

LIGE FV12-D1-US

LIGE Smart Watch for Women FV12-D1-US User Manual

Model: FV12-D1-US

INTRODUCTION

This manual provides detailed instructions for the LIGE Smart Watch for Women, model FV12-D1-US. It covers setup, operation, maintenance, and troubleshooting to ensure optimal use of your device. This smartwatch features a 1.43-inch AMOLED HD display, Bluetooth calling capabilities, over 100 sports modes, comprehensive health monitoring, and IP68 water resistance.



Image: The LIGE Smart Watch FV12-D1-US displayed with both its metal mesh strap and silicone strap, showcasing its elegant design and customizable options.

WHAT'S IN THE BOX

Upon opening your LIGE Smart Watch package, you should find the following items:

- LIGE Smart Watch (FV12-D1-US)
- Metal strap
- Silicone strap
- Strap accessories
- Magnetic charging cable
- User Instructions Manual

Package contains

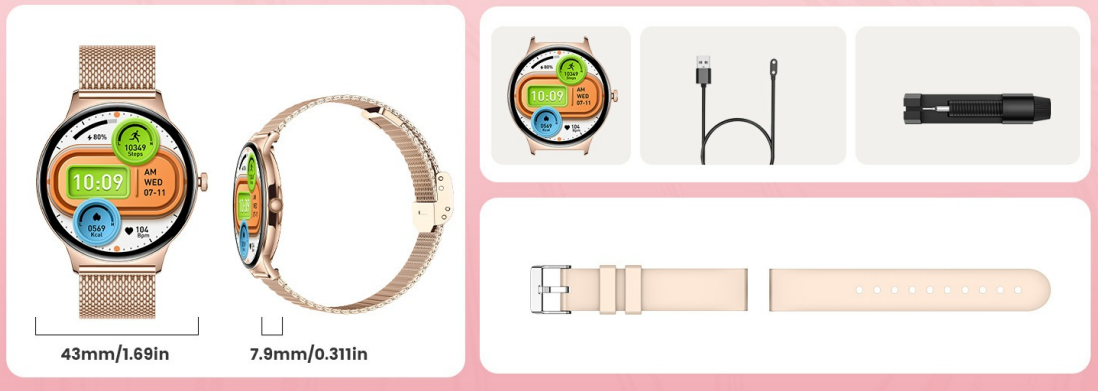


Image: A visual representation of the package contents, including the smartwatch, two different straps, a charging cable, and the instruction manual.

SETUP GUIDE

Follow these steps to set up your LIGE Smart Watch and connect it to your smartphone:

1. **Charge the Smart Watch:** Before first use, fully charge the smartwatch using the provided magnetic charging cable.
2. **Turn on Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Download the App:** Scan the QR code provided in the manual or on the watch screen, or search for the "FitCloudPro" app in your phone's app store (App Store for iOS, Google Play Store for Android). You can also visit http://fitcloud.hetangsmart.com/qrcode/_cn/ for the download link.
4. **Install and Open App:** Install the "FitCloudPro" app and open it.
5. **Add Device:** In the app, navigate to the device section and select "Add Device" or similar. The app will search for available devices. Select "FV12" from the list.
6. **Pairing Confirmation:** A Bluetooth pairing request will appear on your phone. Confirm the pairing.
7. **Enable Call Function:** On the watch, you may need to turn on the call function. In the app, ensure "Connected to Call audio" is enabled for full calling features.
8. **Complete Setup:** Once connected, the watch will synchronize data with the app, and you can begin customizing settings and using its features.

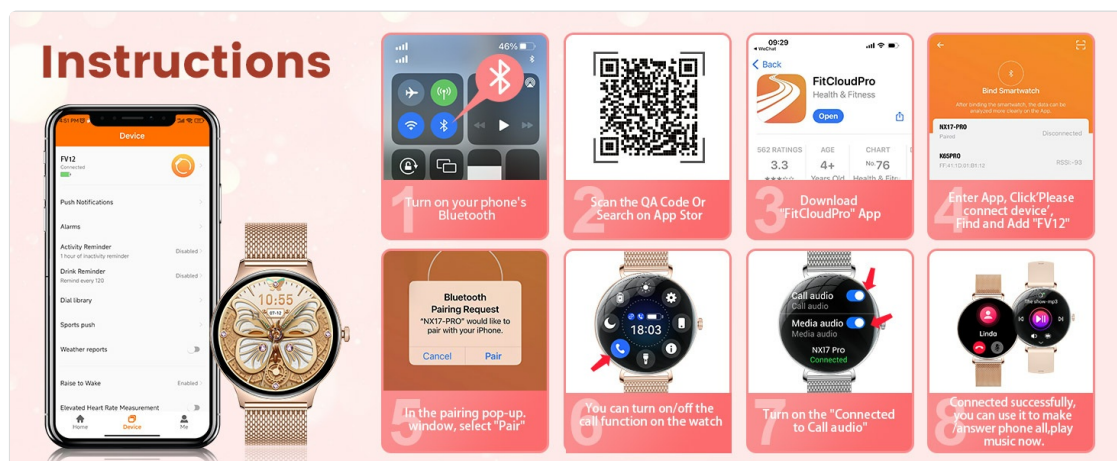


Image: A visual guide demonstrating the process of pairing the smartwatch with a smartphone, including app download, Bluetooth connection, and call function activation.

