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LIGE FV12-D

LIGE FV12 Smart Watch User Manual

Model: FV12-D

1. INTRODUCTION

Thank you for choosing the LIGE FV12 Smart Watch. This device is designed to enhance your daily life with advanced fitness tracking, health monitoring, and smart communication features. This manual provides essential information for setting up, operating, and maintaining your smart watch.



Image: The LIGE FV12 Smart Watch showcasing its design and key functionalities.

2. SAFETY INFORMATION

- Consult your doctor before starting any new exercise regimen.
- The device is not a medical device. Data provided is for reference only and should not be used for medical diagnosis or treatment.
- Keep the device away from extreme temperatures and direct sunlight.
- Do not attempt to disassemble or repair the device yourself.
- Ensure the charging cable is used correctly to prevent damage.

3. WHAT'S INCLUDED

Your LIGE FV12 Smart Watch package includes:

- LIGE FV12 Smart Watch
- Charging Cable
- Metal Watch Band
- Silicone Watch Band
- Strap Adjustment Tools
- User Manual

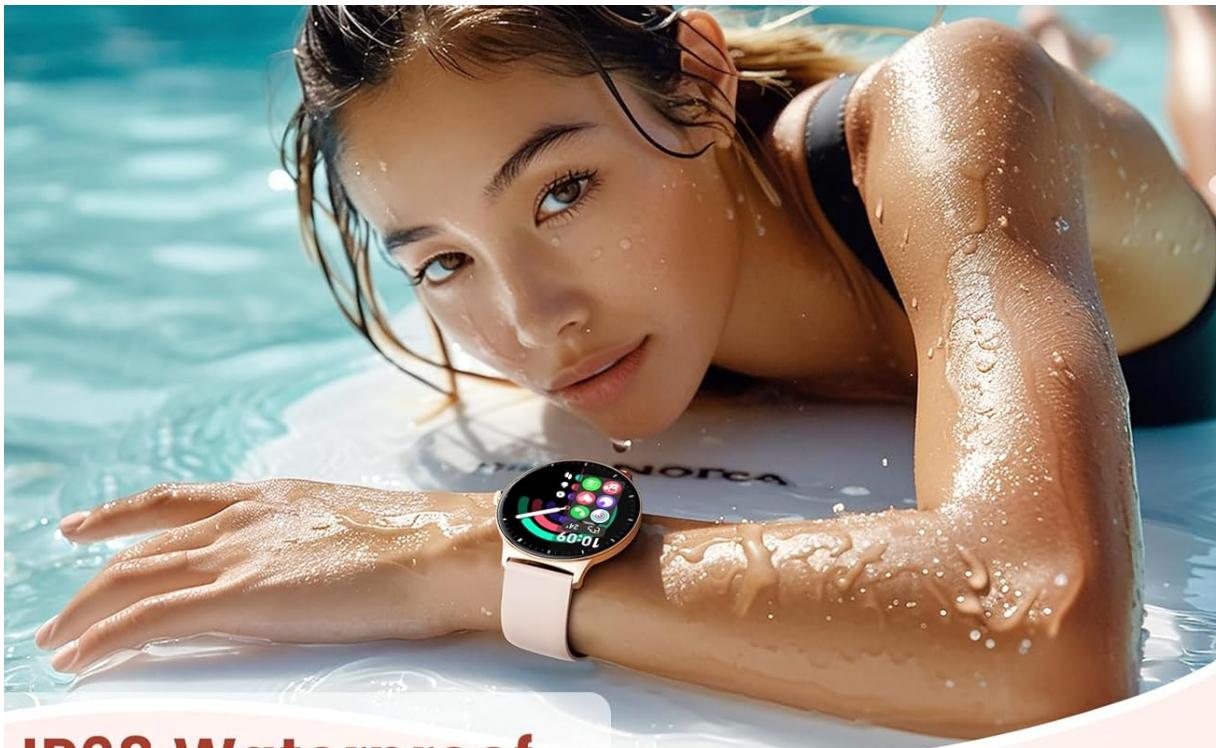


Image: All items included in the LIGE FV12 Smart Watch package.

4. SETUP

4.1 Charging the Smart Watch

Before first use, fully charge your smart watch. 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).



IP68 Waterproof

Excellent Battery Life

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



4-7 days

Daily use



15 days

Standby time



Image: The smart watch being charged with its magnetic cable.

