

SUNKTA EF18-E

SUNKTA Military Smart Watch EF18-E User Manual

Model: EF18-E

Introduction

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1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your SUNKTA Military Smart Watch EF18-E. Please read this manual thoroughly before using the device to ensure proper function and longevity.



Image 1: The SUNKTA Military Smart Watch EF18-E, showcasing its robust design and vibrant display.

The SUNKTA Military Smart Watch EF18-E is designed for durability and functionality, featuring a 1.7-inch HD display, a 1000mAh high-capacity battery, Bluetooth call capabilities, and comprehensive health and fitness tracking. Its military-grade construction ensures resilience in various environments.

2. WHAT'S IN THE BOX

Upon opening your product package, verify that all the following items are included:

- Smartwatch × 1
- Silicone strap × 2 (One pre-installed, one spare)
- Magnetic charger × 1
- 2-year warranty card × 1
- User Manual × 1

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Video 1: An unboxing video demonstrating the contents of the SUNKTA Smart Watch EF18 package, including the watch, straps, charger, and documentation.

3. SETUP

3.1. Charging the Smart Watch

Before initial 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 approximately 2 hours.



Our(1000mAh)	Other(450mAh)
✓ 50 Days+ (standby Time)	✗ 15 Days+ (standby Time)
✓ 30 Days+ (Battery Life)	✗ 7 Days+ (Battery Life)
✓ 2.5Hours (Charging Time)	✗ 3Hours (Charging Time)

Image 2: The smartwatch connected to its magnetic charger, highlighting its 1000mAh battery capacity and efficient charging.

3.2. App Download and Pairing

To unlock the full functionality of your smartwatch, download the companion application. Scan the QR code provided in the manual or search for "FitCloudPro" in your device's app store (iOS or Android).

1. Download the "FitCloudPro" app from the App Store (iOS) or Google Play (Android).
2. Enable Bluetooth on your smartphone.
3. Open the app and follow the on-screen instructions to search for and connect to your smartwatch (EF18).

4. Confirm the Bluetooth pairing request on both your phone and the watch.
5. Allow the smartwatch to display notifications from your phone.

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Video 2: A demonstration of the Bluetooth connection process between the smartwatch and a smartphone, including app download and pairing steps.

3.3. Strap Installation and Adjustment

The smartwatch comes with multiple interchangeable straps. To install or change a strap, locate the quick-release pins on the back of the strap. Slide the pin to detach or attach the strap to the watch body. For metal link straps, use the provided tool to adjust the length by removing or adding links.



Image 3: The smartwatch displayed with its various strap options (stainless steel and silicone) and key dimensions.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

The smartwatch features a 1.7-inch HD full-color touchscreen. Swipe left, right, up, or down to navigate through menus and access different functions. The physical buttons on the side provide additional control, such as power on/off, back, and quick access to specific features like the flashlight.

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Video 3: A general overview of the smartwatch's features and user interface, demonstrating navigation and various functions.

4.2. Bluetooth Calls and Voice Assistant

Once paired with your smartphone, the smartwatch allows you to make and receive calls directly from your wrist. It also supports viewing call logs and managing contacts. Activate the voice assistant feature to control your phone hands-free.

