LIGE EF18-B-HW

LIGE Military Smart Watch EF18-B-HW Instruction Manual

Model: EF18-B-HW

1. INTRODUCTION

This manual provides detailed instructions for the LIGE Military Smart Watch EF18-B-HW. Please read this manual thoroughly before using the device to ensure proper operation and to maximize its features. This smartwatch is designed for durability and functionality, offering a wide range of features for communication, health monitoring, and sports tracking.

2. WHAT'S IN THE BOX

Your LIGE Military Smart Watch EF18-B-HW package includes the following items:

- 1 x LIGE Military Smart Watch EF18-B-HW
- 1 x Silver Stainless Steel Strap
- 1 x Gray Silicone Strap
- 1 x Orange Silicone Strap
- 1 x USB Charging Cable
- 1 x Type-C Charging Cable
- 1 x User Manual

Image: The LIGE Military Smart Watch EF18-B-HW displayed with its various straps and dual charging cables, showcasing the complete package contents.

Image: A close-up view of the smartwatch body alongside its three distinct strap options: silver stainless steel, gray silicone, and orange silicone.

Image: The two magnetic charging cables included with the smartwatch, one with a USB connector and the other with a Type-C connector.

3. SETUP

3.1 Charging the Smart Watch

Before initial use, fully charge your smartwatch. Connect one of the provided charging cables (USB or Type-C) to a power source and attach the magnetic end to the charging points on the back of the watch. A full charge takes approximately 2.5 hours.

Image: Two LIGE smartwatches being charged simultaneously using both the USB and Type-C magnetic charging cables, demonstrating charging versatility.

3.2 App Download and Pairing

To unlock the full potential of your smartwatch, download the **FitCloudPro** app on your smartphone (compatible with Android and iOS).

1. Scan the QR code in the user manual or search for "FitCloudPro" in your phone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the FitCloudPro app and follow the on-screen instructions to search for and connect to your EF18-B-HW smartwatch.
4. Confirm the pairing request on both your phone and the smartwatch.

Image: A visual step-by-step guide illustrating the process of downloading the FitCloudPro app, enabling Bluetooth, finding the device, and pairing the smartwatch with a smartphone.

3.3 Enabling Notifications

After successful pairing, grant the FitCloudPro app necessary permissions to receive notifications from your smartphone. This includes calls, SMS, and messages from social media applications like Facebook, Instagram, Gmail, WhatsApp, and Twitter.

Video: This video demonstrates the features and functionality of the LIGE EF18 smartwatch, including its 1.7-inch HD screen and various smart capabilities.

4. OPERATING THE SMARTWATCH

4.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Buttons:** The smartwatch features two physical buttons. The top button typically serves as a power/menu button, while the bottom button can be customized for quick access to specific functions or settings.
- **Raise Wrist to Wake:** The screen automatically turns on when you raise your wrist.

Image: A detailed view of the smartwatch's side, highlighting the physical buttons and their labels (Light, Power, Menu), indicating their functions for navigation and feature access.

4.2 Bluetooth Calls and Notifications

Once paired with your phone, you can manage calls directly from your wrist:

- **Make Calls:** Access the dial pad or your frequent contacts on the watch to initiate calls.
- **Receive/Reject Calls:** Answer or decline incoming calls with a tap on the watch screen.
- **Notifications:** View real-time notifications for calls, messages, and app alerts.

Image: The smartwatch screen showing an incoming Bluetooth call, the voice assistant interface, and various message notifications from social media apps.

4.3 Voice Assistant

Activate the built-in voice assistant to perform tasks such as making calls, playing music, or checking the weather with simple voice commands.

4.4 LED Flashlight

The smartwatch features a high-efficiency LED flashlight with three modes: Strong Light, Flashing, and SOS. This is useful for outdoor activities or emergencies, with a range of 6-12 meters.

Image: The smartwatch with its powerful LED flashlight activated, demonstrating its utility in various scenarios such as outdoor activities at night, power outages, and finding items.

