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SUNKTA EF5-L

SUNKTA Military Smart Watch User Manual

Model: EF5-L

Introduction

Thank you for choosing the SUNKTA EF5-L Military Smart Watch. This rugged and versatile smartwatch is designed for active lifestyles, featuring a vibrant AMOLED display, Bluetooth calling, extensive sport modes, and comprehensive health monitoring. This manual provides detailed instructions to help you set up, operate, and maintain your device for optimal performance.



Image: The SUNKTA EF5-L Military Smart Watch, showcasing its main display, various digital watch faces, and the three included strap options (metal, silicone, and leather).

Key Features

- **1.43" AMOLED HD Display:** Experience clear and vivid visuals with a 466*466 resolution, even in bright sunlight.
- **5ATM Waterproof & Military-Grade Durability:** Designed to withstand harsh conditions, including water submersion up to 50 meters, dust, extreme temperatures, and impacts. Safe for swimming, snorkeling, and surfing.
- **Bluetooth Call & Message Notification:** Make and receive calls directly from your wrist and get real-time notifications from social apps.
- **100+ Sports Modes & Activity Tracking:** Track your steps, calories, distance, and performance across a wide range of activities.
- **Comprehensive Health Monitoring:** Monitor 24/7 heart rate and track sleep patterns to gain insights into your well-being.

- **Long-lasting Battery:** Equipped with a 530mAh battery, providing 7-10 days of normal use and over 35 days of standby time on a single 2-3 hour charge.
- **AI Voice Control:** Use voice commands for hands-free operation, including making calls, checking weather, and controlling music.
- **Customizable Watch Faces:** Choose from 200+ UI dials or create personalized watch faces.
- **Integrated LED Flashlight:** A small, convenient flashlight on the side for added utility in low-light conditions.
- **Versatile Straps:** Includes three interchangeable straps (stainless steel, silicone, leather) to suit various occasions.

Setup Guide

1. Charging the Smart Watch

Before first use, fully charge your SUNKTA EF5-L smartwatch. Connect the included charging cable to the charging port on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes 2 to 3 hours.



Image: The SUNKTA EF5-L Smart Watch connected to its charging cable, illustrating the 530mAh battery capacity and estimated charging, working, and standby times.

2. Downloading the Companion App

To unlock all features and synchronize data, download the "FitCloudPro" app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). The app is compatible with Android 8.0+ and iOS 12.0+.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "FitCloudPro" app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device pairing section (usually indicated by a device icon or "Add Device").

4. The app will search for nearby devices. Select "EF5-L" or the corresponding device name when it appears.
5. Confirm the pairing request on both your watch and smartphone.
6. Once paired, the watch will synchronize time and data with your phone.

Operating Instructions

Display and Navigation

The watch features a 1.43" AMOLED touchscreen. Swipe left/right, up/down, and tap to navigate through menus and functions. The physical buttons on the side provide quick access to power and back functions.



Image: Close-up of the SUNKTA Smart Watch's 1.43-inch AMOLED HD display, highlighting its 466x466 resolution and clear view capabilities, with an 'always on' feature.

Bluetooth Calling and Notifications

After successful pairing, you can make and receive calls directly from your watch. Ensure the Bluetooth connection is stable. The watch will vibrate and display notifications for incoming calls, SMS, and messages from supported social media applications (e.g., Facebook, WhatsApp, Instagram).



Image: A visual representation of the Bluetooth Call feature, showing a user making a call from the watch and receiving messages, emphasizing voice assistant, dialing, call records, and contacts.

Sports Modes and Activity Tracking

The watch supports over 100 professional sports modes. To select and track a sport, navigate to the Sports section on your watch. For additional modes, use the "FitCloudPro" app: Go to "FitCloudPro" app > Device > Push-training > Select desired mode > Press Start. The watch automatically records exercise data such as steps, calories burned, and distance.



Image: A man hiking with the SUNKTA Smart Watch, illustrating its capability to track over 100 sports modes, including distance, calories, and steps.

