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› LIGE Military Smart Watch User Manual

LIGE EF5-P-R

LIGE Military Smart Watch User Manual

MODEL: EF5-P-R

Brand: LIGE

1. Introduction

The LIGE Military Smart Watch is a rugged and versatile device designed for active lifestyles. It features a vibrant 1.43-inch AMOLED display, comprehensive health monitoring, over 100 sports modes, and the convenience of Bluetooth calling. Built to military-grade standards, this smartwatch offers exceptional durability and functionality for both daily use and outdoor adventures.



Image: The LIGE Military Smart Watch showcasing its design and various digital watch faces, along with interchangeable straps.

Video: An overview of the LIGE Military Smart Watch, highlighting its robust design, various features, and different strap options.

2. What's in the Box

- LIGE Military Smart Watch (EF5-P-R)
- Changer Cable (Charging Cable)
- Smartwatch Manuals
- Watch Setting Tools
- Watch Straps (Gray silicone, Silver steel, Camouflage silicone)

3. Setup Guide

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. The 530mAh battery provides 5-10 days of regular use and up to 45 days

on standby. A full charge typically takes 3 hours.

530mAh Extra-Long Battery life

Elevate your experience with lasting power at your fingertips.

3 Hours
Fully charged

10 Days
Working time

45 Days
Standby time



Image: Visual representation of the smartwatch's 530mAh battery, showing charging time, working time, and standby time.

3.2 App Installation and Pairing

Download the **FitCloudPro** app from your smartphone's app store (compatible with Android 4.4+ and iOS 8.0+). Ensure the app is allowed to run in the background to maintain a stable connection with your smartwatch. Open the app, enable Bluetooth on your phone, and follow the in-app instructions to pair your device.

3.3 Strap Installation and Adjustment

The smartwatch comes with three interchangeable straps. Use the provided watch setting tools to install or adjust the straps. For detailed instructions on how to install and adjust the watch band, please refer to the video below.

4. Operating Instructions

4.1 Display and Navigation

The smartwatch features a 1.43-inch AMOLED HD display with 466*466 resolution, providing sharp and vibrant visuals. Navigate through menus and functions using touch gestures and the physical buttons on the side of the watch.



Image: Close-up of the smartwatch display, highlighting its 1.43-inch AMOLED HD screen with 466x466 resolution for clear visuals.

4.2 Bluetooth Calling and Smart Notifications

With a built-in microphone and speaker, you can answer incoming calls directly from your wrist. The watch also displays smart notifications from your connected smartphone, including messages and app alerts.



Image: The smartwatch screen showing an incoming call and a message notification, demonstrating its Bluetooth call and smart notification capabilities.

4.3 Health Monitoring

Monitor your health with features such as blood oxygen monitoring, 24/7 heart rate tracking, sleep analysis (deep sleep, light sleep, awake time), and calorie consumption tracking.



Image: Graphics illustrating the smartwatch's 24/7 heart rate monitoring and detailed sleep tracking features.

4.4 Sports Modes

The watch offers over 100 sports modes to track various activities, providing precise data on distance, calories burned, and steps taken. This helps you monitor your performance and energize your workouts.

111+ Sport Modes

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



Distance 3.08 km



Calories 463 kcal



Step 22608 steps



Image: The smartwatch interface showing various sport modes and fitness data like distance, calories, and steps.

4.5 Built-in LED Flashlight

A bright LED light on the right side of the watch serves as a convenient flashlight, useful for outdoor activities or navigating in low-light conditions.

Illuminate Your Adventures

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



Image: The smartwatch's built-in LED flashlight feature illuminating a dark environment.

Video: Demonstrates the flashlight feature of the LIGE smart watch for men.

4.6 Customizing Watch Faces

Personalize your smartwatch with over 200+ watch faces available through the app. You can also upload your own photos to create a unique custom dial.

Explore 200+ UI Watch Faces



Stopwatch



Remote Photography



Music Control



Weather Forecast



Image: A collage showing numerous customizable watch faces available for the smartwatch.

4.7 Always-On Display

The "Always-On-Display" function allows you to check the time without lifting your hand or touching the screen. Note that enabling this feature will increase battery consumption.

5. Maintenance

5.1 Cleaning Your Smartwatch

Regularly clean your smartwatch and straps with a soft, dry cloth. For silicone straps, a damp cloth with mild soap can be used, ensuring it is thoroughly dried afterward. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance (IP68)

The LIGE Military Smart Watch is IP68 rated, 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, hand washing, and light rain. Avoid hot water, steam, or prolonged immersion.



Image: The smartwatch shown with indicators of military-grade durability, including anti-impact, dustproof, and 5ATM waterproof ratings.

5.3 Battery Care

To prolong battery life, avoid extreme temperatures and fully discharging the battery frequently. Charge the watch using the provided charger. If the watch will not be used for an extended period, charge it to about 50% before storing.

6. Troubleshooting

Problem	Solution
Watch not turning on	Ensure the watch is fully charged. If it still doesn't turn on, try pressing and holding the power button for 10-15 seconds.
Bluetooth connection issues	Make sure Bluetooth is enabled on your phone and the watch. Restart both devices. Ensure the FitCloudPro app is running in the background and has necessary permissions.
Data not syncing to app	Check if the watch is properly connected to the app. Ensure the app is updated to the latest version. Verify that the app has permissions to access health data on your phone.
Screen unresponsive	Restart the watch. If the issue persists, ensure the screen is clean and dry. Avoid using the watch in extreme temperatures.

7. Specifications

Feature	Detail
Model Number	EF5-P-R
Display	1.43 Inches AMOLED HD (466*466 resolution)
Battery Capacity	530mAh Lithium Polymer
Connectivity	Bluetooth
Operating System Compatibility	Android 4.4+ and iOS 8.0+
Water Resistance	IP68
Memory Storage Capacity	256 MB
Item Weight	9.6 ounces
Product Dimensions	2.36 x 0.79 x 1.18 inches
Special Features	LED Flashlight, Bluetooth Calling, Heart Rate Monitor, Sleep Monitor, 100+ Sports Modes, Customizable Watch Faces, Military Grade Durability

8. Warranty and Support

LIGE is committed to ensuring your satisfaction. If you have any questions or require assistance with your EF5 PRO smartwatch, please do not hesitate to contact our reliable customer service. We are dedicated to providing a delightful shopping experience and support for our products.

ASK A QUESTION ABOUT THIS MANUAL

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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.

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