LIGE FV12-B

LIGE Smart Watch FV12-B User Manual

Comprehensive Guide for Your Smartwatch

1. INTRODUCTION

Thank you for choosing the LIGE Smart Watch FV12-B. This ultra-thin, feature-rich smartwatch is designed to enhance your daily life with advanced health monitoring, communication capabilities, and fitness tracking. This manual provides detailed instructions to help you set up, operate, and maintain your device for optimal performance.

Figure 1.1: LIGE Smart Watch FV12-B (Silver Model)

The LIGE Smart Watch FV12-B features a sleek, ultra-thin design with a 1.43-inch HD AMOLED touchscreen. It comes with two interchangeable bands, offering versatility for various occasions. The watch supports a wide range of functions including health monitoring, fitness tracking, and smart notifications.

2. WHAT'S IN THE BOX

- LIGE Smart Watch FV12-B (Main Unit)
- Changer Cable (Magnetic Charging Cable)
- Watch Strap (One pre-installed, one additional interchangeable strap)
- Watch Setting Tools (for band adjustment, if applicable)
- Smartwatch Manuals (This document and quick start guide)

3. PRODUCT FEATURES

The LIGE Smart Watch FV12-B is equipped with a variety of features to support your health, fitness, and connectivity needs:

- **Sleek and Ultra-Thin Design:** Measuring just 7.9mm in thickness, designed for comfort and style.

- **1.43" HD AMOLED Touchscreen:** Offers high contrast, vibrant colors, energy efficiency, and exceptional touch sensitivity with a resolution of 466x466 pixels.

- **Customizable Watch Faces:** Choose from over 200 pre-installed dials or create your own custom designs via the Da Fit app.

- **Interchangeable Bands:** Includes both a chic metal band and a soft silicone band for versatile styling.

- **Comprehensive Health Monitoring:** Tracks heart rate, blood oxygen, sleep quality, stress levels, and supports women's physiological cycle monitoring.

- **120+ Sport Modes:** Records performance data for a wide range of activities including running, cycling, yoga, and more.

- **Bluetooth Calling & Smart Notifications:** Make and receive calls directly from your wrist and get real-time alerts for messages, social media, and reminders.

- **IP68 Waterproof Rating:** Suitable for daily use and water-based activities (not for hot water or deep diving).

- **Long Battery Life:** Up to 4-7 days of daily use and 15 days on standby with a 200 mAh battery.

- **Additional Features:** Music control, camera remote, alarm clocks, weather display, sedentary/drink reminders, find phone, calculator, and voice assistant.

Ultra-thin And Comfortable

The case is only 7.9 mm thick and fits delicately in the hand.
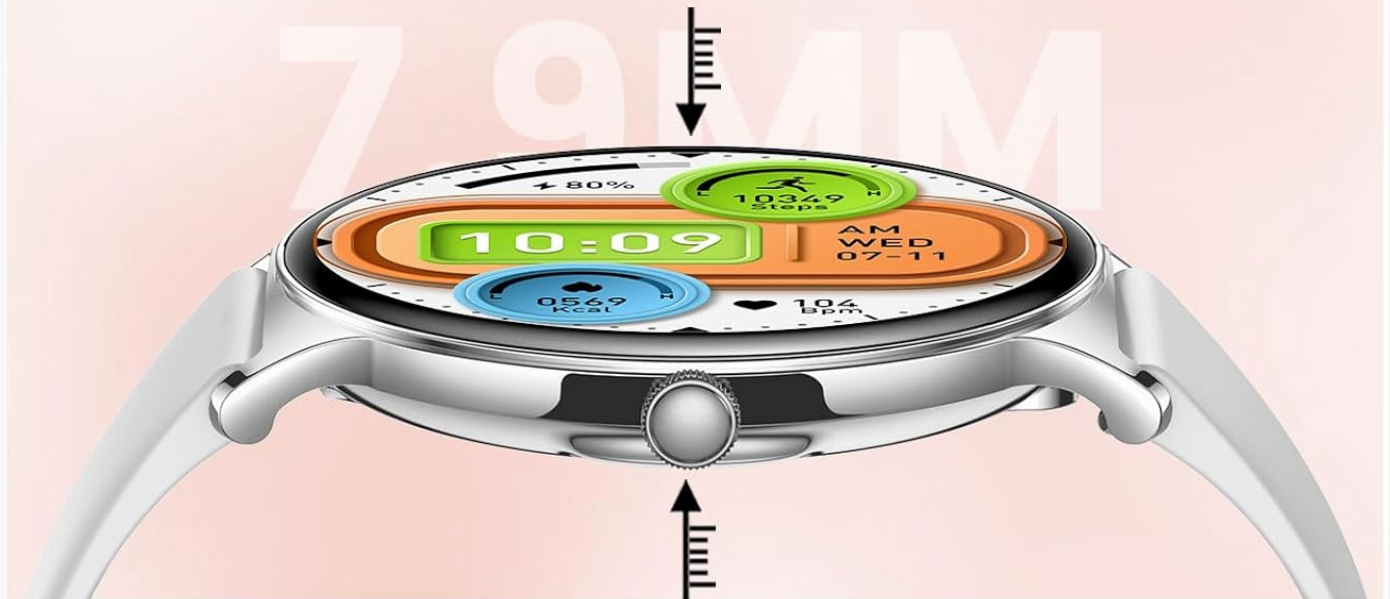
Stainless Steel Bracelet with Diamonds