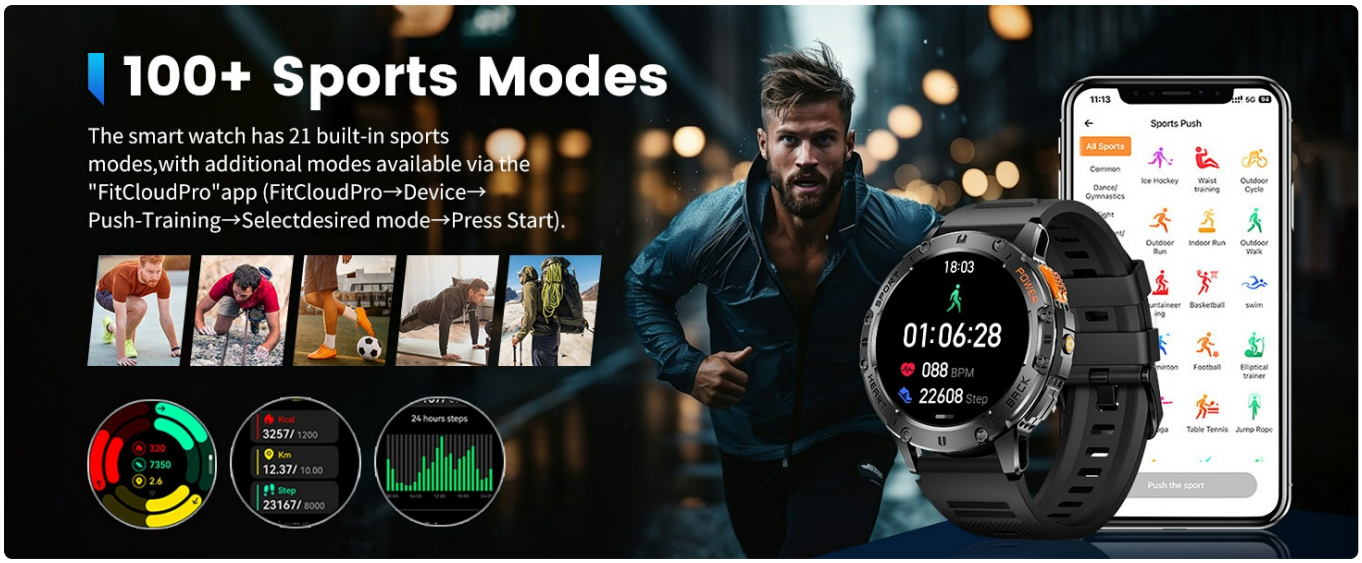

Image: Various sports activities depicted alongside the SUNKTA Smart Watch, demonstrating its 100+ sports modes and how to add them via the FitCloudPro app.

Health Monitoring

The watch provides continuous heart rate monitoring and automatic sleep tracking. View your health data directly on the watch or in the "FitCloudPro" app for detailed insights into your daily activity and rest patterns. **Note:** Measurements are for reference only and are not medical data.



Image: Visuals demonstrating the 24/7 heart rate monitoring and sleep tracking features of the SUNKTA Smart Watch, showing data graphs for both.

