

LIGE ST18 Military Smartwatch

LIGE ST18 Military Smartwatch User Manual

Model: ST18

1. INTRODUCTION

Thank you for choosing the LIGE ST18 Military Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and a satisfying user experience.

The LIGE ST18 Military Smartwatch is designed for active individuals, offering robust features including comprehensive health monitoring, a wide range of sports modes, and convenient Bluetooth calling capabilities. It is compatible with both Android and iOS smartphones.

2. WHAT'S IN THE BOX

Upon opening your LIGE ST18 Smartwatch package, you should find the following items:

- LIGE ST18 Smartwatch (with one strap attached)
- Additional interchangeable strap (color may vary)
- Magnetic charging cable
- User Manual

Video: Unboxing and initial setup of the LIGE ST18 Smartwatch, showing the contents of the box and how to attach the straps.

3. PRODUCT OVERVIEW

The LIGE ST18 Smartwatch features a durable design with a 1.69-inch IPS touch screen. It includes multiple physical buttons for navigation and quick access to functions. The back of the watch houses the heart rate and blood oxygen sensors, along with magnetic charging contacts.



Image: Close-up of the LIGE ST18 Smartwatch highlighting its 1.69-inch IPS touch screen and durable build.

4. SETUP GUIDE

4.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes 2-3 hours.

24-stündige Gesundheitsüberwachung

Überwachung Ihres Körpers in Echtzeit zur Sicherung Ihrer Gesundheit.



Image: The LIGE ST18 Smartwatch connected to its magnetic charging cable, displaying the charging indicator and highlighting its 400mAh battery capacity.

4.2 Installing the App (FitCloudPro)

To unlock all features, download and install the 'FitCloudPro' app on your smartphone. You can find it on the Apple App Store (for iOS) or Google Play Store (for Android). Alternatively, scan the QR code displayed on your smartwatch or in the manual to directly download the app.



Image: The LIGE ST18 Smartwatch displaying a QR code for downloading the FitCloudPro app, shown alongside a smartphone scanning the code.

You can also access the download page directly: [FitCloudPro Download](#)

4.3 Pairing with Your Smartphone

Follow these steps to pair your smartwatch with the FitCloudPro app:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FitCloudPro app and grant necessary permissions.
3. In the app, navigate to the 'Device' section and tap 'Add Device' or 'Search'.
4. Select 'ST18' from the list of discovered devices.
5. Confirm the pairing request on both your phone and the smartwatch.
6. For Bluetooth calling functionality, go to your phone's Bluetooth settings and connect to 'Audio-ST18' separately.



Image: Step-by-step guide on connecting the LIGE ST18 Smartwatch to a smartphone via the FitCloudPro app and enabling Bluetooth audio.

4.4 Enabling Notifications

To receive notifications on your smartwatch:

1. In the FitCloudPro app, go to the 'Device' tab.
2. Tap on 'Push Notifications'.
3. Enable notifications for calls, SMS, email, and other social media apps (e.g., WhatsApp, Facebook, Instagram) as desired.

4.5 Customizing Watch Faces

Personalize your smartwatch by changing the watch face:

- From the FitCloudPro app, navigate to the 'Dial Library' or 'Watchface' section.
- Browse through various pre-installed watch faces or upload a custom image from your phone's gallery.
- Select your preferred watch face and sync it to your smartwatch.

Video: Demonstrates how to change watch faces on the LIGE ST18 Smartwatch using the companion app, including custom image uploads.

5. KEY FEATURES

5.1 Health Monitoring

The LIGE ST18 Smartwatch continuously monitors your health data:

- **Heart Rate:** Tracks your heart rate 24/7.
- **Blood Pressure:** Measures your blood pressure.
- **Blood Oxygen (SpO2):** Monitors your blood oxygen levels.
- **Sleep Tracking:** Analyzes your sleep patterns (deep sleep, light sleep, wake-up times).

Note: Health data provided by this device is for reference only and should not be used for medical diagnosis or treatment.