Ultra-thin design Ultra-large screen

Thickness:7.9MM

Figure 3.1: Ultra-thin design and elegant band details.

The watch's slim profile and premium materials ensure both comfort and a sophisticated look.

Figure 3.2: AMOLED display and watch face customization.
Experience vivid visuals on the AMOLED display and personalize your watch with a wide array of watch faces.

4. SETUP GUIDE

4.1 Charging the Smartwatch

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 (5V/1A recommended) or a computer USB port.
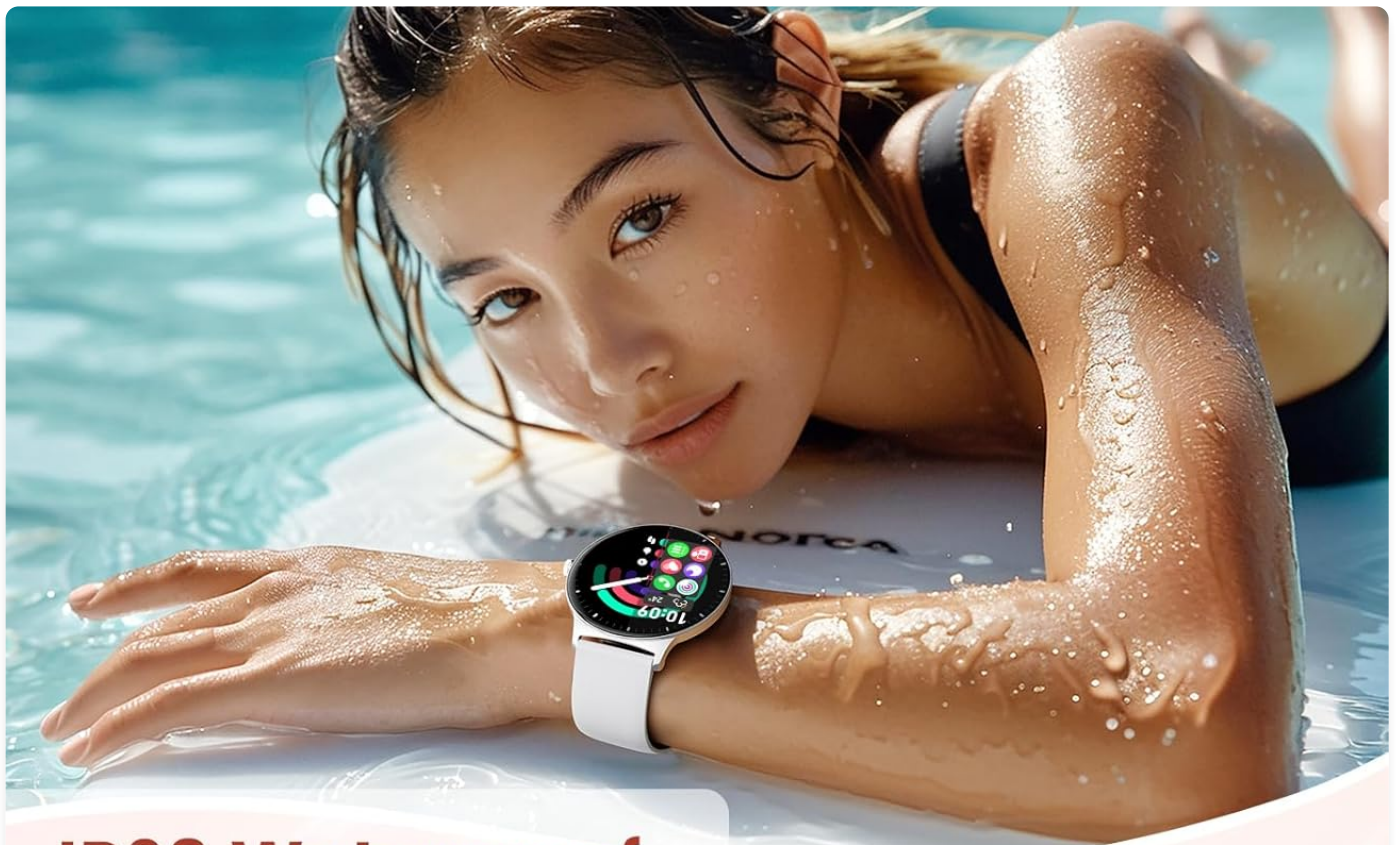
Figure 4.1: Charging and battery life overview.

