LIGE EF12-H

LIGE Military Smart Watch EF12-H User Manual

Model: EF12-H

1. INTRODUCTION

The LIGE Military Smart Watch EF12-H is a robust and feature-rich wearable designed for active lifestyles. This manual provides detailed instructions for setup, operation, and maintenance to ensure optimal performance and longevity of your device. It combines durability with advanced smart features, including health monitoring, extensive sports modes, and communication capabilities.

Image 1.1: LIGE Military Smart Watch EF12-H showcasing its design and multiple watch face options.

2. WHAT'S IN THE BOX

Upon unboxing your LIGE Military Smart Watch EF12-H, please verify that all the following items are included:

- 1x LIGE Military Smart Watch EF12-H
- 1x Heavy Duty Metal Band
- 1x Grey Silicone Band
- 1x Orange Silicone Band
- 1x User Manual
- 1x Charging Cable

Image 2.1: The LIGE Military Smart Watch EF12-H package contents, including the watch and its three distinct bands.

3. SETUP

3.1. Charging the Watch

Before initial use, fully charge your smartwatch. The device features a 1000mAh battery, providing extended usage. A full charge typically takes approximately 2.5 hours.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch screen will display a charging indicator.

Image 3.1: The LIGE Smart Watch EF12-H being charged using its magnetic charging cable.

3.2. Connecting to the App (FitcloudPro)

To unlock the full potential of your smartwatch, connect it to your smartphone via the FitcloudPro app.

1. Download the **FitcloudPro** app from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the FitcloudPro app and follow the on-screen instructions to search for and pair your LIGE EF12-H smartwatch.
4. Grant all necessary permissions requested by the app for full functionality.

Image 3.2: The FitcloudPro application interface on a smartphone, demonstrating connectivity with the LIGE Smart Watch EF12-H.

3.3. Changing Watch Bands

Your LIGE EF12-H comes with three interchangeable bands to suit different occasions and preferences.

1. Locate the quick-release pins on the underside of the watch band where it connects to the watch body.
2. Slide the pin inwards to detach the current band.
3. Align the new band with the watch lugs and slide the quick-release pin inwards, then release it into the corresponding hole on the watch body. Ensure the band is securely attached.

3.4. Adjusting Metal Band Length

The metal band can be adjusted to fit your wrist using the included link removal tool.

1. Place the band in the link removal tool with the pin facing the tool's pusher.

2. Carefully turn the tool's screw to push out the pin from the link you wish to remove.

3. Remove the desired number of links.

4. Reassemble the band by inserting the pins back into the links, ensuring they are flush.

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Video 3.1: A comprehensive guide on how to set up and use the LIGE EF12 Smartwatch, including band changes and app connection.

3.5. Customizing Watch Faces

Personalize your smartwatch with over 150 dynamic holographic dials or custom photos through the FitcloudPro app.

