



OWNER'S MANUAL

LG Lifeband Touch

To understand information offered by LG Heart Rate Earphones correctly, read the owner's manual carefully.

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

www.lg.com

Safety Information



CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.



This lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.

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.

WARNING: TO PREVENT FIRE OR ELECTRIC SHOCK HAZARD, DO NOT EXPOSE THIS PRODUCT TO RAIN OR MOISTURE.

CAUTION: The apparatus shall not be exposed to water (dripping or splashing) and no objects filled with liquids, such as vases, shall be placed on the apparatus.

WARNING: Do not install this equipment in a confined space such as a book case or similar unit.

CAUTION: Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.

Slots and openings in the cabinet are provided for ventilation and to ensure reliable operation of the product and to protect it from over heating. The openings shall never be blocked by placing the product on a bed, sofa, rug or other similar surface. This product shall not be placed in a built-in installation such as a bookcase or rack unless proper ventilation is provided or the manufacturer's instruction has been adhered to.

CAUTION concerning the Power Cord

Most appliances recommend they be placed upon a dedicated circuit;

That is, a single outlet circuit which powers only that appliance and has no additional outlets or branch circuits. Check the specification page of this owner's manual to be certain. Do not overload wall outlets. Overloaded wall outlets, loose or damaged wall outlets, extension cords, frayed power cords, or damaged or cracked wire insulation are dangerous. Any of these conditions could result in electric shock or fire. Periodically examine the cord of your appliance, and if its appearance indicates damage or deterioration, unplug it, discontinue use of the appliance, and have the cord replaced with an exact replacement part by an authorized service center. Protect the power cord from physical or mechanical abuse, such as being twisted, kinked, pinched, closed in a door, or walked upon. Pay particular attention to plugs, wall outlets, and the point where the cord exits the appliance. To disconnect power from the mains, pull out the mains cord plug. When installing the product, ensure that the plug is easily accessible.

This device is equipped with a portable battery or accumulator.

Safety way to remove the battery or the battery from the equipment: Remove the old battery or battery pack, follow the steps in reverse order than the assembly. To prevent contamination of the environment and bring on possible threat to human and animal health, the old battery or the battery put it in the appropriate container at designated collection points. Do not dispose of batteries or battery together with other waste. It is recommended that you use local, free reimbursement systems batteries and accumulators. The battery shall not be exposed to excessive heat such as sunshine, fire or the like.

NOTICE: For safety making information including product identification and supply ratings, please refer to the main label on the rear of the apparatus.



Caution

CAUTION when using this product in environments of low humidity

- It may cause static electricity in environments of low humidity.
- It is recommended to use this product after touching any metal object which conducts electricity.

IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with dry cloth.
7. Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.
8. Do not install near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
9. Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the apparatus.
11. Only use attachments/accessories specified by the manufacturer.
12. Use only with the cart, stand, tripod, bracket, or table specified by the manufacturer, or sold with the apparatus. When a cart is used, use caution when moving the cart/apparatus combination to avoid injury from tip-over.
13. Unplug this apparatus during lightning storms or when unused for long periods of time.
14. Refer all servicing to qualified service personnel. Servicing is required when the apparatus has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, does not operate normally, or has been dropped.

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

IC Compliance Statement

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada exempts de licence standard RSS (s). L'opération est soumise aux deux conditions suivantes:

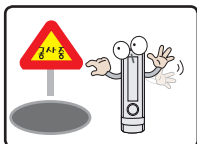
- (1) cet appareil ne peut causer d'interférences, et
- (2) cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement de l'appareil.

CE Compliance Statement

Hereby, LG Electronics Inc. declares that this HL84-BM is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.



Warning



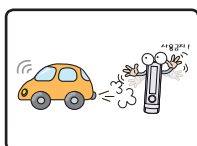
Be sure whether there is any obstacle when using the device.

- There is a danger of accident.