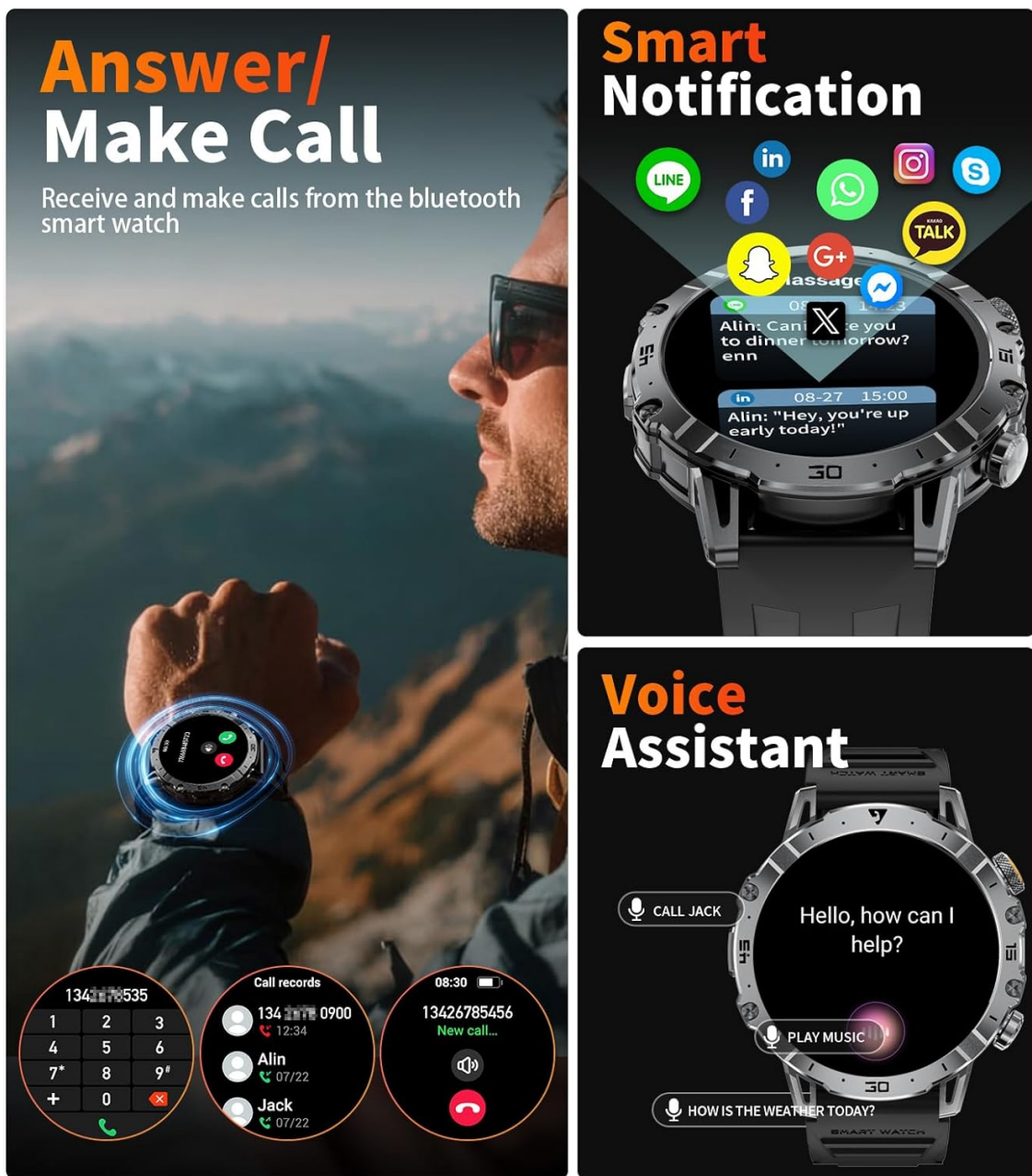


Image 4: The smartwatch screen showing incoming call notifications, call history, and the voice assistant interface.

4.3. Health Monitoring

The smartwatch continuously monitors your heart rate, blood oxygen levels, and sleep patterns. Access these metrics through the watch interface or the companion app for detailed reports and insights into your health trends.

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen:** Monitors SpO2 levels.
- **Sleep Tracking:** Analyzes deep sleep, light sleep, and REM phases.
- **Stress Monitoring:** Tracks stress levels in real-time.

Smart Health Monitoring

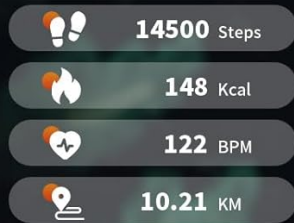


Image 5: Screens from the smartwatch showing heart rate, blood oxygen, and sleep tracking data, along with a summary in the companion app.

4.4. Sports Modes

With over 100 sports modes, the smartwatch can track various activities, including running, cycling, and gym workouts. It records real-time metrics such as heart rate, step distance, speed, and calories burned to help you monitor your performance.

114 Sports Modes



 Stationary State

 Walking

 Running

 Cycling

 Elliptical Trainer

 Rowing Machine

Image 6: The smartwatch displaying exercise records and various sports modes, with a cyclist in the background.

4.5. LED Flashlight

The smartwatch includes a built-in LED flashlight with three modes: bright light, flash, and SOS. This feature is useful for emergencies or low-light conditions.