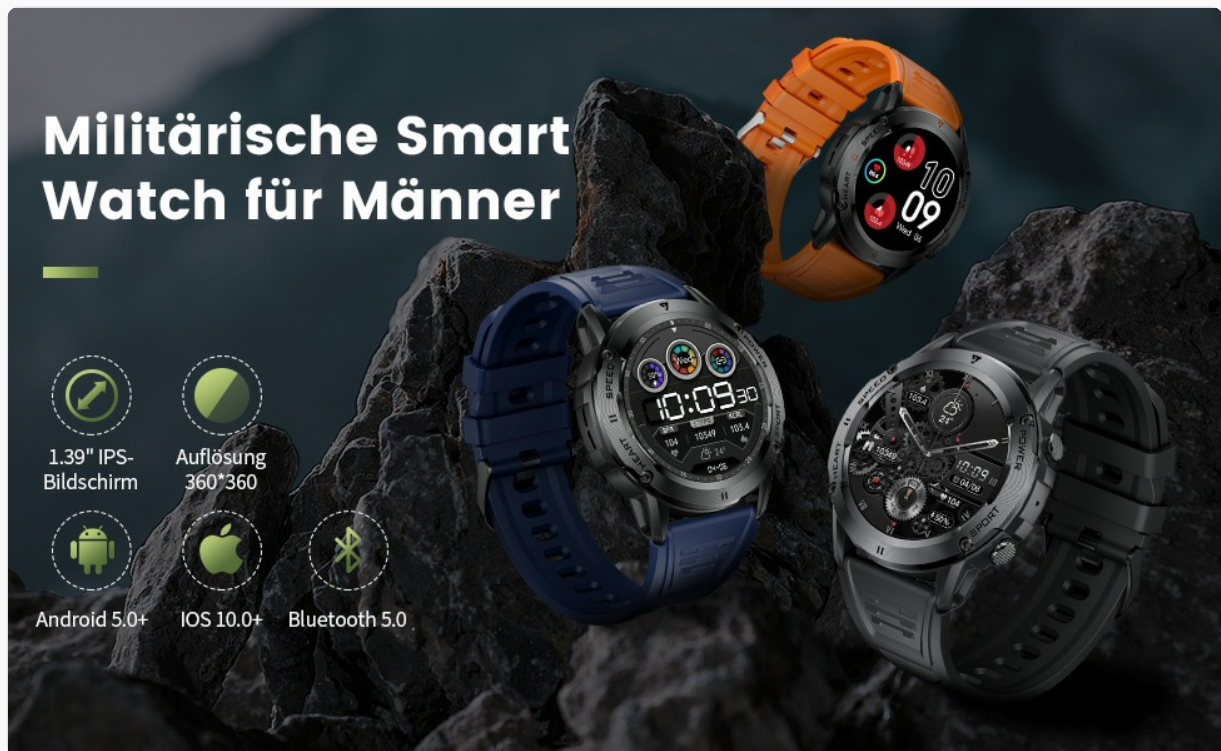


Image: The LIGE ST18 Smartwatch displaying real-time heart rate, blood pressure, and blood oxygen data, with a user exercising in the background.

5.2 Sports Modes

With over 100 sports modes, the smartwatch helps you track your workouts and achieve your fitness goals. It records data such as steps, distance, and calories burned.

- Walking
- Running
- Cycling
- Basketball
- Football
- Climbing
- Badminton
- Swimming
- Yoga
- And many more...

Nachrichtenerinnerung Bluetooth-Anruf



Image: The LIGE ST18 Smartwatch displaying various sports modes, with a rock climber in the background, illustrating its fitness tracking capabilities.

5.3 Bluetooth Calling & Notifications

Stay connected with smart notifications and hands-free Bluetooth calling directly from your wrist.

- **Call Answering/Dialing:** Make and receive calls directly on the smartwatch.
- **Message Reminders:** Get alerts for text messages, social media updates, and emails.
- **Contact Sync:** Synchronize your phone's contacts and call logs with the watch.
- **Voice Assistant:** Use the integrated voice assistant for quick commands.



Image: The LIGE ST18 Smartwatch showing an incoming call and message notifications, demonstrating its Bluetooth calling and smart reminder features.

5.4 Other Practical Functions

The smartwatch offers additional useful features:

- Alarm Clock
- Stopwatch & Timer
- Music Control
- Weather Forecast
- Find Phone
- Remote Camera Control
- Sedentary Reminder
- Drink Water Reminder



Image: A visual representation of various practical functions available on the LIGE ST18 Smartwatch, including alarm, stopwatch, music control, and weather.

6. WEARING AND CARE

6.1 Attaching/Changing Straps

The LIGE ST18 Smartwatch comes with interchangeable straps. To attach or change a strap, locate the quick-release pins on the back of the strap. Slide the pin to detach the current strap and then align the new strap with the watch lugs, sliding the pin back into place to secure it.

6.2 Proper Wearing

Wear the smartwatch snugly on your wrist, about one finger's width above your wrist bone. Ensure the sensors on the back are in contact with your skin for accurate health monitoring.

