## LIGE FV12-H2-US

# LIGE FV12-H2-US Smartwatch User Manual

Model: FV12-H2-US

## 1. INTRODUCTION

This manual provides essential information for the operation and maintenance of your LIGE FV12-H2-US Smartwatch. Please read it thoroughly to ensure proper use and to fully utilize all features of your device. This smartwatch combines elegant design with advanced health and fitness tracking capabilities, along with convenient Bluetooth calling and smart notifications.

Figure 1: LIGE FV12-H2-US Smartwatch with black mesh band.

## 2. WHAT'S INCLUDED

Upon unboxing your LIGE FV12-H2-US Smartwatch, verify that all components are present:

- LIGE FV12-H2-US Smartwatch Unit
- Charging Cable
- User Manual
- Watch Band (Metal Mesh)
- Additional Watch Band (Silicone)

Figure 2: Included items: smartwatch, two interchangeable bands, and charging cable.

# 3. SETUP

## 3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or computer USB port. The watch display will indicate charging status.

## 3.2 App Installation and Pairing

1. Scan the QR code provided in the user guide or search for the 'Da Fit' app in your smartphone's app store (compatible with Android 4.0+ or iOS 9.0+).
2. Install and open the 'Da Fit' app.
3. Enable Bluetooth on your smartphone.
4. In the 'Da Fit' app, navigate to 'Device' and select 'Add Device'.

5. Choose 'FV12-H2-US' from the list of available devices to pair.

6. Follow any on-screen prompts to complete the pairing process.

Successful pairing is indicated by a connection icon on your smartwatch and within the app.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Power On/Off:** Press and hold the crown button on the side of the watch.
- **Screen Activation:** Raise your wrist or press the crown button.
- **Swipe Down:** Access quick settings (e.g., brightness, do not disturb).
- **Swipe Up:** View recent notifications/messages.
- **Swipe Left/Right:** Navigate through main functions and widgets (e.g., activity status, heart rate, weather).
- **Press Crown:** Return to the main watch face or access the app menu.
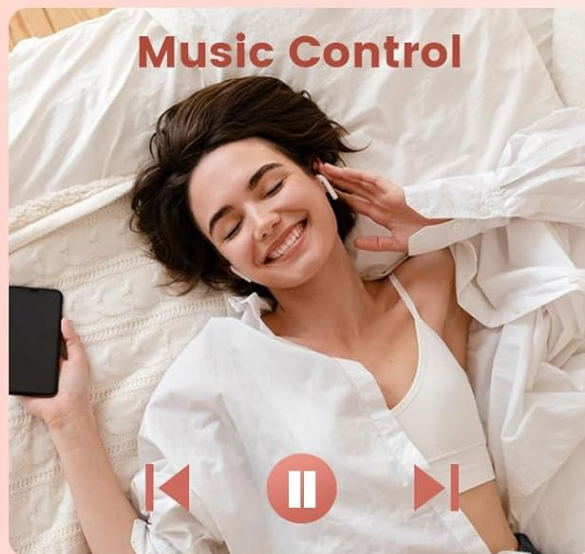
## 4.2 Bluetooth Calling & Notifications

Once paired with your smartphone, the smartwatch supports HD Bluetooth calling and smart notifications:

- **Answer/Make Calls:** Use the watch's built-in microphone and speaker to handle calls directly from your wrist. Access the phone call function from the app menu.
- **Receive Notifications:** Get real-time alerts for calls, SMS, and app notifications (e.g., WhatsApp, Twitter, Facebook, Instagram) directly on your watch. Manage notification settings via the 'Da Fit' app.

## 5. HEALTH MONITORING

The LIGE FV12-H2-US Smartwatch features advanced biosensor technology for continuous health tracking:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or detailed trends in the 'Da Fit' app.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times. Provides insights to optimize your sleep quality.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Stress Monitoring:** Offers guided breathing exercises to help manage stress levels.
- **Menstrual Cycle Tracking:** Designed for women's wellness, this feature offers precise menstrual cycle tracking and customizable reminders via the 'Da Fit' app.
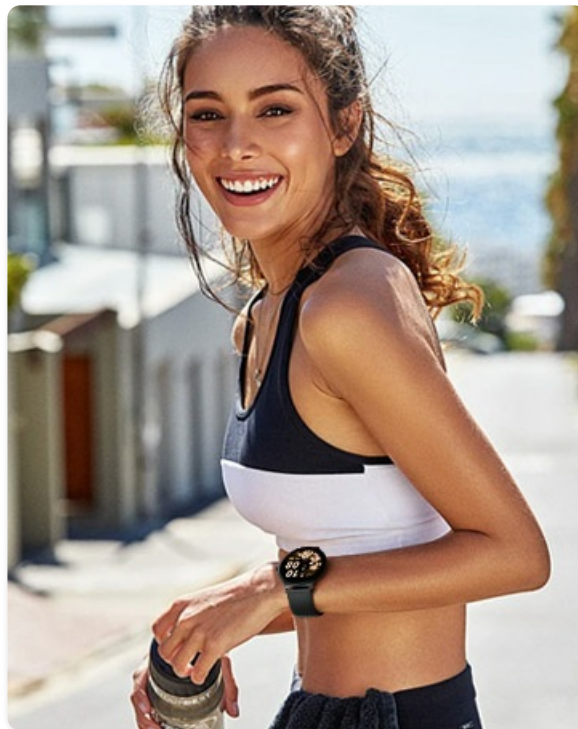


Figure 4: Sleep monitoring feature in action.