Image 7: The smartwatch with its LED flashlight activated, illustrating its utility in various scenarios like outdoor activities at night or during power outages.

4.6. Customizing Watch Faces

Personalize your smartwatch with over 100 unique online watch faces available through the companion app. You can also customize watch faces using your own photos.

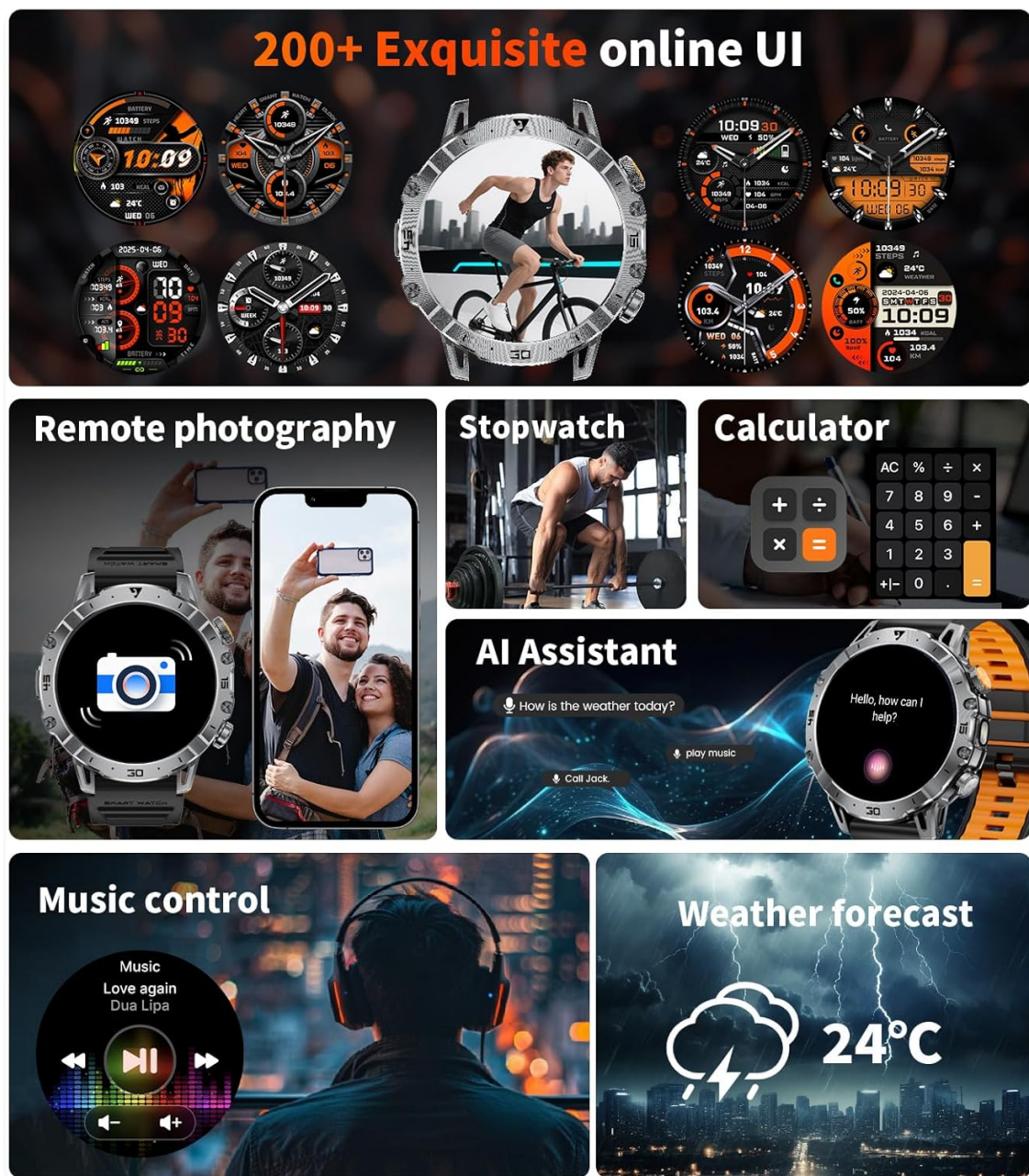


Image 8: The smartwatch showcasing a selection of its customizable watch faces, alongside icons for remote photography, stopwatch, calculator, and AI assistant.

