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› LIGE 2025 Smart Bracelet for Women, Stainless Steel, No Display, 3 ATM Waterproof, Black-Gold, Elegant, Slim Jewelry, Arm Chain with Heart Rate/Sleep Monitor/SpO2 Pedometer, Calories, for iOS

LIGE SP-S2-F

LIGE 2025 Smart Bracelet for Women

USER MANUAL

Brand: LIGE | Model: SP-S2-F

Introduction

This user manual provides comprehensive instructions for the LIGE 2025 Smart Bracelet, an elegant and technologically advanced wearable designed for women. It combines modern features with a timeless design, offering health monitoring and activity tracking in a stylish form factor.

Key features include hypoallergenic stainless steel construction, high-quality zinc alloy, an elegant IML surface, and ergonomic lightweight comfort. It offers innovative health monitoring, including heart rate, sleep analysis, and SpO2 tracking, alongside activity tracking for steps and calories.

1. Setup Guide

1.1 Package Contents

Before you begin, please ensure all items are present in the package:

- LIGE 2025 Smart Bracelet
- Magnetic Charging Cable
- User Manual (this document)

1.2 Charging the Device

The smart bracelet features a long-lasting polymer-cobalt battery. For first use, fully charge the device.

1. Connect the magnetic charging cable to the charging points on the back of the bracelet. Ensure a secure connection.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The bracelet will fully charge in approximately 2 hours. A full charge provides up to 5 days of continuous use and up to 15 days of standby time.

Extrem lange Akkulaufzeit



5 Tage
Akkulaufzeit



10-15 Tage
Standby-Zeit



2 Stunde
Aufladung

Figure 1: Magnetic Charging and Battery Life Overview.

1.3 App Installation and Pairing

To unlock the full functionality of your LIGE 2025 Smart Bracelet, you need to install the companion "JRing" app on your smartphone.

1. Download the "JRing" app from the App Store (for iOS 10.0+ devices) or Google Play Store (for Android 5.0+ devices).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the JRing app and follow the on-screen instructions to create an account or log in.
4. The app will guide you through the pairing process. Pairing is typically quick and straightforward. Select your device

from the list of available Bluetooth devices.

