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› LIGE Smart Watch for Women FV12-A User Manual

LIGE FV12-A

LIGE Smart Watch for Women - Model FV12-A User Manual

Brand: LIGE | Model: FV12-A

1. INTRODUCTION

This manual provides detailed instructions for the LIGE Smart Watch for Women, Model FV12-A. This device features a 1.43-inch HD AMOLED display, a slim design, comprehensive fitness tracking capabilities, Bluetooth calling, and IP68 water resistance. It is designed to assist you in managing your health, staying connected, and enhancing your daily activities.



Image: The LIGE Smart Watch FV12-A, showcasing its elegant design with both the rose gold metal band and the beige silicone band. The main display shows the time, heart rate, and step count.

2. WHAT'S IN THE BOX

Please verify that all the following items are included in your package:

- LIGE Smart Watch (FV12-A)
- Changer Cable (Charging Cable)
- Watch Straps (Includes two interchangeable bands: one metal, one silicone)
- Watch Setting Tools (for strap adjustment)
- Smartwatch Manuals

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before initial use, fully charge your smartwatch. Connect the provided charger cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

3.2 App Installation

To unlock the full functionality of your smartwatch, download the **"Da Fit"** application on your smartphone. You can find the app on the Google Play Store (for Android devices) or the Apple App Store (for iOS devices). Alternatively, scan the QR code provided in the quick start guide (if available) to directly access the app download page.

3.3 Pairing with Your Smartphone

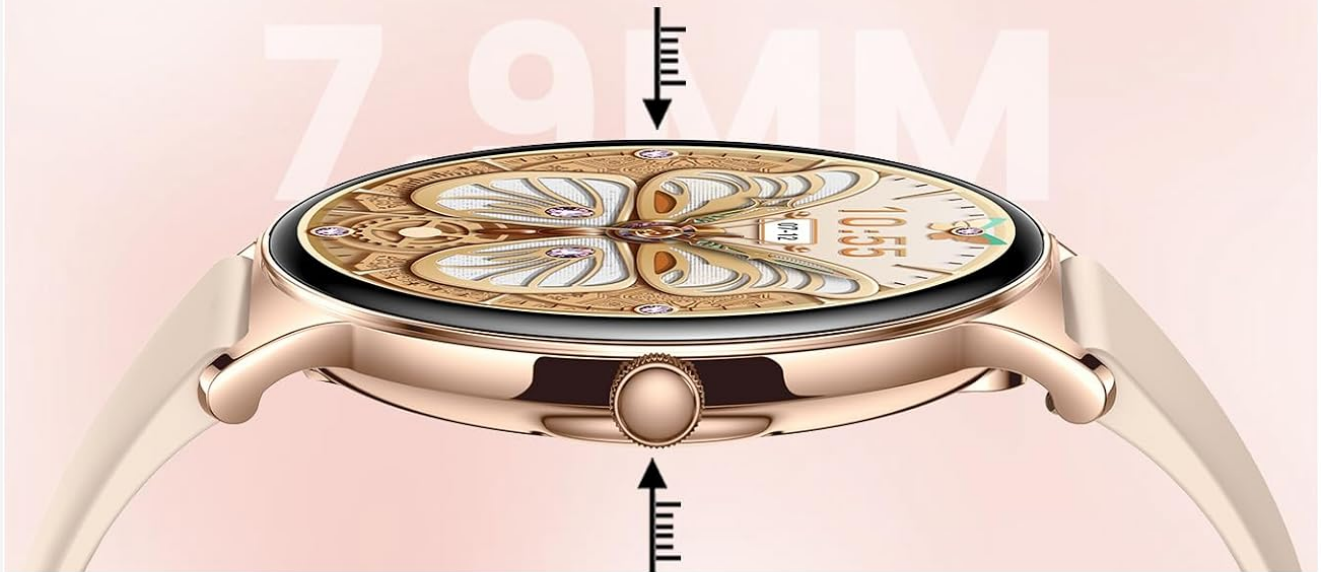
1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "Da Fit" app on your smartphone.
3. Navigate to the "Devices" screen within the app.
4. Tap on "+ Add Device" or a similar option to search for your smartwatch.
5. Select "DA09" from the list of available devices to establish the connection. Follow any on-screen prompts to complete the pairing process.

3.4 Strap Installation and Adjustment

Your smartwatch comes with two interchangeable bands: a metal band and a silicone band. Use the provided watch setting tools to adjust the length of the metal band or to swap between the two bands. Ensure the straps are securely attached before wearing the watch.

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**



Image: A detailed view highlighting the watch's ultra-thin 7.9mm body and the intricate design of the braided metal strap, emphasizing comfort and elegance.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The watch features a 1.43-inch HD AMOLED touchscreen with 466x466 resolution, offering high contrast, vibrant colors, and responsive touch sensitivity. Navigate through menus and features by swiping across the screen and tapping icons.

