LG
Life's Good

Quick Setup Guide

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

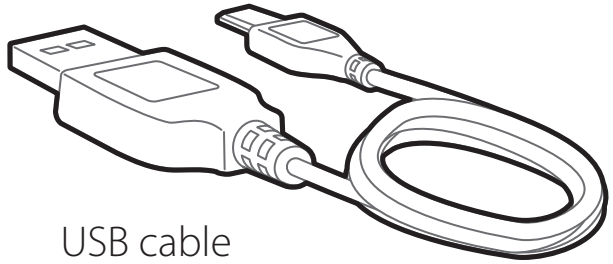
MFL68240516

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.

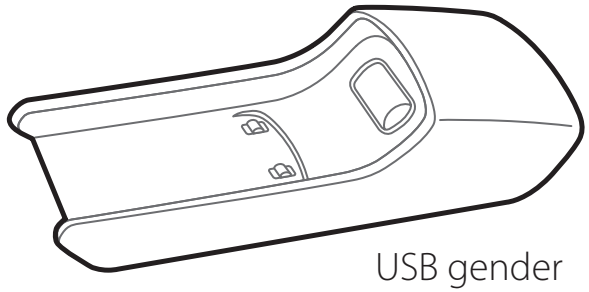
Package Contents



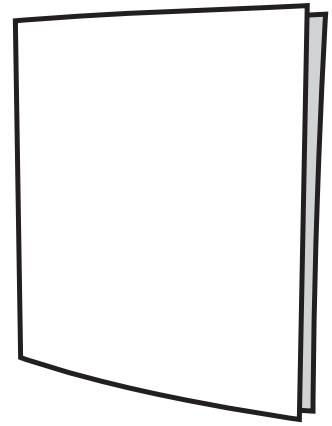
LG Lifeband Touch



USB cable

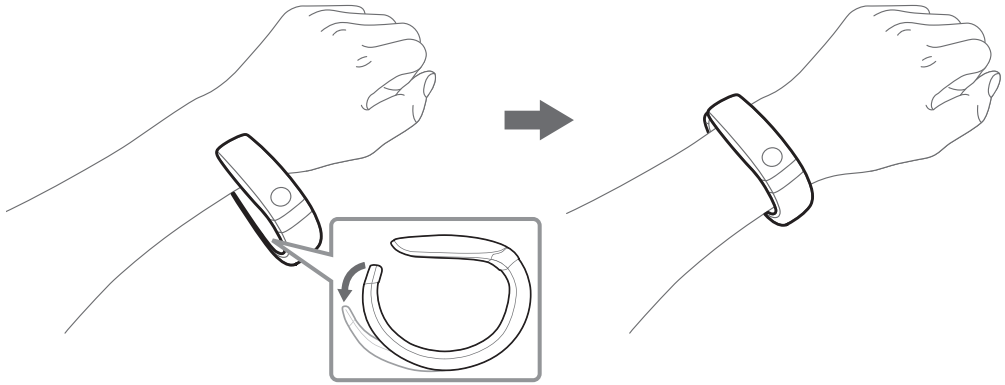


USB gender



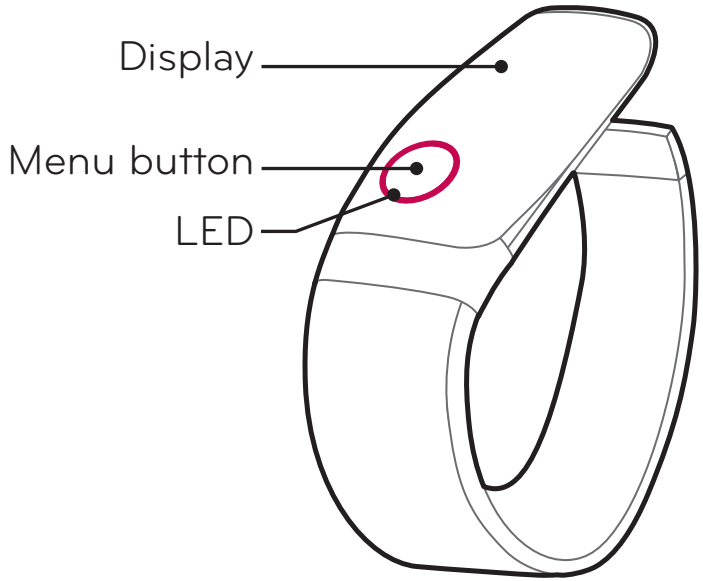
Quick setup guide/
Warranty card

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

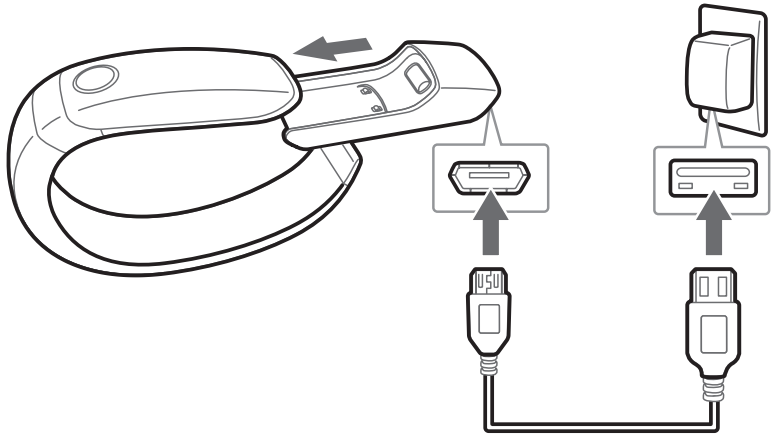


Power On

❖ 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.

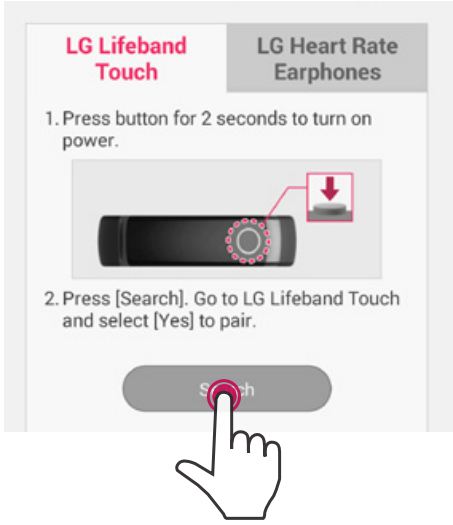
❖ It takes 3 hours to fully charge battery.

❖ 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.

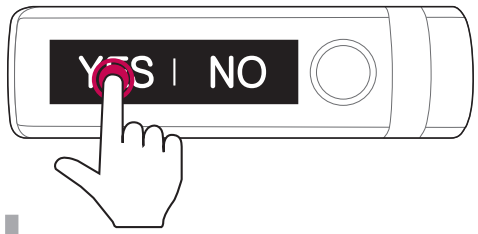
1. Search for "LG Fitness" in Play Store (Android phone) or App Store (iPhone) and then, install the app.
