

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [LIGE](#) /

› [LIGE FV12-E Smart Watch User Manual](#)

LIGE FV12-E

LIGE FV12-E Smart Watch User Manual

Model: FV12-E

1. PRODUCT OVERVIEW

1.1 What's Included

The LIGE FV12-E Smart Watch package typically includes the following items:

- LIGE FV12-E Smart Watch unit
- Charging Cable
- User Manual
- Watch Band (typically includes both metal and silicone straps)
- Strap adjustment tools (for metal strap)



Image 1.1: LIGE FV12-E Smart Watch with included accessories.

The watch features a lightweight full-metal design and comes with both a metal strap for formal settings and a silicone strap for active use. It is equipped with a 1.43-inch circular AMOLED display.

2. GETTING STARTED

2.1 App Installation and Pairing

To utilize all features of your LIGE FV12-E Smart Watch, you must install the companion application on your smartphone and pair the devices.

- 1. Download the App:** Locate the QR code in your user guide or on the watch packaging. Scan this QR code with your smartphone to download the official companion application. The app is compatible with smartphones running Android 4.0+ or iOS 9.0+.
- 2. Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
- 3. Open the App:** Launch the installed application on your phone.
- 4. Pair the Watch:** Follow the in-app instructions to search for and connect to your LIGE FV12-E Smart Watch. The watch will typically appear as 'FV12-E' or a similar identifier.
- 5. Complete Setup:** Grant necessary permissions to the app for full functionality, such as notifications and health data access.

Bluetooth Call And Message Notification



Image 2.1: Bluetooth call and message notification feature on the LIGE FV12-E Smart Watch.

3. OPERATING YOUR SMART WATCH

3.1 Display and Customization

The watch features a 1.43-inch circular AMOLED display with a 460x460 resolution. The screen is designed to be scratch-resistant and offers clear visibility even in bright sunlight. You can activate the screen by raising your wrist.

- **Watch Faces:** Choose from over 200 downloadable watch faces via the companion app. You can also personalize a watch face using your own photos.
- **Touch Interface:** Navigate the watch interface using touch gestures.

Women's health Monitoring

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



Period



Prediction



Gestation



Ovulation



Image 3.1: Customizable watch faces on the AMOLED display.

3.2 Bluetooth Calling and Notifications

The LIGE FV12-E Smart Watch supports Bluetooth 5.0 for stable connectivity, enabling direct call management and smart notifications.

- **HD Bluetooth Calling:** Make and receive calls directly from your watch. The integrated water-resistant speaker ensures clear audio.
- **Smart Notifications:** Receive real-time alerts for messages and notifications from applications such as WhatsApp, Twitter, Facebook, and Instagram.

3.3 Health Monitoring

The watch incorporates advanced biosensor technology for continuous health tracking.

- **Heart Rate Monitoring:** Continuously tracks your heart rate.
- **Sleep Tracking:** Monitors sleep quality, including deep and light sleep phases, to help optimize

recovery.

- **Blood Oxygen Monitoring:** Measures blood oxygen levels.
- **Stress Management:** Offers guided breathing exercises to assist with stress reduction.
- **Cycle Tracking:** Provides precise menstrual cycle tracking and customizable reminders via the app.

