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LIGE FV4-C Rose Gold

LIGE Smart Watch User Manual

Model: FV4-C Rose Gold

Brand: LIGE

1. INTRODUCTION

Thank you for choosing the LIGE FV4-C Rose Gold Smart Watch. This device combines elegant design with advanced smart features to enhance your daily life and fitness journey. This manual provides essential information for setting up, operating, and maintaining your smartwatch.



Figure 1.1: LIGE FV4-C Rose Gold Smart Watch with included straps.

2. WHAT'S IN THE Box

Please verify that all items are present in your package:

- Smart Watch (1 unit)
- Gold Stainless Steel Strap (1 unit)
- Pink Silicone Strap (1 unit)
- Charger Cable (1 unit)
- Strap Adjuster (1 unit)

Packaging Display



Figure 2.1: Packaging display showing all included components.

3. SETUP GUIDE

3.1 Charging the Smart Watch

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 (not included) or a computer USB port.

- Charging time: Approximately 2.5 hours.
- Working hours: Up to 5 days on a single charge.
- Standby time: Up to 30 days.

Long Battery Life



Charging time: **2.5 Hours**



Working hours: **5 Days**



Standby time: **30 Days**



Dimension



Figure 3.1: Smartwatch connected to its magnetic charger.

3.2 App Installation and Pairing

To unlock all features, download the companion app on your smartphone. The app is compatible with Android 5.0+ and iOS 10.0+ devices.

1. Scan the QR code provided in the watch's quick start guide or search for the recommended app (e.g., GloryFit) in your phone's app store.
2. Install and open the app. Follow the on-screen instructions to create an account and set up your profile.
3. Enable Bluetooth on your smartphone.
4. In the app, navigate to the device pairing section and search for your LIGE Smart Watch. Select it from the list to establish a connection.
5. Confirm the pairing request on both your phone and the watch.

3.3 Strap Installation

Your smartwatch comes with two interchangeable straps: a gold stainless steel strap and a pink silicone strap. Use the included strap adjuster for the metal strap if needed.

Note: Some users have reported difficulty attaching the metal strap. Ensure the pins are correctly aligned and fully inserted into the watch lugs. If you encounter issues, refer to online tutorials or seek professional assistance.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The LIGE Smart Watch features a 1.19-inch AMOLED high-definition touch screen and a fine rounded threaded handle (crown) for navigation.

- **Touch Screen:** Swipe left/right, up/down to navigate menus and access different functions. Tap to select.
- **Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the home screen or confirm selections.

Delicate AMOLED⁺ 1.19inch Screen

- 390*390 HD pixels
- Clearly visible in outdoor daylight
- Lower power consumption



200+ Wallpapers⁺



Figure 4.1: The 1.19-inch AMOLED display and customizable watch faces.

4.2 Bluetooth Calling and Message Notifications

Once paired with your smartphone, the watch allows for convenient communication.

- **Making Calls:** Use the dial keypad, access your contact list, or view call records directly from the watch. The built-in 60-decibel speaker and noise-cancelling microphone ensure clear calls.
- **Answering Calls:** Incoming calls will display on your watch. Tap to answer or decline.
- **Message Notifications:** Receive alerts for SMS, Facebook, WhatsApp, Twitter, TikTok, and other applications directly on your wrist.

Bluetooth Call And Message Notification



Dial Keypad



Contact Lists



Call Records



Voice Assistant



Figure 4.2: Bluetooth call and message notification interface.

4.3 Health Monitoring

The smartwatch provides comprehensive health tracking features.

- **Heart Rate Monitor:** Tracks your heart rate 24 hours a day.
- **SpO2 Monitor:** Measures blood oxygen levels.
- **Sleep Monitor:** Records sleep time and status (deep sleep, light sleep, awake time) to help improve sleep quality.
- **Women's Health:** Track menstrual cycles, ovulation periods, and receive personalized management for conception and pregnancy.
- **Reminders:** Includes breathing training, drinking water reminders, and sedentary reminders.

All-Weather Health Monitoring

The interface features a top navigation bar with a sun and clouds icon, a moon and stars icon, and three circular icons for sleep stages: a crescent moon with a star for 'Deep sleep', another crescent moon with a star for 'Light sleep', and a sun for 'Awake time'.

