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SUNKTA EF24-D

SUNKTA EF24-D Military Smartwatch User Manual

Model: EF24-D

INTRODUCTION

Thank you for choosing the SUNKTA EF24-D Military Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it thoroughly to ensure optimal performance and longevity of your smartwatch.

WHAT'S IN THE BOX

Upon unboxing your SUNKTA EF24-D smartwatch, you should find the following items:

- 1 x SUNKTA EF24-D Smartwatch
- 3 x Watch Straps (including silicone and metal options)
- 2 x Magnetic Charging Cables (USB and Type-C)
- 1 x User Manual
- 1 x Strap Adjustment Tool (for metal strap)

Your browser does not support the video tag.

Video: Unboxing and Strap Installation Guide. This video demonstrates the contents of the package and how to install the different watch straps, including adjusting the metal strap.

Protégez votre santé

Surveillez votre fréquence cardiaque et votre oxygène sanguin en temps réel À vos côtés à chaque instant



Image: An overview of the product dimensions and the accessories included in the box, such as the smartwatch, user manual, three silicone straps, and two magnetic charging cables (USB and Type-C).

SETUP

1. App Installation

To unlock the full potential of your SUNKTA EF24-D smartwatch, download the companion application, typically named **FitCloudPro**, from your smartphone's app store (available for iOS and Android devices). Follow the on-screen instructions to install the app.

2. Device Pairing

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the FitCloudPro app and follow the prompts to add a new device.
4. Select the SUNKTA EF24-D from the list of available devices.
5. Confirm the pairing request on both your smartphone and smartwatch.

3. Granting Permissions

For full functionality, grant necessary permissions to the FitCloudPro app on your smartphone. This includes permissions for notifications, location services (for GPS via smartphone), health data access, and call management. Refer to your phone's settings for detailed permission management.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate menus and access features.
- **Side Buttons:** Use the physical buttons on the side for quick access to specific functions or to return to the home screen.



Image: The SUNKTA EF24-D smartwatch showcasing its main digital watch face with various data points like time, date, steps, heart rate, and battery status.

Bluetooth Calling

The smartwatch supports Bluetooth calls, allowing you to answer or make calls directly from your wrist. It features a high-definition speaker and dual noise-reduction microphones for clear communication.

- **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
- **Making Calls:** Access the call history, contacts, or dial pad directly from the watch interface.



Image: The smartwatch displaying its Bluetooth call interface, including options for call history, contacts, and a dial pad. An adjacent smartphone screen shows an incoming call, illustrating the seamless integration.

Smart Notifications

Receive alerts for incoming calls, SMS, emails, and notifications from various applications (e.g., Facebook, WhatsApp, Instagram). The watch will vibrate to notify you. Ensure notification permissions are enabled in the FitCloudPro app.

Note: The smartwatch cannot directly reply to messages.

100+

Modes de sport



Image: The smartwatch screen showing smart notifications from various social media and messaging applications, with a message preview visible.

Health Monitoring (24/7)

The smartwatch is equipped with sensors for continuous health monitoring. Access these features via the watch or the FitCloudPro app.

- **Heart Rate:** Monitors your heart rate throughout the day and during workouts.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Breathing Exercises:** Guided breathing exercises to help manage stress and promote relaxation.

Note: Health data is for reference only and should not be considered medical advice.

Your browser does not support the video tag.

Video: Health Monitoring Features. This video demonstrates how to access and view heart rate, blood oxygen, sleep tracking, and breathing exercise functions on the smartwatch.



Image: The smartwatch showing real-time heart rate and blood oxygen monitoring, with a man engaged in outdoor activity, highlighting its use for health tracking during exercise.



Image: The smartwatch interface displaying detailed sleep quality analysis, including durations of deep sleep, light sleep, and awake periods, shown alongside a person sleeping.

Détection de stress

Maîtrisez votre stress. Détendez-vous, récupérez et donnez le meilleur de vous-même.



Image: The smartwatch showing its stress detection feature with a graph and a breathing training interface, illustrating how it helps users manage stress.

Sports Modes

The smartwatch supports over 100 sports modes, including 8 common training modes directly on the watch and more available through the app. It tracks daily steps, exercise duration, distance, and calories burned, with real-time heart rate monitoring during workouts.

Batterie grande capacité 1000 mAh

Une puissance robuste pour dire adieu aux charges fréquentes



Câble magnétique USB + TYPE-C



Image: The smartwatch interface showing multiple sports mode icons and displaying activity data such as steps, calories, and distance, set against a background of a person cycling.

Surveillance de la qualité du sommeil

Analyse de la qualité du sommeil et des données, technologie dynamique intégrée, et suivi du sommeil personnalisé.

