

## LIGE EF18-A

# LIGE EF18-A Military Smartwatch User Manual

Model: EF18-A

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## 1. INTRODUCTION

Thank you for choosing the LIGE EF18-A Military Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it thoroughly to ensure optimal performance and longevity of your smartwatch.

The LIGE EF18-A is a robust smartwatch designed for active lifestyles, featuring a 1.7-inch HD display, Bluetooth calling, over 110 sport modes, comprehensive health monitoring, and a powerful 1000mAh battery.

## 2. PACKAGE CONTENTS

Ensure all items are present in your package:

- LIGE EF18-A Smartwatch (1 unit)
- Stainless Steel Strap (1 unit)
- Silicone Straps (2 units)
- USB Charging Cable (1 unit)
- Type-C Charging Cable (1 unit)
- User Manual (this document)

# Équipé de deux câbles de charge indépendants

Comprend des câbles USB et Type-C, prend en charge la charge de la montre via le téléphone, pour une autonomie constante

Compatible avec les appareils traditionnels

Adapté aux nouveaux appareils

Connecteur USB

Connecteur Type-C

## 3. SETUP

### 3.1 App Installation

To unlock the full potential of your LIGE EF18-A smartwatch, download and install the **"FitCloudPro"** application on your smartphone.

- For iOS devices: Search for "FitCloudPro" in the Apple App Store.
- For Android devices: Search for "FitCloudPro" in the Google Play Store.

### 3.2 Device Pairing

Follow these steps to pair your smartwatch with your smartphone:

1. Ensure your smartwatch is charged and powered on.
2. Open the "FitCloudPro" app on your smartphone.
3. Enable Bluetooth on your smartphone.
4. In the app, navigate to the device pairing section (usually labeled "Add Device" or similar).
5. The app will search for available devices. Select "EF18" or "EF18-A" from the list.
6. Confirm the pairing request on both your smartphone and the smartwatch.
7. Grant necessary permissions to the app for notifications, health data, etc.

# Suivi de la qualité du sommeil

Aide à améliorer les habitudes de sommeil et la qualité du repos.



Image: Visual guide demonstrating the steps to connect the smartwatch, including downloading the app, enabling Bluetooth, finding the device, confirming pairing, and granting notification permissions.

## 4. OPERATING INSTRUCTIONS

### 4.1 Display and Navigation

The LIGE EF18-A features a 1.7-inch HD touchscreen display for intuitive interaction. Swipe across the screen to navigate through menus and functions. The watch also has physical buttons for quick access to certain features.



Image: Close-up of the smartwatch highlighting the 'BACK' button, 'POWER' button, and a distinct 'LIGHT' button on the left side of the dial for easy access to the flashlight function.

### 4.2 Bluetooth Calls and Notifications

Once paired with your smartphone, you can manage calls and receive notifications directly on your smartwatch.

- **Making/Receiving Calls:** Use the watch to dial numbers, answer, reject, or view call history. You can store up to 10 contacts.
- **Notifications:** Receive real-time alerts from social media apps (Facebook, Instagram, WhatsApp, Twitter, Skype), email (Gmail), and other applications.



Image: The smartwatch showing its Bluetooth call function with a dial pad and call history, alongside examples of message

notifications from various apps and the voice assistant interface.

### 4.3 Voice Assistant

Activate the integrated voice assistant for quick commands. Ask about the weather, make calls, or control music with your voice.

### 4.4 Watch Faces

Customize your smartwatch's appearance with over 200 online watch faces. You can also upload personal photos to create unique designs. Rotate the crown button to quickly switch between watch faces.

### 4.5 LED Flashlight

The smartwatch includes a powerful LED flashlight with three modes: strong light, flashing, and SOS. This feature is useful for outdoor activities or emergencies.



Image: A close-up of the smartwatch with its integrated LED flashlight activated, illuminating the surrounding area.

### 4.6 Other Functions

The LIGE EF18-A offers a variety of additional features:

- **Music and Camera Control:** Remotely control your smartphone's music playback and camera shutter.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Calculator:** Perform basic calculations directly on your wrist.
- **Alarms, Timers, Stopwatch:** Essential time management tools.
- **Find Phone:** Locate your paired smartphone.
- **Sedentary and Hydration Reminders:** Prompts to move and drink water.

## 110+ modes sportifs

Comprend 110 modes sportifs tels que le cyclisme, la course à pied, l'alpinisme, etc. Le suivi des données pendant l'exercice vous aide à atteindre vos objectifs et à observer les changements de votre corps.



Image: A collage of smartwatch screens demonstrating features like weather display, remote camera control, phone finder, water drinking reminder, breathing exercises, alarm settings, and a calculator interface.