2. Turn on the LG Lifeband Touch. (Press and hold Menu button for 2 seconds.)
3. Run the "LG Fitness" app. And select [Sign Up] to register device .
4. Touch [Search] in the [Register Device] screen.



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.

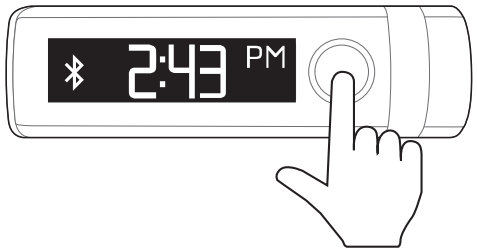
5. [Pairing? ➡ YES | NO] appears on the screen. Touch [YES].



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

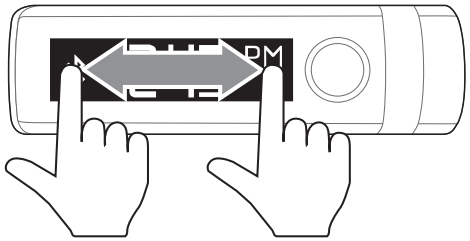
Display

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



Time mode → Activity mode → Music Control mode

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.

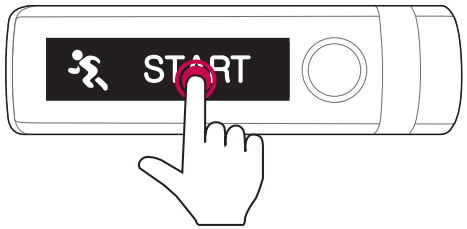
Music Control mode

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

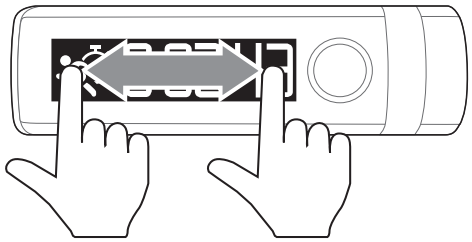
❖ Music control function is available when you sync LG Lifeband Touch with the app and have music stored on your smartphone.

