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› [LIGE](#) /

› [LIGE FV21-F Smart Watch for Women - 1.43" AMOLED, Call Function, Health & Fitness Tracker User Manual](#)

## LIGE FVA21-F

# LIGE FV21-F Smart Watch User Manual

Comprehensive guide for your LIGE Smart Watch for Women

## 1. INTRODUCTION

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This manual provides detailed instructions for the LIGE FV21-F Smart Watch. Please read this guide thoroughly to ensure proper usage, optimal performance, and longevity of your device. This smartwatch is designed to enhance your daily life with health monitoring, fitness tracking, and smart communication features.

## 2. WHAT'S IN THE BOX

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Upon unboxing your LIGE FV21-F Smart Watch, verify that all the following items are included:

- Smartwatch (LIGE FV21-F)
- Charging Cable
- Watch Strap (Black Mesh)
- Additional Watch Strap (Apricot Silicone)
- Watch Setting Tools
- Smartwatch Manuals (this document)

# Monitoring Women's Health

Refined function, bespoke design, ensuring girls feel cherished in every moment.



## Menstruation Reminder



SU	MO	TU	WE	TH	FR	SA
31	1	2	3	4	5	6
7	8	9	10	11	12	Today
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

● Menstruation  
● Fertile period  
● Predicted menstrual period  
● Ovulation day



## Pregnancy Period Reminder



Speaker icon Equipment Notification

Image: Contents of the LIGE FV21-F Smart Watch package, showing the watch, charging cable, and two interchangeable bands.

## 3. SETUP GUIDE

### 3.1 Attaching the Watch Straps

Your LIGE FV21-F Smart Watch comes with two interchangeable straps: a black mesh band and an apricot silicone band. To attach a strap:

1. Locate the spring bar on the back of the watch strap.
2. Align one end of the spring bar with the lug hole on the watch case.
3. Push the spring bar inward and slide the strap into place between the lugs.
4. Release the spring bar, ensuring both ends are securely seated in the lug holes.
5. Gently pull the strap to confirm it is firmly attached.

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Video: Demonstrates how to attach and change the watch straps, as well as initial setup and pairing with a smartphone.

### 3.2 Charging the Smart Watch

Before first use, fully charge your smartwatch. Use the provided magnetic charging cable.

1. Connect the USB end of the charging cable to a power adapter (not included) or a computer's USB port.
2. Place the magnetic end of the charging cable onto the charging contacts on the back of the smartwatch. The magnets will align it correctly.
3. The watch screen will display a charging indicator. A full charge typically takes approximately 2-3 hours.

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### Pregnancy Period Reminder

Equipment Notification

Image: The LIGE FV21-F Smart Watch being charged using its magnetic charging cable.

### 3.3 App Download and Pairing

To unlock the full functionality of your smartwatch, download the companion app, "FitCloudPro," and pair it with your smartphone.

1. **Download the App:** Scan the QR code displayed on the watch screen (access via Settings > QR Code) or search for "FitCloudPro" in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open App and Pair:** Open the FitCloudPro app, navigate to the "Device" section, and tap "Add Device" or "Search Now". Select "FV21" from the list of discovered devices.
4. **Confirm Pairing:** A pairing request will appear on both your phone and watch. Confirm the pairing on both devices.
5. **Allow Notifications:** Grant necessary permissions for notifications (calls, messages, apps) when prompted by the app.

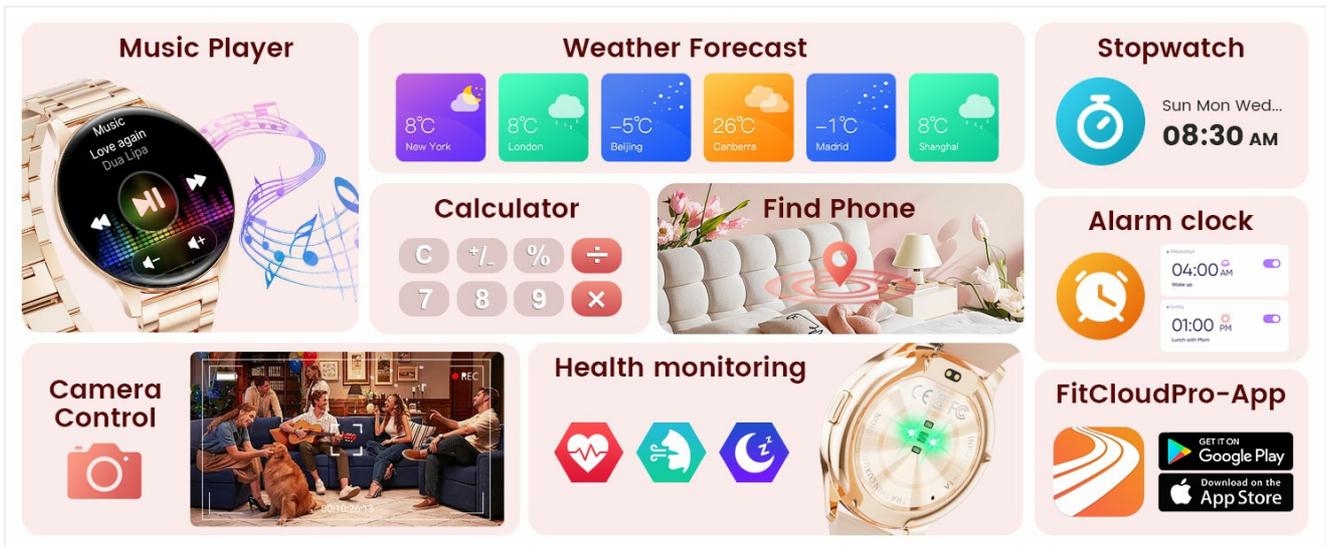


Image: The FitCloudPro app interface on a smartphone and the QR code on the smartwatch for easy app download and pairing.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate menus and screens. Tap to select.
- **Side Button:** Press to wake the screen, return to the home screen, or access the app list.
- **Wake Screen:** Raise your wrist or press the side button to activate the display.