5. Once paired, your bracelet will synchronize data with the app, and you can customize settings.

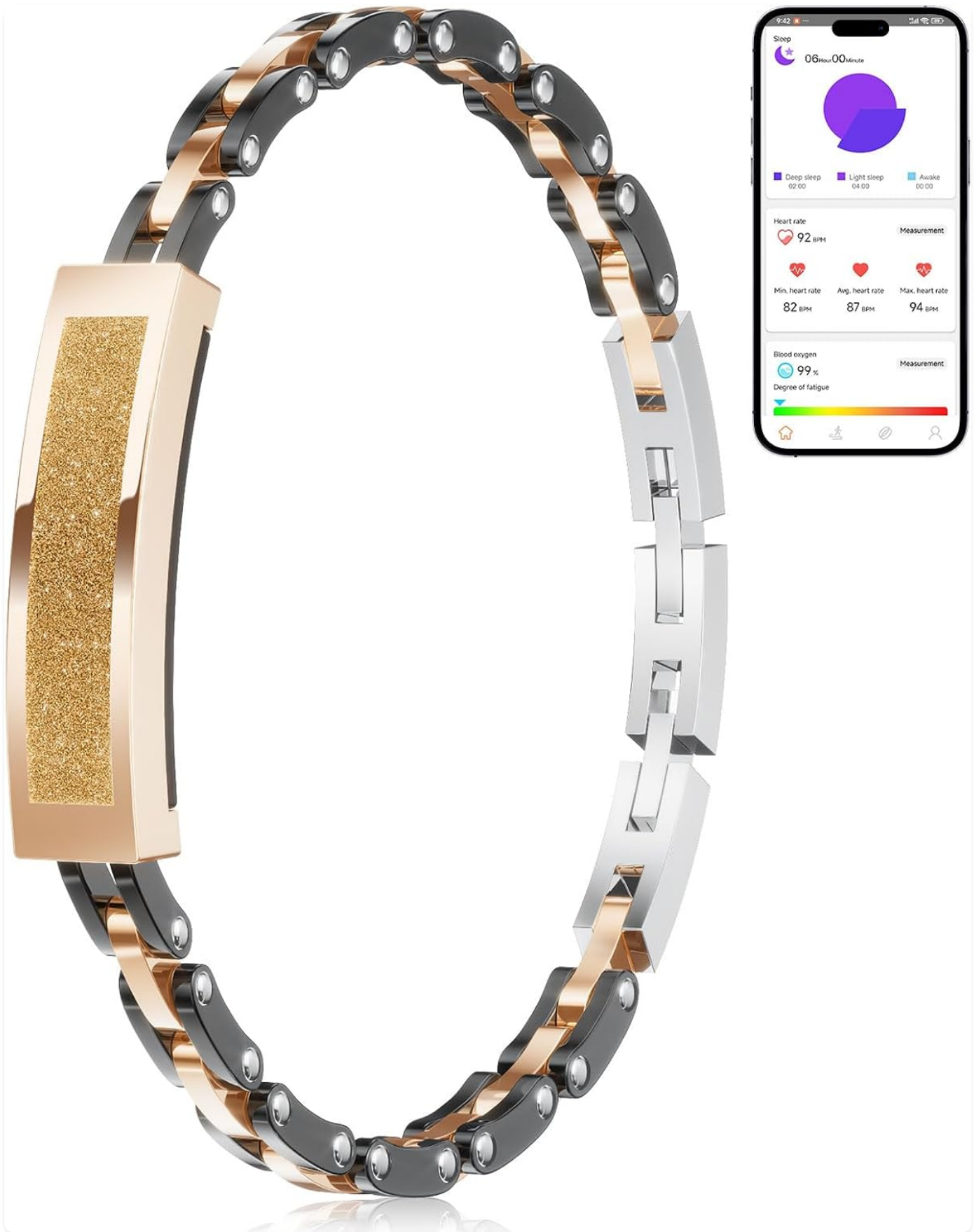


Figure 2: Bracelet and App Interface.

2. Operating Your Smart Bracelet

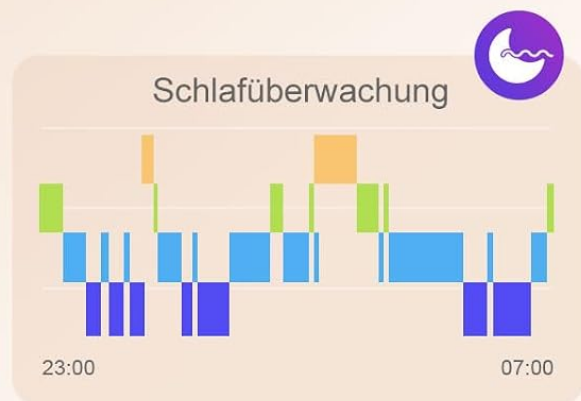
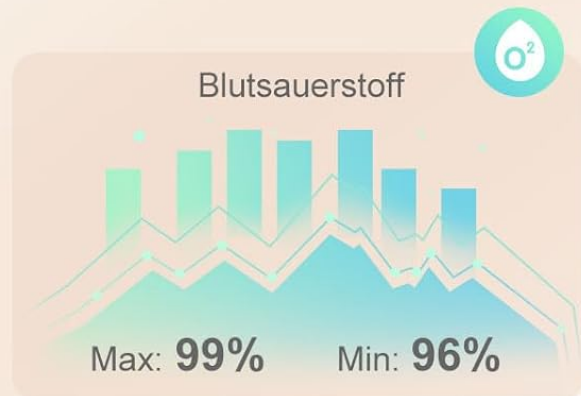
2.1 Health Monitoring

The LIGE 2025 Smart Bracelet continuously monitors various health metrics:

- **Heart Rate:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Automatically analyzes your sleep patterns, including deep sleep, light sleep, and REM sleep phases, providing detailed reports to help optimize your recovery.

24h-Gesundheitsmonitoring

Ermöglicht die kontinuierliche Überwachung seines Gesundheitszustands.



2.2 Activity Tracking

The bracelet provides versatile sport modes and accurately records movement data:

- **Steps:** Counts your daily steps.
- **Calories:** Estimates calories burned based on your activity.
- **Distance:** Calculates the distance covered.
- **Multi-Sport Modes:** Supports various activities, allowing you to track specific workouts.