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.

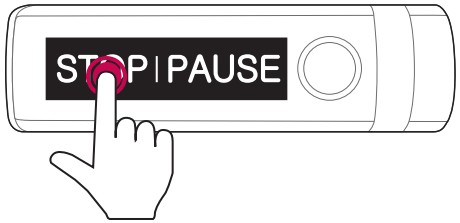


4. To check various workout information, swipe left or right.



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				

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.

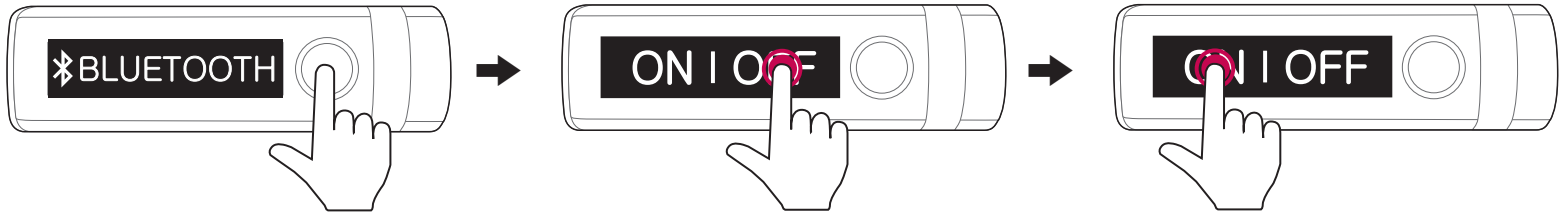
Auto display On/Off

- 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.

Appendix

For Wireless product European Union Notice

CE 0197

LG Electronics hereby declares that this/these product(s) is/are in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC, 2004/108/EC, 2006/95/EC, 2009/125/EC and 2011/65/EU.

Please contact to the following address for obtaining a copy of the DoC (Declaration of Conformity).

Contact office for compliance of this product :
LG Electronics Inc.
EU Representative, Krijgsman 1,
1186 DM Amstelveen, The Netherlands

- **Please note that this is NOT a Customer Service contact point. For Customer Service Information, see Warranty Card or contact the dealer that you purchased this product.**

Disposal of your old appliance



1. When this crossed-out wheeled bin symbol is attached to a product it means the product is covered by the European Directive 2002/96/EC.
2. All electrical and electronic products should be disposed of separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.
3. The correct disposal of your old appliance will help prevent potential negative consequences for the environment and human health.
4. For more detailed information about disposal of your old appliance, please contact your city office, waste disposal service or the shop where you purchased the product.

Disposal of waste batteries/accumulators



1. When this crossed-out wheeled bin symbol is attached to batteries/ accumulators of Your product it means they are covered by European Directive 2006/66/EC.
2. This symbol may be combined with chemical symbols for mercury(Hg), cadmium(Cd) or lead(Pb) if the battery Contains more that 0.0005% of mercury, 0.002% of cadmium or 0.004% of lead.
3. All batteries/accumulators should be disposed separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.
4. The correct disposal of Your old batteries/ accumulators will help to prevent potential negative consequences for the environment, animal and human health.
5. For more detailed information about disposal of Your old batteries/ accumulators, please contact Your city office, waste disposal service or the shop where You purchased the product.

Wiring: This unit is supplied with a BS 1363 approved main plug. When replacing the fuse, always use of the same rating approved to BS 1362. Never use this plug with the fuse cover omitted. To obtain a replacement fuse cover contact your dealer. If the type of plug supplied is not suitable for the mains sockets in your home, then the plug should be removed and a suitable type fitted. Please refer to the wiring instructions below:

Warning: A mains plug removed from the mains lead of this unit must be destroyed. A mains plug with bared wires is hazardous if inserted in a mains socket. Do not connect either wire to the earth pin, marked with the letter E or with the earth symbol 6 or coloured green or green and yellow. If any other plug is fitted, use same rating of fuse in the plug.

Important: The wires in this mains lead are coloured in accordance with the following codes:

- BLUE: NEUTRAL, BROWN: LIVE: As the colours of the wires in the mains lead of this unit may not correspond with the coloured marking identifying the terminals in your plug, proceed as follows: The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

Please see the separate enclosed warranty card for details on the manufacturer warranty for this product.

For further product details and customer assistance please visit our web site

www.lg.com/uk

or call the LG customer Information Centre on:

UK: 0844-847-5454 IE: 0818-27-6955

MODEL NO.*	SERIAL NO.*	DATE OF PURCHASE.*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