

LIGE EF4

LIGE Military Smart Watch for Men - User Manual

Model: EF4

PRODUCT OVERVIEW

The LIGE Military Smart Watch (Model EF4) is designed for durability and comprehensive functionality, catering to an active lifestyle. It features a robust military-grade construction, a vibrant 1.96-inch HD AMOLED touchscreen, and comes with three versatile straps (black stainless steel, black silicone, and brown leather) to suit various occasions and preferences. This smartwatch is equipped with advanced health monitoring capabilities, extensive sports tracking modes, and convenient Bluetooth calling, making it an indispensable companion for daily use and outdoor adventures.



Figure 1: LIGE Military Smart Watch (Model EF4) showcasing its rugged design and included strap options.

Key Features:

- **Military-Grade Durability:** Passed multiple durability tests, including shock and water resistance (5ATM waterproof), with a stainless steel bezel and PC-ABS alloy bottom shell. Features a water expulsion function.
- **HD AMOLED Touchscreen:** Large 1.96-inch display (410*502 resolution) with high contrast, vibrant colors, and excellent touch sensitivity. Supports 300+ customizable watch faces and Always-On-Display.
- **Versatile Straps:** Includes black stainless steel, black silicone, and brown leather straps for different styles and comfort.
- **Bluetooth Calling & Notifications:** Bluetooth 5.0 for clear calls and receiving social media messages directly on the watch.
- **Comprehensive Health Monitoring:** 24/7 tracking of blood oxygen, heart rate, sleep, and calorie consumption.
- **Extensive Sports Modes:** Over 100 sports modes to record exercise data and assist with fitness planning.
- **Long Battery Life:** 380mAh battery providing 5-10 days of regular usage and up to 30 days standby time.
- **Additional Functions:** Digital compass, music control, remote camera, weather forecast, voice assistant, calculator, sedentary reminders, drinking reminders, and more.

SETUP GUIDE

1. What's in the Box

Before you begin, please ensure all components are present in the package:

- Stainless Steel Smartwatch (LIGE Military Smart Watch EF4)
- Black Silicone Strap
- Brown Leather Strap
- Instruction Manual
- Charging Cable (Magnetic)
- Strap Adjustment Tool (for stainless steel strap)

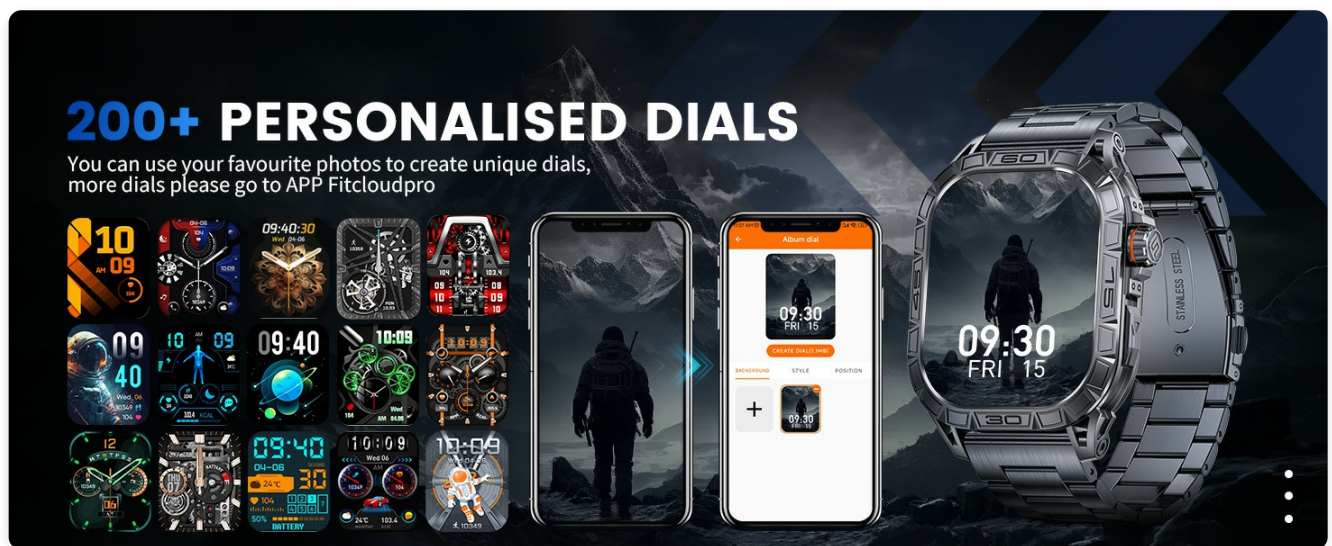


Figure 2: Package contents of the LIGE Military Smart Watch.

2. Charging the Smartwatch

For optimal performance, fully charge your smartwatch before first use.

