

LIGE Black-EF5-L

LIGE Smart Watch User Manual

Model: Black-EF5-L

Your guide to setup, operation, and maintenance.

1. PRODUCT OVERVIEW

The LIGE Smart Watch (Model: Black-EF5-L) is a versatile wearable device designed for men, featuring a 1.43-inch AMOLED display, a built-in flashlight, and a robust 530mAh battery. It supports over 100 sports modes, comprehensive health tracking, Bluetooth calling, and message notifications. Its military-grade durability ensures performance in various conditions.



Image: The LIGE Smart Watch, showcasing its main display, various watch faces, and the three included strap options (metal, leather, silicone).

2. WHAT'S IN THE Box

- Smart Watch x 1
- Watch Band x 3 (Stainless Steel, Leather, Silicone)
- Charging Cable x 1
- User Manual x 1

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your LIGE Smart Watch. Connect the provided charging cable to the watch's charging port and a USB power source. A full charge typically takes approximately 3 hours.



Image: The LIGE Smart Watch connected to its charging cable, illustrating the 530mAh battery and estimated charging/working/standby times.

3.2 App Installation and Pairing

1. Download the "FitCloud Pro" app from your smartphone's app store (compatible with Android 4.4+ and iOS

9.0+).

2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the "FitCloud Pro" app, search for your LIGE Smart Watch and select it to pair.
5. Confirm the pairing request on both your watch and smartphone.

3.3 Strap Installation

The watch comes with three interchangeable straps: stainless steel, leather, and silicone. Use the provided tool to adjust or change the stainless steel band. The other straps can be easily swapped using their quick-release pins.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The LIGE Smart Watch features a 1.43-inch AMOLED HD display with a resolution of 466x466 pixels, offering clear visuals even in direct sunlight. The "Always-On Display" feature allows continuous display of time, steps, battery level, and calories, though it may increase battery consumption.

1.43" AMOLED HD Display

High-definition screen, exceptional visuals.



466*466
Resolution



1.43
inch



Clear View



Image: Close-up of the LIGE Smart Watch's 1.43-inch AMOLED HD display, highlighting its resolution and always-on capability.

4.2 Bluetooth Calls and Notifications

Once connected to your phone via Bluetooth, the watch's built-in microphone and speaker enable you to make and receive calls directly from your wrist. It also supports notifications from various social media apps (WhatsApp, Facebook, Instagram, Twitter, etc.), which are displayed with vibration alerts.

Bluetooth Call & Smart Notifications



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



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Image: A user interacting with the LIGE Smart Watch to answer a call and view message notifications, demonstrating its Bluetooth call and smart notification features.

4.3 Sports Modes

The smartwatch offers over 120 sports modes, including walking, running, cycling, and tennis. It seamlessly monitors key metrics such as steps taken, distance covered, and calories expended during your activities.

111+ Sport Modes

Offers 100+ sport modes to meet diverse fitness needs and energize your workouts.



Distance 3.08 km



Calories 463 kcal



Step 22608 steps



Image: A man hiking, wearing the LIGE Smart Watch, which displays various sport mode metrics like distance, calories, and steps.

4.4 Health Tracking

The watch provides 24-hour monitoring of heart rate, blood pressure, SpO2 (blood oxygen saturation), and sleep patterns. All collected data can be synchronized to the "FitCloud Pro" app for detailed analysis of your physical changes and to help adjust your lifestyle.

24/7 Heart Rate Monitor



Max: 135 BPM

Min: 63 BPM



Sleep Monitor



Deep sleep

05H25M



Light sleep

01H25M



Awake time

00H36M



■ Fall asleep ■ Awake ■ Light sleep ■ Deep sleep

Image: Visual representation of the LIGE Smart Watch's 24/7 heart rate monitoring and sleep tracking capabilities, showing data charts and sleep stages.

4.5 Built-in Flashlight

The integrated flashlight provides convenient illumination in low-light conditions, making it useful for nighttime activities or emergencies.

Illuminate Your Adventures

Navigate the dark with ease using the convenient flashlight feature on our smartwatch.



Image: The LIGE Smart Watch's flashlight feature in use, casting a beam of light in a dark outdoor setting.