OPERATING INSTRUCTIONS

Basic Navigation

- **Swipe Up/Down:** Access quick settings or notifications.
- **Swipe Left/Right:** Navigate through widgets and main functions.
- **Press Side Button:** Wake up the screen, return to the home screen, or access the app menu.
- **Tap Screen:** Select items or confirm actions.

Bluetooth Calling and Notifications

Once connected via Bluetooth, your smartwatch can handle calls and display notifications.

- **Answer/Make Calls:** Use the watch to answer incoming calls or dial numbers directly from your wrist. Access your contact list or call records.
- **Message Notifications:** Receive real-time alerts for texts, emails, and social media apps (e.g., WhatsApp, Facebook, Instagram, YouTube, Twitter, Snapchat, LinkedIn). Customize which app notifications you wish to receive through the FitCloudPro app.



Image: The smartwatch screen showing an incoming call and various social media app icons, illustrating its communication features.

Customizable Watch Faces

Personalize your watch by choosing from a variety of pre-installed watch faces or uploading your own photos through the FitCloudPro app. This allows you to match your watch's appearance to your style or mood.

Additional Smart Features

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Remote Camera:** Use your watch as a remote shutter button for your phone's camera.
- **Alarms:** Set alarms to wake you up or remind you of important tasks.
- **Weather Forecast:** Get real-time weather updates on your wrist.
- **Reminder Functions:** Includes sedentary reminders and drink water reminders to promote healthy habits.
- **Voice Assistant:** Access your phone's voice assistant directly from the watch.



Image: A collage of images demonstrating the smartwatch's diverse functionalities, including controlling music,

setting alarms, checking weather, using a voice assistant, and receiving health reminders.

HEALTH MONITORING

The LIGE Smart Watch provides comprehensive health monitoring features to help you track your well-being. **Note: Data is for reference only and should not be used as professional diagnostic information.**

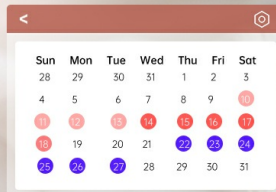
- **Heart Rate Monitoring:** Continuously records heart rate changes throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen levels.
- **Sleep Tracking:** Analyzes sleep quality, including light and deep sleep stages, to help improve sleep habits.
- **Stress Monitoring:** Helps you monitor stress levels and reminds you to relax when needed.
- **Women's Health Tracking:** Supports tracking of menstrual cycles, predictions, gestation, and ovulation.



Image: The smartwatch interface showing real-time data for sleep duration, heart rate, blood oxygen saturation, and stress levels, alongside images of users engaged in related activities.

Female Cycle Tracking

Scientific cycle monitoring to care for women at every stage of their lives



● Period ● Prediction
● Ovulation

Image: A visual representation of the female cycle tracking feature on the smartwatch, showing period, prediction, and ovulation dates on a calendar interface.

SPORTS MODES AND ACTIVITY TRACKING

The LIGE Smart Watch offers over 100 sports modes to cater to various physical activities. It accurately records your workout data, helping you achieve your fitness goals.

- **100+ Sports Modes:** Includes activities like running, walking, cycling, swimming, yoga, rock climbing, and more.
- **Activity Data:** Tracks steps, distance, calories burned, and active time.
- **App Synchronization:** Sync data with the FitCloudPro app to review your progress and set new fitness plans.

121 Sports Modes

Always on display, keeps screen brightness after power off

 1H08M

 570 KCAL

 9680 STEPS



Cycling



Jump Rope



Running



Rock Climbing



Walk



Hiking



Yoga



Skateboard



Play Tennis



More

Image: A user exercising with dumbbells, while the smartwatch screen shows activity metrics like duration, calories, and steps, highlighting the extensive sports mode functionality.

BATTERY LIFE AND CHARGING

The smartwatch is equipped with a 260mAh battery, designed for extended use. A single charge can provide several days of operation, with an intelligent power management system optimizing energy consumption.