1. Connect the magnetic charging cable to the charging points on the back of the smartwatch. The magnets will ensure correct alignment.
2. Plug the USB end of the charging cable into a standard USB power adapter (not included) or a computer USB port.
3. The watch screen will indicate charging status. A full charge typically takes approximately 2 hours.

A fully charged 380mAh battery provides 5-10 days of typical usage and up to 30 days of standby time, depending on feature usage.

Long Battery Life

Two hours of charging, long standby time

380mAh



Average Daily Usage Time: **10** Days

Average Standby Time: **30** Days

Figure 3: Smartwatch battery capacity and charging details.

3. App Installation and Pairing

To unlock the full potential of your LIGE Smart Watch, download and connect it with the "FitCloudPro" application.

1. **Download the App:** Search for "FitCloudPro" in your smartphone's app store (Google Play Store for Android or Apple App Store for iOS) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open App and Pair:** Open the FitCloudPro app, follow the on-screen instructions to create an account or log in, and then search for your device. Select "EF4" or the corresponding device name to pair.
4. **Maintain Connection:** For continuous functionality and notifications, ensure the FitCloudPro app is allowed to run in the background on your phone and is not closed automatically by your phone's system.

The smartwatch is compatible with Android 4.4 and above, and iOS 8.0 and above.

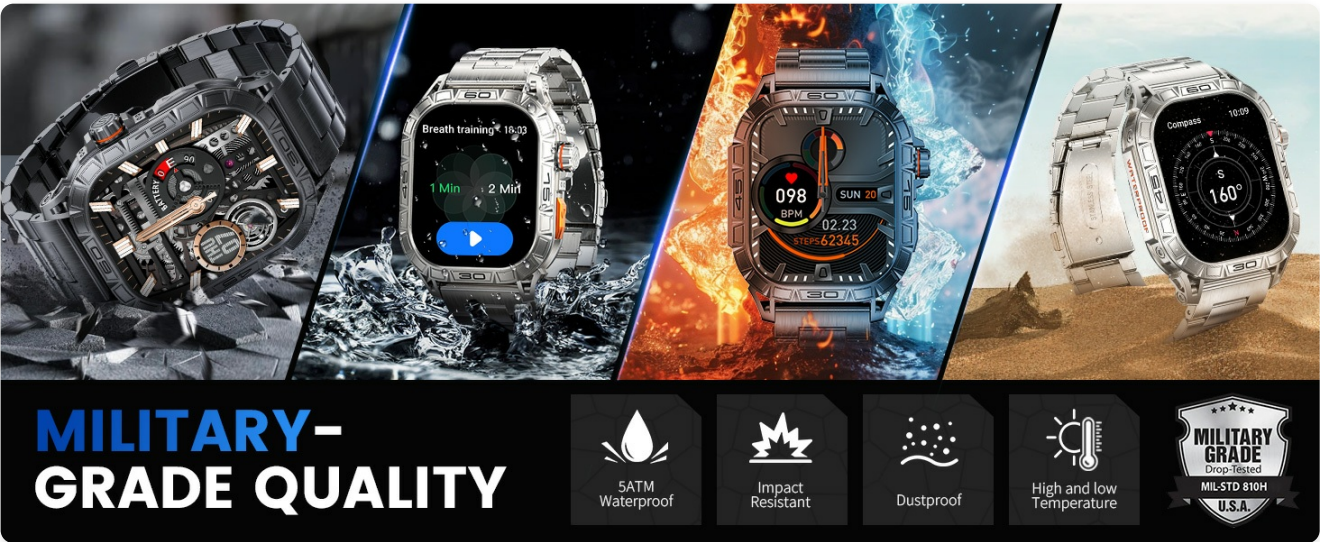


Figure 4: Bluetooth calling and app connectivity.

4. Strap Installation and Adjustment

Your LIGE Smart Watch comes with three interchangeable straps. You can easily swap them to match your style or activity.

- **Quick Release Pins:** The silicone and leather straps feature quick-release pins for easy attachment and removal. Simply slide the pin to detach or attach the strap to the watch lugs.
- **Stainless Steel Strap Adjustment:** For the stainless steel strap, use the provided strap adjustment tool to remove or add links for a comfortable fit. Carefully align the tool with the pin on the side of the link and gently push to remove.



Figure 5: Watch design elements and strap types.

OPERATING THE SMARTWATCH

1. Display and Navigation

The LIGE Smart Watch features a 1.96-inch HD AMOLED touchscreen for intuitive interaction.

- **Touchscreen Gestures:** Swipe up, down, left, or right to navigate through menus, notifications, and widgets. Tap to select items.
- **Watch Faces:** Customize your watch face from over 300 options available in the FitCloudPro app, or use one of the 4 built-in faces. You can also upload your own images.
- **Always-On-Display (AOD):** Enable this feature in settings to keep the time visible without raising your wrist or touching the screen. Note that AOD increases battery consumption.