## 6. FITNESS TRACKING

With over 120 sports modes, your smartwatch is a comprehensive fitness companion:

- **Workout Modes:** Choose from a wide range of activities including cardio, outdoor sports, yoga, Pilates, running, walking, and cycling.
- **Activity Metrics:** Tracks key metrics such as calories burned, steps taken, distance covered, pace, and heart rate during your workouts.
- **Exercise Records:** All your workout data is recorded and can be reviewed in detail through the 'Da Fit' app.
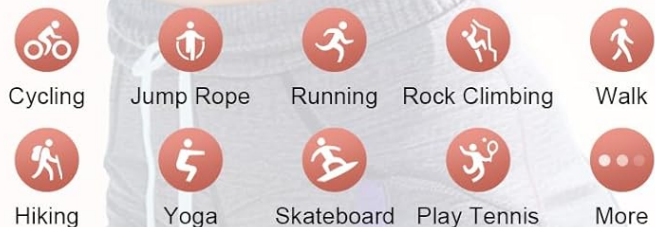
Figure 5: Tracking activity with multiple sports modes.

# 7. CUSTOMIZATION

## 7.1 Watch Faces

Personalize your smartwatch with a variety of watch faces:

- **Pre-installed Dials:** Select from several pre-installed watch faces directly on the device.
- **Downloadable Faces:** Access over 200 downloadable watch faces through the 'Da Fit' app.
- **Custom Photos:** Upload your own photos from your smartphone to create personalized watch faces.

Figure 6: Customizing your watch face with personal images or downloadable options.

## 7.2 Interchangeable Straps

The smartwatch comes with two interchangeable straps: a metal mesh strap for a sophisticated look and a silicone strap for comfort during workouts or casual wear. Easily swap them to match your style or activity.

## 8. SPECIFICATIONS

| Feature | Detail |
| --- | --- |
| Model Number | FV12-H2-US |
| Screen Size | 1.43 Inches AMOLED |
| Resolution | 460x460 (implied from product description) |

| | |
|---|---|
| Connectivity | Bluetooth 5.0 |
| Water Resistance | IP68 |
| Battery Capacity | 250 Milliamp Hours |
| Battery Life (Daily Use) | 4-7 days |
| Standby Time | 15 days |
| Operating System | AsteroidOS |
| Compatibility | Android 4.0+ / iOS 9.0+ |
| Item Weight | 7.8 ounces |
| Special Features | Activity Tracker, Notifications, Phone Call, Touchscreen, Weather Forecast, 120+ Sports Modes, Health Monitoring (HR, Sleep, SpO2, Stress, Menstrual Cycle) |

Figure 7: IP68 waterproof rating and extended battery life.

## 9. MAINTENANCE

- **Cleaning:** Wipe the watch face and straps regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and dry thoroughly.
- **Water Resistance:** The watch is IP68 waterproof, suitable for hand washing, rain, and light swimming. Avoid hot water, saunas, or diving, as steam and high pressure can compromise the seal.
- **Charging:** Use only the provided 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.

## 10. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
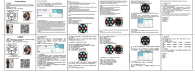
- **Unable to pair with app:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again. Ensure the 'Da Fit' app has necessary permissions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Keep the sensor clean. Note that smartwatches are not medical devices and data is for reference only.
- **Notifications not received:** Check app notification settings on your phone and within the 'Da Fit' app. Ensure the app is running in the background.

## 11. WARRANTY AND SUPPORT

For any questions, technical support, or warranty claims, please contact LIGE customer service. Refer to the contact information provided in the packaging or on the official LIGE website. We aim to respond to inquiries within 24 hours.

## Related Documents - FV12-H2-US

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|---|---|
|  | [LIGE Smartwatch User Manual and Product Information](#)<br>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](#)<br>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 GPS Smartwatch: GloryFitPro App Installation and User Guide](#)<br>A comprehensive guide for LIGE GPS Smartwatches, detailing the download, installation, and usage of the GloryFitPro app. Learn how to register, log in, bind your device, and configure watch settings, along with important GPS notes and FCC compliance information. |
|  | [LIGE Smartwatch User Manual: Features, Operation, and Troubleshooting](#)<br>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 Sports Smart Watch User Manual](#)<br>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. |