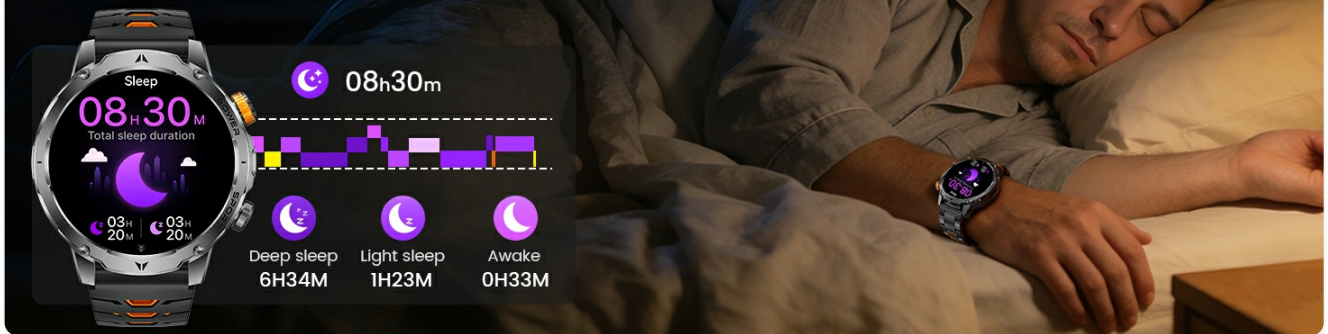


Image: An illustration of the smartwatch's diverse sports modes, featuring icons for activities like walking, running, and cycling, accompanied by visuals of individuals participating in various outdoor sports.

LED Flashlight

The smartwatch includes a high-brightness LED flashlight, providing reliable illumination for dark environments or nighttime outdoor activities. Activate it via the watch interface or a dedicated button.



Image: The smartwatch demonstrating its powerful LED flashlight feature, with examples of its utility in situations such as camping, during power outages, and for locating items in low light.

Music and Camera Control

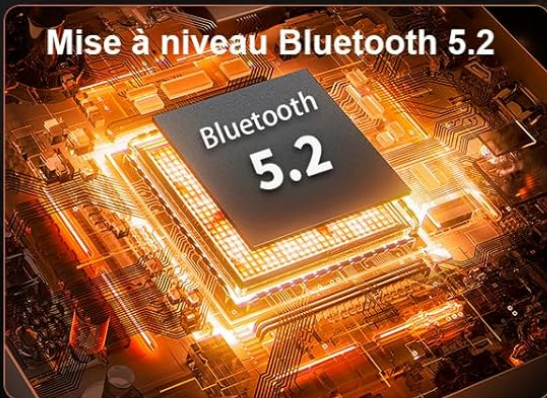
- **Music Control:** Play, pause, or skip songs directly from your wrist.
- **Camera Control:** Remotely trigger your smartphone's camera for selfies or group photos.

Répondre à vos besoins quotidiens

200+ cadrans de montre



Mise à niveau Bluetooth 5.2



Appareil photo



Prévisions météo



Contrôle de la musique



Image: The smartwatch showing its music control interface, allowing users to play, pause, and skip tracks, with a person enjoying music in the background.

Surveillance santé 24h/24

Suivez la fréquence cardiaque de jour, analysez le sommeil de nuit, obtenez votre score du matin



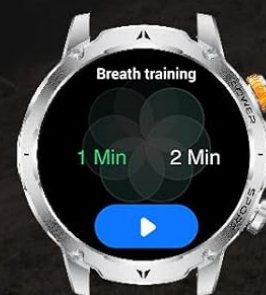
Fréquence
cardiaque



Oxygène
sanguin



Sommeil



Respiration

Image: The smartwatch displaying the current weather forecast and temperature, illustrating its utility for quick weather checks.

Customizable Watch Faces

Choose from over 200 online watch faces or create your own custom dials to match your style and preferences.

Dimensions du produit & 2 câbles de charge

- 01 Montre intelligente
- 02 Manuel
- 03 2 bracelets en silicone
- 04 2 câbles de charge magnétiques

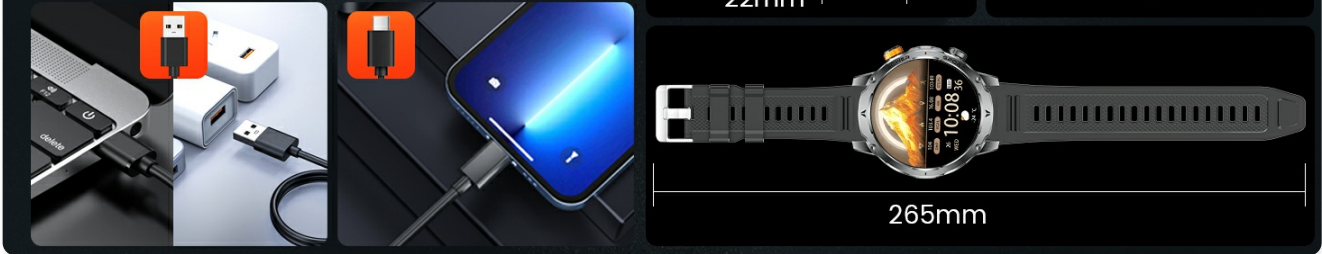


Image: A visual representation of the smartwatch's extensive collection of over 200 online watch faces, alongside options for creating personalized DIY dials with custom photo backgrounds.