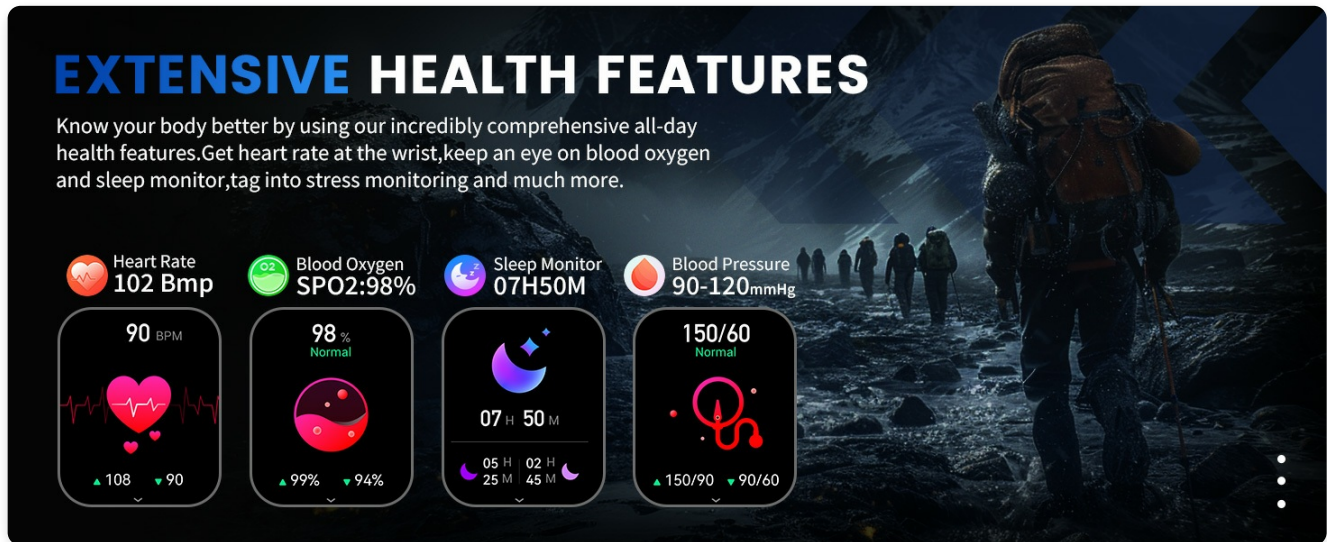


Figure 6: AMOLED screen features and Always-On-Display.

2. Bluetooth Calling and Smart Notifications

Stay connected directly from your wrist with Bluetooth 5.0 technology.

- **Making/Receiving Calls:** Once paired with your phone, you can answer incoming calls or dial out directly from the watch. The watch features a built-in microphone and speaker.
- **Message Notifications:** Receive alerts for social media messages (e.g., Facebook, WhatsApp, SMS) directly on your watch.
- **Do Not Disturb Mode:** Swipe down on the watch face and tap the crescent moon icon to activate "Do Not Disturb" mode, silencing notifications.

Figure 7: Bluetooth call and message notification interface.

3. Health Monitoring

Monitor your health 24/7 with the integrated sensors.

- **Heart Rate:** Tracks your heart rate continuously throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Analyzes your sleep patterns, including deep sleep and light sleep, providing insights in the FitCloudPro app.
- **Calorie Consumption:** Estimates calories burned based on your activity.

Figure 8: Health monitoring features on the smartwatch.

4. Sports Modes and Activity Tracking

The smartwatch supports over 100 sports modes to accurately track your workouts.

- **Exercise Data:** Records duration, heart rate, calories burned, steps, and distance for various activities.
- **GPS via Smartphone:** Utilizes your phone's GPS for accurate route tracking during outdoor activities.

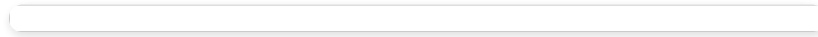


Figure 9: Overview of sports modes and activity tracking.

5. Other Smart Features

Beyond health and fitness, the LIGE Smart Watch offers several convenient features:

- **Digital Compass:** Navigate with an integrated compass.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Remote Camera:** Use your watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Voice Assistant:** Interact with your phone's voice assistant (e.g., Siri, Google Assistant) through the watch.
- **Calculators, Alarms, Reminders:** Access a calculator, set alarms, and receive sedentary and drinking reminders.
- **Find Phone:** Locate your misplaced phone by triggering an alarm from your watch.



Figure 10: Additional smart features of the watch.

MAINTENANCE

1. Water Resistance (5ATM)

The LIGE Smart Watch is rated 5ATM waterproof, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for showering, swimming in shallow water, and daily use. However, it is not recommended for diving or high-pressure water activities.