4.6 Customizable Watch Faces

Choose from 5 pre-installed watch faces or explore over 200+ options available in the "FitCloud Pro" app. You can also customize your own watch face using the app.

Explore 200+ UI Watch Faces



Stopwatch



Remote Photography



Music Control



Weather Forecast



Image: A collage of different watch face designs available for the LIGE Smart Watch, demonstrating customization options.

4.7 Other Features

- AI Voice Assistant:** Interact with your watch using voice commands.
- Music Control:** Control music playback on your connected smartphone.
- Weather Display:** Get real-time weather updates.
- Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- Water Reminder:** Get reminders to drink water.
- Alarm Clock:** Set alarms directly from your watch.
- Remote Photography:** Use your watch as a remote shutter for your phone's camera.
- Find Phone:** Locate your misplaced smartphone by triggering an alert sound.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your watch and straps with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, ensuring the watch is completely dry afterward.

5.2 Water Resistance

The LIGE Smart Watch is IP68 waterproof, making it suitable for swimming, showers, and handwashing. However, avoid exposure to hot water, saltwater, or prolonged submersion in extreme conditions to prevent damage.

5.3 Durability

Designed with military-grade durability, the watch features a stainless steel bezel and PC-ABS alloy back, providing excellent shock resistance and protection against extreme temperatures and harsh environments.

Military Grade Standard



Anti-impact



Dustproof



-40 °C ~ 70 °C
Harsh Condition



Anti-Fluid
Corrosion



5ATM
Waterproof



Image: Illustrations depicting the LIGE Smart Watch's military-grade standard, highlighting its anti-impact, dustproof, temperature resistance, anti-fluid corrosion, and 5ATM waterproof features.

6. TROUBLESHOOTING

6.1 Common Issues and 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.
- **Unable to pair with phone:**

- Ensure Bluetooth is enabled on your phone and the watch.
- Make sure the watch is within the Bluetooth range of your phone.
- Restart both the watch and your phone.
- Clear the Bluetooth cache on your phone (if applicable).

- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements.
- **Short battery life:**
 - Disable the "Always-On Display" feature if not needed.
 - Reduce screen brightness.
 - Limit the number of apps sending notifications to the watch.

6.2 Contacting Support

If you encounter issues not covered in this manual or require further assistance, please contact LIGE customer service. Refer to your product packaging or the official LIGE website for contact details.

7. SPECIFICATIONS

Feature	Specification
Model Name	Black-EF5-L
Brand	LIGE
Screen Size	1.43 Inches
Display Type	AMOLED (466x466 Resolution)
Battery Capacity	530 mAh
Charging Time	Approx. 3 Hours
Working Time	Up to 10 Days
Standby Time	Up to 45 Days
Water Resistance	IP68, 5ATM
Operating System	Android, iOS
Connectivity	Bluetooth
Product Dimensions	5.91 x 2.76 x 0.79 inches
Item Weight	8.8 ounces (0.25 Kilograms)

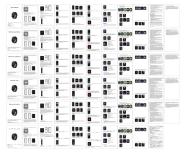
8. WARRANTY AND SUPPORT

LIGE provides a lifetime replacement warranty for this smartwatch. If you experience any issues related to accessories, quality, operation, or charging, please do not hesitate to contact the dedicated LIGE customer service team for assistance.

For the most up-to-date support information and contact methods, please visit the official LIGE website or refer to the contact details provided in your product packaging.

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Related Documents

	<p>LIGE BW327 Smart Watch User Manual and Features</p> <p>Comprehensive guide to the LIGE BW327 Smart Watch, covering setup, features like heart rate monitoring, step tracking, training modes, sleep tracking, notifications, and Bluetooth connectivity for Android and iOS devices.</p>
	<p>LIGE JL7012 Smartwatch User Manual</p> <p>Comprehensive user manual for the LIGE JL7012 smartwatch, detailing setup, features, app integration, and troubleshooting for an optimal user experience.</p>
	<p>LIGE T2.PRO Smart Wristband User Manual</p> <p>Detailed user guide for the LIGE T2.PRO smartwatch. Covers setup, device connection, app installation, features like fitness tracking, heart rate monitoring, notifications, NFC, Alipay, and technical specifications. Includes precautions and component list.</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>