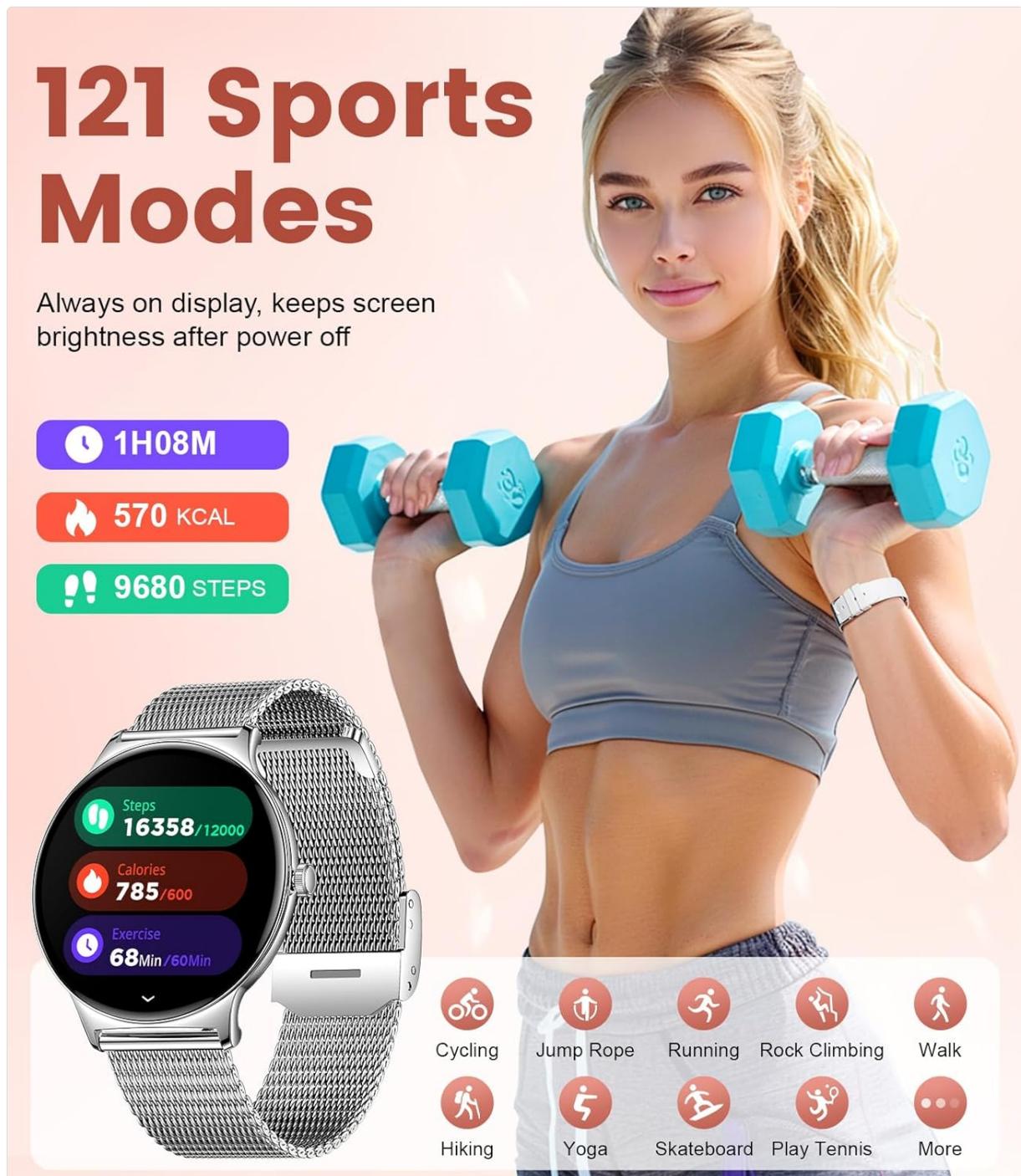


Image 3.2: Women's health monitoring features.



Image 3.3: All-weather health monitoring features.

3.4 Sports Modes

The watch offers over 120 workout modes to track various physical activities.

- **Activity Tracking:** Monitors calories burned, steps taken, pace, and heart rate during workouts.
- **Mode Selection:** Choose from a wide range of activities including cardio, outdoor sports, yoga, and Pilates.

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 3.4: Overview of 121 sports modes.

3.5 Additional Smart Features

The LIGE FV12-E Smart Watch includes several convenient features:

- **Camera Remote Control:** Control your smartphone camera remotely.
- **Weather Updates:** Receive current weather forecasts.
- **Hydration Alerts:** Set reminders to drink water.
- **Music Controls:** Manage music playback on your connected device.
- **Sedentary Reminders:** Get alerts to move after periods of inactivity.
- **Voice Assistant:** Access your phone's voice assistant directly from the watch.
- **Alarm Clock:** Set alarms for daily reminders.



Image 3.5: Various smart features of the watch.

4. CARE AND MAINTENANCE

4.1 Water Resistance

The LIGE FV12-E 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, light rain, and swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.

Ultra-thin And Comfortable

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



Image 4.1: IP68 waterproof rating and battery life.

4.2 Cleaning

To maintain the watch's appearance and functionality:

- Wipe the watch screen and body with a soft, damp cloth.
- For the straps, use a mild soap solution and rinse thoroughly, then dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish.

5. TROUBLESHOOTING

If you encounter issues with your LIGE FV12-E Smart Watch, refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Bluetooth Connectivity Issues:**

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Make sure the watch is within the Bluetooth range of your phone.
- Restart both the watch and your smartphone.
- Unpair and re-pair the watch through the app settings.

- **Incorrect Time Display:** The watch typically syncs time with your connected smartphone. Ensure the watch is properly paired with the app and your phone has the correct time zone settings.
- **Notifications Not Appearing:**
 - Check app permissions on your smartphone to ensure the watch app has access to notifications.
 - Verify that notification settings are enabled within the watch app for specific applications.
 - Ensure the watch is not in 'Do Not Disturb' mode.
- **Inaccurate Health Data:**
 - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
 - Clean the sensor on the back of the watch regularly.
 - Note that smartwatches are not medical devices and readings are for reference only.
- **Short Battery Life:**
 - Frequent use of features like Bluetooth calling, continuous heart rate monitoring, and screen brightness can reduce battery life.
 - Adjust screen brightness and disable unnecessary features to extend battery life.

6. PRODUCT SPECIFICATIONS

Feature	Specification
Model Number	FV12-E
Display Size	1.43 Inches
Display Type	AMOLED
Connectivity Technology	Bluetooth 5.0
Water Resistance Rating	IP68
Battery Capacity	200 Milliamp Hours
Operating System	AsteroidOS
Memory Storage Capacity	128 MB
Item Weight	6.4 ounces
Compatible Devices	Android 4.0+ / iOS 9.0+

7. SUPPORT AND CONTACT INFORMATION

For any questions, technical assistance, or support regarding your LIGE FV12-E Smart Watch, please

contact our customer service team. We aim to respond to all inquiries within 24 hours.

Please refer to the contact information provided in your product packaging or on the official LIGE website for the most up-to-date support channels.