The watch is IP68 waterproof, but ensure it is dry before charging. A full charge typically takes about 2 hours.

4.2 Installing the Da Fit App

The LIGE Smart Watch FV12-B requires the "Da Fit" app for full functionality. You can download it from the Google Play Store (for Android devices) or the Apple App Store (for iOS devices).

1. Scan the QR code displayed on the watch (go to Settings > APP Download) or search for "Da Fit" in your device's app store.

2. Download and install the "Da Fit" app.

3. Open the app and follow the on-screen prompts to set up your profile (gender, height, weight, birth year).

4. Grant necessary permissions for notifications and Bluetooth access when prompted.

4.3 Pairing the Smartwatch with Your Phone

To connect your smartwatch to the Da Fit app:

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the "Da Fit" app. Navigate to the "Devices" screen (usually the middle icon at the bottom).

3. Tap "Add Device" or the "+" icon. The app will search for nearby devices.

4. Select "DA09" from the list of found devices to establish the connection.

5. Confirm the Bluetooth pairing request on both your phone and the watch.

6. Allow notifications to ensure you receive alerts from your phone on the watch.

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Video 4.1: LIGE Smart Watch FV12 Setup and App Connection Guide.

This video demonstrates the process of downloading the Da Fit app, pairing the watch, and enabling notifications for seamless integration with your smartphone.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

- **Swipe Down:** Access quick settings (brightness, DND mode, battery saver, flashlight, settings, phone connection status).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through main functions (activity data, heart rate, sleep, weather, music control, etc.).
- **Press Side Button:** Return to the main watch face or turn on/off the screen. Long press to power on/off.

5.2 Customizing Watch Faces

You can change the watch face directly on the watch by long-pressing the screen and swiping to select, or through the Da Fit app:

1. Open the "Da Fit" app.

2. Go to the "Devices" screen.

3. Tap on "Watch Faces" or "BACKGROUND" (on the third page of the app).

4. You can select from the "WATCH FACE GALLERY" or tap "Edit" to create a custom design using your own photos.

5. Select your desired watch face and tap "Apply" or "Upload" to synchronize it to your watch.

5.3 Bluetooth Calling and Notifications

Once paired, your watch can handle calls and display notifications:

- **Making Calls:** Access the dial pad or contact list on the watch to initiate calls.
- **Receiving Calls:** Answer or reject incoming calls directly from your wrist.
- **Notifications:** Ensure notification permissions are enabled in the Da Fit app for phone calls, messages, and social media alerts (e.g., Facebook, Instagram, WhatsApp).

