

LIGE Bw1290c

LIGE Smartwatch Bw1290c User Manual

Comprehensive instructions for your LIGE Smartwatch



1. PRODUCT OVERVIEW

The LIGE Smartwatch Bw1290c is a versatile wearable device designed to integrate with your daily life, offering communication, health monitoring, and fitness tracking features. It is compatible with both Android and iOS smartphones.



Image: LIGE Smartwatch Bw1290c, showcasing its main display and design.

2. WHAT'S IN THE BOX

- 1 x LIGE Silicone double band Watch
- 1 x LIGE Smart watch instructions (this manual)
- 1 x Fashion Packing (packaging box)
- 1 x High Quality Microfiber Cleaning Cloth
- 1 x Charger Cable

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the provided charger cable to the charging contacts on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours.

3.2 App Installation and Pairing

1. **Power On:** Long press the side button of the watch for 3-5 seconds to turn it on.
2. **Download App:** On the watch's settings page, locate and scan the QR code displayed to download the 'Da Fit' APP. Alternatively, search for 'Da Fit' in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
3. **Enable Bluetooth & Location:** Ensure your smartphone's Bluetooth and location services are turned on. Verify that the smartwatch is not currently paired with any other device.
4. **Open Da Fit APP:** Launch the 'Da Fit' APP on your smartphone. Complete the personal information setup within the app.
5. **Bind Device:** Navigate to the "Device" interface within the app and select "Bind device".
6. **Identify Watch:** On the smartwatch's main dial interface, swipe right to view the Bluetooth MAC address. Use this MAC address to identify your specific device in the app's search results.
7. **Pair:** Select the correct device name and MAC address from the list in the app and click "Pair". The smartwatch will then connect successfully.

3.3 Compatibility

The LIGE Smartwatch Bw1290c is compatible with devices running iOS 8.0 and above, and Android 4.0 and above.

4. OPERATING INSTRUCTIONS

4.1 Bluetooth Calling

The smartwatch supports Bluetooth calling, allowing you to make and receive calls directly from your wrist. It also enables music playback control from your smartphone.

Bluetooth Call

Stay connected and you can answer/hang up calls quickly and easily, a little helper in your life.

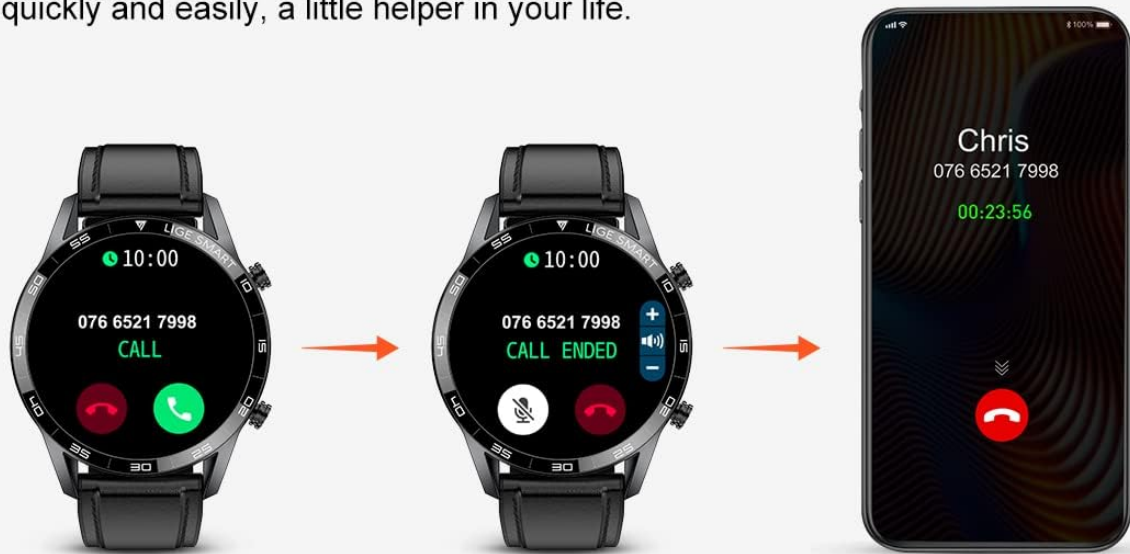


Image: Demonstrates answering a call directly from the smartwatch.

4.2 Message Notifications

Receive and view SMS messages and notifications from various social media applications such as WhatsApp, Twitter, Facebook, and Instagram directly on your smartwatch. This ensures you stay informed without needing to check your phone constantly.

Message Reminder

Message notifications: Receive and read SMS messages and SNS notifications straight to your device (including Facebook, twitter, WhatsApp, LinkedIn and Instagram).



Image: Smartwatch displaying a message notification.

4.3 Custom Watch Faces

The 1.32-inch full-touch screen offers a resolution of 360x360 pixels. You can personalize your smartwatch by choosing from over 100 watch faces available in the "Da Fit" app or by setting your favorite images as a custom dial.