4.2 App Installation and Pairing

To unlock the full features of your LIGE FV12 Smart Watch, download the companion app on your smartphone. Scan the QR code provided in the user guide or search for the app in your device's app store. The watch is compatible with smartphones running Android 4.0+ or iOS 9.0+.

1. Download and install the app.
2. Enable Bluetooth on your smartphone.
3. Open the app and follow the on-screen instructions to pair your watch. Ensure the watch is near your phone during pairing.

Your browser does not support the video tag.

Video: An overview of the LIGE FV12 smart watch features and app interaction.

4.3 Adjusting Watch Straps

The LIGE FV12 comes with both a metal and a silicone strap. Use the provided tools to adjust the metal strap for a comfortable fit. The silicone strap can be easily interchanged for different activities.

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: The smart watch with its ultra-thin profile and interchangeable straps.

5. OPERATING INSTRUCTIONS

5.1 Basic Navigation

The 1.43-inch AMOLED touchscreen offers crisp visuals and a responsive interface. Raise your wrist to activate the screen. Swipe left/right or up/down to navigate through menus and features.

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 smart watch display with customizable watch faces.

5.2 Customizing Watch Faces

Choose from over 200 downloadable watch faces via the app, or personalize your watch face with your own photos to match your style.

Women's Cycle Companion

Keep track of your menstrual cycle with thoughtful reminders of these important dates



Image: A selection of customizable watch faces.

5.3 Bluetooth Calling & Smart Notifications

With Bluetooth 5.0, the watch allows you to make and answer calls directly from your wrist. Receive real-time alerts for messages and app notifications (e.g., WhatsApp, Twitter, Facebook, Instagram).

Bluetooth Call And Message Notification



Dial Keypad



Contact Lists



Call Records



Voice Assistant



Image: Smart watch showing call and message notifications.

Image: Bluetooth calling and voice assistant features.

5.4 Additional Smart Features

The watch includes features such as music control, voice assistant, camera remote control, weather updates, hydration alerts, and sedentary reminders.



Image: Overview of additional smart features.

6. HEALTH MONITORING

The LIGE FV12 Smart Watch utilizes advanced biosensor technology for continuous health tracking.

All-Weather Health Monitoring

Sleep | **Heart Rate** | **Blood Oxygen** | **Stresses**

Image: All-weather health monitoring features.

6.1 Heart Rate Monitoring

Continuously track your heart rate to gain insights into your cardiovascular health during daily activities and workouts.



Image: Heart rate monitoring display.

6.2 Sleep Tracking

Monitor your sleep quality, including deep and light sleep breakdowns, to optimize your recovery and overall well-being.



Image: Deep sleep tracking interface.

6.3 Women's Cycle Tracking

Designed for women's wellness, this smart watch offers precise menstrual cycle tracking and customizable reminders via the app.

Women's health Monitoring

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



Period



Prediction



Gestation



Ovulation



Image: Women's health monitoring features.

Smart Watch for Women and Men

Ideas Gifts for Your Family and Friends



Image: Women's cycle companion feature.

7. FITNESS TRACKING

Choose from over 120 workout modes, including cardio, outdoor activities, yoga, and Pilates. The watch tracks calories burned, steps, pace, and heart rate during your activities.