4.2 Customizing Watch Faces

Personalize your watch's appearance:

1. Open the "Da Fit" app on your smartphone.
2. Go to the third page of the app interface.
3. Navigate to the "BACKGROUND" section.
4. You can tap "Edit" on the first watch face to create a custom design, including uploading your own photo.
5. Alternatively, swipe left until you reach the "WATCH FACE GALLERY" to browse and select from a wide range of pre-designed watch faces to upload to your watch.

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
AM

Digital Clock

Analog Clock

200+ Free Dials & DIY

Image: The 1.43-inch AMOLED display showcasing different watch face options, including digital, analog, and customizable designs, accessible through the Da Fit app.

4.3 Bluetooth Calling and Notifications

Stay connected directly from your wrist:

- **Bluetooth Calling:** Answer incoming calls or make outgoing calls directly from your smartwatch. This feature requires the watch to be connected to your smartphone via Bluetooth.
- **Smart Notifications:** Receive real-time alerts for social media messages, text messages, and other app notifications. The watch will display the content of these notifications. *Note: This watch supports displaying notifications but does not support sending text messages directly from the watch.*



Image: The smartwatch displaying a call notification and icons representing various social media and messaging applications, illustrating its Bluetooth call and message notification capabilities.

4.4 Additional Smart Features

The LIGE Smart Watch offers a range of convenient features:

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your connected smartphone.
- **Remote Camera Control:** Use your watch as a remote shutter button for your smartphone's camera.

- **Voice Assistant:** Access your smartphone's voice assistant directly from your watch.
- **Reminders:** Set alarms, sedentary reminders (to encourage movement), and drink water reminders.
- **Weather Display:** View current weather conditions and forecasts.
- **Tools:** Access stopwatch, calculator, and timer functions.