1. Open the FitcloudPro app on your smartphone.

2. Navigate to the 'Dial Center' or 'Watch Face' section.

3. Browse the available dials or select an image from your phone's gallery to create a custom watch face.

4. Follow the app's instructions to push the selected watch face to your smartwatch.
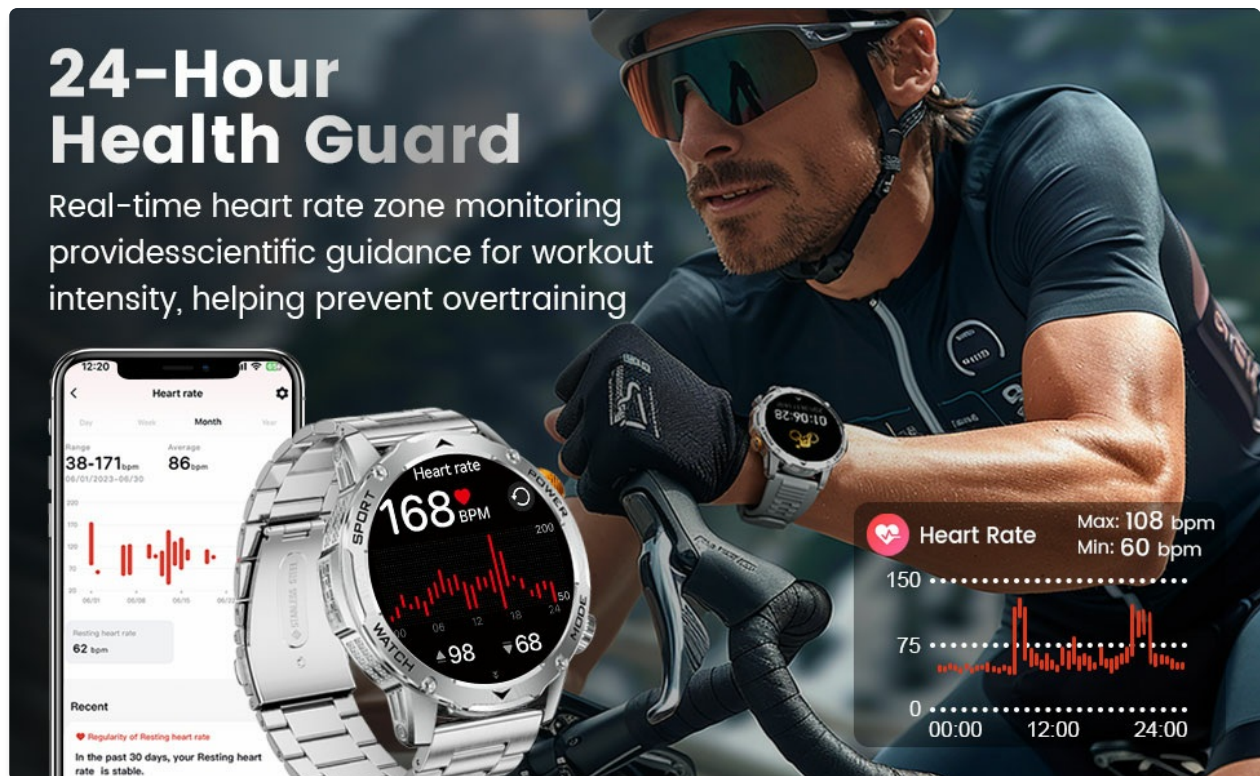

Image 3.3: A selection of customizable watch faces available for the LIGE Smart Watch EF12-H, including options for personalized backgrounds.

4. OPERATING INSTRUCTIONS

4.1. Basic Navigation

The LIGE EF12-H features a 1.75-inch HD full touchscreen for intuitive navigation. Swipe across the screen to access different functions and menus. The physical buttons on the side provide quick access to specific features or return to the home screen.

4.2. Making and Answering Calls

With Bluetooth 5.2 connectivity, you can manage calls directly from your wrist.

- **Making Calls:** Access the 'Phone' or 'Dial Pad' function on the watch to dial a number or select from your synced contacts.
- **Answering/Rejecting Calls:** When a call comes in, the watch will display the caller ID. You can answer or reject the call directly from the watch screen.
- **Call Logs:** View your recent call history on the watch.

Image 4.1: The LIGE Smart Watch EF12-H showing an incoming call notification and various social media message icons.

4.3. Receiving Notifications

Stay informed with real-time notifications from your smartphone's social media apps and SMS messages. (Note: Messages are not replyable directly from the watch).

1. Ensure the FitcloudPro app is running in the background on your phone.

2. Enable desired app notifications within the FitcloudPro app settings.
3. Notifications will appear on your watch screen as they arrive on your phone.

4.4. Health Monitoring

The smartwatch is equipped with a low-power, accurate monitoring sensing chip for comprehensive health tracking.

- **Heart Rate:** Monitors your dynamic heart rate 24 hours a day. View your heart rate frequency anytime.
- **Blood Oxygen (SpO2):** Measures your blood oxygen levels.
- **Sleep Monitoring:** Tracks your night sleep quality and provides multiple sleep indicators for better health understanding.

Disclaimer: Monitoring data is for reference only and not intended for medical use.

Image 4.2: The LIGE Smart Watch EF12-H showcasing its 24-hour health monitoring features, including heart rate, blood oxygen, and sleep tracking.

4.5. Sports Modes and Pedometer

Track your fitness activities with over 100 sports modes and a built-in pedometer.

- **Sports Modes:** Choose from 20+ built-in training modes, with the option to add over 100 more via the FitcloudPro app (e.g., running, cycling, swimming, ball sports, fitness).
- **Pedometer:** The watch continuously tracks your daily steps, distance traveled, and calories burned in real-time.

Image 4.3: The LIGE Smart Watch EF12-H displaying its diverse sports modes and real-time fitness data during an outdoor activity.

4.6. Flashlight Function

The integrated powerful flashlight can be activated instantly for various situations.

1. Access the shortcut bar at the top of the screen (usually by swiping down from the top).
2. Tap the flashlight icon to turn it on/off.

Image 4.4: The LIGE Smart Watch EF12-H demonstrating its powerful integrated flashlight feature.

