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› SENBONO KT79 Military Smart Watch for Men with LED Flashlight Watch 2.0" Big Screen Tactical Smartwatch Fitness Tracker with Heart Rate Sleep Monitor Make Calls for iPhone Android (Black) User Manual

## SENBONO KT79

# SENBONO KT79 Military Smart Watch User Manual

Model: KT79

## 1. INTRODUCTION

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The SENBONO KT79 Military Smart Watch is a rugged, feature-rich device designed for outdoor enthusiasts and daily use. It combines military-grade durability with advanced smart functionalities, including a bright LED flashlight, comprehensive health tracking, and seamless communication features. This manual provides detailed instructions for setting up, operating, and maintaining your smart watch.

## 2. WHAT'S IN THE BOX

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- SENBONO KT79 Military Smart Watch
- Charging Cable
- User Manual
- Watch Band

## 3. PRODUCT OVERVIEW

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Familiarize yourself with the key components and features of your SENBONO KT79 Smart Watch.



*Image: The KT79 Smart Watch displaying its main watch face with steps, heart rate, time, date, temperature, and calories. Insets show an incoming call screen and the flashlight/SOS control interface.*



# MILITARY STANDARD



Anti-impact



Anti-Fluid  
Corrosion



Dust-proof



-40°C~ 70°C  
Temperature test



*Image: Four panels illustrating the military-grade durability of the KT79 Smart Watch: submerged in ice, exposed to fire, covered in mud, and undergoing a stress test with a screwdriver. The image highlights anti-impact, anti-fluid corrosion, dust-proof, and temperature test capabilities, confirming MIL-STD Military Grade.*



Image: Detailed dimensions of the KT79 Smart Watch (49mm x 40mm x 12.3mm) and its strap length (265mm). It also shows the 430mAh battery capacity, providing 25 days of standby time and 7 days of daily use, with a hiker in the background.

# 3ATM WATERPROOF

Up to 30 meters in depth, enjoy more water activities like swimming surfing diving



Image: The KT79 Smart Watch being worn by a swimmer, demonstrating its 3ATM waterproof capability, suitable for activities like swimming, surfing, and diving up to 30 meters in depth. A close-up of the watch buckle is also shown.

# 430MAH BIG BATTERY

Ultra-long battery life, no need to worry about power when you are outdoor exercising or camping.



	Extra Large Battery 430 mAh	Large Battery 350 mAh	General Battery 280 mAh
Heavy Usage	5 Days ✓	3 Days	1-2 Days
Working Time	7-15 Days ✓	5-10 Days	3-4 Days
Standby Time	25 Days ✓	15 Days	8 Days

Image: A comparison table showing the battery life of the KT79 Smart Watch (430mAh) against other capacities (350mAh, 280mAh). The 430mAh battery offers 7-15 days working time and 25 days standby time, emphasizing its ultra-long battery life for outdoor activities.

# SIZE & PACKAGE



Image: The physical dimensions of the KT79 Smart Watch (56mm height, 46mm width) and its adjustable strap length (Min: 6.26" / 159mm, Max: 9.69" / 246mm). The image also displays the package contents: the watch, an extra watch band, charging cable, and user manual.

# LED STRONG FLASHLIGHT

Whether it's for outdoor sports at night or indoor living lighting, help you light up every corner.



⚠ Note: Do not direct the light towards eyes.

Image: Demonstrates the powerful LED flashlight feature of the KT79 Smart Watch. It shows the watch emitting a bright white light, a purple light option, and a user utilizing the SOS mode. A note advises not to direct the light towards eyes.



*Image: The KT79 Smart Watch resting on a wet, rocky surface with water droplets, showcasing its water resistance and rugged design. The watch face displays time, steps, heart rate, temperature, and calories.*



*Image: A close-up of the KT79 Smart Watch with its powerful LED flashlight illuminated, casting a bright beam onto a dark, rocky surface, highlighting its utility in low-light conditions.*

## 4. SETUP

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### 4.1 Initial Charging

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

### 4.2 App Installation and Pairing

1. **Download the App:** Scan the QR code in the watch manual or search for "DaFit" in your smartphone's app store (compatible with iOS 10.0+ and Android 6.0+).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open DaFit App:** Launch the DaFit application on your phone.
4. **Add Device:** In the app, navigate to the "Device" section and select "Add Device". The app will search for available

devices.

5. **Select KT79:** Choose "KT79" from the list of found devices to initiate pairing.
6. **Confirm Pairing:** Follow any on-screen prompts on both the watch and the phone to confirm the pairing. Once connected, the watch will synchronize time and data with your phone.

For optimal performance, ensure the app is running in the background and has necessary permissions enabled (e.g., location, notifications).

## 5. OPERATING INSTRUCTIONS

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### 5.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** The watch features multiple side buttons for quick access to functions like power, mode selection, and flashlight activation. Refer to the watch's on-screen prompts for specific button functions.