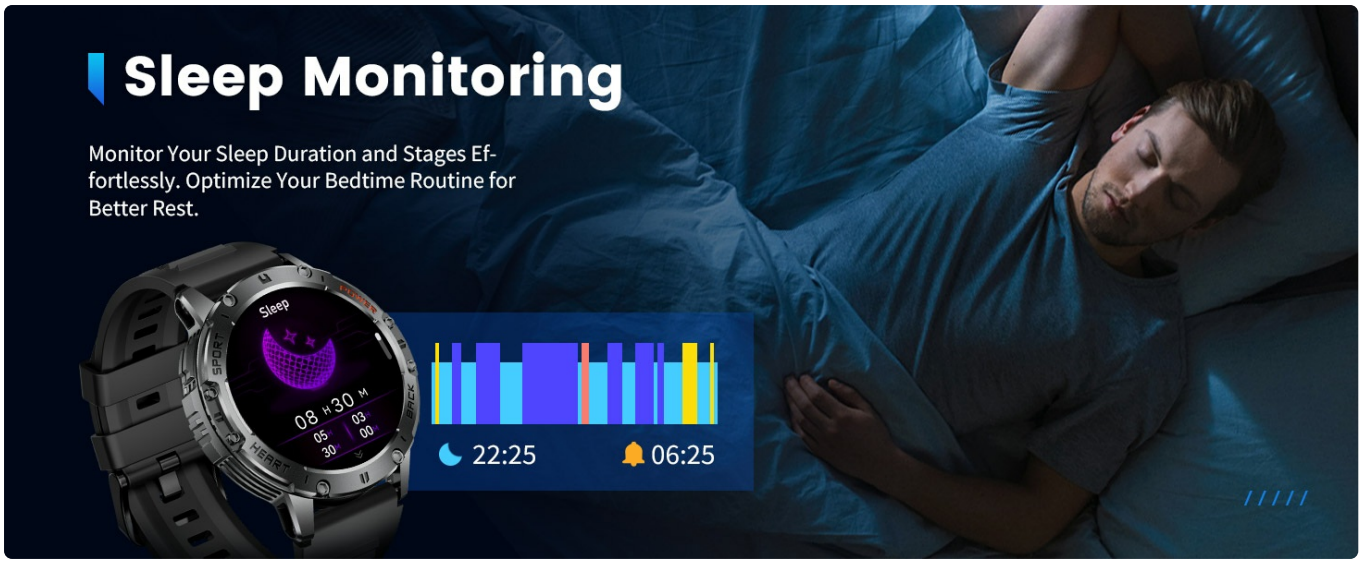

Image: A person sleeping, with an overlay showing the SUNKTA Smart Watch's sleep monitoring interface, indicating sleep duration and stages.

AI Voice Control

Activate the AI voice assistant on your watch to perform various tasks using voice commands, such as making calls, checking the weather, or controlling music playback.

Customizing Watch Faces

The watch offers 10 built-in dial UI options and access to over 200 additional watch faces through the "FitCloudPro" app. You can also create personalized watch faces using your own photos.