Custom Dial



Image: Customizing the smartwatch dial with a personal photo.

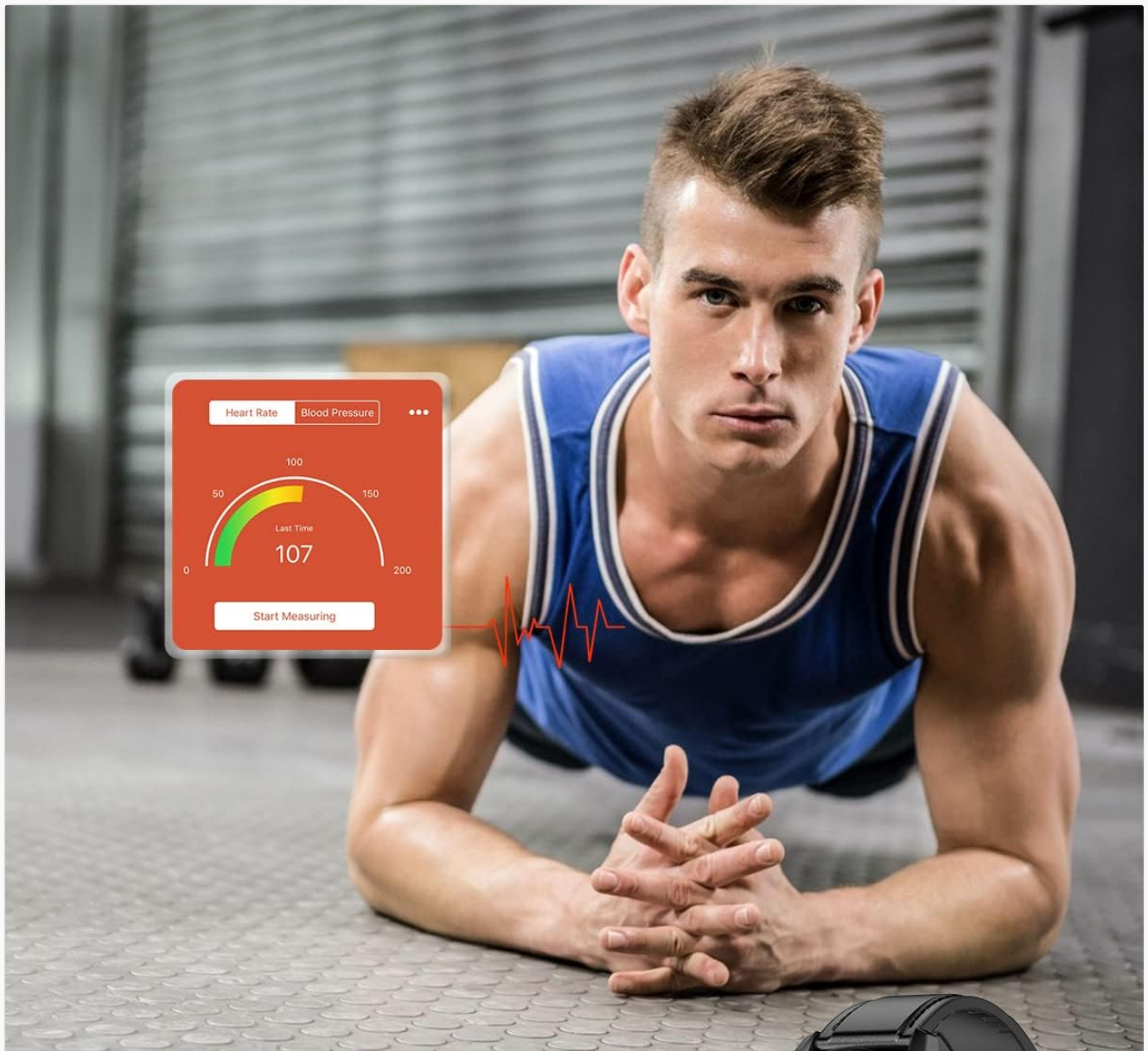
4.4 Health Monitoring

The smartwatch features built-in motion sensors and a high-performance monitor to track various health metrics in real-time. Data is automatically synced to the "Da Fit" app for review.

- **Heart Rate Monitoring:** Continuously tracks your heart rate.
- **Blood Pressure Monitoring:** Provides blood pressure readings.
- **Blood Oxygen Saturation (SpO2) Monitoring:** Measures blood oxygen levels.
- **Sleep Monitoring:** Records different stages of sleep (deep sleep, light sleep, awake sleep) to help you

understand and improve your sleep habits.

Important Note: The measurement data from the smartwatch for blood pressure, heart rate, and blood oxygen are for reference only and should not be used as medical data or for diagnostic purposes.



24-Hour Health Monitoring

Let you know more about your daily physical condition

Please Note: Heart rate, blood pressure and blood pressure measurements are for reference only, not as medical data. Thank you for your understanding.



Image: 24-hour health monitoring features.

Sleep Monitoring

Records the different stages of sleep at night to help improve sleep habits and get better quality sleep.