Figure 4: Movement Tracking and Activity Metrics.

Mehrere Trainingsmodi

Aufzeichnung Ihrer täglichen Trainingsdaten

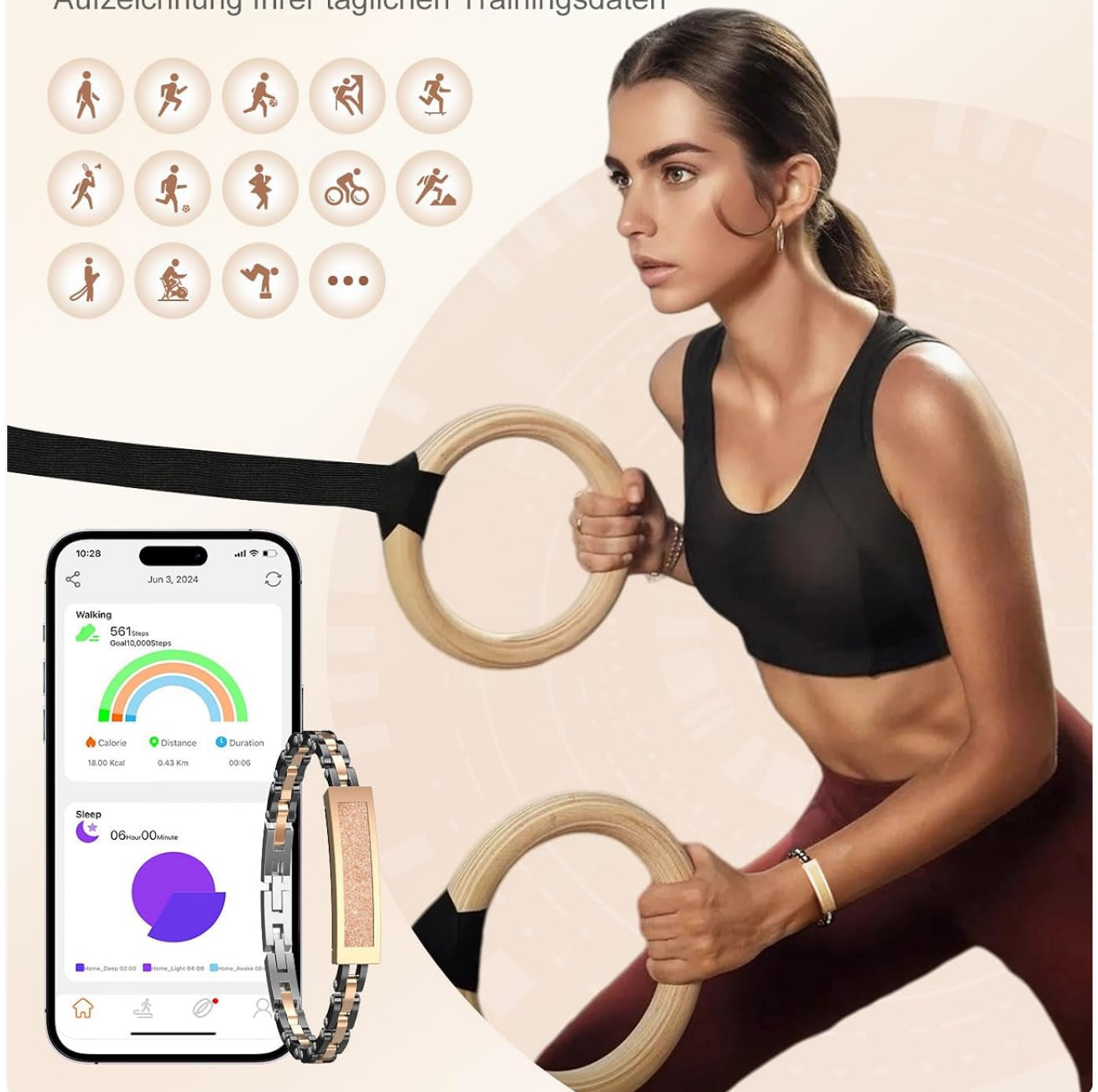


Figure 5: Multiple Training Modes.