Below the navigation are five arched cards, each containing a health metric and a corresponding activity photo:

- Card 1:** 150/60 mmHg (Blood Pressure) with a heart icon. Below: A woman riding a bicycle on a beach.
- Card 2:** 98% SPO2 (Oxygen Saturation) with a sun and moon icon. Below: A woman holding a tennis racket.
- Card 3:** 08H 20M (Sleep Duration) with a crescent moon and stars icon. Below: A woman sleeping peacefully.
- Card 4:** 104 BPM (Heart Rate) with a heart and ECG line icon. Below: A woman jogging.
- Card 5:** Breath training with a play button icon. Below: A woman meditating in a lotus pose.

Figure 4.3: Overview of health monitoring capabilities.

Monitoring Women's Health *

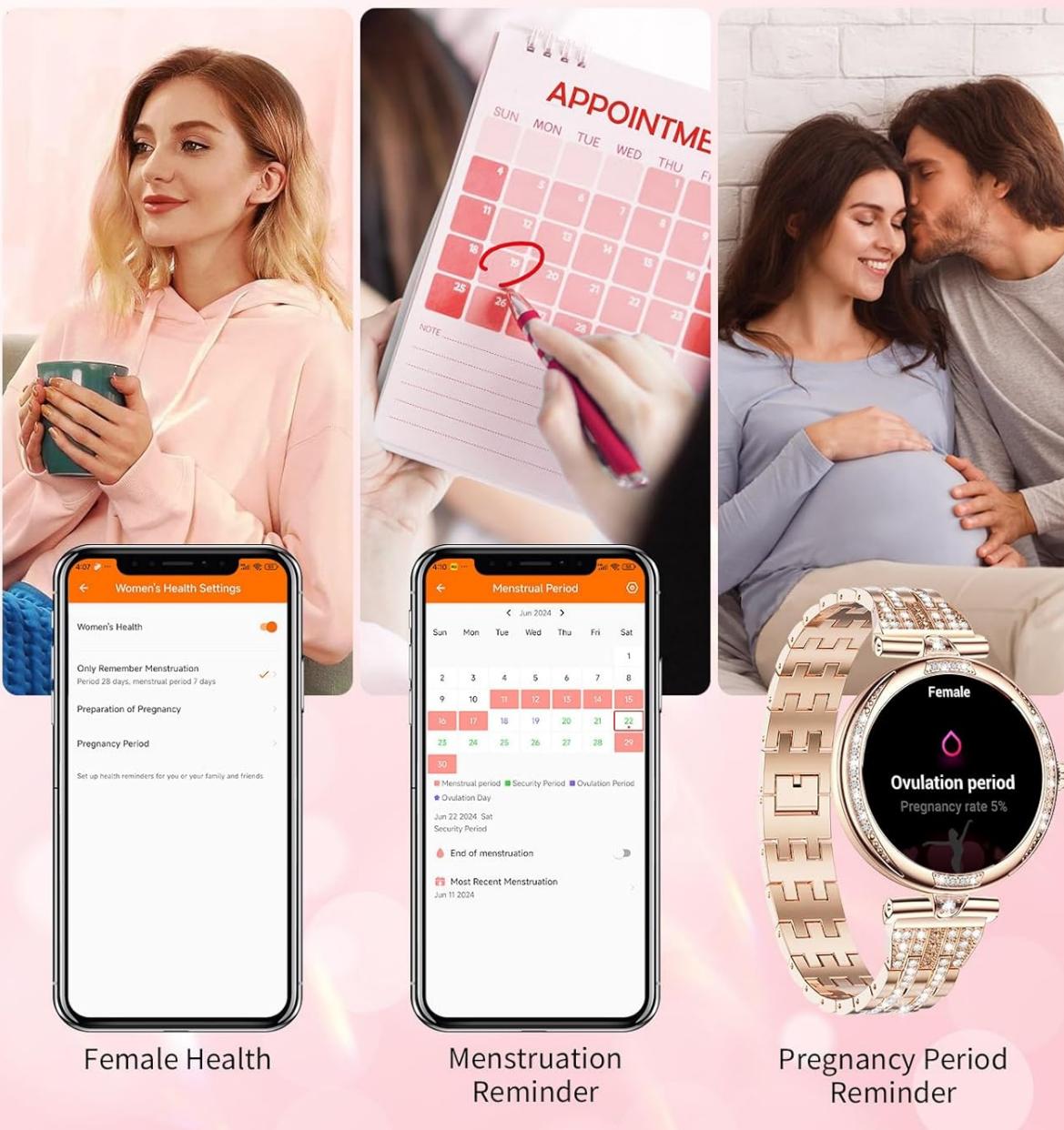


Figure 4.4: Women's health tracking interface and calendar.