4.5 Other Smart Features

The EF18-B-HW includes additional functionalities:

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Alarms, Timer, Stopwatch:** Set alarms, use the timer for specific durations, or track time with the stopwatch.
- **Calculator & Calendar:** Basic utility tools for daily tasks.
- **Weather Display:** Get real-time weather updates.
- **Find Phone:** Locate your misplaced phone by triggering an alert from your watch.

5. HEALTH MONITORING

The smartwatch is equipped with a low-power 3918 chip (2025 version) for accurate health tracking:

- **Heart Rate Monitoring:** Provides 24/7 accurate heart rate data.
- **Blood Oxygen Monitoring:** Measures blood oxygen levels.
- **Sleep Monitoring:** Tracks sleep quality, including deep sleep, light sleep, and awake times.
- **Stress Monitoring:** Helps monitor stress levels throughout the day.
- **Breathing Exercises:** Guided breathing exercises to promote relaxation.
- **Sedentary Reminders:** Alerts you to move after periods of inactivity.
- **Water Intake Alerts:** Reminds you to drink water regularly.
- **Women's Health:** Provides tracking features relevant to women's health.

Image: The smartwatch screen showing real-time heart rate, blood oxygen saturation, and sleep quality data, emphasizing its comprehensive health monitoring capabilities.
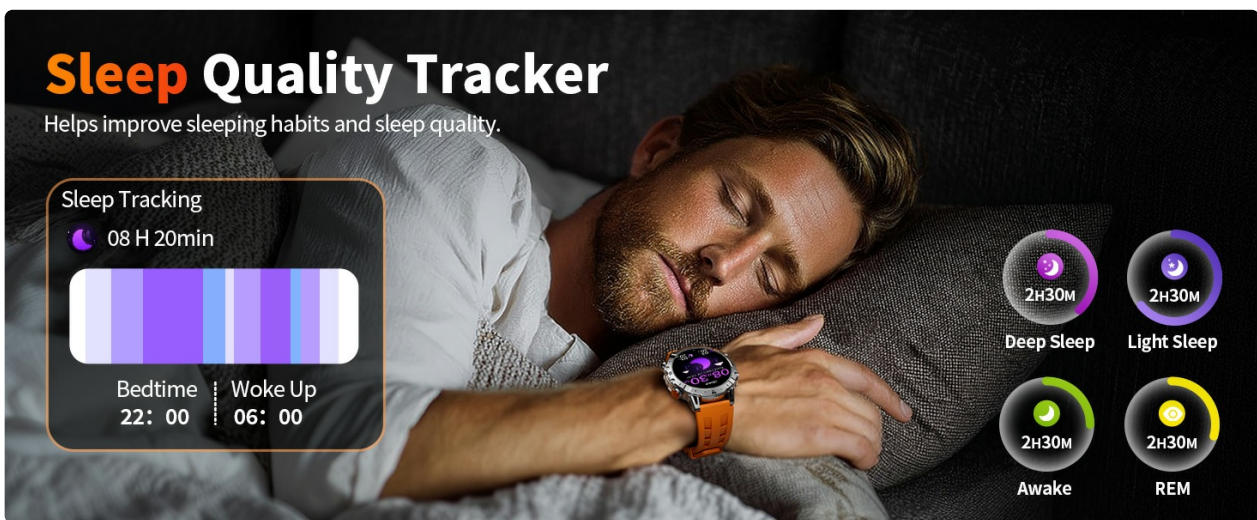

Image: The smartwatch displaying detailed sleep tracking data, including bedtime, wake-up time, and duration of deep, light, and REM sleep stages.

6. SPORTS MODES

The EF18-B-HW offers over 114 sports modes to accurately track your workouts. It records calories burned, exercise duration, steps, and heart rate, providing comprehensive fitness data.