6.3 Maintenance and Cleaning

Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the watch is dry before charging. The watch is IP68 waterproof, meaning it can withstand splashes and brief immersion, but it is not recommended for hot showers, saunas, or deep diving.

Verbinden Sie zwei Bluetooth-Geräte:

A: Das erste Bluetooth, das Bluetooth der Anwendung (FitCloudPro).

B: Das zweite Bluetooth, (Antwort/Wahl) öffnen Sie das Telefon.

Gehen Sie zu den Einstellungen und öffnen Sie die Schnittstelle "Bluetooth", um die die Smartwatch zu verbinden.

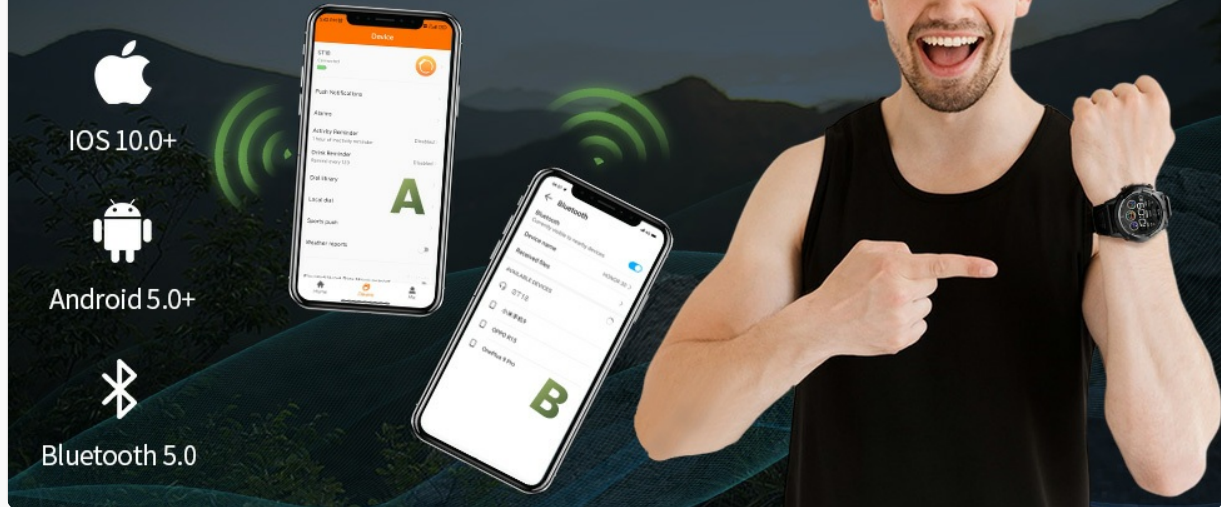


Image: The LIGE ST18 Smartwatch showcasing its military-grade protection, shockproof, anti-magnetic, and IP68 waterproof features, with examples of use in various environments.

7. SPECIFICATIONS

Feature	Specification
Brand	LIGE
Model Number	ST18 (a675d332-91aa-4738-8b1b-f0f290f89e9e)
Screen Size	1.69 Inches
Operating System	Android 4.4+ / iOS 8.0+
Connectivity	Bluetooth 5.0
Battery Capacity	400 mAh Lithium-polymer
Battery Life (Normal Use)	3-7 days
Battery Life (Standby)	Up to 30 days
Charging Time	2-3 hours
Water Resistance	IP68
GPS	No GPS

Special Features	Phone Call, Activity Tracking, Touch Screen, Heart Rate, Blood Pressure, Blood Oxygen, Sleep Monitoring, 100+ Sports Modes
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8. TROUBLESHOOTING

If you encounter issues with your LIGE ST18 Smartwatch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
 - Make sure Bluetooth is enabled on your phone and the watch is within range.
 - Ensure the FitCloudPro app has all necessary permissions.
 - Restart both your phone and the smartwatch.
 - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
- **Notifications not received:**
 - Check if notifications are enabled for specific apps in the FitCloudPro app.
 - Ensure your phone's notification settings allow the FitCloudPro app to send notifications.
 - Keep the FitCloudPro app running in the background.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist and the sensors are clean and in direct contact with your skin. Avoid excessive movement during measurements.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring if not required.

9. WARRANTY AND SUPPORT

The LIGE ST18 Military Smartwatch comes with a 1-year manufacturer's warranty. For warranty claims, technical support, or further assistance, please contact your retailer or the LIGE customer service team. Refer to the contact information provided in your product packaging or on the official LIGE website.