

LIGE EF5-W

LIGE EF5-W Military Smartwatch User Manual

Model: EF5-W

1. INTRODUCTION

This manual provides detailed instructions for the LIGE EF5-W Military Smartwatch. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. The EF5-W features a 1.43-inch AMOLED display, Bluetooth calling, health monitoring, and a built-in LED flashlight.

2. WHAT'S IN THE BOX

Verify that all items are present in the package:

- Smart Watch EF5 x 1
- Black Leather Strap x 1
- Black Silicone Strap x 1
- Charger Cable & Strap Adjuster x 1



Image: The LIGE EF5-W Smartwatch with its included black silicone strap, a separate black leather strap, and the charging cable with a strap adjuster tool.

3. SETUP

3.1 Charging the Smartwatch

Before first use, fully charge the 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 (not included). A full charge typically takes approximately 3 hours.

Military Grade Standard



Anti-impact



Dustproof



-40 °C ~ 70 °C
Harsh Condition



Anti-Fluid
Corrosion



5ATM
Waterproof



Image: The LIGE EF5-W Smartwatch connected to its magnetic charging cable, illustrating the charging process.

3.2 App Installation and Pairing

1. Download the **FitCloudPro** app from your smartphone's app store (compatible with Android 4.4+ and iOS 8.0+).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FitCloudPro app and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to the device section and search for your LIGE EF5-W smartwatch.
5. Select your device from the list to initiate pairing. Confirm the pairing request on both your phone and the smartwatch.

Once paired, the watch will synchronize data with the app.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The smartwatch features a 1.43-inch AMOLED display with a 466x466 resolution. Swipe across the screen to navigate through menus and functions. The display supports an always-on feature for continuous time visibility.



Image: Close-up view of the LIGE EF5-W Smartwatch's 1.43-inch AMOLED HD display, highlighting its resolution and clear view capabilities.

4.2 Bluetooth Calling and Notifications

After successful pairing, you can make and receive calls directly from your smartwatch using its built-in speaker and noise-cancelling microphone. The watch also displays notifications from various apps such as SMS, Facebook,

Bluetooth Call & Smart Notifications

Built-in microphone and speaker can be used to answer incoming calls and voice calls.



Image: The LIGE EF5-W Smartwatch displaying an incoming call and message notifications, with a smartphone showing the call interface.

4.3 Health Monitoring

The EF5-W is equipped with biometric sensors for continuous health tracking:

- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **SpO2 Monitoring:** Measures blood oxygen levels.
- **Sleep Tracking:** Monitors sleep duration and stages (deep sleep, light sleep, awake time).

24/7 Heart Rate Monitor



Sleep Monitor



Image: Visual representation of the LIGE EF5-W Smartwatch's 24/7 heart rate monitoring and sleep tracking features, showing data graphs and sleep stages.

4.4 Sports Modes

The smartwatch supports over 100 sports modes. Select a mode before starting your workout to track specific metrics such as heart rate, duration, distance, and calories burned. Access additional modes via the FitCloudPro app: *FitCloudPro -> Device -> Push-Training -> Select desired mode -> Press Start*

530mAh Extra-Long Battery life

Elevate your experience with lasting power at your fingertips.

3 Hours
Fully charged

10 Days
Working time

45 Days
Standby time



Image: A man hiking with the LIGE EF5-W Smartwatch, illustrating the device's capability to track over 111 sports modes including distance, calories, and steps.

4.5 LED Flashlight

The integrated LED flashlight provides illumination up to 6-8 meters. Activate it from the watch's menu for use in low-light conditions or emergencies.