Deep Sleep



Light Sleep



Awake Sleep



Image: Sleep monitoring display on the smartwatch.

4.5 Sports Modes

The smartwatch offers 10 sports modes to track your physical activity. These modes help record data such as steps, distance, calories burned, and heart rate during exercise.

- Walking
- Running
- Cycling
- Badminton

- Basketball
- Football
- Skiing
- Free Training
- And more...

Multiple sports

Multiple exercise modes to record heart rate, calories, Various sports data such as steps and distance.



Image: Multiple sports modes tracking activity data.

4.6 Additional Functions

- **Remote Camera Control:** Use your watch to remotely trigger your smartphone's camera.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your smartphone.
- **Weather Forecast:** Get real-time weather updates directly on your watch.
- **Breath Training:** Guided breathing exercises for relaxation.
- **Alarm Clock:** Set alarms for reminders.
- **Stopwatch & Timer:** Basic timekeeping functions.
- **Sedentary Reminder:** Alerts you to move if you've been inactive for too long.

5. MAINTENANCE

5.1 Battery Life

The built-in battery provides approximately 7 days of typical use and up to 20 days in standby mode. Actual battery life may vary based on usage patterns and settings.

5.2 Water Resistance (IP67)

The smartwatch is rated IP67 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use, such as hand washing or light rain.

Caution: Do not use the watch in hot water, such as during a hot bath or sauna. High temperatures and steam can penetrate the watch's seals, potentially causing internal damage and short circuits, which are not covered under warranty.

5.3 Cleaning

Use the provided microfiber cleaning cloth to gently wipe the screen and watch body. Avoid using harsh chemicals or abrasive materials that could damage the device.

6. TROUBLESHOOTING

6.1 Connection Issues

- **Watch not pairing with app:** Ensure Bluetooth and location services are enabled on your phone. Restart both the watch and your phone. Check if the watch is already paired with another device. Follow the pairing steps in Section 3.2 carefully.
- **Charging difficulties:** Ensure the charging cable is securely connected to both the watch's charging contacts and the USB power source. Clean the charging contacts on the watch and cable if necessary.

6.2 Health Data Discrepancies

- **Blood pressure readings differ from sphygmomanometer:** The smartwatch measures blood pressure from the arterioles, while a sphygmomanometer measures from the brachial artery. Due to this difference, there may be variations in readings. Smartwatch data is for reference only and not for medical diagnosis.
- **Inaccurate heart rate/step count:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Movement during activities can affect sensor accuracy. For best results, ensure the sensor area on the back of the watch is clean and in direct contact with your skin.

6.3 General Performance

- **Watch unresponsive:** Try restarting the watch by long-pressing the side button. If unresponsive, allow the battery to fully drain and then recharge it.
- **Notifications not appearing:** Check app permissions on your smartphone to ensure the 'Da Fit' app has access to notifications. Verify that notifications are enabled within the 'Da Fit' app settings for the desired

applications.

7. SPECIFICATIONS

Feature	Specification
Model Name	Bw1290c
Brand	LIGE
Screen Size	1.32 Inches
Operating System	Android, iOS
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Special Features	Bluetooth, Health Monitor, Touchscreen, Voice Call, Waterproof
Human Interface Input	Touchscreen
Water Resistance Rating	IP67
Product Dimensions	8.66 x 1.77 x 0.31 inches
Item Weight	2.4 ounces (68 Grams)
Manufacturer	LIGE
Date First Available	December 13, 2022


8. WARRANTY AND SUPPORT

Your LIGE Smartwatch Bw1290c comes with a **12-month warranty** from the date of purchase. If you encounter any quality problems with your smartwatch, please contact LIGE customer support through the Amazon platform. We offer replacement, return, and quality maintenance services as per our warranty policy.



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Related Documents - Bw1290c

	<p>LIGE Kids Calling Smartwatch User Manual: Features, Setup, and Operation</p> <p>Comprehensive user guide for the LIGE 2024 Kids Calling Smartwatch. Learn how to set up, connect, and use features like calling, games, and activity tracking on your child's smartwatch. Compatible with iOS and Android.</p>
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A comprehensive guide to operating your LIGE smartwatch, covering product specifications, button and screen controls, app connection, health monitoring features, and frequently asked questions.



Official user manual for the LIGE Smart Watch, providing instructions on setup, features, health tracking, fitness modes, and connectivity for Android and iOS devices.

User manual for the LIGE Sports Smart Watch, detailing setup, pairing with the FitCloudPro app, watch functions like step counting, heart rate monitoring, sleep tracking, weather, music control, and message notifications. Includes app features such as data synchronization and customizable watch faces.

Comprehensive user manual for the LIGE BT Call Smartwatch, covering app download, Bluetooth pairing, device operation, and features. Learn how to set up and use your LIGE smartwatch.

Comprehensive user guide for the LIGE Men's Luxury Smart Watch 189 (I9). Covers features like full circle touch screen, Bluetooth calls, waterproof design, fitness tracking, and compatibility with Android/iOS.