4.7. Other Functions

The smartwatch includes additional features for daily convenience:

- Weather forecasts
- Music and camera controls
- Alarms, stopwatch, and timer
- Calculator
- Sedentary reminders
- Phone-finding function
- Password lock
- Support for 27 languages

5. MAINTENANCE

5.1. Water Resistance (IP68)

The smartwatch has an IP68 waterproof rating, making it suitable for daily use, including handwashing, sweating, and rainy conditions. It is not recommended for hot water activities, diving, or prolonged submersion.

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Video 4: A demonstration of the smartwatch's water resistance, showing it being exposed to water without affecting its functionality.

5.2. General Care

To maintain the device's performance and appearance:

- Clean the watch regularly with a soft, dry cloth.
- Avoid exposing the watch to extreme temperatures or direct sunlight for extended periods.
- Do not attempt to disassemble or repair the watch yourself, as this will void the warranty.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 15 minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone (typically 10 meters).
 - Restart both the watch and your phone.
 - Clear the Bluetooth cache on your phone and try pairing again.
- **Notifications not appearing:**
 - Check app settings to ensure notification permissions are granted.
 - Verify that the watch is properly connected to the app.
 - Ensure 'Do Not Disturb' mode is not active on the watch or phone.
- **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 regularly.

For further assistance, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Number	EF18-E
Display Size	1.7 Inches
Battery Capacity	1000 mAh (Lithium Polymer)

Feature	Detail
Operating System	Android/iOS compatible
Connectivity Technology	Bluetooth
Water Resistance	IP68
Memory Storage Capacity	128 MB
Item Weight	7.8 ounces
Manufacturer	SUNKTA

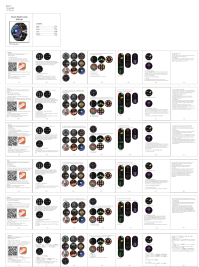

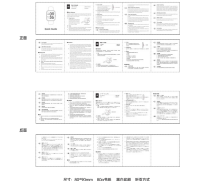
8. WARRANTY AND SUPPORT




Your SUNKTA Military Smart Watch EF18-E comes with a 2-year customer service warranty. If you have any questions regarding usage, troubleshooting, or require technical assistance, please refer to the contact information provided on your warranty card or visit the official SUNKTA support website.

For additional support, you may also refer to the [SUNKTA Store on Amazon](#).

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Related Documents - EF18-E

	<p>SUNKTA Smart Watch User Manual - FitCloudPro App Guide</p> <p>Comprehensive user manual for the SUNKTA BWK65/K62 Smart Watch, detailing setup, pairing with the FitCloudPro app, smartwatch functions, app features, notifications, and watch face customization. Compatible with Android and iOS.</p>
	<p>SUNKTA BW0223 Smart Watch User Manual</p> <p>Comprehensive user manual for the SUNKTA BW0223 Smart Watch, covering setup, features, usage, and specifications. Learn how to pair, charge, and utilize all smart functionalities.</p>
	<p>GT1 Pro Smartwatch User Guide: Features, Setup, and Specifications</p> <p>Comprehensive guide for the GT1 Pro smartwatch by E Easiecom, covering features like heart rate monitoring, activity tracking, IP68 waterproofing, app pairing, and technical specifications. Compatible with Android and iOS.</p>

<p>Instructions</p>  <p>Please read the instructions carefully for correct use and begin properly.</p>	<p>Shenzhen E-Ran Technology S09 Smart Watch User Manual</p> <p>Comprehensive user guide for the Shenzhen E-Ran Technology S09 Smart Watch, detailing appearance, setup, operational instructions, main functions, precautions, and technical specifications.</p>
	<p>FT02 Smart Watch User Manual</p> <p>Comprehensive user manual for the FT02 Smart Watch by Xi 'an Feifan interactive e-commerce Co., LTD, covering features, specifications, and troubleshooting.</p>
	<p>SmartWatch Operation Instructions and FCC Compliance</p> <p>Comprehensive guide to operating your SmartWatch, including setup, functions, and FCC compliance information. Learn how to pair your device, utilize its features like pedometer, heart rate monitor, and sleep tracker, and understand important regulatory guidelines.</p>