Figure 5.1: Bluetooth call and message notification features.

Stay connected with call and message alerts directly on your wrist, allowing you to manage communications conveniently.

5.4 Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen:** Measures SpO2 levels.
- **Sleep Monitor:** Tracks sleep patterns (awake, REM, light, restful sleep).
- **Stress Monitoring:** Provides insights into stress levels.

- **Women's Physiological Cycle:** Supports tracking of period, prediction, gestation, and ovulation.
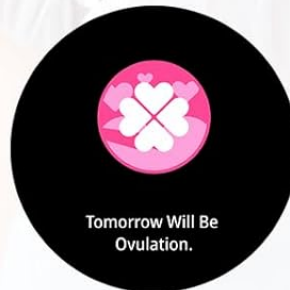

Figure 5.2: Women's health monitoring features.
The watch provides comprehensive tracking for women's health, offering insights into various physiological cycles.

5.5 Sport Modes

The watch supports over 120 sport modes to track your workouts:

- Select a sport mode from the watch menu.
- The watch will record data such as duration, steps, calories burned, and distance.
- Review your workout summaries in the Da Fit app for detailed analysis.

Figure 5.3: Overview of 121 sports modes.
Track your fitness progress across a wide range of activities with dedicated sport modes.

5.6 Other Features

- **Music Control:** Control music playback on your phone (play, pause, skip tracks).
- **Remote Camera:** Use the watch as a remote shutter for your phone's camera.
- **Alarms & Reminders:** Set alarms, sedentary reminders, and drink water reminders.
- **Weather Display:** Get real-time weather updates.
- **Find Phone:** Locate your phone by making it ring.

- **Voice Assistant:** Access your phone's voice assistant directly from the watch.

Figure 5.4: Multifunctional features of the smartwatch.
The watch offers convenient access to music, camera, alarms, and other smart features.

6. MAINTENANCE & CARE

- **Cleaning:** Wipe the watch and bands regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** The watch is IP68 waterproof, meaning it can withstand splashes, rain, and brief immersion in shallow

water. Avoid hot water, steam, or prolonged submersion. Do not press buttons underwater.

- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or internal components.
- **Temperature:** Avoid exposing the watch to extreme temperatures (very hot or very cold) or direct sunlight for extended periods.
- **Storage:** When not in use for a long time, store the watch in a cool, dry place. Charge it periodically to maintain battery health.

7. TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the charger for at least 30 minutes.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone. Make sure the watch is within Bluetooth range (approx. 10 meters). Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again. Ensure the Da Fit app has Bluetooth permissions.
No notifications received	Check if notifications are enabled in the Da Fit app for specific applications. Ensure the watch is connected via Bluetooth. Disable "Do Not Disturb" (DND) mode on the watch and phone. Check phone's notification settings to allow Da Fit app to send notifications.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Avoid excessive movement during measurements. Note that smartwatch health data is for reference only and not for medical diagnosis.
Short battery life	Reduce screen brightness. Limit frequent screen wake-ups. Turn off unnecessary features like continuous heart rate monitoring if not needed. Enable "Low Power Mode" in quick settings.

8. SPECIFICATIONS

Feature	Detail
Model Number	FV12-B
Display	1.43-inch HD AMOLED Touchscreen (466x466 pixels)
Thickness	7.9 mm
Waterproof Rating	IP68
Battery Capacity	200 Milliamp Hours

Feature	Detail
Battery Life	4-7 days (daily use), 15 days (standby)
Connectivity	Bluetooth
Compatibility	Android 4.4+ and iOS 8.0+
Memory Storage	128 MB
GPS	Via Smartphone
Manufacturer	LIGE

9. WARRANTY & SUPPORT

LIGE is committed to providing reliable products and excellent customer service. For any questions, concerns, or assistance with your smartwatch, please contact our customer support team.

Please refer to your purchase documentation for specific warranty details and contact information. You can also visit the official LIGE store on Amazon for further support and product information: LIGE Official Store

We are dedicated to ensuring your satisfaction and providing you with a pleasant experience.