- **Real-time Data:** Get precise data during activities like running, cycling, and other outdoor sports.
- **5ATM Waterproof:** The watch is resistant to sweat, rain, and splashes, making it suitable for various workouts and daily use.
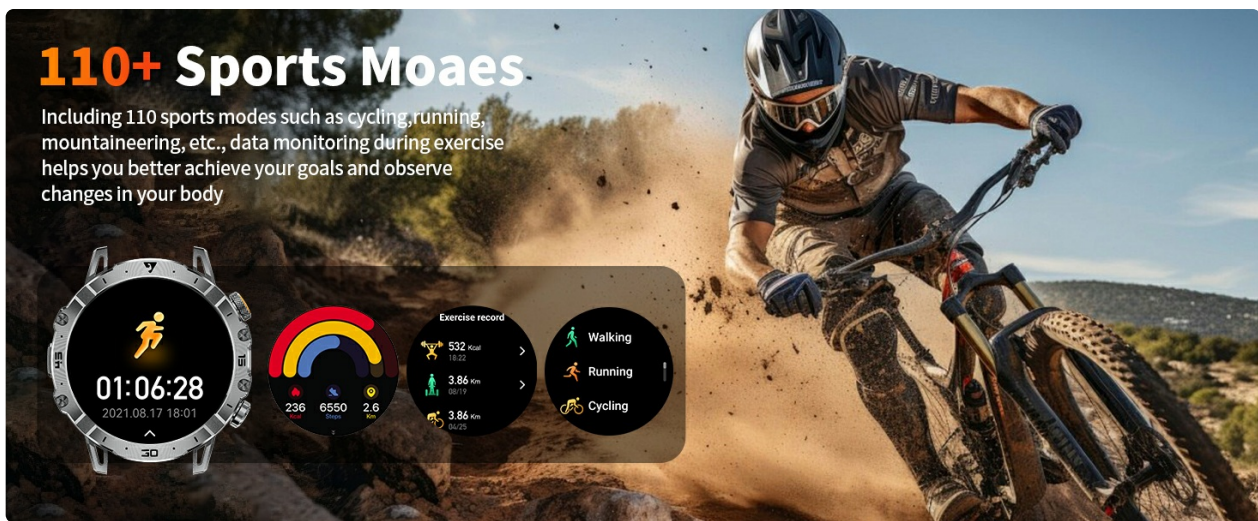
Image: The smartwatch interface showcasing a wide array of sports modes, with a cyclist in the background, illustrating its capability to track various physical activities.

7. MILITARY-GRADE QUALITY

This smartwatch is built to military standards, featuring a durable stainless steel case that is scratch-resistant, shockproof, and wear-resistant. It is designed to withstand extreme environments and daily wear.

- **Durability:** Tested for anti-impact, dust resistance, and performance in high and low temperatures.
- **Water Resistance:** 5ATM rating ensures protection against water splashes and submersion up to 50 meters.
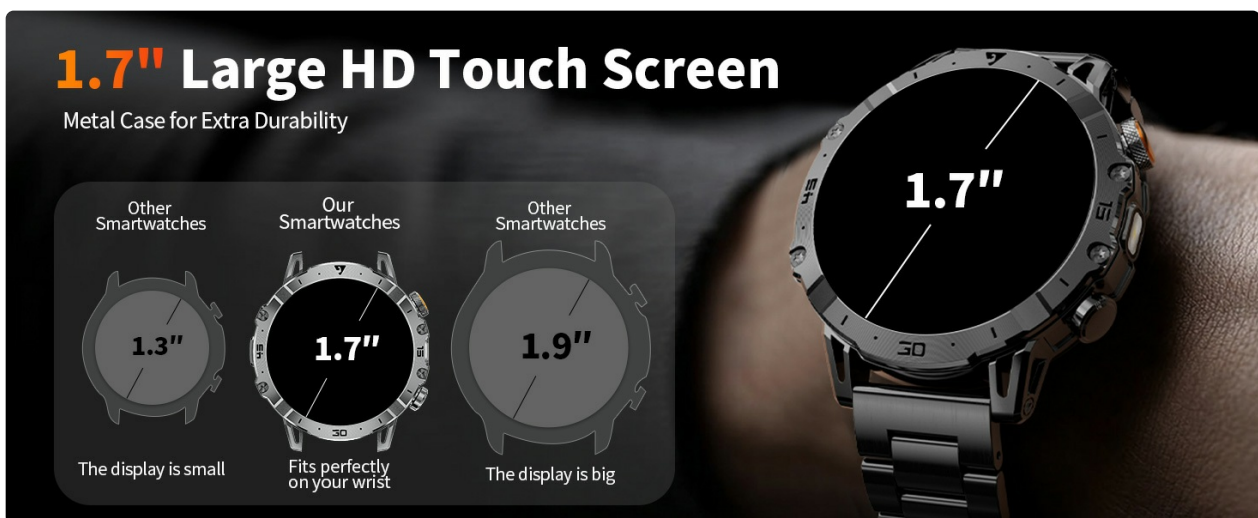

