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› LIGE Military Smart Watch for Men User Manual

LIGE FV14-F-XY-US-JQ

LIGE Military Smart Watch for Men

USER MANUAL

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the LIGE Military Smart Watch. This rugged smartwatch is designed for durability and functionality, featuring a 2.01-inch HD display, a powerful 700mAh battery, and comprehensive health and fitness tracking capabilities. It is built to withstand extreme conditions and keep you connected.

Key features include Bluetooth calling, over 100 sports modes, 24/7 health monitoring (heart rate, blood pressure, blood oxygen, sleep), an integrated LED flashlight, and IP68 waterproofing.



Image: The LIGE Military Smart Watch, showcasing its robust design, metal and silicone strap options, and various digital watch faces displaying health metrics and call functions.

2. What's in the Box

Please check the contents of your package to ensure all items are present:

- Smartwatch
- 2 Straps (one metal, one silicone)
- Charger
- Strap Installation and Removal Tools
- Instructions (this manual)

3. SETUP

3.1 Initial Charging

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 power adapter (not included). A full charge for the 700mAh battery typically takes approximately 2-3 hours.

Powerful Battery Life

Ultra-long battery life, noneed to worry about powerwhen you are outdoor exercising or camping.

700



	Extra Large Battery 700 mAh	Large Battery 300-500 mAh	General Battery 150-220 mAh
Heavy Usage	5-7 Days⬆	3-4 Days	1-2 Days
Daily Usage	12+ Days⬆	7 Days	3-4 Days
Low-battery Mode	80+ Days⬆	50-60 Days	10-30 Days

Image: The LIGE smartwatch on a charging pad, highlighting its 700mAh ultra-long battery life.

3.2 App Installation

To unlock the full potential of your smartwatch, download the companion application on your smartphone. Scan the

QR code provided in the quick start guide or search for the app name (usually mentioned in the packaging or quick start guide) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).

3.3 Pairing with Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the companion app on your smartphone.
3. Follow the in-app instructions to add a new device. The app will search for your LIGE smartwatch.
4. Select your watch from the list of available devices (e.g., "LIGE FV14").
5. Confirm the pairing request on both your watch and smartphone.

Compatibility: The smartwatch is compatible with Android 4.4 or iOS 9.0 and higher, and Bluetooth 5.0. It is designed for use with smartphones only and does not support tablets or laptops.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The LIGE smartwatch features a 2.01-inch full-screen touch display for intuitive navigation. Swipe left, right, up, or down to access different menus and functions. The physical buttons on the side provide quick access to specific features like the LED flashlight or sports modes.

2.01" HD Large Screen

High-definition screen, exceptional visuals.



320*390
Resolution



Full-screen
touch



Clear View

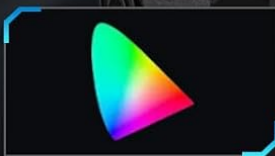


Image: A detailed view of the LIGE smartwatch's 2.01" HD large screen, emphasizing its high resolution and full-screen touch functionality.

4.2 Bluetooth Calling & Notifications

Once paired with your smartphone, you can manage calls directly from your watch. You can answer, reject, or make calls using the watch's interface. The watch also displays SMS messages and notifications from various apps, including WhatsApp, Facebook, Instagram, YouTube, Twitter, LinkedIn, Skype, and Line.

Health Monitoring

Built-in upgraded sensors, heart rate/ blood pressure/ blood oxygen/sleep monitoring



Sleep Monitoring

Track your sleep stages (e.g., REM, lightsleep, and deep sleep) to understand your sleep health.



Image: The LIGE smartwatch demonstrating its Bluetooth calling feature and instant message reminder capabilities for various social media applications.

4.3 100+ Sports Modes

The watch offers over 100 sports modes to track your physical activities. Navigate to the 'Sports' menu to select your desired mode (e.g., running, cycling, swimming, hiking, climbing). The watch will automatically record key metrics such as exercise duration, heart rate, step count, and distance in real-time.

100+ Sport Mode

Workout to your heart's content and track your every move!

5.03 km

368 kcal

6028 steps

146 bpm



Image: A visual representation of the LIGE smartwatch's 100+ sport modes, showing a user engaged in outdoor activity and various sport icons.

4.4 24/7 Health Monitoring

The smartwatch is equipped with built-in upgraded sensors for continuous health monitoring. It can track your heart rate, blood pressure, blood oxygen levels, and sleep patterns. Access these readings through the dedicated health monitoring sections on the watch or in the companion app.

Note: The health data provided by this device is for reference only and should not be used for professional medical diagnosis.

Multifunctional Smart Watch

Answer/Make Call



Smart Voice Assistant



Instant Message Reminder

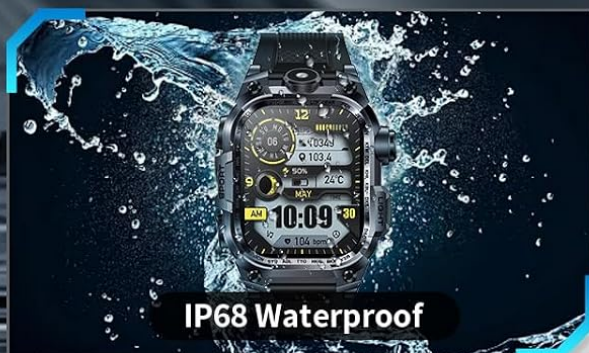


Image: The LIGE smartwatch displaying health monitoring features, including heart rate, blood pressure, and detailed sleep tracking data.