2.3 Gesture Control for Photos

The bracelet features exclusive gesture control technology for your smartphone camera:

- Activate your smartphone camera remotely with a simple wrist movement.
- This feature is ideal for taking selfies or group photos without needing to touch your phone.

2.4 Using the JRing App

The JRing app is your central hub for managing the bracelet and reviewing your data:

- View detailed health and activity reports.
- Customize bracelet settings, such as notification preferences.
- Manage fitness modes and track your progress over time.
- The app supports multiple languages for global usability.

3. Maintenance and Care

3.1 Cleaning Your Bracelet

To maintain the appearance and functionality of your smart bracelet:

- Wipe the bracelet regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the finish.
- Ensure the charging contacts are clean and dry before charging.

Stahlgehäuse

304

Robust und langlebig, rostbeständig sowie farbecht.



Figure 6: Durable Steel Casing.

3.2 Water Resistance

The LIGE 2025 Smart Bracelet is IP68 certified, offering professional water resistance:

- It can withstand intensive workouts, rain, and water sports like swimming or surfing.
- The 30-meter water resistance allows for accurate tracking even during pool training.
- Data automatically synchronizes when the device resurfaces.
- **Important:** While water-resistant, avoid prolonged submersion in hot water or exposure to steam, which can compromise the seals.

IP68 Wasserdicht

Entsprechend der IP68-Schutzklasse verhindert es effektiv das Eindringen von Schweiß oder Regenwasser, erfüllt tägliche Wasserschutzanforderungen und sorgt für sorgenfreies Tragen.



Figure 7: IP68 Water Resistance.

4. Troubleshooting

If you encounter any issues with your LIGE 2025 Smart Bracelet, please refer to the following common solutions:

Problem	Possible Cause / Solution
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Problem	Possible Cause / Solution
Cannot connect/pair with smartphone.	• Ensure Bluetooth is enabled on your smartphone. • Make sure the bracelet is charged. • Restart both your smartphone and the bracelet. • Try unpairing and re-pairing the device in the JRing app and your phone's Bluetooth settings. • Ensure the JRing app is updated to the latest version.
Inaccurate health/activity data.	• Ensure the bracelet is worn correctly and snugly on your wrist. • For optimal measurement accuracy, ensure the bracelet size is appropriate for your wrist. • Clean the sensors on the back of the bracelet. • Ensure the app is synchronized regularly.
Bracelet not charging.	• Check if the magnetic charging cable is securely connected to the bracelet's charging points. • Ensure the USB power source is working correctly. • Clean the charging contacts on both the bracelet and the cable.
App not syncing data.	• Ensure your phone has an active internet connection. • Close and reopen the JRing app. • Check if the bracelet is still paired via Bluetooth. • Restart your phone.

5. Product Specifications

Feature	Detail
Brand	LIGE
Model	SP-S2-F
Memory Storage Capacity	128 MB
Compatible Devices	Smartphone (Android 5.0+, iOS 10.0+)
Special Features	Activity Tracker, Gesture Control for Photos, Multisport Tracker, Heart Rate Monitor, Sleep Monitor, SpO2 Monitor

Feature	Detail
Included Components	Charging Cable
Battery Type	Lithium-polymer
Battery Capacity	50 Milliampere-hour
Battery Life	Up to 5 days (usage), Up to 15 days (standby)
Charging Time	Approx. 2 hours
Wireless Type	Bluetooth
Connector Type	Bluetooth
Water Resistance	IP68 (30 meters)
Material	Hypoallergenic Stainless Steel, High-quality Zinc Alloy, IML Surface
Item Dimensions (Package)	24.4 x 7.5 x 2.2 cm; 130 g

6. Warranty and Support

LIGE offers comprehensive support for your smart bracelet:

- **Warranty:** Enjoy a 2-year warranty from the date of purchase.
- **Return Service:** A 30-day return service is available.
- **Customer Support:** Professional support is available 24/7 to assist with any questions or issues.
- **App Features:** All app features remain permanently free, with no hidden subscription costs.
- For assistance, please contact LIGE customer service through the contact information provided with your purchase or via the JRing app.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question