



Quick Setup Guide

LG Lifeband Touch



The actual device may differ from the image.

**Model : FB84-BS / FB84-BM / FB84-BL / FB84-BX / FB84-SS / FB84-SM /
FB84-SL / FB84-SX / FB84-RS / FB84-RM / FB84-RL / FB84-RX**

For more details, please refer to the Owner's manual at
LG Fitness App or www.lg.com



MFL68240514

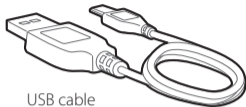
This device is not intended to diagnose, treat or prevent any disease or medical condition. Always seek the advice of a qualified professional before making any changes to your exercise, sleep or nutrition.



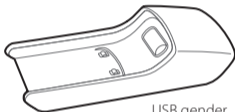
Package Contents



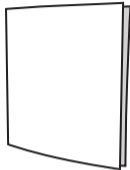
LG Lifeband Touch



USB cable



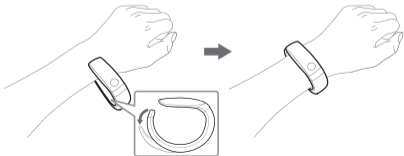
USB gender



Quick setup guide/
Warranty card



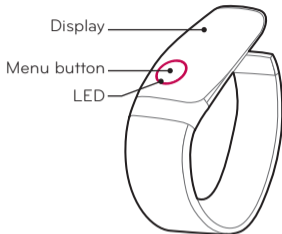
Wearing the LG Lifeband Touch



- ❖ Stretch the tip of the band and slide it on to your wrist. Face the open end towards the outside for a more comfortable fit.



Product Overview

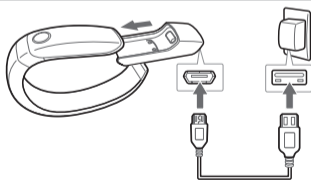


Power On

- ❖ When Powering on the LG Lifeband Touch for the first time, press and hold the Menu button for 2 seconds.
- **Menu button :**
Holding down or pressing the Menu button will allow you to access different menu functions.
- **Display :**
Shows detailed information. Swipe left or right and touch to select an item.
- **LED :**
Shows information such as Goal achievement rate.



Charging Battery



AC Adapter is not supplied.

- ❖ Insert the Micro USB connector to the charging dock, then connect the USB connector to a USB AC adapter.
- ❖ Fully charge the device before using for the first time.
- ❖ It takes 3 hours to fully charge battery.
- ❖ To charge this product, you must always use a AC 5V, 100mA or more. Certified /Listed Adapter which complies with LPS.



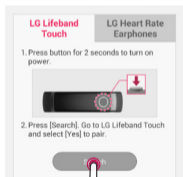
Installing LG Fitness Smartphone App and Connecting Bluetooth

❖ **You can view your workout data recorded by the this device using the app.**

To use this function, sign up for the app and register your device.

You can view time and music control mode on LG Lifeband Touch after syncing with the app.

1. Search for "LG Fitness" in Play Store (Android phone) or App Store (iPhone) and then, install the app.
2. Turn on the LG Lifeband Touch. (Press and hold Menu button for 2 seconds.)
3. Run the "LG Fitness" app. And select [Sign Up] to register device.
4. Touch [Search] in the [Register Device] screen.



When using Bluetooth® technology, you have to make a connection between the LG Lifeband Touch and the smartphone as close as possible and keep the distance.

Note : Bluetooth function is available if your smartphone supports Bluetooth 4.0 LE or later.

5. [Pairing? → YES | NO] appears on the screen. Touch [YES].

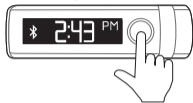


To connect to the smartphone, touch [YES] within 10 seconds. In case that the connection has failed, repeat step 4 and step 5.

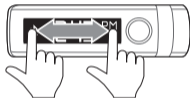


Display

1. Each time you press the Menu button, 3 types of modes are displayed in the following order.



2. To display more information in each mode, swipe left or right.



Time mode

Time ↔ Date ↔ Battery life

Activity mode

Total consumed calories / Goal consumed calories / Goal achievement rate

↔ Total distance ↔ Number of steps ↔ Workout

- ❖ To display your Goal consumed calories or Goal achievement rate, touch the screen in the Total consumed calories repeatedly.

Music Control mode

Play or Pause ↔ Forward or Backward ↔ Volume Up or Down

- ❖ Music control function is available when you sync LG Lifeband Touch with the app and have music stored on your smartphone.

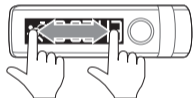


Using Workout

1. Press Menu button to select Activity mode.
2. Swipe the screen in the Activity mode to select [START].
3. Touch [START] to start Workout.

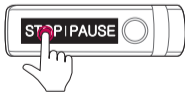


4. To check various workout information, swipe left or right.







Time ↔ Calories ↔ Distance ↔ Number of steps ↔ Speed ↔ Pace ↔ Heart Rate

5. Touch the screen in Workout mode. [STOP] and [PAUSE] button will appear. To complete Workout mode, touch [STOP]. To pause Workout mode, touch [PAUSE].





Menu Button Functions

Button Functions	Initial Bluetooth Connection	Select Orientation (Left or Right)	Power off	Restart automatically
Press and hold for	About 2 seconds, 1st vibration	About 4 seconds, 2nd vibration	More than 6 seconds, 3rd vibration	More than 10 seconds
Display	 BLUETOOTH	 L/R WRIST	 POWER	 2:43 PM



LED Indications

Performance	LED indicator
Ready to pair	Violet / Blinks.
Paired	Violet / Fade in and out.
Battery	LED indicator
Low (less than 10%)	Red / Blinks.
Charging	Red / Turned on dimly.
Charged	LED off / When pressing MENU button, Green LED indicator turned on.

Notice

- ❖ The LG Lifeband Touch is splash resistant not waterproof. It should not be used underwater or under running water.
- ❖ Activity records are reset every night at 12:00 AM local time. Data that has not been updated can be saved on the device for up to 1 month. The data will be updated when you sync the device to LG Fitness App on your Smartphone.

Auto display On/Off

- ❖ This device features gesture recognition technology. The display will turn on when motioning your arm up to check the time. The display will turn off when motioning your arm back down.

Note : You can set [Screen auto-off time] on the LG Fitness app. [More ➔ LG Lifeband Touch Settings]

Reconnecting Bluetooth

- ❖ To reconnect to the smartphone, turn Bluetooth setting [OFF] and [ON] again by pressing and holding for 2 seconds the Menu button when the app is running.



- ❖ Pairing is kept even if the Bluetooth connection on your smartphone is turned off and on again.

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. ***Wash hands after handling.***

FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference

to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- **Reorient or relocate the receiving antenna.**
- **Increase the separation between the equipment and receiver.**
- **Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.**
- **Consult the dealer or an experienced radio/TV technician for help.**

CAUTION: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC WARNING : This equipment may generate or use radio frequency energy. changes or modifications to this equipment may cause harmful interference unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

FCC RF Radiation Exposure Statement : This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

CAUTION: Regulations of the FCC and FAA prohibit airborne operation of radio-frequency wireless devices because their signals could interfere with critical aircraft instruments.

Responsible Party :

LG Electronics USA, Inc.1000 Sylvan Avenue
Englewood Cliffs, NJ 07632

TEL. : +1-800-243-0000





LG Customer Information Center

1-800-243-0000 USA, Consumer
1-888-865-3026 USA, Commercial

Register your product Online!

www.lg.com

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