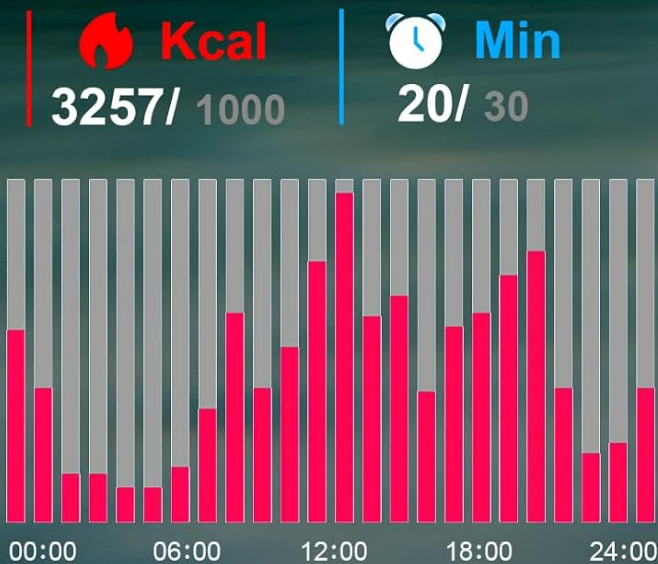


Figure 13: The IP68 rating provides protection against dust and water splashes.

6. TROUBLESHOOTING

If you encounter issues with your Tiwain Smart Watch, refer to the following common solutions:

- **Weather Data Not Updating:** The weather information on the watch may require manual synchronization with the companion app on your phone. Open the app to refresh the data.
- **Compass Inaccuracy:** The compass may occasionally require recalibration. Refer to the app settings or watch settings for the compass calibration procedure. Frequent recalibration might be necessary in certain environments.
- **Garbled Speaker After Water Exposure:** If the speaker sounds distorted or garbled after the watch has been exposed to water (e.g., rain, sweat), allow the watch to air dry completely for several hours or even days. Moisture inside the speaker grille can temporarily affect sound quality. Avoid using the speaker until it is fully dry.

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Try restarting both the watch and your phone. If issues persist, unpair and re-pair the device through the app.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary notifications, and limit continuous GPS usage. Ensure background app refresh is optimized on your phone.

For issues not covered here, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	ZK67 Smart watch
Screen Size	1.43 Inches AMOLED
Battery Capacity	530 mAh Lithium Polymer
Battery Life (Typical Use)	7-10 days
Battery Life (Standby)	Up to 30 days
Battery Life (Continuous GPS)	Approximately 3 days
Water Resistance	IP68 (Not suitable for swimming/saunas)
GPS	Built-in GPS with 6-satellite support
Connectivity	Bluetooth
Compatibility	iOS 8.0 and Android 4.4 and later
Special Features	170+ Sport Modes, Flashlight, Bluetooth Call, Compass, Altimeter, Barometer, Health Monitoring (HR, BP, SpO2, Sleep)
Item Weight	150 Grams (5.3 ounces)
Dimensions	6.61 x 4.29 x 0.94 inches (Package)

8. WARRANTY AND SUPPORT

Tiwin offers a **12-month money-back guarantee or free replacement** for any issues encountered with your smartwatch. For assistance, technical support, or warranty claims, please contact Tiwin customer support through the contact information provided on the product packaging or the official website.

We are committed to providing high-quality products and excellent user experience. Your satisfaction is our priority.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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

Answered questions about this manual

How do I reach customer service for my Tiwain ZK67 Smartwatch? I purchased it in December 2025 and the screen failed in July 2026; how can I claim the 12-month warranty for a replacement?

Tiwain offers a 12-month money-back guarantee or free replacement for issues encountered with the ZK67 Smartwatch. Since your screen failed within this period, you are eligible to file a warranty claim. To reach customer service...

[Read full answer](#)