

## LIGE EF24-A

# LIGE EF24-A Smart Watch for Men Instruction Manual

Model: EF24-A

## 1. INTRODUCTION

Thank you for choosing the LIGE EF24-A Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.

## 2. SAFETY INFORMATION

To ensure safe and proper use, please observe the following guidelines:

- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures, direct sunlight, and strong magnetic fields.
- Avoid exposing the device to harsh chemicals or detergents.
- This device is not a medical instrument. Health data is for reference only and should not be used for medical diagnosis or treatment.
- Ensure the charging cable is properly connected to prevent short circuits.

## 3. PACKAGE CONTENTS

Verify that all items are present in your package:

- LIGE EF24-A Smart Watch (1)
- Charging Cable (USB) (1)

- Charging Cable (Type-C) (1)
- User Manual (1)
- Watch Band (3: Metal, Silicone, and an additional Silicone band)
- Strap Adjustment Tool (1)

Video: LIGE EF18 Smartwatch Unboxing. This video demonstrates the unboxing process and shows the various components included in the package, such as the smartwatch, charging cables, and multiple watch bands.

## 4. PRODUCT OVERVIEW

The LIGE EF24-A Smart Watch features a 1.7-inch HD display and a rugged design. It includes multiple buttons for navigation and a built-in flashlight. The watch is designed for durability and functionality in various environments.



Image: LIGE EF24-A Smart Watch highlighting its 1.7-inch HD ultra-large screen and integrated LED flashlight, shown in various outdoor scenarios.



Image: Close-up of the LIGE EF24-A Smart Watch, emphasizing its military-grade rugged construction and durability features.

## 5. SETUP

### 5.1. Charging the Device

Before first use, fully charge your smartwatch. Connect one of the provided magnetic charging cables (USB or Type-C) to the charging points on the back of the watch and to a power source. The watch features a 1000mAh battery with intelligent segmented charging.



Image: The LIGE EF24-A Smart Watch displaying its 1000mAh battery capacity and charging status.

## 5.2. Installing and Adjusting Straps

Your LIGE EF24-A Smart Watch comes with three interchangeable straps (metal and silicone). To attach a strap, align the spring bar with the lug holes on the watch body and slide it into place. To adjust the metal strap, use the included tool to remove or add links as needed for a comfortable fit.



Image: The LIGE EF24-A Smart Watch displayed with its three different strap options: black silicone, orange silicone, and a metal band.

Video: EF18 Smartwatch Strap Replacement/Adjustment Tutorial. This video demonstrates how to replace and adjust the watch straps, including using the provided tool for metal bands.

## 5.3. App Download and Pairing

Download the 'FitCloudPro' app from your smartphone's app store (compatible with Android 4.4+ and iOS 8.0+). Open the app, create an account, and follow the on-screen instructions to pair your smartwatch via Bluetooth 5.3. You can scan the QR code displayed on the watch to initiate pairing.



Video: HIRREO EF18 1.7-inch large HD screen men's smart watch. This video demonstrates the app pairing process and various features of the smartwatch.

## 6. OPERATING INSTRUCTIONS

### 6.1. Basic Navigation

The LIGE EF24-A features a full touch screen and physical buttons for intuitive navigation. Swipe left/right/up/down to access different menus and functions. Press the side buttons to return to the home screen or access specific features like the flashlight.



Image: A user interacting with the LIGE EF24-A Smart Watch's touchscreen interface, demonstrating menu navigation and app selection.

### 6.2. Making and Receiving Calls

With Bluetooth calling enabled, you can make and receive calls directly from your smartwatch. Access the 'Telephone' or 'Call Records' menu to dial numbers or view recent calls. The watch is equipped with an 8Ω speaker and a 42dB microphone for clear communication.



Image: The LIGE EF24-A Smart Watch displaying its Bluetooth call interface and AI voice assistant functionality.

### 6.3. Notifications

Receive real-time alerts from social apps (Facebook, Twitter, WhatsApp, etc.) directly on your watch. Enable desired app notifications through the 'FitCloudPro' app settings on your phone.

### 6.4. AI Voice Assistant

Interact with your smartwatch using voice commands. Access weather updates, news, and schedule reminders by speaking to the AI Voice Assistant.

### 6.5. Flashlight Function

The LIGE EF24-A features a built-in LED flashlight. Activate it instantly with a dedicated button or through the quick settings menu. Choose from Constant Light, Warning Mode, or SOS Light.

Video: HIRREO EF18 military smart watch for men with LED flashlight. This video demonstrates the LED flashlight feature of the smartwatch in various dark environments.

### 6.6. Watch Faces

The watch comes with 5 built-in watch faces, and the app offers a wide variety of additional UI designs. You can also upload a photo to create a unique personal background.



Image: The LIGE EF24-A Smart Watch showcasing a selection of its 200+ available watch faces, highlighting customization options.

### 6.7. Music Control and Remote Camera

Control music playback on your phone and use the watch as a remote shutter for your phone's camera.

## 7. HEALTH MONITORING

The LIGE EF24-A Smart Watch provides comprehensive health tracking features:

- **Heart Rate:** Monitors heart rate 24/7.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Tracking:** Automatically monitors and analyzes sleep quality (deep sleep, light sleep, awake time).
- **Blood Pressure:** Provides blood pressure data.

**NOTE: Measurements are for reference only and are not medical data. Consult a medical professional for any health concerns.**





Image: The LIGE EF24-A Smart Watch showcasing its 24-hour health monitoring capabilities, including heart rate, blood oxygen, and sleep tracking.

## 8. SPORTS MODES

---

The smartwatch offers over 100 sports modes, including walking, running, cycling, tennis, basketball, and more. It tracks key metrics such as steps taken, distance covered, calories expended, and exercise duration.



Image: The LIGE EF24-A Smart Watch highlighting its extensive range of over 100 sports modes for various physical activities.



## 9. MAINTENANCE

### 9.1. Cleaning

Wipe the watch regularly with a soft, dry cloth. For silicone straps, you can use a damp cloth with mild soap. Avoid using abrasive materials or harsh chemicals.

### 9.2. Water Resistance (IP68)

The LIGE EF24-A Smart Watch is IP68 water-resistant, protecting it from splashes, rain, and sweat. It is suitable for swimming but not recommended for hot showers, saunas, or diving.

### 9.3. Temperature Considerations

The watch is built to military-grade standards, withstanding temperatures from -40°C to 70°C. However, prolonged exposure to extreme temperatures may affect battery life and performance.

## 10. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try again.
- **Notifications not received:** Check app settings in 'FitCloudPro' to ensure notifications are enabled for desired apps.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist. Remember, data is for reference only.

## 11. SPECIFICATIONS

Feature	Specification
Model	EF24-A
Screen Size	1.7 Inches
Resolution	360 x 360
Battery Capacity	1000 mAh (Lithium Polymer)
Connectivity	Bluetooth 5.3

Operating System	Android, iOS (Android 4.4+, iOS 8.0+)
Memory Storage	128 MB
Water Resistance	IP68
Special Features	Flashlight, Phone Call, Notifications, Heart Rate Monitor, SpO2 Monitor, Sleep Monitor, Multisport Tracker, Music Player, Activity Tracker, Pedometer

## 12. WARRANTY AND SUPPORT

LIGE offers a 24-month worry-free product warranty, which includes replacement, return, or accessory replacement services. For any questions or concerns, please contact our customer service team. We are available 7/24 for online support.

© 2025 LIGE. All rights reserved.