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› LIGE Smartwatch for Men with Bluetooth Call, 1.43" AMOLED Militarily Sports Fitness Watch with IP68 Waterproof 120+ Sport Modes Step Counter for Android iOS

LIGE EF5

LIGE Smartwatch User Manual

Model: EF5

INTRODUCTION

This manual provides comprehensive instructions for the LIGE Smartwatch, Model EF5. It covers setup, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your device. The LIGE Smartwatch is designed for fitness tracking, smart notifications, and convenient Bluetooth calling, featuring a durable build and a vibrant AMOLED display.



Image: The LIGE Smartwatch, Model EF5, showcasing its sleek design, metallic strap, and various digital watch faces including a detailed mechanical-style face and an app grid view.

Safety Information

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong magnetic fields.
- Use only the provided charging cable or a certified equivalent.
- Consult a medical professional before starting any new exercise regimen, especially if you have pre-existing health conditions.

Package Contents

Please verify that all items are present in your package:

- LIGE Smartwatch (Model EF5)
- Charging Cable
- User Manual
- Additional Strap (Silicone or Metallic, depending on variant)

SETUP

1. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (5V). The watch display will indicate charging status.

2. Downloading the FitCloudPro App

The LIGE Smartwatch requires the **FitCloudPro** application for full functionality and data synchronization. You can download the app using one of the following methods:

- **Scan QR Code:** Locate the QR code in the watch's interface or on the packaging and scan it with your smartphone's camera.
- **App Stores:** Search for "FitCloudPro" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices) and install it.

System Requirements: Android 4.4 or above, iOS 8.0 or above, Bluetooth 5.0 or above.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the FitCloudPro app.
3. Follow the in-app instructions to add your device. The app will search for available smartwatches. Select "EF5" or the corresponding device name when it appears.
4. Confirm the pairing request on both your watch and smartphone.

Bluetooth Call & Smart Notifications

Built-in microphone and speaker can be used to answer incoming calls and voice calls.



Image: A visual representation of the smartwatch paired with a smartphone, demonstrating its capability for Bluetooth calls and receiving smart notifications from various social media applications.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate menus and access different functions. Tap to select.
- **Side Buttons:** The smartwatch features multiple side buttons for quick access to functions like power on/off, back, and specific app shortcuts. Refer to the on-screen prompts for specific button functions.

Bluetooth Calls & Smart Notifications

Once paired, you can make and receive calls directly from your watch. The built-in microphone and speaker provide clear audio. The watch will also vibrate to alert you of incoming calls, SMS messages, and notifications from third-party apps like Facebook, WhatsApp, Instagram, and Twitter.

Customizing Watch Faces

The LIGE Smartwatch offers a wide selection of watch faces. Through the FitCloudPro app, you can choose from over 200 pre-designed dials or upload your own custom images to personalize your watch face.



Image: A collage showing diverse watch face designs available for the smartwatch, alongside icons representing features such as stopwatch, remote photography, music control, and weather forecast.

Fitness Tracking & Health Monitoring

The smartwatch supports over 100 sport modes, including walking, running, cycling, skipping rope, badminton, basketball, and football. It accurately records your steps, distance, and calories burned. It also features sleep detection to monitor your sleep time and quality, and heart rate monitoring.

100+ Modes Sportifs

Offers 100+ sport modes to meet diverse fitness needs and energize your workouts.



Distance 3.08 km



Calories 463 kcal



Step 22608 steps



Image: A man hiking outdoors, with an overlay showing the smartwatch display indicating fitness metrics such as distance (3.08 km), calories (463 kcal), and steps (22608 steps), highlighting its sports tracking capabilities.

Additional Functions

Your LIGE Smartwatch includes several practical daily functions:

- Calculator
- Weather Display
- Alarm Clock
- Timer
- Stopwatch
- Music Control (for your smartphone's music player)
- Remote Camera Control (for your smartphone's camera)
- Phone Finder / Watch Finder
- Flashlight Function (activated via side button)

Illuminate Your Adventures

Navigate the dark with ease using the convenient flashlight feature on our smartwatch.