4.4 Sports Modes and Activity Tracking

The fitness tracker supports 111 sport modes and tracks your daily activity.

- **Sport Modes:** Select from various activities like running, walking, yoga, cycling, Pilates, dancing, HIIT, and more.
- **Workout Data:** During exercise, the watch provides real-time data such as heart rate, duration, and calories burned. It automatically records your workout history.
- **All-Day Tracking:** Tracks steps taken and distance covered throughout the day.

121 Sports Modes

Make Every Workout Count, Each Drop of Sweat Deserves To Be Recorded.

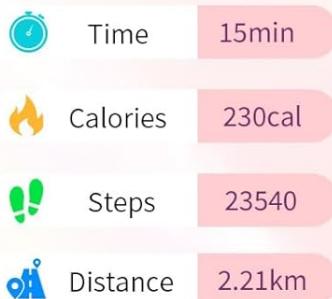


Figure 4.5: Sports modes and activity tracking metrics.

4.5 Multifunctional Features

Beyond health and fitness, the smartwatch offers several convenient functions:

- **AI Voice Assistant:** Control your watch and phone with voice commands.
- **Weather Forecast:** Get real-time weather updates.
- **Stopwatch & Alarm Clock:** Essential timekeeping tools.
- **Music Control:** Play, pause, skip tracks on your phone's music player.
- **Camera Control:** Remotely trigger your phone's camera.
- **Calculator:** Perform basic calculations.
- **Find Phone:** Locate your misplaced smartphone.
- **Payment Code & Business Card:** Save QR codes for convenient payments and sharing contact info (PalPay for receiving payments only).