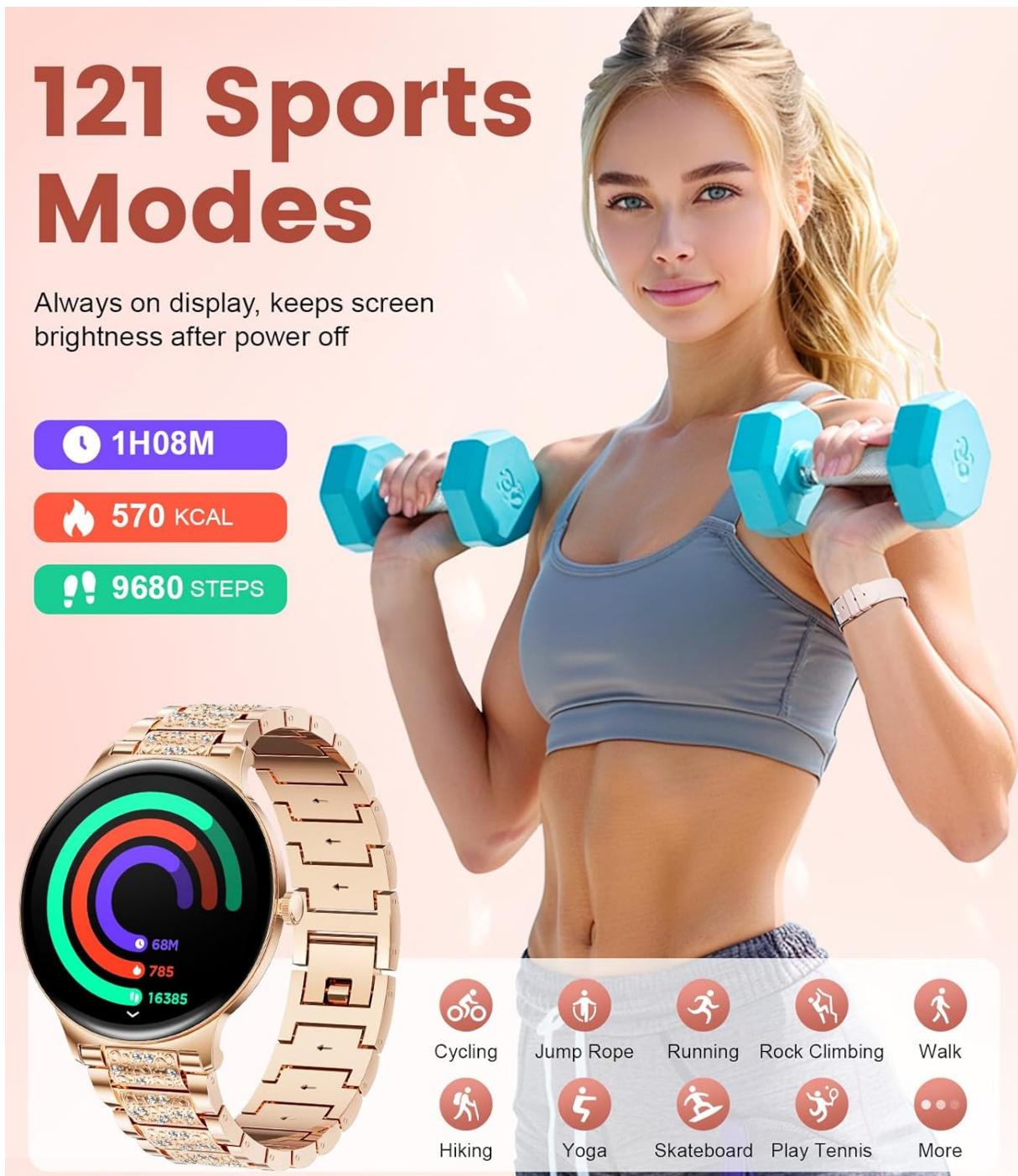


Image: 121 sports modes available on the smart watch.

The women's watch strap is suitable for various occasions.



Image: Detailed view of sports modes and activity tracking.

8. MAINTENANCE

8.1 Water Resistance

The LIGE FV12 Smart Watch is IP68 waterproof, making it suitable for daily use, including washing hands, swimming, and use in rainy conditions. Avoid hot water or steam.



Image: IP68 waterproof features.

8.2 Cleaning

Wipe the watch and straps regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and dry thoroughly.

8.3 Battery Life

The watch offers 4-7 days of battery life with daily use and up to 15 days on standby, depending on usage patterns.

9. TROUBLESHOOTING

- Watch not turning on:** Ensure the watch is fully charged.
- Cannot pair with phone:** Check if Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try again.
- Inaccurate data:** Ensure the watch is worn snugly on your wrist. For best results, keep the sensor clean.

- **Notifications not received:** Check app permissions on your phone and ensure notifications are enabled in the watch app.

10. SPECIFICATIONS

Feature	Specification
Model Number	FV12-D
Display Size	1.43 Inches
Display Type	AMOLED (460x460 resolution)
Connectivity	Bluetooth 5.0
Water Resistance	IP68
Battery Capacity	200 Milliamp Hours
Operating System	AsteroidOS
Compatibility	Android 4.0+ / iOS 9.0+
Item Weight	6.4 ounces (0.18 Kilograms)
Special Features	Activity Tracker, Notifications, Phone Call, Touchscreen, Weather Forecast

11. WARRANTY AND SUPPORT

For any questions or support needs regarding your LIGE FV12 Smart Watch, please contact our customer service. We aim to respond within 24 hours.

Refer to your purchase documentation for specific warranty details.