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 - › LIGE FV12 Smartwatch User Manual: 1.43" AMOLED Display, Bluetooth Calling, Fitness Tracker

LIGE FV12

LIGE FV12 Smartwatch User Manual

Model: FV12

INTRODUCTION

This manual provides comprehensive instructions for the LIGE FV12 Smartwatch. It covers essential information regarding setup, operation, maintenance, and troubleshooting to ensure you get the most out of your device. The LIGE FV12 features a 1.43-inch AMOLED HD display, Bluetooth calling capabilities, over 100 sports modes, and advanced health monitoring functions.



Image: The LIGE FV12 Smartwatch, showcasing its sleek design with both a mesh metal strap and a silicone strap. The display highlights key features such as AMOLED technology, heart rate monitoring, and incoming call notifications.

1. SETUP

1.1 Unboxing and Components

Upon opening the package, verify that all components are present:

- LIGE FV12 Smartwatch
- Metal strap
- Silicone strap
- Strap accessories
- Charging cable
- Instruction manual (this document)

1.2 Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included).

- A full charge typically takes approximately 2 hours.
- The watch display will indicate charging status.



IP68 Waterproof

Excellent Battery Life

Equipped with a low-power wearable chip and long battery life for every day



4-7days

Daily use



15 days

Standby time



Image: The LIGE FV12 Smartwatch connected to its magnetic charging cable, displaying a charging icon on its screen. This image also highlights the IP68 waterproof rating and estimated battery life of 4-7 days for daily use and 15 days standby.

1.3 App Installation and Pairing

To unlock the full functionality of your LIGE FV12 Smartwatch, you need to install the companion application on your smartphone.

1. Scan the QR code provided in the quick start guide or search for the official LIGE smartwatch app in your phone's app store

(Google Play Store for Android, Apple App Store for iOS).

2. Download and install the application.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the LIGE app, create an account or log in, and follow the on-screen instructions to add your device.
5. Select "LIGE FV12" from the list of available devices in the app to initiate pairing.
6. Confirm the pairing request on both your phone and the smartwatch.

Compatibility: The smartwatch is compatible with Android 5.0+ and iOS 8.0+ smartphones. For the one-touch call function, iOS 13+ is required.

2. OPERATING INSTRUCTIONS

2.1 Basic Navigation

The LIGE FV12 features a full-touch AMOLED display and a side button for navigation.

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to wake the screen, return to the home screen, or access the app list. Long press for power options.

Ultra-thin And Comfortable

The case is only 7.9 mm thick and fits delicately in the hand.



**Braided strap,
delicate and breathable,
comfortable to wear**



**Ultra-thin design
Ultra-large screen**



Thickness: 7.9MM

Image: A close-up view of the LIGE FV12 Smartwatch, emphasizing its ultra-thin profile (7.9mm) and the comfortable, breathable braided strap. The image also highlights the large, vibrant display.

2.2 Bluetooth Calling and Message Notifications

Once paired with your smartphone, the smartwatch allows you to manage calls and view notifications directly from your wrist.

- **Answering/Making Calls:** Use the built-in dial keypad, contact lists, or call records on the watch.
- **Message Alerts:** Receive real-time notifications for texts, emails, and social media apps. Customize notification settings via the companion app.

Bluetooth Call And Message Notification



Image: The LIGE FV12 Smartwatch screen showing an incoming call and various social media app icons, illustrating its Bluetooth call and message notification capabilities.

2.3 Sports Modes and Activity Tracking

The smartwatch supports over 100 sports modes to track your physical activities.

- **Selecting a Mode:** Navigate to the "Sports" menu on your watch and select your desired activity (e.g., running, cycling, swimming, yoga).
- **Data Tracking:** The watch records data such as steps, distance, calories burned, and duration.
- **Syncing Data:** Activity data automatically syncs with the companion app for detailed analysis and progress tracking.

121 Sports Modes

Always on display, keeps screen brightness after power off

🕒 1H08M

🔥 570 KCAL

👣 9680 STEPS



Cycling



Jump Rope



Running



Rock Climbing



Walk



Hiking



Yoga



Skateboard



Play Tennis



More

Image: The LIGE FV12 Smartwatch screen showing activity metrics like steps, calories, and exercise duration, alongside icons representing various sports modes such as cycling, running, yoga, and hiking.

2.4 Health Monitoring

The LIGE FV12 provides comprehensive health monitoring features.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors sleep patterns, including deep sleep, light sleep, and awake times.
- **Stress Monitoring:** Provides insights into your stress levels.
- **Women's Health Tracking:** Offers features for period, prediction, gestation, and ovulation tracking.



All-Weather Health Monitoring



Sleep



Heart Rate



Blood Oxygen



Stresses

Image: The LIGE FV12 Smartwatch displaying various health metrics including sleep duration, heart rate, blood oxygen levels, and stress indicators, demonstrating its comprehensive health monitoring capabilities.

