LIGE EF19-D

LIGE EF19-D Military Smart Watch User Manual

Model: EF19-D

Designed for durability and comprehensive functionality.

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your LIGE EF19-D Military Smart Watch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device. This smartwatch is designed for robust performance and offers extensive health and fitness tracking capabilities, along with smart communication features.

WHAT'S IN THE BOX

- LIGE EF19-D Smart Watch (1 unit)
- Charging cable (2 units)
- Strap adjuster (1 unit)
- Straps (2 units: 1 steel strap, 1 silicone strap)
- User manual (1 unit)

Figure 1: LIGE EF19-D Smart Watch and included accessories, featuring two charging cables and two types of wristbands (steel and silicone).

PRODUCT OVERVIEW

The LIGE EF19-D Smart Watch features a durable design with a 1.85-inch HD touchscreen. It includes multiple physical buttons for navigation and quick access to features, along with a built-in LED flashlight.

Key Components:

- **1.85" HD Touchscreen:** For clear display and interactive control.
- **Side Buttons:** For power, menu access, and navigation.
- **LED Flashlight:** Integrated on the side for illumination.
- **Heart Rate & Blood Oxygen Sensors:** Located on the back for health monitoring.
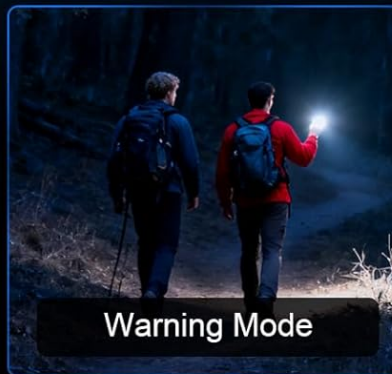- **Charging Contacts:** Magnetic contacts on the back for charging.

Figure 2: Close-up of the LIGE EF19-D Smart Watch highlighting its 1.85-inch HD screen and the powerful LED flashlight feature.

SETUP

1. Charging the Smart Watch

Before first use, fully charge the device. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included). A full charge takes approximately 2.5 hours.

Figure 3: Illustration of the LIGE EF19-D Smart Watch connected to its magnetic charging cable, demonstrating the 1000mAh battery capacity and charging time.

2. App Installation and Pairing

1. Scan the QR code in the user manual or on the watch screen to download the 'FitCloudPro' app from your smartphone's app store (compatible with Android 5.1+ and iOS 9.0+).
2. Open the 'FitCloudPro' app and follow the on-screen instructions to create an account or proceed as a guest.
3. Enable Bluetooth on your smartphone.
4. In the app, search for your LIGE EF19-D Smart Watch (identified as 'EF13' in some app interfaces) and select it to pair. Confirm the pairing request on both your phone and watch.
5. Allow necessary permissions for notifications, contacts, and call history to ensure full functionality.

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Video 1: This video demonstrates the unboxing process, how to change watch straps, install the FitCloudPro app, pair the watch with a smartphone, and set up notifications and contacts.

3. Adjusting the Strap

The watch comes with two interchangeable straps: a steel strap for formal occasions and a silicone strap for sports or casual wear. Use the provided strap adjuster tool to remove or add links to the steel strap for a comfortable fit. The silicone strap can be easily attached or detached using its quick-release pins.

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Video 2: This video demonstrates how to change the watch straps and adjust the steel strap using the included tool.

OPERATING INSTRUCTIONS

1. Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** Use for power on/off, returning to the home screen, or accessing specific functions as configured in settings.
- **Customizing Watch Faces:** The watch supports 200+ online watch faces. You can change them directly on the watch or through the 'FitCloudPro' app. The app also allows for personalized watch faces using your own images.

Figure 4: The LIGE EF19-D Smart Watch displaying a variety of customizable watch faces, including options for personalized backgrounds.
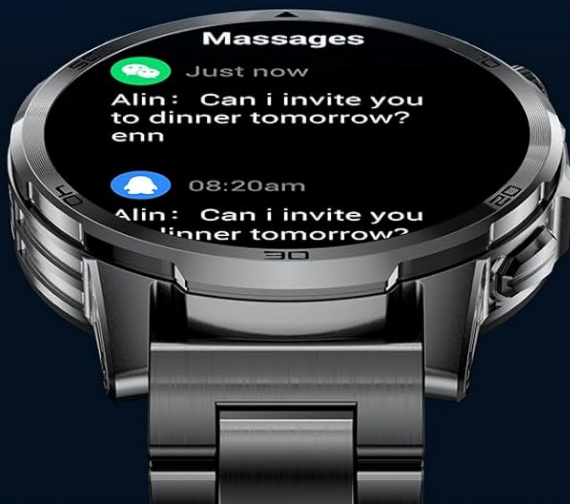
2. Communication Features

- **Bluetooth Calls:** Once paired, you can make and answer calls directly from your watch using the built-in speaker and microphone. Access call history and synced contacts.
- **Notifications:** Receive alerts for incoming calls, SMS, and app messages (e.g., Facebook, WhatsApp, Twitter) directly on your watch.

Figure 5: The LIGE EF19-D Smart Watch showing an incoming call and message notifications from various social media applications.