### 5.2 Making and Receiving Calls

The KT79 supports Bluetooth calls. Ensure your watch is paired with your phone via Bluetooth.

- **Making Calls:** Access the dial pad or contact list on the watch to make calls directly.
- **Receiving Calls:** When a call comes in, the watch will display the caller ID. You can answer or reject calls directly from the watch using the on-screen buttons.
- **Volume Control:** Adjust call volume using the watch's interface during a call.

### 5.3 Notifications

Receive smart notifications for messages (WhatsApp, Facebook, Twitter, etc.) directly on your watch. Ensure notification permissions are enabled in the DaFit app and your phone's settings.

### 5.4 LED Flashlight

The watch is equipped with a powerful LED flashlight.

- **Activation:** Access the flashlight function through the watch's menu or a dedicated side button (refer to watch interface for exact method).
- **Modes:** The flashlight may offer multiple modes, including bright, flash, and SOS. Some models may also feature an optional UV light.
- **Caution:** Do not direct the light towards eyes.

### 5.5 Health Tracking

The KT79 monitors various health metrics:

- **Heart Rate:** Continuous or on-demand heart rate monitoring.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Quality:** Tracks sleep patterns and provides insights into sleep quality.
- **Steps/Activity:** Counts steps, distance, and calories burned throughout the day.

View detailed health data in the DaFit app.

### 5.6 Sports Modes

The watch supports over 100 sports modes. Select your activity from the sports menu to track specific workout data, including duration, distance, calories, and heart rate.

## 5.7 Other Smart Features

Explore additional features such as:

- Compass
- Weather Forecast
- Music Control
- Camera Control
- Sedentary Reminders
- Alarm Clock
- Stopwatch
- Timer
- Customizable Watch Faces (via DaFit app)

## 6. BATTERY AND CHARGING

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The KT79 Smart Watch is equipped with a 430mAh battery, offering extended usage times.

- **Battery Capacity:** 430mAh
- **Daily Use:** Up to 7-15 days (depending on usage)
- **Standby Time:** Up to 25 days
- **Charging:** Use the provided magnetic charging cable. Ensure the charging pins align correctly with the watch's charging contacts.
- **Charging Time:** Approximately 2 hours for a full charge.

To prolong battery life, reduce screen brightness, limit continuous heart rate monitoring, and disable unnecessary notifications.

## 7. MAINTENANCE

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- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** The watch is 3ATM waterproof (up to 30 meters). It is suitable for swimming and light water activities but avoid hot water, steam, or prolonged submersion in deep water. Do not operate buttons underwater.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the watch, as this may damage the finish or internal components.
- **Storage:** Store the watch in a cool, dry place when not in use.

## 8. TROUBLESHOOTING

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Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect to the charging cable and check if the charging indicator appears.

Problem	Possible Solution
Cannot pair with phone	<ol style="list-style-type: none"> <li>1. Ensure Bluetooth is enabled on your phone and the watch.</li> <li>2. Make sure the watch is within Bluetooth range (approx. 10 meters).</li> <li>3. Restart both the watch and your phone.</li> <li>4. Forget the device in your phone's Bluetooth settings and try pairing again through the DaFit app.</li> <li>5. Ensure the DaFit app has necessary permissions.</li> </ol>
Notifications not received	<ol style="list-style-type: none"> <li>1. Check notification settings in the DaFit app.</li> <li>2. Ensure notification access is granted to the DaFit app in your phone's system settings.</li> <li>3. Make sure the watch is connected to the phone.</li> </ol>
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Avoid excessive movement during measurements. Note that smartwatches are not medical devices.

## 9. SPECIFICATIONS

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- **Model:** KT79
- **Screen Size:** 2.0 inches TFT (2.02" HD Big Screen)
- **Resolution:** 240\*282
- **Battery Capacity:** 430mAh
- **Connectivity:** Bluetooth 5.3
- **Compatibility:** Android 6.0+ / iOS 10.0+
- **Water Resistance:** 3ATM (up to 30 meters)
- **Memory Storage:** 64 MB
- **Item Weight:** 1.43 pounds (0.65 Kilograms)
- **Dimensions:** 3.94 x 2.76 x 1.97 inches (Package)
- **Special Features:** LED Flashlight, Compass, Bluetooth Calling, Heart Rate Monitor, SpO2 Monitor, Sleep Tracker, 100+ Sports Modes, Notifications, Music Control, Camera Control, Sedentary Reminders, Alarm Clock, Stopwatch, Timer, Customizable Watch Faces.

## 10. WARRANTY AND SUPPORT

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SENBONO provides a **1-year replacement service** for the KT79 Military Smart Watch. If you encounter any issues or have questions regarding your product, please contact SENBONO customer support. Refer to the contact information provided with your purchase or visit the official SENBONO website for support details.

For further assistance, you may also refer to the [SENBONO Store on Amazon](#).