Women's health Monitoring

Healthy from the inside out, scientifically documented cycles, every stage of care for women



Period



Prediction



Gestation



Ovulation

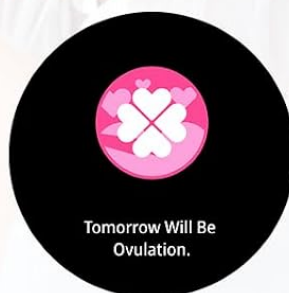
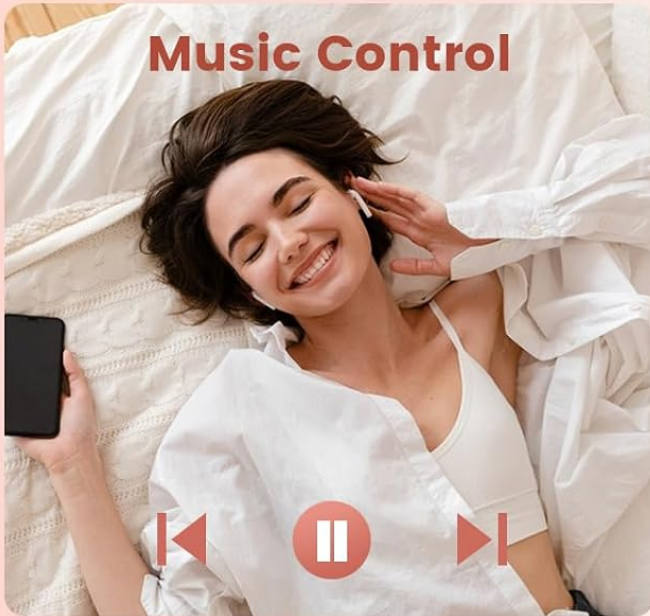


Image: The LIGE FV12 Smartwatch screen showing a cycle tracking interface, with options for period, prediction, gestation, and ovulation, highlighting its dedicated women's health monitoring features.

2.5 Additional Features

- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks, adjust volume).
- **Voice Assistant:** Activate your phone's voice assistant directly from the watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your smartphone camera.
- **Customizable Watch Faces:** Choose from over 200 pre-installed watch faces or upload your own photos via the app.
- **Reminder Functions:** Set reminders for sedentary alerts, drinking water, and alarms.
- **Weather Forecast:** View current weather conditions and forecasts.

Music Control



Alarm



7.9mm Ultra-thin body



Voice Assistant



Reminder Function



Remote Camera



Image: A collage of LIGE FV12 Smartwatch features, including music control, alarm settings, weather display, voice assistant activation, sedentary and hydration reminders, and remote camera control.

1.43 inch AMOLED Full Screen Colorful

Always on display, keeps screen brightness after power off

466*466

High Resolution

Full Touch

Touch Type

10:09

Digital Clock



Analog Clock



200+ Free Dials & DIY



Image: The LIGE FV12 Smartwatch showcasing its 1.43-inch AMOLED full-screen colorful display with 466x466 resolution and full touch capabilities. The image also highlights the option for over 200 free dials and DIY customization.

3. MAINTENANCE

3.1 Water Resistance

The LIGE FV12 Smartwatch has an IP68 waterproof rating and is 5ATM water-resistant, meaning it can withstand submersion up to 50 meters. It is suitable for swimming and daily water exposure.

- Avoid exposing the watch to hot water, steam, or high-pressure water jets.
- Do not operate buttons underwater.

- Dry the watch thoroughly after exposure to water, especially before charging.

3.2 Cleaning and Care

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, use a slightly damp cloth. Avoid harsh chemicals or abrasive materials.
- Clean the charging contacts regularly to ensure proper charging.
- If using the metal mesh strap, ensure it is dry after water exposure to prevent corrosion.

3.3 Battery Care

- Avoid extreme temperatures (hot or cold) as they can affect battery life.
- For long-term storage, charge the watch to about 50% and store it in a cool, dry place.
- Regularly charging the watch before it completely drains can help prolong battery health.

4. TROUBLESHOOTING

4.1 Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
 - a. Ensure Bluetooth is enabled on your phone and the watch.
 - b. Make sure the watch is within range of your phone.
 - c. Restart both your phone and the smartwatch.
 - d. Try unpairing and re-pairing through the LIGE app.
- **Inaccurate health data:**
 - a. Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - b. Clean the sensor on the back of the watch.
 - c. Avoid excessive movement during measurements.
- **Short battery life:**
 - a. Reduce screen brightness.
 - b. Disable continuous heart rate monitoring if not needed.
 - c. Limit the number of app notifications.
 - d. Ensure the watch is not constantly searching for a Bluetooth connection.
- **Notifications not appearing:**
 - a. Check notification settings in the LIGE app and your phone's system settings.
 - b. Ensure the watch is connected via Bluetooth.
 - c. Verify that the LIGE app has necessary permissions on your phone.

5. SPECIFICATIONS

Feature	Detail
Model Number	FV12-F-US
Display	1.43 Inches AMOLED, 466x466 pixels

Feature	Detail
Battery Capacity	260 mAh Lithium Polymer
Battery Life	4-7 days (daily use), 15 days (standby)
Water Resistance	IP68, 5ATM (up to 50 meters)
Connectivity	Bluetooth
Operating System	AsteroidOS
Memory Storage Capacity	256 MB
Product Dimensions	8.11 x 3.78 x 0.87 inches
Item Weight	6.4 ounces
Compatibility	Android 5.0+, iOS 8.0+ (iOS 13+ for one-touch call)

6. WARRANTY AND SUPPORT

LIGE offers a **365-day After-Sales Service** for your smartwatch. If you encounter any issues or have questions regarding your LIGE FV12 Smartwatch, please contact LIGE customer support. They aim to provide a satisfactory reply within 24 hours. For support, refer to the contact information provided with your product packaging or visit the official LIGE website.

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

Open the live page

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