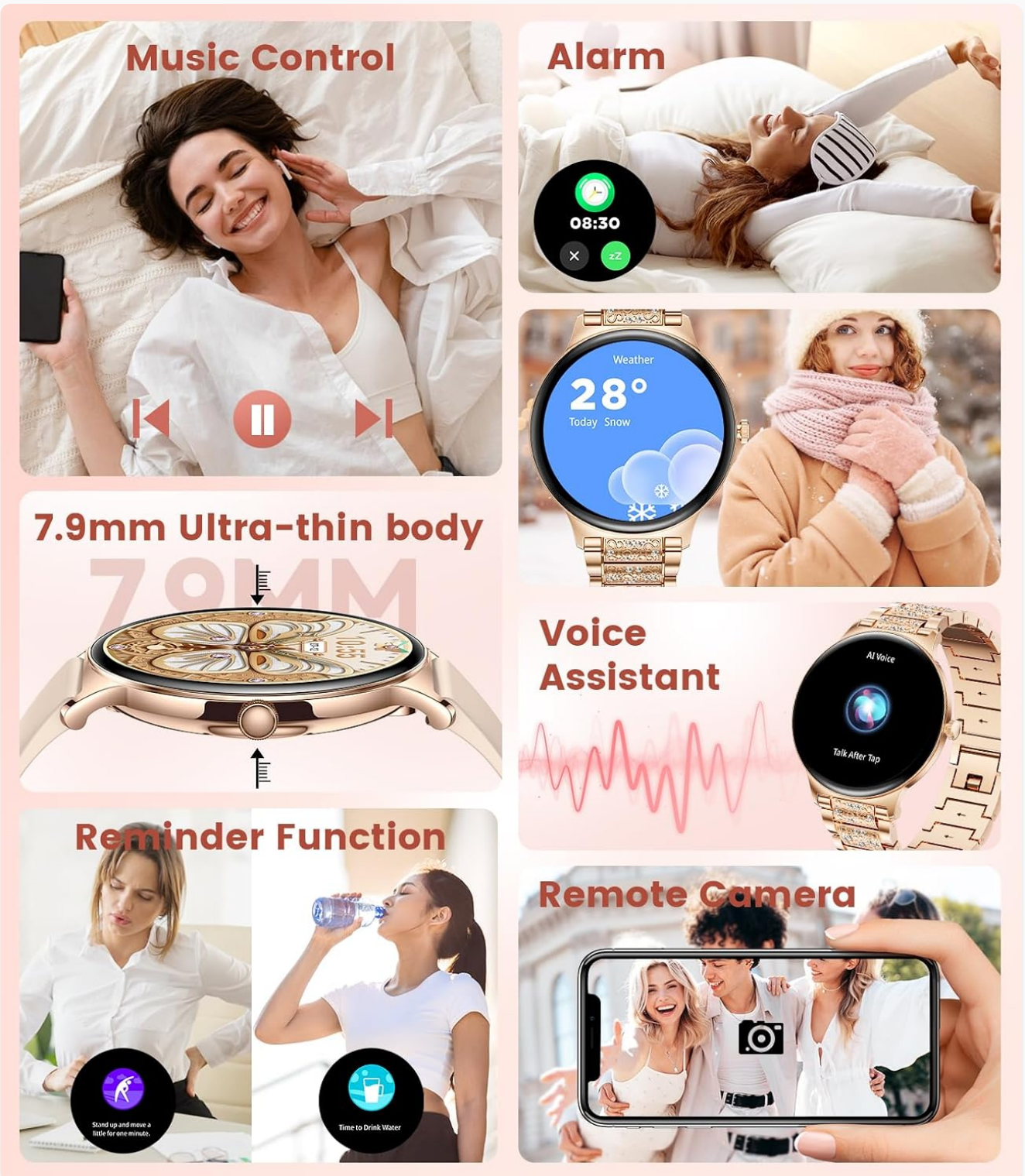


Image: A visual representation of the watch's diverse functionalities, including music playback control, alarm settings, voice assistant interaction, remote camera operation, and health reminders.

5. HEALTH MONITORING

The smartwatch provides comprehensive health tracking features to help you monitor your well-being:

- **Heart Rate Monitoring:** Continuously track your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen saturation levels.
- **Sleep Monitoring:** Analyze your sleep patterns, including deep sleep, light sleep, and awake times.
- **Stress Monitoring:** Track your stress levels.
- **Activity Tracking:** Monitor steps taken, calories burned, and distance traveled.
- **Women's Physiological Cycle Monitor:** Track and predict menstrual cycles, ovulation, and gestation periods.

Women's health Monitoring

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



Period



Prediction



Gestation



Ovulation

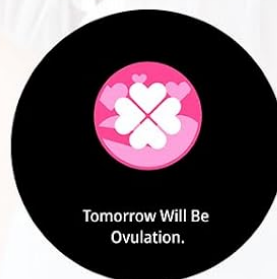


Image: The smartwatch's interface displaying the cycle tracking feature, which helps monitor and predict various stages of a woman's physiological cycle.

6. SPORT MODES

The LIGE Smart Watch supports over 120 sport modes to help you track your performance during various physical activities. Whether you are running, cycling, practicing yoga, or engaging in other sports, the watch records relevant data such as duration, calories burned, and heart rate.

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 smartwatch tracking an exercise session, showing elapsed time, calories burned, and steps taken, with icons representing a selection of the 121 available sports modes.

7. WATER RESISTANCE (IP68)

The LIGE Smart Watch is rated IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, such as washing hands or light rain. However, it is not recommended for swimming, diving, or exposure to hot water or steam, as these conditions may compromise the water resistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	FV12-A
Display Size	1.43 Inches
Display Type	HD AMOLED (466x466 resolution)
Operating System Compatibility	Android 4.4+ and iOS 8.0+
Connectivity	Bluetooth
Battery Capacity	200 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Memory Storage Capacity	128 MB
Water Resistance Rating	IP68
GPS	GPS Via Smartphone (requires connected phone)
Item Weight	7.4 ounces
Package Dimensions	8.07 x 3.78 x 1.06 inches
Manufacturer	LIGE
Date First Available	February 26, 2025

9. MAINTENANCE

To ensure the longevity and optimal performance of your LIGE Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch screen and straps with a soft, dry, lint-free cloth. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- **Charging:** Use only the provided charging cable. Avoid exposing the charging contacts to water or corrosive liquids.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Exposure:** While IP68 rated, prolonged exposure to water, especially hot water, or submersion beyond recommended limits should be avoided. Dry the watch thoroughly if it gets wet.

10. TROUBLESHOOTING

If you encounter issues with your LIGE Smart Watch, refer to the following common troubleshooting steps:

- **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:**

- a. Ensure Bluetooth is enabled on your smartphone and the watch.
- b. Make sure the watch is within Bluetooth range of your phone.
- c. Restart both your smartphone and the smartwatch.
- d. Clear the cache of the "Da Fit" app or reinstall it.
- e. Check if the watch is already paired with another device. Disconnect it if necessary.

- **Notifications Not Appearing:**

- a. Ensure the watch is successfully paired with the app.
- b. Check notification permissions for the "Da Fit" app in your phone's settings.
- c. Verify that app notifications are enabled within the "Da Fit" app settings for the specific applications you wish to receive alerts from.

- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensor on the back of the watch regularly.

- **Short Battery Life:** Reduce screen brightness, disable unnecessary features, and ensure the watch is fully charged before use.

If these steps do not resolve your issue, please refer to the support section.

11. WARRANTY AND SUPPORT

LIGE is committed to providing reliable service and support for its products. For any questions, technical assistance, or warranty claims regarding your LIGE Smart Watch, please contact the manufacturer or the retailer from whom you purchased the product. Refer to the warranty information provided with your purchase for specific terms and conditions.

Your satisfaction is important to us. Do not hesitate to reach out for assistance.

