

SUNKTA FV10-E

SUNKTA Smart Watch FV10-E User Manual

Model: FV10-E | Brand: SUNKTA

1. PRODUCT OVERVIEW

The SUNKTA Smart Watch FV10-E is a rugged, feature-rich smartwatch designed for active lifestyles. It boasts a military-grade standard for durability, 5ATM water resistance, and a vibrant 1.45-inch AMOLED HD touchscreen. Key functionalities include Bluetooth calling, comprehensive health monitoring (heart rate, SpO2, sleep), over 120 sports modes, and a long-lasting 530mAh battery. This manual will guide you through setting up and utilizing all the advanced features of your new smartwatch.



Figure 1: Overview of the SUNKTA Smart Watch FV10-E display and features.

2. WHAT'S IN THE BOX

- Smart watch x1
- Leather band x1
- Silicone band x1
- Charging Cable x1
- Strap Adjuster x1

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smartwatch using the provided magnetic charging cable. Connect the magnetic end to the charging points on the back of the watch and the USB end to a compatible power adapter (not included).

3.2 App Installation & Pairing

1. Download the 'FitCloudPro' app from your smartphone's app store (compatible with Android 4.4+ and iOS 8.0+).

2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the FitCloudPro app, navigate to the 'Device' section and select 'Add Device'.
5. Select 'FV10-E' from the list of available devices to pair. Confirm the pairing request on both your phone and the watch.

3.3 Strap Adjustment

The watch comes with both a silicone band and a metal band. Use the included strap adjuster tool to modify the length of the metal band for a comfortable fit. Refer to the user manual for detailed instructions on adjusting the metal strap links.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The 1.45-inch AMOLED HD touchscreen offers a clear and responsive interface with 466*466 pixels resolution. You can adjust the brightness through 5 levels to suit various lighting conditions. The 'Always-On Display' feature keeps the time visible without needing to tap or raise your wrist.

1.45" ULTRA LARGE AMOLED

Resolution of up to 466*466 DISPLAY



Figure 2: The vivid 1.45-inch AMOLED display.

Navigate the watch by swiping left, right, up, or down on the touchscreen. The physical buttons on the side provide quick access to specific functions or return to the home screen.

4.2 Bluetooth Calling & Notifications

With its 5.0 Bluetooth chip, the smartwatch allows you to make and receive calls directly from your wrist. You will also receive message notifications from your mobile phone, ensuring you stay connected without constantly checking your phone.



Figure 3: Bluetooth calling and message reminder functionality.

4.3 Health Monitoring

The FV10-E acts as your personal health assistant, offering 24-hour heart rate monitoring, real-time blood oxygen (SpO2) detection, and detailed sleep monitoring (deep sleep, light sleep, REM). Monitoring data is saved for 30 days in the FitCloudPro app, helping you track your health trends.

24/7 HEALTH MONITORING

Helps you to know your physical status at all times.



Figure 4: 24/7 Health Monitoring features.

Video 1: Demonstrates the military-grade durability and AMOLED display of the FV10-E smartwatch, including health tracking features.

4.4 Sports Modes

With over 120 sports modes, including cycling, running, basketball, rugby, and skiing, the watch helps you track critical data such as workout heart rate, distance, speed, and calories burned. More sports can be downloaded via the FitCloudPro app.

100+ Sports Modes

Meet your diverse exercise needs.

Surf

Riding

Rock Climbing

Running

14500 Steps

48 Kcal

122 BPM

2.21 KM

3'20\"/>

Figure 5: Selection of 100+ sports modes available on the smartwatch.

4.5 Customization

Personalize your watch with over 300 watch dials available in the FitCloudPro app. You can also upload your own photos to create custom watch faces.



Figure 6: Explore over 300 watch dials and other smart functions.

4.6 Other Features

The smartwatch includes an AI voice assistant, calculator, breathing exercises, business card display, sedentary reminder, stopwatch, remote camera control, music control, and weather forecast.

5. DURABILITY AND BATTERY

5.1 Military Grade Standard & 5ATM Waterproof

Constructed from special composite materials and a metal shell, the FV10-E is rugged and durable. It has passed various durability tests including drilling, crushing, and exposure to extreme temperatures (-40°C to 70°C). With 5ATM water resistance, it can withstand splashes, rain, and even swimming, making it suitable for various environments.



Figure 7: Military-grade standard and durability features.

Video 2: Showcases the robust build and water resistance of the SUNKTA Smart Watch FV10-E.

5.2 Battery Life

The 530mAh battery provides up to 30 days of standby time and 7-10 days of normal working time, depending on usage. This ensures reliable performance throughout your day and beyond.

530mAh HUGE Battery Up to 30 Days Standby

Enhance your journey with enduring energy right at your fingertips, lasting for a full week

3-5 Days
Heavy Use

7+ Days
Daily Use

30+ Days
Energy Saving Mode



Figure 8: Long-lasting 530mAh battery for extended use.

6. SPECIFICATIONS

Feature	Specification
Model Number	FV10-E
Screen Size	1.45 Inches AMOLED
Resolution	466*466 Pixels
Battery Capacity	530 mAh
Battery Life (Normal Use)	7-10 Days
Battery Life (Standby)	Up to 30 Days

Waterproof Rating	5ATM
Connectivity	Bluetooth 5.0
Operating System	Android 4.4+ / iOS 8.0+
Memory Storage Capacity	256 MB
Item Weight	6.7 ounces
Product Dimensions	3.94 x 1.97 x 0.98 inches

7. MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and body with a soft, dry cloth. For stubborn smudges, a slightly damp cloth can be used, followed by immediate drying.
- **Charging:** Always use the original magnetic charging cable. Ensure the charging points on the watch and cable are clean and dry before charging to prevent corrosion.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials and finish.
- **Extreme Conditions:** While the watch is military-grade and 5ATM waterproof, prolonged exposure to very hot water (e.g., hot showers, saunas) or high-pressure water jets should be avoided as it may affect the seals.

8. TROUBLESHOOTING

- **Watch Not Turning On:** Ensure the watch is fully charged. If it still doesn't turn on, try pressing and holding the power button for 10-15 seconds.
- **Connectivity Issues:** Make sure Bluetooth is enabled on your phone and the watch is within range. Try unpairing and re-pairing the device in the FitCloudPro app. Restarting both your phone and watch can also resolve connection problems.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch regularly. For best results, remain still during measurements.
- **Short Battery Life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring. Ensure the 'Always-On Display' is used judiciously if extended battery life is a priority.
- **App Syncing Problems:** Check your internet connection. Ensure the FitCloudPro app is updated to the latest version. Close and reopen the app, or restart your phone.

9. WARRANTY AND SUPPORT

The SUNKTA Smart Watch FV10-E comes with a 12-month warranty. For any issues regarding watch accessories, quality problems, operation, or charging, please contact SUNKTA customer service. We are committed to providing a solution within 24 hours. The smartwatch is compatible with Android 4.4 and above, and iOS 8.0 and above. For further assistance, please visit the official SUNKTA website or refer to the contact information provided on your warranty card.