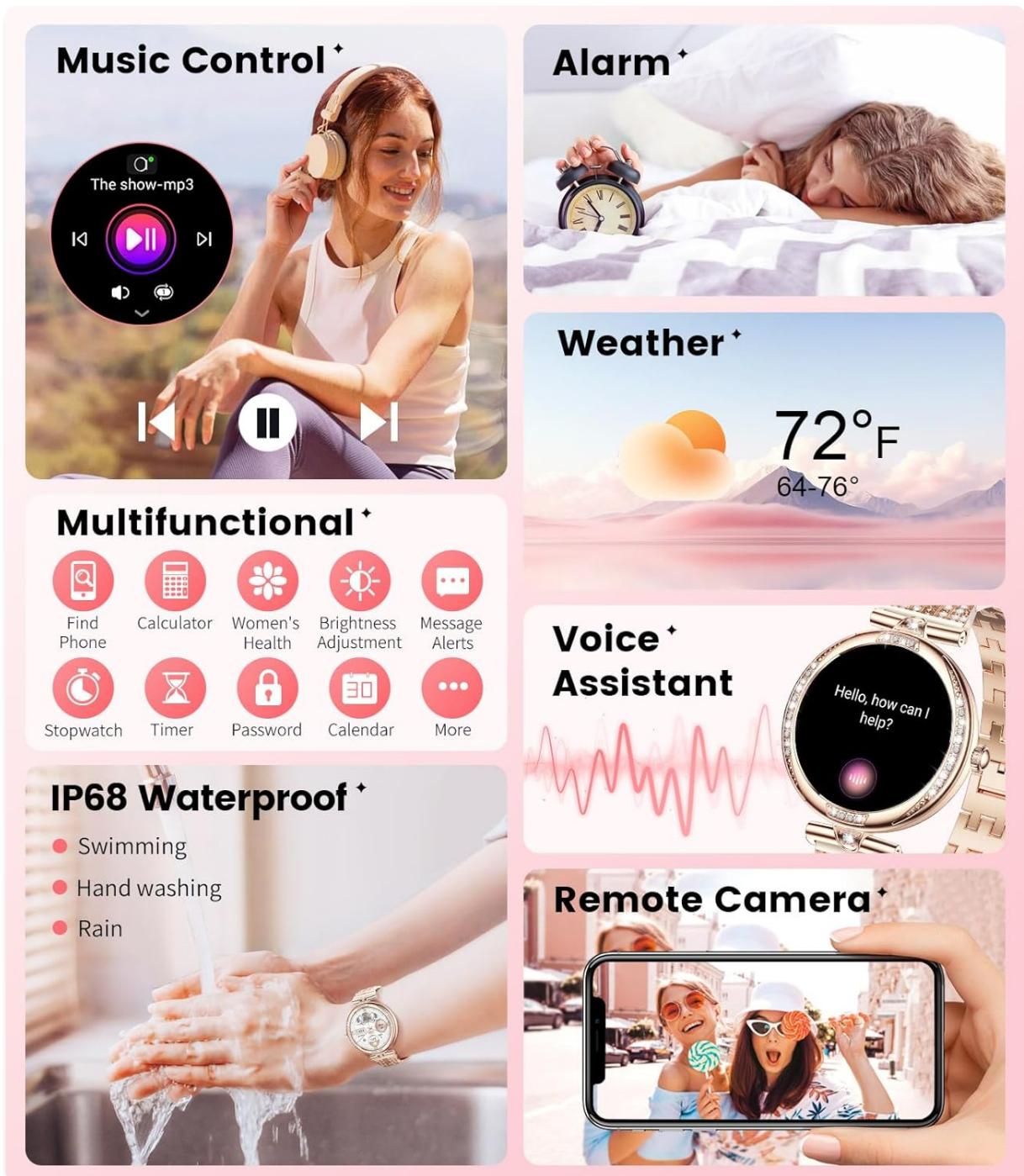


Figure 4.6: Multifunctional features of the smartwatch.

4.6 Customization

Personalize your watch face to match your style.

- **Watch Faces:** Choose from over 200 watch faces available through the app.
- **Custom Dials:** Upload your own pictures to create personalized watch faces.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The LIGE Smart Watch is IP68 waterproof, meaning it can withstand splashes, hand washing, and swimming. However, it is not suitable for hot water baths, saunas, or deep diving.

Caution: While IP68 rated, prolonged exposure to water or submersion beyond specified limits may cause damage. Avoid exposing the watch to steam or hot water, as this can compromise the seals.

IP68 Waterproof, Everyday Companion

Easily withstands splashes of water without getting in the way of your life.



Rain



Handwashing



Swimming



Figure 5.1: IP68 waterproof capabilities for daily use.

5.2 Cleaning

Wipe the watch and straps regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly. Avoid harsh chemicals or abrasive materials.

5.3 Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch before the battery is completely depleted.
- Do not leave the watch uncharged for extended periods.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Watch not turning on/charging	Low battery; improper charging connection.	Ensure charger is securely connected and power source is active. Charge for at least 30 minutes.
Cannot pair with phone	Bluetooth off; app not running; watch not in pairing mode; interference.	Ensure phone Bluetooth is on. Restart both watch and phone. Reinstall app if necessary. Check app for pairing instructions.
Inaccurate health data	Watch not worn correctly; sensor dirty.	Ensure watch is snug on wrist (not too tight/loose). Clean the sensor on the back of the watch.
Strap difficult to attach	Pins not aligned or fully inserted.	Carefully align the spring bars with the lug holes. Apply gentle pressure and ensure they click into place. Use the strap adjuster for the metal band.
Water under screen (despite IP68)	Exposure to hot water/steam; prolonged submersion beyond limits.	Discontinue use and allow to dry completely. Contact customer support if issue persists. Avoid hot water.

7. SPECIFICATIONS

Feature	Detail
Model Number	FV4-C Rose Gold
Screen Size	1.19 Inches AMOLED
Resolution	399*399 pixels
Battery Capacity	200 mAh Lithium Metal
Connectivity	Bluetooth 5.2
Water Resistance	IP68
Operating System	Android Wear 1.0 (compatible with Android 5.0+ / iOS 10.0+)
Memory Storage Capacity	128 MB
Product Dimensions	3.94 x 1.97 x 0.98 inches
Item Weight	3.53 ounces (100 Grams)
Manufacturer	LIGE
Country of Origin	China

8. WARRANTY AND SUPPORT

Your LIGE Smart Watch comes with a**24-month warranty** from the date of purchase. If you encounter any issues or have questions regarding your product, please contact LIGE customer service. We are committed to providing a satisfactory reply within 24 hours.

- **Online Service:** 24-hour support available.
- **Returns Service:** 6 months returns service.
- **Guarantee:** 2 years guarantee.