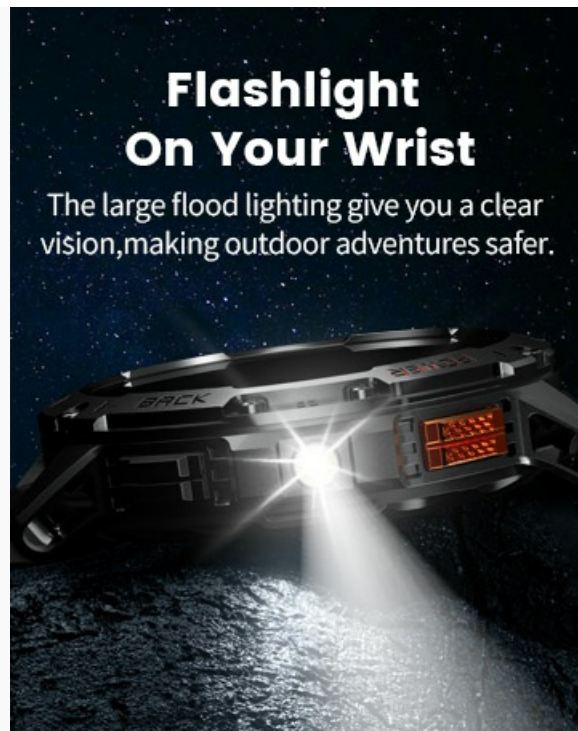


Image: The LIGE EF5-W Smartwatch with its LED flashlight activated, illuminating a dark outdoor environment.

4.6 Additional Features

- **Watch Faces:** Choose from over 200 watch faces or customize your own by uploading pictures via the app.
- **AI Voice Control:** Interact with your smartwatch using voice commands.
- **Weather Forecast:** Get real-time weather updates.
- **Music Control:** Control music playback on your smartphone.
- **Camera Control:** Remotely trigger your smartphone's camera.
- **Stopwatch & Alarm Clock:** Standard timekeeping functions.

Explore 200+ UI Watch Faces



Stopwatch



Remote Photography



Music Control



Weather Forecast



Image: A collage showing various watch faces, stopwatch, remote photography, music control, and weather forecast features of the LIGE EF5-W Smartwatch.

5. MAINTENANCE

5.1 Battery Life

The 530mAh battery provides approximately 6-10 days of typical use and up to 45 days of standby time on a single charge. Battery performance may vary based on usage patterns and activated features.

5.2 Water Resistance

The EF5-W smartwatch is 5ATM and IP68 rated, making it suitable for swimming, handwashing, and use in rain. Avoid exposure to hot water (e.g., hot showers, saunas) and saltwater, as these can compromise the water

resistance seals.

100+ Sports Modes

The smart watch has 21 built-in sports modes, with additional modes available via the "FitCloudPro" app (FitCloudPro→Device→Push-Training→Select desired mode→Press Start).




Image: A person swimming while wearing the LIGE EF5-W Smartwatch, illustrating its IP68 water resistance for activities like swimming, handwashing, and rain exposure.

5.3 Strap Replacement

The smartwatch comes with two interchangeable straps: a leather strap for formal occasions and a silicone strap for sports. Use the provided strap adjuster tool to change straps as needed.



Image: Two LIGE EF5-W smartwatches, one with a black silicone strap and another with a metal strap, demonstrating the interchangeable strap options.

6. TROUBLESHOOTING

- **Watch not turning on or unresponsive:** Ensure the watch is fully charged. If unresponsive, attempt a hard reset by pressing and holding the power button for approximately 10-15 seconds. If the issue persists, contact customer support.
- **Poor app performance:** Ensure the FitCloudPro app is updated to the latest version. Check your phone's

operating system for compatibility and updates. Restarting both the watch and phone can resolve minor connectivity issues.

- **Charging cable issues:** If the charging cable is not making proper contact or appears faulty, ensure the magnetic pins are clean and securely attached. If the cable is damaged, a replacement may be necessary.
- **Speaker volume low during calls:** Check the volume settings on both your smartwatch and connected smartphone. Ensure there are no obstructions to the speaker grille on the watch.

