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## Quick Setup Guide

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# LG Lifeband Touch



The actual device may differ from the image.

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

For more details, please refer to the Owner's manual at  
LG Fitness App or [www.lg.com](http://www.lg.com)



MFL68240515

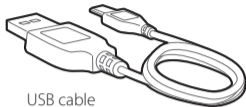
This device is not intended to diagnose, treat or prevent any disease or medical condition. Always seek the advice of a qualified professional before making any changes to your exercise, sleep or nutrition.



## Package Contents



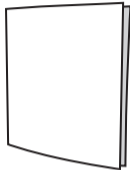
LG Lifeband Touch



USB cable



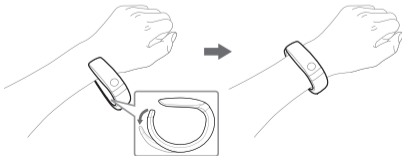
USB charging dock



Quick setup guide/  
Warranty card



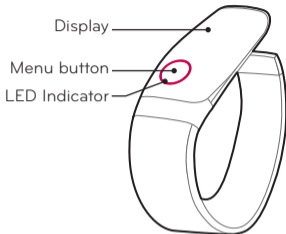
## Wearing the LG Lifeband Touch



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



## Product Overview

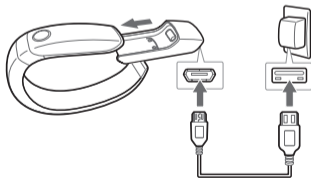


### Power On

- ❖ 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 Indicator :**  
Shows information such as Goal achievement rate.



## Charging Battery



AC Adapter is not supplied.

- ❖ Insert the Micro USB connector into the charging dock, then connect the USB connector to a USB port / AC adapter.
- ❖ Fully charge the device before using for the first time.
- ❖ It takes 3 hours to fully charge the battery.
- ❖ To charge this product, you must always use a USB port/adaptor rated at 100mA or higher.

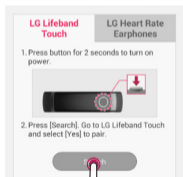


## Installing LG Fitness Smartphone App and Connecting Bluetooth

❖ **You can view your workout data recorded by the 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 the 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 the 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 and stay in range.

**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 your smartphone, touch [YES] within 10 seconds. In case the connection has fails, repeat step 4 and step 5.

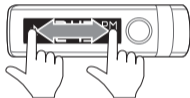


## Display

1. Each time you press the Menu button, 3 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 when Total consumed calories is displayed.

### Music Control mode

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

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

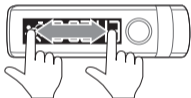


## Using Workout

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 Mode.

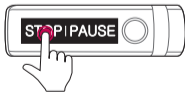


4. To check various workout information, swipe left or right.







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	 <b>BLUETOOTH</b>	 <b>L/R WRIST</b>	 <b>POWER</b>	 <b>2:43 PM</b>



## 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, LED indicator turns Green.

## 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 the 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 the Bluetooth setting [OFF] and [ON] again by pressing and holding the Menu button for 2 seconds when the app is running.



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





## Appendix

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- ❖ The appliance is not intended for use by young children or infirm persons without supervision.
- ❖ Young Children should be supervised to ensure that they do not play with the appliance.
- ❖ If the appliance is supplied from a cord extension set or an electrical portable outlet device, the cord extension set on the electrical portable outlet device must be positioned so that it is not subject to splashing or ingress of moisture.