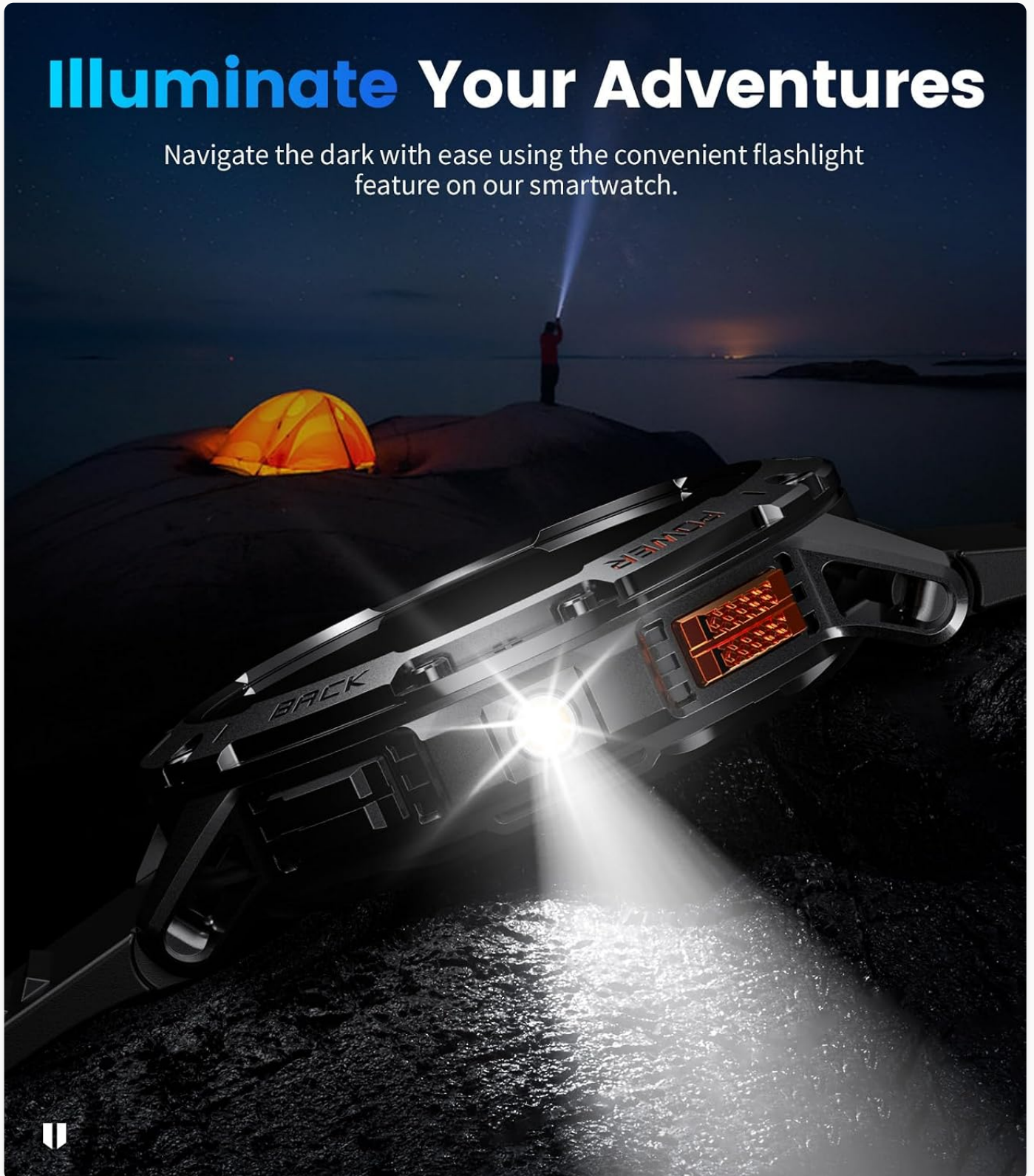


Image: The smartwatch's integrated flashlight feature illuminating a dark path, demonstrating its utility for navigating in low-light conditions.

MAINTENANCE

Cleaning

Wipe the watch screen and body with a soft, dry cloth. For stubborn smudges, a slightly damp cloth can be used, followed by a dry cloth. Avoid using harsh chemicals or abrasive materials.

Water Resistance (IP68)

The LIGE Smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as washing hands or wearing in the rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

Military Grade Standard



Anti-impacto



Dustproof



-40 °C ~ 70 °C
Harsh Condition



Anti-Fluid
Corrosion



5ATM
Waterproof



Image: A visual representation of the smartwatch's military-grade standard, highlighting its resistance to impact, dust, harsh conditions, corrosion, and 5ATM water resistance, with a close-up of water splashing on the watch face.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch regularly, even if not in constant use, to maintain battery health.
- Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with app:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and the phone, then try pairing again. Ensure the FitCloudPro app has necessary permissions.
- **Notifications not appearing:** Check app notification settings on your phone and within the FitCloudPro app. Ensure the app is running in the background and not being optimized by the phone's battery saving features.
- **Inaccurate fitness data:** Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Clean the sensors on the back of the watch.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed.

SPECIFICATIONS

Feature	Specification
Model Number	EF5
Display	1.43-inch AMOLED, 466*466 Resolution
Bluetooth Version	BLE 5.0
Controller	Realtek8763EWE-VP
Memory	Flash 256MB
Battery Capacity	530 mAh Lithium Polymer
Working Time	5-10 days (typical usage)
Standby Time	Around 30 days
Water Resistance	IP68
System Compatibility	Android 4.4+ / iOS 8.0+
Product Dimensions	6 x 2 x 3 cm; 200 g

1.43" AMOLED HD Display

High-definition screen, exceptional visuals.



466*466
Resolution



1.43
inch



Clear View



Image: A detailed view of the smartwatch's 1.43-inch AMOLED HD display, highlighting its 466x466 resolution and clear visual quality.

WARRANTY & SUPPORT

LIGE provides a standard warranty for this product. For detailed warranty terms and conditions, please refer to the warranty card included in your package or contact LIGE customer support. For technical assistance, troubleshooting, or general inquiries, please visit the official LIGE website or contact their customer service team through the contact information provided in your product documentation.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question