### 4.2 Customizing Watch Faces

The LIGE FV21-F offers over 200 customizable watch faces. You can also upload your own photos.

1. On the watch, long-press the home screen to access watch face options, then swipe to select.
2. In the FitCloudPro app, go to "Watch Face Store" to browse and sync new faces.
3. To use a custom photo, select "Watch Face DIY" in the app, choose a photo, adjust its position, and sync to your watch.

# Bluetooth Call



Image: The smartwatch displaying a custom watch face, demonstrating the personalization options available through the app.

## 4.3 Communication Features

- **Answer/Make Calls:** Once paired via Bluetooth, you can answer incoming calls directly from your watch or dial numbers using the watch's dial pad.
- **Message Notifications:** Receive notifications for SMS, emails, and various social media apps (WhatsApp, Facebook, Instagram, etc.) directly on your wrist. Ensure app permissions are granted.
- **Voice Assistant:** Utilize the integrated voice assistant for quick commands and information.

# 1.43" AMOLED Screen

2 straps with different styles



# 7.9MM

Comfortable skin-  
friendly silicone



Business fashion stainless  
steel strap



Image: The smartwatch displaying an incoming call and message notifications, highlighting its communication capabilities.

## 5. HEALTH MONITORING

The LIGE FV21-F Smart Watch provides comprehensive health tracking features to help you monitor your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Women's Physiological Cycle Monitor:** Provides reminders and tracking for menstrual and pregnancy periods.

## Magnetic Suction Charging



## Sedentary Reminder



## Multifunctional



## Weather



## Camera control



## Music Control



Image: The smartwatch interface showing women's health tracking features, including menstruation and pregnancy reminders.



Image: A user sleeping while wearing the smartwatch, with an inset showing the sleep tracking data on the watch face.

## 6. FITNESS TRACKING (120+ SPORT MODES)

The LIGE FV21-F Smart Watch supports over 120 sport modes to track your activities, including walking, running, cycling, yoga, and more. It records steps, distance, calories burned, and heart rate during workouts.



# 100+ sport mode



Image: The smartwatch showing different sport modes and real-time fitness data like steps, distance, and calories.

## 7. OTHER SMART FEATURES

Beyond health and fitness, your smartwatch offers several convenient smart features:

- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Weather Display:** Get real-time weather updates.
- **Alarms & Reminders:** Set alarms, sedentary reminders, and drink water reminders.
- **Find Phone:** Locate your misplaced phone by triggering an alarm from your watch.
- **Calculator & Stopwatch:** Basic utility tools available on your wrist.

# 200+ Stylish Watch Faces

In addition to a large number of online watch faces, it supports custom photos to create your own style, giving you a fresh feeling every day



Image: The smartwatch screen showing icons for music control, weather forecast, camera remote, and other utility features.

## 8. SPECIFICATIONS

Detailed technical specifications for the LIGE FV21-F Smart Watch:

Feature	Detail
Model Name	FV21-F
Display	1.43" HD Curved AMOLED (466x466)
Operating System Compatibility	Android 4.4+ and iOS 9.0+
Connectivity	Bluetooth

Battery Capacity	1000 Milliamp Hours (Lithium Polymer)
Water Resistance	IP68 Waterproof (up to 50 meters)
Memory Storage Capacity	256 MB
Band Material Type	Stainless Steel, Silicone
Metrics Measured	Heart Rate, Sleep Duration, Blood Oxygen
Human Interface Input	Touchscreen
GPS	Via Smartphone

## 9. MAINTENANCE

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To ensure the longevity and optimal performance of your LIGE FV21-F Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and straps with a soft, dry cloth. For silicone straps, a mild soap and water solution can be used, ensuring to rinse thoroughly and dry completely.
- **Avoid Harsh Chemicals:** Do not use abrasive cleaners, solvents, or strong chemicals, as these can damage the watch's finish and internal components.
- **Charging:** Use only the provided magnetic charging cable. Avoid exposing the charging contacts to moisture or corrosive substances.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Exposure:** While IP68 waterproof, avoid prolonged submersion in hot water, steam, or high-pressure water jets. Dry the watch thoroughly after exposure to water.

Your browser does not support the video tag.

Video: The smartwatch being rinsed under tap water, showcasing its IP68 water resistance. Ensure to dry the watch after such exposure.

## 10. TROUBLESHOOTING

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If you encounter issues with your LIGE FV21-F Smart Watch, refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot Pair with Phone:**
  - Ensure Bluetooth is enabled on your phone and the watch is within range.
  - Restart both your phone and the watch.
  - Clear the Bluetooth cache on your phone and try pairing again.
  - Ensure the FitCloudPro app has all necessary permissions.
- **Notifications Not Received:**
  - Check app permissions for notifications in your phone settings and within the FitCloudPro app.
  - Ensure the watch is properly connected via Bluetooth.
  - Disable and re-enable notifications in the FitCloudPro app.
- **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 health data is for reference and not for medical diagnosis.

- **Short Battery Life:**

- Reduce screen brightness and screen-on time.
- Disable continuous heart rate monitoring if not needed.
- Limit the number of apps sending notifications to the watch.

If the issue persists, please contact customer support.

## 11. WARRANTY AND SUPPORT

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The LIGE FV21-F Smart Watch comes with a **2-year warranty** from the date of purchase, covering manufacturing defects. This warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

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

We are committed to ensuring your satisfaction and providing a delightful experience with your LIGE Smart Watch.