4.5 LED Flashlight

Activate the ultra-bright LED flashlight feature directly from the watch. This function provides an effective range of 6-8 meters, making it useful for outdoor activities or in low-light conditions.

Military & Outdoor



IP68
Waterproof



Salt Spray
Test



-40°C~70°C
Harsh Condition



Shock
Test

Ultra-bright LED Light Source, An
Effective Range of 6-8M

Image: The LIGE smartwatch demonstrating its ruggedness with features like dust-proof, IP68 waterproof, anti-impact, and an ultra-bright LED flashlight.

4.6 Other Multifunctions

The LIGE smartwatch includes a variety of additional useful functions:

- **Pedometer:** Tracks your daily steps.
- **Alarm Clock:** Set multiple alarms.
- **Calculator:** Basic arithmetic functions.
- **Remote Camera Control:** Control your phone's camera remotely.
- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Hydration Reminder:** Reminds you to drink water.

- **Voice Assistant:** Intelligent voice assistant for quick operations.
- **Find Phone/Watch:** Helps locate your paired device.
- **Weather Forecast:** Displays current weather conditions.

Multifunction

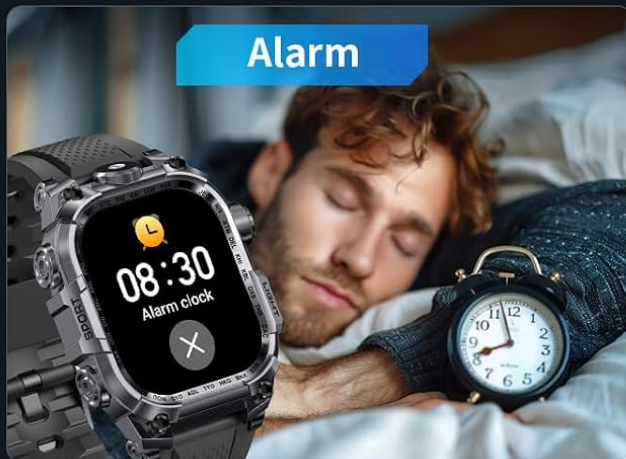
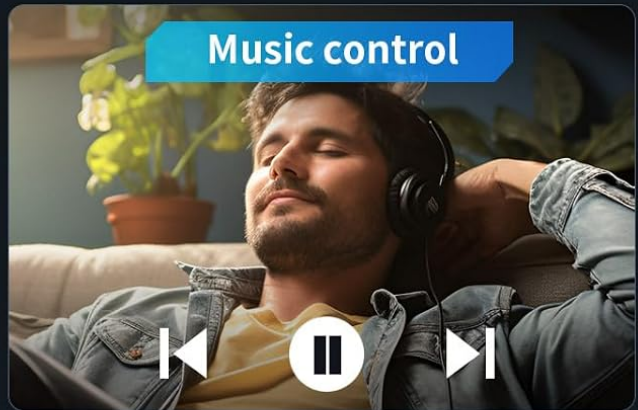


Image: The LIGE smartwatch showcasing its diverse multifunctions, such as camera control, music playback, hydration reminders, alarm settings, and weather display.

5. MAINTENANCE

5.1 IP68 Waterproofing

The LIGE smartwatch features an IP68 waterproof rating, meaning it is resistant to dust and can be submerged in water up to 50 meters. This makes it suitable for activities like swimming, showering, and use in rainy conditions. However, it is **not suitable for sea use or diving**, as saltwater and high-pressure water activities can compromise the seals.

5.2 Cleaning

To maintain your watch, wipe it regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the watch's finish and components.

5.3 Battery Care

To prolong the life of your 700mAh Lithium Polymer battery:

- Avoid extreme temperatures (very hot or very cold) when charging or storing the watch.
- Do not let the battery completely drain frequently.
- Use the provided charging cable.

6. TROUBLESHOOTING

If you encounter issues with your LIGE 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.
- **Unable to pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Try unpairing and re-pairing through the app.
- **Notifications not appearing:** Check app notification permissions on your phone and within the smartwatch app settings. Ensure the watch is properly connected via Bluetooth.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Remember that data is for reference only.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed.

If problems persist, please contact customer support.

7. SPECIFICATIONS

Feature	Specification
Model Number	FV14-F-XY-US-JQ
Product Dimensions	8.11 x 3.78 x 0.87 inches
Item Weight	3.17 ounces
Screen Size	2.01 Inches
Battery Capacity	700 Milliamp Hours (Lithium Polymer)

Feature	Specification
Connectivity Technology	Bluetooth 5.0
Memory Storage Capacity	256 MB
Waterproof Rating	IP68
Compatibility	Android 4.4+ / iOS 9.0+

8. WARRANTY AND SUPPORT

LIGE offers a 60-day worry-free refund policy and a 12-month guarantee for your smartwatch. If you have any questions or require assistance, our customer service team is available online 24 hours a day to provide support. Please refer to your purchase documentation for specific contact details or visit the official LIGE support website.

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Anonymous

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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

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