- **Water Expulsion:** If water enters the watch (e.g., after swimming), you can touch the screen, swipe down, and tap the water droplet icon to activate the automatic water expulsion feature.
- **Avoid Hot Water:** Do not expose the watch to hot water, steam, or detergents, as this can compromise the waterproof seals.



Figure 11: Military-grade durability and water resistance.

2. Cleaning and Care

- **Watch Body:** Wipe the watch body with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- **Straps:**
 - *Silicone Strap:* Can be washed with mild soap and water. Ensure it is completely dry before reattaching.
 - *Stainless Steel Strap:* Wipe with a soft, dry cloth. For deeper cleaning, use a jewelry cleaning cloth.
 - *Leather Strap:* Clean with a damp cloth and mild leather cleaner if necessary. Avoid excessive moisture and direct sunlight.
- **Charging Contacts:** Periodically clean the charging contacts on the back of the watch and the charging cable with a dry cloth to ensure good connection.

3. Battery Care

- **Regular Charging:** Charge the watch regularly to maintain battery health. Avoid letting the battery completely drain for extended periods.
- **Optimize Settings:** Features like Always-On-Display and frequent heart rate monitoring can increase battery consumption. Adjust these settings in the FitCloudPro app to extend battery life if needed.

TROUBLESHOOTING

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

Problem	Possible Solution
Watch not turning on or charging.	Ensure the charging cable is securely connected to both the watch and the power source. Clean the charging contacts on the watch and cable. Try a different USB power adapter or port.

Problem	Possible Solution
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone and the watch is within range (9-10 meters). Restart both the watch and your smartphone. Make sure the "FitCloudPro" app is installed and running in the background. Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Notifications not appearing.	Check notification permissions for the "FitCloudPro" app in your phone's settings. Ensure "Do Not Disturb" mode is not active on the watch. Verify that the app is running in the background and has a stable connection to the watch.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Keep the sensor area clean and free from debris. Note that smartwatches are not medical devices and readings are for reference only.
Short battery life.	Disable or reduce the duration of the Always-On-Display feature. Reduce screen brightness. Limit continuous heart rate monitoring or other intensive features if not needed.

SPECIFICATIONS

Feature	Detail
Model Number	EF4
Screen Size	1.96 Inches AMOLED
Screen Resolution	410*502 pixels
Battery Capacity	380 mAh Lithium Polymer
Typical Usage Battery Life	5-10 days
Standby Time	Up to 30 days
Charging Time	Approx. 2 hours
Waterproof Rating	5ATM
Connectivity	Bluetooth 5.0

Feature	Detail
Operating System Compatibility	Android 4.4+ / iOS 8.0+
Memory Storage Capacity	256 MB
Item Weight	9.6 ounces
Package Dimensions	8.07 x 3.82 x 0.94 inches
Manufacturer	LIGE
Country of Origin	China

WARRANTY AND SUPPORT

LIGE is committed to ensuring your satisfaction with our products. If you have any questions, concerns, or require assistance with your LIGE Military Smart Watch, please do not hesitate to contact our customer service team.

Contacting Support:

You can reach our support team through the Amazon platform:

1. Via Your Amazon Account:

- Go to "Your Orders".
- Find the related order for your LIGE Smart Watch.
- Click "Contact Seller".

2. Via the Product Details Page:

- Navigate to the product page for the LIGE Military Smart Watch on Amazon.
- Click on the seller's name ("ROMANTE WATCHES").
- Click the "Ask a question" button to contact the seller messaging assistant.

We are available 24/7 online to provide reliable service and a delightful shopping experience.



[LIGE Smart Watch User Manual and Guide](#)

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



[LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting](#)

A comprehensive guide to operating your LIGE smartwatch, covering product specifications, button and screen controls, app connection, health monitoring features, and frequently asked questions.



[LIGE BW327 Smart Watch User Manual and Features](#)

Comprehensive guide to the LIGE BW327 Smart Watch, covering setup, features like heart rate monitoring, step tracking, training modes, sleep tracking, notifications, and Bluetooth connectivity for Android and iOS devices.



[LIGE GPS Smartwatch: GloryFitPro App Installation and User Guide](#)

A comprehensive guide for LIGE GPS Smartwatches, detailing the download, installation, and usage of the GloryFitPro app. Learn how to register, log in, bind your device, and configure watch settings, along with important GPS notes and FCC compliance information.



[LIGE BW1290 Smart Watch: Frequently Asked Questions and Video Guides](#)

This document provides frequently asked questions (FQA) and video guides for the LIGE BW1290 Smart Watch, covering Bluetooth connectivity, call functions, SMS synchronization, app settings, strap adjustment, and charging issues.



[LIGE BT Call Smartwatch User Manual - Setup and Operation](#)

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.