## 5. HEALTH MONITORING

The LIGE EF18-A smartwatch is equipped with advanced sensors to help you monitor your health.

### 5.1 Heart Rate Monitoring

The watch provides 24-hour continuous heart rate monitoring. View your real-time heart rate and historical data in the FitCloudPro app.

### 5.2 Blood Oxygen (SpO2) Monitoring

Monitor your blood oxygen saturation levels to understand your physical condition. Data is recorded and available in the app.



Image: The smartwatch screen showing current blood oxygen percentage and a graph of SpO2 data over time, with a person hiking in the background.

### 5.3 Sleep Tracking

The smartwatch automatically tracks your sleep patterns, including deep sleep, light sleep, awake time, and REM sleep. Analyze your sleep quality and habits through the app.

## Écran tactile HD de 1,7" grande taille

Boîtier en métal pour une durabilité accrue

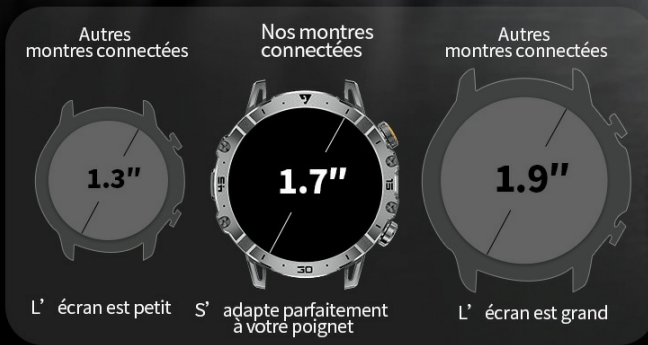


Image: A man sleeping with the smartwatch on his wrist, and the watch display showing sleep duration, bedtime, wake-up time, and different sleep stages (deep, light, awake, REM).

### 5.4 Stress Monitoring and Breathing Exercises

Monitor your stress levels and utilize guided breathing exercises to help manage stress and promote relaxation.

### 5.5 Female Health Management

The watch includes features for tracking female physiological cycles.

## Montre connectée militaire 3 protections

Cette montre connectée robuste est dotée d'un boîtier en alliage de titane, résistant à l'usure, aux chocs, à l'eau et au sable — conçue pour survivre en pleine nature.

- Résistant aux chocs
- Test de résistance à la poussière
- Test à haute température
- Test à basse température

Image: The smartwatch showing a comprehensive health overview, including heart rate, blood oxygen, steps, calories, distance, and sleep data, with a person exercising in the background.

## 6. SPORT MODES

The LIGE EF18-A supports over 114 sport modes to accurately track your workouts. It records calories burned, steps, exercise duration, heart rate, and more. This data helps you monitor progress and optimize your training plan. Supported sports include: Martial Arts, Badminton, Basketball, Canoeing, Running, Cycling, Climbing, Fitness, Football, American Football, Golf, Kayaking, Walking, Multisports, Boating, Fishing, Diving, Hiking, Skiing, Snowboarding, Motorsports, Surfing, Tennis, Yoga.

## Écran tactile Ultra HD de 1,7"

Montre avec 128 mémoires flash intégrées, tactile fluide et sans latence



Écran de 1,7"



Résolution HD



Cadrons personnalisés



Image: A person cycling outdoors with the smartwatch on their wrist, showing the watch display with exercise records including calories, distance, and duration, along with icons for various sport modes.

## 7. WATER RESISTANCE

The LIGE EF18-A smartwatch has an IP68 water resistance rating, making it suitable for daily use, including washing hands, rain, and swimming in shallow water (up to 1.5 meters). It is not recommended for hot showers, saunas, or diving.



Image: A close-up of the smartwatch on a wrist, being splashed with water, illustrating its water-resistant capability.

## 8. BATTERY AND CHARGING

The smartwatch is equipped with a 1000mAh lithium-polymer battery, offering extended usage times.

- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Typical Usage:** Up to 10-20 days.
- **Standby Time:** Up to 50 days.

The package includes both a USB and a Type-C charging cable for flexible charging options.



Image: The smartwatch with a prominent "1000mAh" graphic, emphasizing its large battery capacity and showing charging time and usage duration comparisons.