7. SPECIFICATIONS

Feature	Specification
Model Number	EF5-W
Display	1.43-inch AMOLED, 466x466 Resolution
Battery Capacity	530 mAh Lithium Ion
Working Time	6-10 days (typical use)
Standby Time	Up to 45 days
Charging Time	Approx. 3 hours
Water Resistance	5ATM, IP68
Connectivity	Bluetooth 5.0
Compatibility	Android 4.4+, iOS 8.0+
Special Features	Heart Rate Monitor, SpO2 Monitor, Sleep Monitor, 100+ Sports Modes, LED Flashlight, Bluetooth Calling, Message Notifications, AI Voice Control, Music Player, Camera Control, Weather Forecast
Dimensions	10 x 1.97 x 0.98 inches
Item Weight	0.035 ounces

8. WARRANTY AND SUPPORT

The LIGE EF5-W Smartwatch comes with a**24-month warranty**. Additionally, LIGE offers a**6-month return service**. For any questions or support needs, please contact LIGE customer service. You can expect a satisfactory reply within 24 hours.


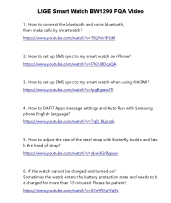



Image: Icons representing 24-hour online service, 6-month return service, and a 2-year guarantee for LIGE products.

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Related Documents - EF5-W

<p>Thumbnail showing the cover of the 'LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting'. It includes a list of contents: 1. Product parameters, 2. Comprehensive mobile phone system, 3. Main control and status, 4. Screen, 5. 1.65" 1.65" Round Screen, 6. Resolution: 320*320. It also shows a 'Button operation' table with icons for power, back, and other functions.</p>	<p>LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting</p> <p>A comprehensive guide to operating your LIGE smartwatch, covering product specifications, button and screen controls, app connection, health monitoring features, and frequently asked questions.</p>
<p>Thumbnail showing the cover of the 'ST1 Smartwatch: Features, Setup, and User Guide'. It features two smartwatches, one black and one silver, with a list of languages: English, Spanish, German, French, Italian, and Russian. It also includes a heart rate monitor icon and a list of features like 'Heart Rate Monitor', 'Step Counter', 'Sleep Monitor', 'Call Function', and 'App Download'.</p>	<p>ST1 Smartwatch: Features, Setup, and User Guide</p> <p>Comprehensive guide to the ST1 smartwatch, covering setup, pairing, features like heart rate monitoring, step tracking, training, sleep, notifications, and Bluetooth call functionality. Includes troubleshooting and app download instructions.</p>
<p>Thumbnail showing the cover of the 'LIGE Smart Watch User Manual and Guide'. It features two smartwatches, one black and one silver, with a list of languages: English, Spanish, German, French, Italian, and Russian. It also includes a heart rate monitor icon and a list of features like 'Heart Rate Monitor', 'Step Counter', 'Sleep Monitor', 'Call Function', and 'App Download'.</p>	<p>LIGE Smart Watch User Manual and Guide</p> <p>Official user manual for the LIGE Smart Watch, providing instructions on setup, features, health tracking, fitness modes, and connectivity for Android and iOS devices.</p>

	<p>LIGE Smartwatch User Manual and Product Information</p> <p>Comprehensive guide for the LIGE Smartwatch, covering setup, features, and support information. Learn how to adjust your strap and access tutorials.</p>
	<p>LIGE BW1290 Smart Watch: Frequently Asked Questions and Video Guides</p> <p>This document provides frequently asked questions (FQA) and video guides for the LIGE BW1290 Smart Watch, covering Bluetooth connectivity, call functions, SMS synchronization, app settings, strap adjustment, and charging issues.</p>
	<p>LIGE Sports Smart Watch User Manual</p> <p>User manual for the LIGE Sports Smart Watch, detailing setup, pairing with the FitCloudPro app, watch functions like step counting, heart rate monitoring, sleep tracking, weather, music control, and message notifications. Includes app features such as data synchronization and customizable watch faces.</p>