- **Daily Use:** Approximately 4-7 days.
- **Standby Time:** Up to 15 days.
- **Charging:** Use the provided magnetic charging cable. Align the magnetic pins with the charging contacts on the back of the watch.



IP68 Waterproof

Excellent Battery Life

Equipped with a low-power wearable chip and long battery life for every day



4-7days

Daily use



15 days

Standby time



Image: The smartwatch being charged via its magnetic cable, with an infographic detailing its battery life for daily use and standby time.

WATER RESISTANCE (IP68)

The LIGE Smart Watch has an IP68 waterproof rating, making it suitable for various daily scenarios. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes.

- **Suitable for:** Hand washing, rain, shallow swimming.
- **Not suitable for:** Hot showers, saunas, diving, or high-pressure water activities. Avoid contact with hot water or steam.



Image: The smartwatch partially submerged in water, with water droplets on its surface, visually confirming its IP68 waterproof capability.

MAINTENANCE

To ensure the longevity and optimal performance of your LIGE Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and straps with a soft, dry cloth. If necessary, use a slightly damp cloth for the straps, then dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as these can damage the watch's finish and seals.
- **Charging:** Always use the original charging cable. Ensure the charging contacts are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Water Exposure:** While IP68 rated, it is recommended to dry the watch thoroughly after exposure to water to prevent skin irritation or damage to internal components over time.

TROUBLESHOOTING

If you encounter issues with your LIGE Smart Watch, refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot connect to phone/Bluetooth issues:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both your phone and the watch.
 - Forget the device in your phone's Bluetooth settings and re-pair through the FitCloudPro app.
 - Ensure the FitCloudPro app has necessary permissions (location, Bluetooth,

notifications).

- **Notifications not appearing:**

- Check app notification settings in the FitCloudPro app.
- Ensure your phone's notification settings allow the FitCloudPro app to send notifications.
- Verify that the watch is properly connected to the app.

- **Inaccurate health data:**

- Ensure the watch is worn snugly on your wrist, not too loose or too tight.
- Clean the sensor on the back of the watch.
- Remember that data is for reference and not medical diagnosis.

- **Screen unresponsive:** Try restarting the watch by pressing and holding the side button. If unresponsive, allow the battery to drain completely and then recharge.

SPECIFICATIONS

Feature	Specification
Model Number	FV12-D1-US
Display	1.43 Inches AMOLED, 466 x 466 pixels
Case Thickness	7.9 mm
Item Weight	3.17 ounces
Battery Capacity	260 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth
Operating System	AsteroidOS
Water Resistance	IP68
Compatibility	Android 5.0+ and iOS 8.0+ (iOS 13+ for one-touch call function)
Special Features	Fitness Tracker, Phone Call, Sleep Monitor, IP68 Waterproof, Calorie Tracker, Alarm Clock, Stopwatch, Timer, Pedometer, Camera Control, Music Playback/Control, Sedentary Reminder, Weather, Notifications, All-day activity tracker, Distance, Breathing Training, 100 Sports Modes, Voice Assistant

1.43-inch AMOLED Micro-convex screen

Bright and vivid display quality which allows you a super wide field of view and easy operation.



Ultra wide
color gamut



Super wide
viewing angle



Precise Color



Image: A close-up view of the smartwatch's 1.43-inch AMOLED micro-convex screen, highlighting its vibrant colors, wide viewing angle, and precise color accuracy.

WARRANTY AND SUPPORT

LIGE is committed to providing excellent customer service and product quality.

- **Warranty:** The LIGE Smart Watch comes with a 2-year guarantee.
- **Returns Service:** Enjoy a 6-month returns service.
- **Customer Service:** 24-hour online service is available for any questions or issues you may have.

If you experience any damage issues, usage problems, are not 100% satisfied, or have concerns about quality assurance, please contact the LIGE Customer Service Team directly. They aim to provide a satisfactory reply within 24 hours.



Image: An infographic detailing LIGE's customer support offerings, including 24-hour online service, 6-month returns service, and a 2-year guarantee.

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[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 ET585 Smartwatch User Manual: Features, Specs. and Operation](#)

Comprehensive user manual for the LIGE ET585 AMOLED Smartwatch. Learn about ECG, blood oxygen monitoring, Bluetooth calls, fitness tracking, and specifications. Note: This model does not support blood glucose monitoring. Get the most out of your LIGE ET585.



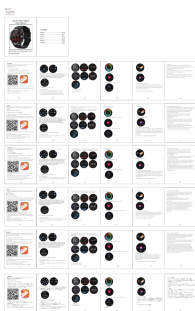
[LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting](#)

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 Men's Smart Watch 189 \(I9\) - User Manual & Features](#)

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.



[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 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.