MAINTENANCE

Charging the Smartwatch

The smartwatch is equipped with a 1000mAh high-capacity battery. Use the provided magnetic charging cables (USB or Type-C) to charge the device. A full charge typically takes approximately 2 hours.

- Connect the magnetic end of the charging cable to the charging points on the back of the watch.
- Connect the other end of the cable to a compatible USB power adapter or port.
- The watch screen will indicate charging status.



Image: The smartwatch actively charging via its magnetic cable, with a prominent 1000mAh battery icon and charging animation displayed on the screen.

Surveillance de la qualité du sommeil

Analyse de la qualité du sommeil et des données, technologie dynamique intégrée, et suivi du sommeil personnalisé.

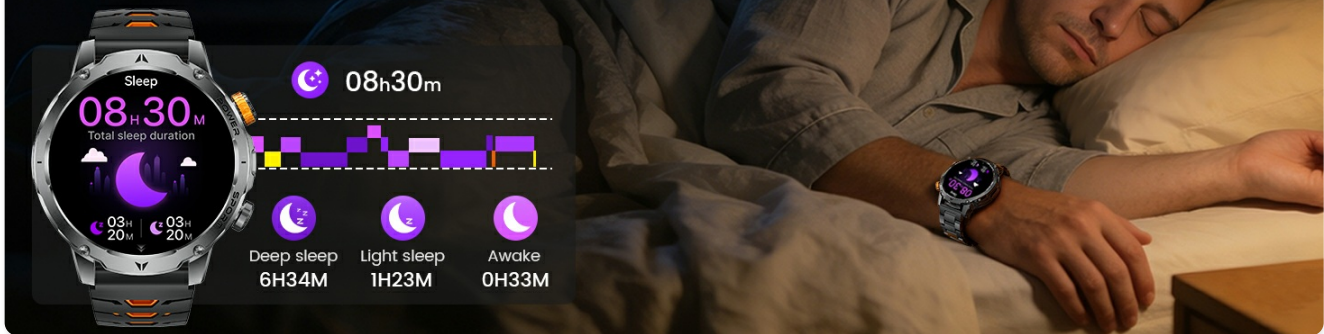


Image: The smartwatch undergoing charging, with a visual representation of its 1000mAh ultra-long battery life, detailing standby time (100 days), normal usage duration (15 days), and charging time (3 hours).

Strap Replacement

The smartwatch comes with three distinct straps. To change a strap:

1. Locate the quick-release pins on the underside of the strap where it connects to the watch body.
2. Slide the pin inwards to detach the strap.
3. Align the new strap with the watch body and slide the pin back into place until it clicks securely.
4. For the metal strap, use the provided tool to add or remove links for a comfortable fit.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Check if the FitCloudPro app has all necessary permissions.
- **Notifications not received:** Verify that notification permissions are granted to the FitCloudPro app in your phone's settings. Also, ensure the app is running in the background and not being closed by battery optimization settings.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly. Remember that health data is for reference and not medical diagnosis.
- **Short battery life:** Reduce screen brightness, disable unnecessary features like always-on display, and limit frequent heart rate monitoring if not needed.

SPECIFICATIONS

Feature	Specification
Model Number	EF24-D
Brand	SUNKTA
Screen Size	1.7 inches
Connectivity Technology	Bluetooth

Wireless Communication Standard	Bluetooth
Battery Capacity	1000 mAh (Lithium-polymer)
Memory Storage Capacity	256 MB
Special Features	Phone Call, Voice Control, Music Player, Multisport Tracker, Touchscreen, LED Flashlight
GPS Functionality	GPS via smartphone
Water Protection Rating	5ATM
Case Material	Stainless Steel
Band Material Type	Silicone
Band Width	22 Millimeters
Compatible Devices	Smartphones (Android, iOS)
Target Audience	Men (Adult)

WARRANTY AND SUPPORT

Your SUNKTA EF24-D Smartwatch comes with a **2-year limited warranty**. For any product-related inquiries, technical assistance, or warranty claims, please contact SUNKTA customer support. You can typically find contact information on the brand's official website or through the retailer where you purchased the product.

Online customer service is available 24/7 to assist you with any questions or issues.