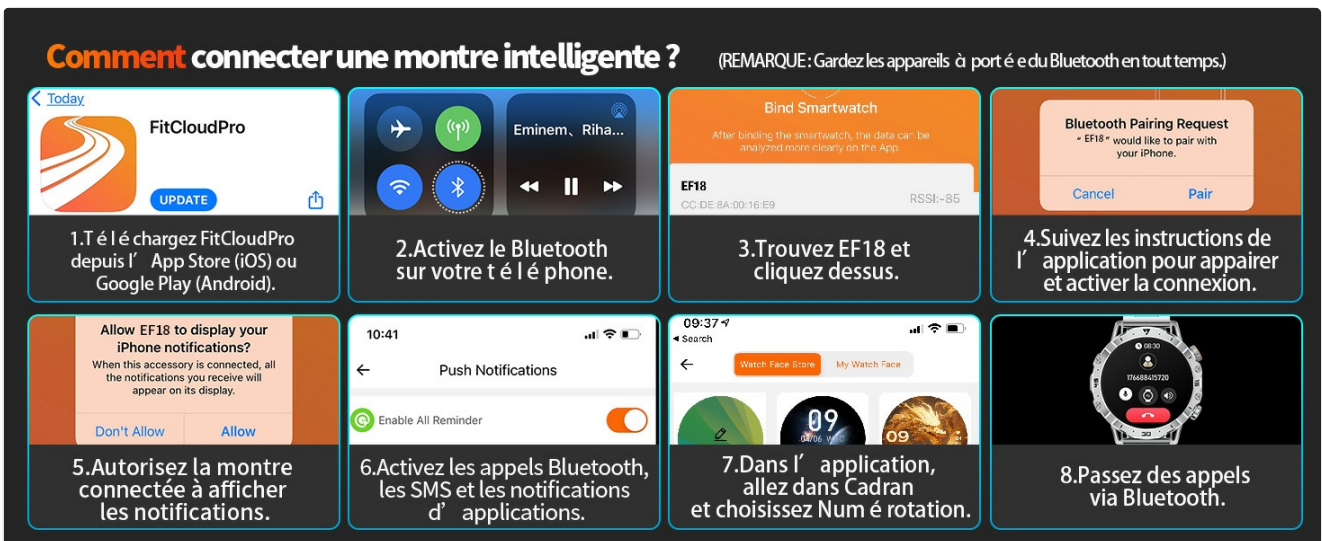


Image: The smartwatch connected to both a USB and a Type-C charging cable, illustrating the dual charging options provided.

## 9. MAINTENANCE

To ensure the longevity and optimal performance of your smartwatch, follow these maintenance guidelines:

- **Cleaning:** Wipe the watch and straps regularly with a soft, dry cloth. For silicone straps, a damp cloth with mild soap can be used, then rinse and dry thoroughly.
- **Avoid Extreme Conditions:** Do not expose the watch to extreme temperatures (below -40°C or above 70°C) or harsh chemicals.
- **Water Exposure:** While water-resistant, avoid prolonged submersion or exposure to high-pressure water. Dry the watch thoroughly after contact with water.
- **Charging:** Use only the provided charging cables. Ensure charging contacts are clean and dry before charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.

## 10. TROUBLESHOOTING

If you encounter issues with your smartwatch, refer to the following common solutions:

Problem	Solution
Watch does not turn on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone. Make sure the watch is within range of your phone. Restart both the watch and your phone. Check if the "FitCloudPro" app has necessary permissions. Forget the device in your phone's Bluetooth settings and try pairing again.
Notifications not received	Ensure the watch is paired and connected to the app. Check app notification settings in "FitCloudPro" and your phone's system settings. Disable "Do Not Disturb" mode on the watch.
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. Note that smartwatch health data is for reference and not for medical diagnosis.
Short battery life	Reduce screen brightness. Limit frequent screen wake-ups. Turn off continuous heart rate monitoring if not needed. Ensure no background apps are excessively draining power.

## 11. SPECIFICATIONS

Feature	Detail
Model Name	EF18-A
Display	1.7-inch HD Touchscreen (360x360 pixels)
Battery Capacity	1000 mAh Lithium-Polymer
Charging Time	Approx. 2.5 hours
Battery Life (Typical Use)	10-20 days
Battery Life (Standby)	Up to 50 days
Connectivity	Bluetooth
Operating System	AsteroidOS
Memory Storage	128 MB
Water Resistance	IP68 (up to 1.5 meters)
Case Material	Stainless Steel
Strap Material	Stainless Steel, Silicone (3 straps included)

Feature	Detail
Compatible Devices	Android, iOS Smartphones
Dimensions	6 x 3 x 3 cm
Weight	100 Grams

## 12. WARRANTY AND SUPPORT

The LIGE EF18-A Smartwatch comes with a **365-day warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For technical support, warranty claims, or any questions regarding your product, please contact LIGE customer service through the retailer where you purchased the device or visit the official LIGE website for contact information.

Please retain your proof of purchase for warranty service.