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Video 4.1: A short promotional video highlighting the LIGE Military Smartwatch's features, including its flashlight and rugged design.

4.7. Other Functions

The smartwatch includes various daily functions for convenience:

- **Weather:** Get real-time weather updates.
- **Calculator:** Perform basic calculations.
- **Timer & Stopwatch:** For timing activities.
- **Voice Assistant:** Interact with your device using voice commands.
- **Calendar:** View dates and schedule.

- **Music Control:** Control music playback on your phone.
- **Camera Control:** Remotely trigger your phone's camera.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Water Reminder:** Helps you stay hydrated.

Image 4.5: The LIGE Smart Watch EF12-H showcasing its multi-functional capabilities, including music control, flashlight, camera control, weather, alarm clock, and drink reminder.

5. MAINTENANCE

5.1. Water Resistance (IP68)

The LIGE EF12-H is IP68 waterproof, allowing for normal use during daily activities such as hand washing, swimming,

and in rainy or wet environments. It is designed to withstand immersion in water up to 1.5 meters for 30 minutes.

Important: *Avoid hot water, steam, or prolonged exposure to high-pressure water jets, as these can compromise the water resistance. Do not operate buttons underwater.*

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Video 5.1: A short video demonstrating the LIGE Military Smartwatch's IP68 water resistance by submerging it in water.

5.2. Cleaning

Regular cleaning helps maintain the appearance and functionality of your watch.

- Wipe the watch body and bands with a soft, damp cloth.
- For silicone bands, mild soap and water can be used. Rinse thoroughly and dry completely.
- Avoid using harsh chemicals or abrasive materials, which can damage the watch's finish.

5.3. Battery Care

To maximize battery life and performance:

- Charge the watch fully before its first use.
- Avoid completely draining the battery frequently.
- Store the watch in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

If you encounter issues with your LIGE EF12-H smartwatch, try the following common troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot connect to app:** Ensure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again. Make sure the FitcloudPro app is up to date.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not received:** Check app permissions on your phone and ensure notifications are enabled for the FitcloudPro app and individual apps within the FitcloudPro settings.
- **Short battery life:** Reduce screen brightness, disable unnecessary features (e.g., continuous heart rate monitoring if not needed), and ensure the watch is fully charged.

7. SPECIFICATIONS

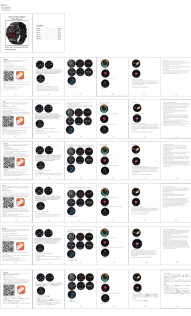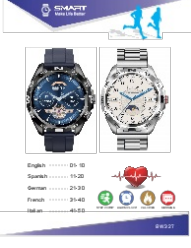| Feature	Specification
Model Number	EF12-H
Screen Size	1.75 Inches HD Display
Battery Capacity	1000 mAh Lithium Polymer

Feature	Specification
Connectivity	Bluetooth 5.2
Water Resistance	IP68
Operating System	Android Wear 2.0 (Compatible with Android 5.1 & iOS 9.0 and above)
Memory Storage Capacity	128 MB
Item Weight	180 Grams (approx. 6.3 ounces)
Special Features	Multisport Tracker, Fitness, Flashlight, Heart Rate, SpO2, Sleep Monitor, Bluetooth Call, Notifications, Activity Tracker, Alarm Clock, Lightweight, Music Player, Password Protection, Phone Call, Sedentary Reminder, Shockproof, Calendaring, Camera, Custom Activity Tracking, Cycle Tracking, Daily Workout Memory, GPS via Smartphone, Text Messaging, Time Display, Touchscreen, Voice Call, Voice Control, Weather Forecast

8. WARRANTY AND SUPPORT

LIGE offers 24-hour online service to address any questions or concerns you may have regarding your smartwatch. Please refer to the contact information provided in your product packaging or on the official LIGE website for support.

Related Documents - EF12-H

	LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting A comprehensive guide to operating your LIGE smartwatch, covering product specifications, button and screen controls, app connection, health monitoring features, and frequently asked questions.
	LIGE Smartwatch User Manual and Product Information Comprehensive guide for the LIGE Smartwatch, covering setup, features, and support information. Learn how to adjust your strap and access tutorials.
	LIGE Smart Watch User Manual and Guide Official user manual for the LIGE Smart Watch, providing instructions on setup, features, health tracking, fitness modes, and connectivity for Android and iOS devices.

[LIGE BW1290 Smart Watch: Frequently Asked Questions and Video Guides](#)
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.

[LIGE Sports Smart Watch User Manual](#)
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.

[LIGE BW327 Smart Watch User Manual and Features](#)
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.