

## LIGE FV21

# LIGE FV21 Smart Watch User Manual

Model: FV21

## 1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your LIGE FV21 Smart Watch. Please read this manual thoroughly before using the device to ensure proper functionality and to maximize your user experience.

## 2. PACKAGE CONTENTS

Verify that all items are present in the package:

- LIGE FV21 Smart Watch
- Charging Cable
- User Manual (this document)
- Watch Band



Figure 2.1: LIGE FV21 Smart Watch with both mesh and silicone watch bands shown.

### 3. INITIAL SETUP

#### 3.1 Charging the Device

1. Connect the provided charging cable to the charging port on the back of the watch.
2. Plug the other end of the charging cable into a standard USB power adapter (not included) or a computer's USB port.
3. Allow the watch to charge fully before first use. A full charge typically takes approximately 2 hours. The battery icon on the screen will indicate charging status.

#### 3.2 App Installation and Pairing

To unlock the full functionality of your LIGE FV21 Smart Watch, you need to install the companion application on your smartphone.

1. **Download the App:** Search for the official LIGE Smart Watch app in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. **Create Account:** Open the app and follow the on-screen instructions to create a user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Watch:**
  - Open the app and navigate to the "Device" or "Add Device" section.
  - The app will scan for available devices. Select "FV21" from the list.
  - Confirm the pairing request on both your smartphone and the watch if prompted.
5. **Complete Setup:** Follow any remaining prompts in the app to complete the initial setup, including personal information and notification preferences.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Basic Navigation

- **Touch Screen:** The 1.43-inch HD touch screen allows for intuitive interaction. Swipe left/right, up/down, and tap to navigate menus and select options.
- **Side Button:** Press the side button to wake the screen, return to the watch face, or access the main menu.

### 4.2 Key Features

- **Bluetooth Calling:** Once paired with your smartphone, you can make and receive calls directly from your watch. Access the call function from the main menu.
- **Fitness Tracking:** The watch continuously monitors your activity, including steps, distance, and calories burned. View your daily progress on the watch or in the companion app.
- **100+ Sports Modes:** Select from over 100 sports modes to track specific workouts. This provides detailed data for activities such as running, cycling, swimming, and more.
- **DIY Dial:** Customize your watch face using the DIY Dial feature in the app. You can upload personal photos or choose from a variety of pre-designed options.
- **Notifications:** Receive notifications for calls, messages, and app alerts directly on your wrist. Ensure notification permissions are enabled in the companion app.
- **Health Monitoring:** The watch includes features for heart rate monitoring and sleep tracking. Consult the app for detailed health data and trends.

## 5. MAINTENANCE AND CARE

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- **Cleaning:** Regularly clean your watch and watch band with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals.
- **Water Resistance (IP68):** The LIGE FV21 Smart Watch is 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, hand washing, and light rain. Avoid hot water, saunas, or diving, as these can compromise the seal.
- **Battery Care:** To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low. Store the watch in a cool, dry place if not used for extended periods.
- **Avoid Extreme Temperatures:** Do not expose the watch to extreme hot or cold temperatures, as this can damage the battery and internal components.

## 6. TROUBLESHOOTING

Problem	Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charging cable and allow it to charge for at least 30 minutes before attempting to power it on.
Cannot pair with smartphone.	<ul style="list-style-type: none"><li>◦ Ensure Bluetooth is enabled on your smartphone.</li><li>◦ Make sure the watch is within Bluetooth range of your phone.</li><li>◦ Restart both the watch and your smartphone.</li><li>◦ Clear the Bluetooth cache on your phone (if applicable) and try pairing again.</li><li>◦ Ensure the correct companion app is installed and updated.</li></ul>
Notifications are not received.	<ul style="list-style-type: none"><li>◦ Check if the watch is properly connected to the app via Bluetooth.</li><li>◦ Verify that notification permissions are enabled for the app in your smartphone's settings.</li><li>◦ Ensure that notification settings within the companion app are correctly configured.</li></ul>
Inaccurate fitness data.	<ul style="list-style-type: none"><li>◦ Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</li><li>◦ Update your personal information (height, weight, age) accurately in the companion app.</li><li>◦ Calibrate the watch if an option is available in the app.</li></ul>

## 7. PRODUCT SPECIFICATIONS

Feature	Detail
Model	FV21
Display Size	1.43 Inches
Display Type	AMOLED
Connectivity	Bluetooth
Battery Capacity	250 Milliamp Hours (Lithium Polymer)
Typical Battery Life	Up to 20 days (usage dependent)
Water Resistance	IP68 (Dust and water resistant up to 1.5m for 30 minutes)
Compatible Devices	Android & iOS Smartphones
Special Features	Activity Tracker, Calendaring, Multisport Tracker, Notifications, Touchscreen, Bluetooth Calling, 100+ Sports Modes, DIY Dial
Product Dimensions	4.8 x 4.3 x 0.7 cm

Feature	Detail
Weight	180 g

## 8. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the warranty card included with your product or visit the official LIGE website. If you encounter any issues not covered in this manual, please contact LIGE customer service for assistance.

**LIGE Official Store:** [Visit the LIGE Store on Amazon](#)



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### Related Documents - FV21

	<p><a href="#">LIGE Men's Smart Watch 189 (I9) - User Manual &amp; Features</a></p> <p>Comprehensive user guide for the LIGE Men's Luxury Smart Watch 189 (I9). Covers features like full circle touch screen, Bluetooth calls, waterproof design, fitness tracking, and compatibility with Android/iOS.</p>
	<p><a href="#">LIGE Kids Calling Smartwatch User Manual: Features, Setup, and Operation</a></p> <p>Comprehensive user guide for the LIGE 2024 Kids Calling Smartwatch. Learn how to set up, connect, and use features like calling, games, and activity tracking on your child's smartwatch. Compatible with iOS and Android.</p>
	<p><a href="#">LIGE Smartwatch User Manual and Product Information</a></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><a href="#">LIGE Smart Watch User Manual and Guide</a></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><a href="#">LIGE Sports Smart Watch User Manual</a></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>



### [LIGE SMART EF2 Smartwatch User Manual and Guide](#)

Comprehensive user manual and guide for the LIGE SMART EF2 smartwatch, covering setup, features, safety, and troubleshooting. Learn about its health monitoring, connectivity, and app integration with the GloryFit app.