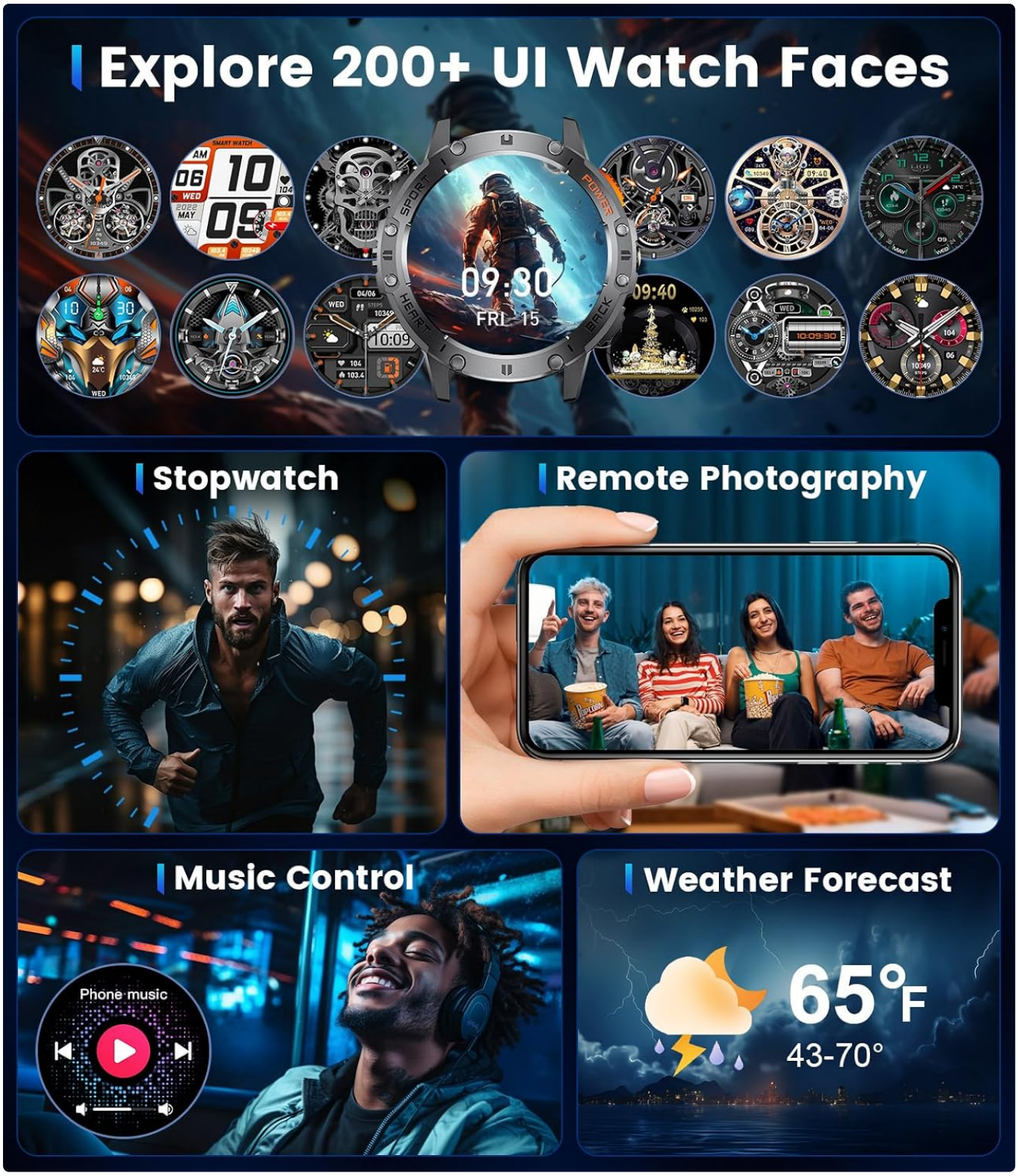

Image: A collage of various digital watch faces available for the SUNKTA Smart Watch, demonstrating the wide range of customization options.



Image: The SUNKTA Smart Watch displaying a custom watch face, with an accompanying smartphone screen showing the DIY watch face creation process within the app.

Other Functions

The watch includes additional features such as stopwatch, timer, flashlight, calculator, music control, camera control, weather forecast, and 'Do Not Disturb' mode. Access these through the watch's menu.



Image: A close-up of the SUNKTA Smart Watch on a wrist, with its integrated LED flashlight illuminated, providing clear flood lighting.

Maintenance

Cleaning

Regularly clean your watch and straps to prevent skin irritation and maintain appearance. Use a soft, damp cloth to wipe the watch body. For silicone straps, mild soap and water can be used. For stainless steel and leather straps, follow specific cleaning instructions for those materials.

Water Resistance

The SUNKTA EF5-L is 5ATM waterproof, meaning it can withstand water pressure equivalent to a depth of 50 meters. It is suitable for swimming, snorkeling, and surfing. However, avoid exposure to hot water, steam, or saltwater, as these can compromise the seals over time. Do not operate buttons underwater.



Image: A graphic illustrating the military-grade durability of the SUNKTA Smart Watch, including anti-impact, dustproof, harsh condition resistance (-40°C to 70°C), anti-fluid corrosion, and 5ATM waterproof ratings.



Image: A person swimming underwater with the SUNKTA Smart Watch, highlighting its IP68 water resistance for swimming, showers, and handwashing, with a note to avoid hot or saltwater.

Troubleshooting

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the charger and wait a few minutes before attempting to power on.
Unable to pair with phone	Check if Bluetooth is enabled on your phone. Ensure the watch is within range. Restart both the watch and phone. Clear previous Bluetooth connections on your phone.
Notifications not appearing	Verify that notification permissions are enabled for the "FitCloudPro" app in your phone's settings. Ensure the app is running in the background. Check watch settings for 'Do Not Disturb' mode.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Note that data is for reference and not medical grade.
Short battery life	Reduce screen brightness, disable 'Always On Display' if not needed, limit frequent heart rate monitoring, and close unused apps on the watch. Frequent Bluetooth calls will consume more power.

Specifications

Brand: SUNKTA

Model: EF5-L

Display: 1.43 Inches AMOLED, 466 x 466 Resolution

Battery Capacity: 530 mAh Lithium Polymer

Charging Time: Approximately 2-3 Hours

Working Time: 7-10 Days (normal use)

Standby Time: 35+ Days

Water Resistance: 5ATM

Connectivity: Bluetooth 5.2

Compatibility: Android 8.0+ / iOS 12.0+

Memory Storage Capacity: 256 MB

Product Dimensions: 22 x 2.2 x 1.17 cm; 1 g

Human Interface Input: Buttons, Microphone, Touchscreen

Warranty and Support

Your SUNKTA EF5-L Smart Watch comes with a **12-month product warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the quality of your device.

If you encounter any issues or have questions regarding your product, please contact our professional service team. We are committed to providing the best solution and will respond to your inquiries within 24 hours.

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

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