Image: The smartwatch highlighting its 3-proof military-grade features, including anti-impact, dust test, high/low temperature tests, and water resistance up to 5ATM.

8. BATTERY AND CHARGING

The EF18-B-HW is equipped with a powerful 1000mAh battery, offering extended usage times.

- **Battery Capacity:** 1000mAh Lithium Polymer.
- **Charging Time:** Approximately 2.5 hours for a full charge.
- **Usage Time:** Up to 30 days of typical use.
- **Standby Time:** Up to 50 days on standby.
- **Charging Cables:** Includes both USB and Type-C magnetic charging cables for versatile charging options.

Image: The smartwatch emphasizing its 1000mAh large battery capacity, with details on charging time, daily usage, and standby time.

9. CUSTOMIZATION

Personalize your smartwatch experience:

- **Watch Faces:** Choose from 8 built-in local dials and over 200 unique online designs. You can also upload personal photos to create custom watch faces.
- **Interchangeable Straps:** Easily switch between the included silver stainless steel, gray silicone, and orange silicone straps to match your style or activity.

Image: The smartwatch showcasing its 1.7-inch Ultra HD touch screen and a selection of personalized DIY watch faces, highlighting customization options.

10. SPECIFICATIONS

Feature	Detail
Brand	LIGE
Model	EF18-B-HW
Screen Size	1.7 Inches

Feature	Detail
Display Type	LED
Screen Resolution	360 x 360
Battery Capacity	1000 mAh
Battery Cell Composition	Lithium Polymer
Charging Time	2.5 Hours
Connectivity Technology	Bluetooth
Wireless Standard	Bluetooth
Compatible Devices	Smartphone (Android, iOS)
Waterproof Rating	5ATM
Memory Storage Capacity	128 MB
Human Interface Input	Buttons, Touchscreen
Product Dimensions	4 x 4.5 x 0.11 cm; 100 g

11. TROUBLESHOOTING

If you encounter any issues with your LIGE Military Smart Watch EF18-B-HW, please refer to the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again.
- **Notifications Not Appearing:** Check app permissions on your phone to ensure FitCloudPro has access to notifications. Verify that notifications are enabled within the FitCloudPro app settings for specific applications.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary features, or limit background app refresh. Ensure the watch is fully charged using the provided cables.
- **Inaccurate Health Data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor regularly.
- **Screen Unresponsive:** Restart the watch by pressing and holding the power button. If unresponsive, allow the battery to drain completely and then recharge.

For persistent issues, contact customer support.

12. MAINTENANCE

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

- **Cleaning:** Regularly wipe the watch screen and straps with a soft, dry cloth. For silicone straps, a damp cloth with mild soap can be used, followed by thorough drying.
- **Avoid Harsh Chemicals:** Do not use strong detergents, alcohol, or abrasive cleaners, as these can

damage the watch's finish and seals.

- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Water Exposure:** While 5ATM waterproof, avoid prolonged submersion in hot water or exposure to high-pressure water jets. Dry the watch thoroughly after exposure to water.

13. WARRANTY AND SUPPORT

The LIGE Military Smart Watch EF18-B-HW comes with **365 days of after-sales service**. If you have any questions, concerns, or require assistance with your product, please refer to the contact information provided in your purchase documentation or on the official LIGE website.