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Video 3: This video demonstrates how to make and receive calls directly from the LIGE EF19-D Smart Watch after pairing with a smartphone.

3. LED Flashlight

Activate the powerful LED flashlight from the watch's menu. It offers various modes including constant-on, warning, and SOS, useful for outdoor activities or emergencies.

Figure 6: The LIGE EF19-D Smart Watch's integrated LED flashlight illuminating a path during outdoor activities.

4. Sport Modes

Choose from over 120 sport modes, including running, cycling, badminton, and more. The watch tracks your movement, calories burned, distance, and heart rate during workouts. Access workout records through the app.

Figure 7: The LIGE EF19-D Smart Watch showing different sport modes like walking, running, and cycling, with real-time tracking data.

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Video 4: This video demonstrates selecting and initiating various sport modes on the LIGE EF19-D Smart Watch, including basketball, tennis, and soccer.

5. Health Monitoring

- **Heart Rate:** Continuous 24-hour heart rate monitoring.
- **Blood Oxygen:** Measures blood oxygen levels.
- **Sleep Monitoring:** Tracks different sleep stages (deep, light, awake) to help analyze and improve sleep habits.

Figure 8: The LIGE EF19-D Smart Watch displaying real-time heart rate, blood oxygen levels, and breathing exercises.

Figure 9: The LIGE EF19-D Smart Watch showing its sleep monitoring interface, tracking total sleep duration and different sleep stages.

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Video 5: This video illustrates the heart rate, blood oxygen, and sleep tracking features of the LIGE EF19-D Smart Watch.

6. Other Functions

The smartwatch includes various utility features such as weather forecast, voice assistant, alarm clock, timer, music control, camera control, sedentary and drinking water reminders, multi-language switching, phone search, brightness adjustment, and do not disturb mode.

Figure 10: The LIGE EF19-D Smart Watch showcasing its multi-functional interface with icons for music control, flashlight, camera control, weather, alarm clock, and drink reminders.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and straps to prevent skin irritation and maintain functionality. Use a soft, damp cloth to wipe the watch face and sensors. For silicone straps, mild soap and water can be used. Ensure the watch is dry before wearing.

2. Water Resistance

The LIGE EF19-D is IP68 waterproof, meaning it can withstand dust, dirt, and sand, and is resistant to submersion up to a maximum depth of 1.5m for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. Avoid hot water, steam, or prolonged submersion in water to prevent damage.

Figure 11: The LIGE EF19-D Smart Watch showcasing its military-grade durability, including IP68 waterproof, anti-impact, dustproof, and temperature resistance features.

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Video 6: This video demonstrates the LIGE EF19-D Smart Watch undergoing various durability tests, including impact, freezing, and water submersion, highlighting its robust construction.

3. Battery Care

To prolong battery life, avoid extreme temperatures and fully discharging the battery frequently. Charge the watch when the battery level is low, but do not leave it charging for extended periods after it's full.

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 phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Check app permissions.
- **Notifications not received:** Verify that app notifications are enabled in your phone's settings and within the 'FitCloudPro' app. Ensure the app is running in the background.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, with the sensors making proper contact with your skin. Avoid excessive movement during measurements.
- **Screen unresponsive:** Restart the watch by holding down the power button. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Specification
Brand	LIGE
Model	EF19-D
Display Size	1.85 Inches

Feature	Specification
Display Resolution	360 x 360
Battery Capacity	1000 Milliamp Hours (mAh)
Charging Time	2.5 Hours
Typical Usage Battery Life	20-30 Days
Water Resistance	IP68
Operating System	AsteroidOS
Memory Storage Capacity	128 MB
Connectivity	Bluetooth
Compatible Devices	Android 5.1+ / iOS 9.0+
Special Features	Activity Tracker, Phone Call, Touchscreen, LED Flashlight, 120+ Sport Modes, Health Monitoring (Heart Rate, Blood Oxygen, Sleep)
Military Standard	MIL-STD-810H (Temperature, Anti-Impact, Dust-proof, Anti-Fluid Corrosion, Scratch Resistant)

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the contact details provided with your purchase documentation or visit the official LIGE website. Keep your proof of purchase for warranty claims.

Related Documents - EF19-D

	LIGE GPS Smartwatch: GloryFitPro App Installation and User Guide 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 BT Call Smartwatch User Manual - Setup and Operation Comprehensive user manual for the LIGE BT Call Smartwatch, covering app download, Bluetooth pairing, device operation, and features. Learn how to set up and use your LIGE smartwatch.
	LIGE Kids Calling Smartwatch User Manual: Features, Setup, and Operation 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.
	LIGE 696 Smartwatch User Manual: Features, Health Monitoring, and Bluetooth Calls Comprehensive user manual for the LIGE 696 Sport Smart Watch for Men. Learn about its 1.96-inch screen, blood oxygen monitoring, Bluetooth calls, 100+ sport modes, and IP68 waterproofing.
	LIGE BW0616/2025 Smart Watch User Manual and Specifications Comprehensive technical specifications and user information for the LIGE BW0616 and LIGE 2025 smart watches. This guide details features like the ultra HD screen, waterproof design, fitness tracking, LED flashlight, and Bluetooth connectivity for men.
	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.