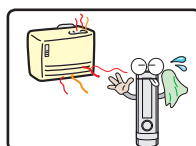
Do not place the device near the children.

- Children may hurt by stepping accessories



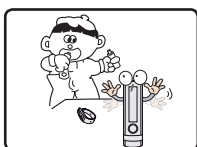
Do not check your device while driving.

- Check the device in safe place for your safety.



Do not place the device and accessories near/in heating appliance.

- It may cause deformation.



Do not let children put the device in his/her mouth.

- Children may swallow a small part of the device in curiosity because the parts are small. When the child swallows the part, see a doctor immediately after giving first-aid.
- There is a danger of electric shock or damage of the product.

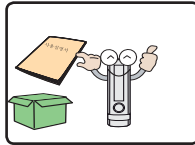


Disconnect the AC adapter and the cable in case of a lightning or thunder.

- Otherwise, an electric shock may occur.



Caution



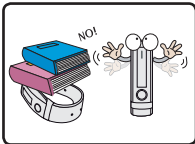
Read the web manual and quick guide offered in the box before using the device.

- Otherwise, there is a possibility of malfunction or failure of the product.



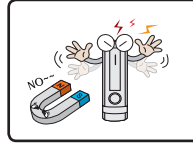
Do not soak the product in the water.

- There is a danger of electric shock or failure.



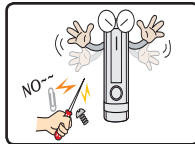
Do not place an object on the product.

- It may cause failure.



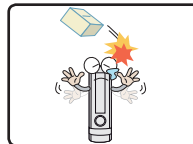
Do not place the device near a magnet or within the magnetic field.

- It may cause failure.



Do not disassemble, repair, or remodel the product.

- There is a danger of damage or failure.



Do not drop an object or give shock on the product.

- LCD may be broken.
- There is a danger of damage or failure.

- Dry off the water before wearing the wristband. it can cause skin trouble or itchy.
- Do not perform Bluetooth operation near the medical appliance, because it may cause electromagnetic interference.

1

Before using

Maintenance

Cleaning the device

- Clean the device with soft and dried cloth.
- Wash the device by hand using a facial soap, neutral detergent, or wet tissue to clean the wristband.
- Do not use the strong chemicals included alcohol such as the benzene, thinner, FLUX, oil.

Handling the device

- Manage the device as carefully as possible not to expose to the water because this device is not designed to be used underwater or come into continuous contact with water.
- In case that flooding label is discolored, free repair may not be offered when visiting our service center because of product failure.

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LG Lifeband Touch is your friend

- LG Lifeband Touch helps you to check daily activity goal achievement rate and consumed calories in real time for effective management by offering your hourly activity pattern, range and goal achievement progress.
- LG Lifeband Touch shows not only the activity record in specific time(time, calories, step, speed, pace) but also detailed information such as the activity course, speed, pace graph using the app.
- LG Lifeband Touch informs you of not only receipt of calls and messages but also time, date and remaining battery in real time, and allows to play music.
- LG Lifeband Touch can be connected to your smartphone via Bluetooth(Bluetooth 4.0).



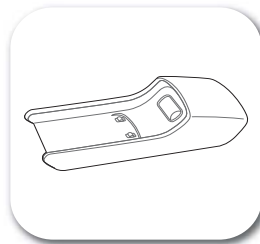
How LG Lifeband Touch works

- LG Lifeband Touch can detect human's minute movement using 3-axis accelerometer sensor, and calculate user's consumed calories base on the user's body information such as height, age, weight and gender by analyzing user's everyday activity such as steps, distance, time and intensity.
- LG Lifeband Touch motivates you to work out by sending the cheering message when you stay moveless for a long.

Contents in the package



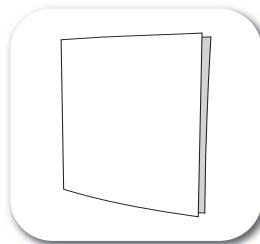
LG Lifeband Touch



USB gender

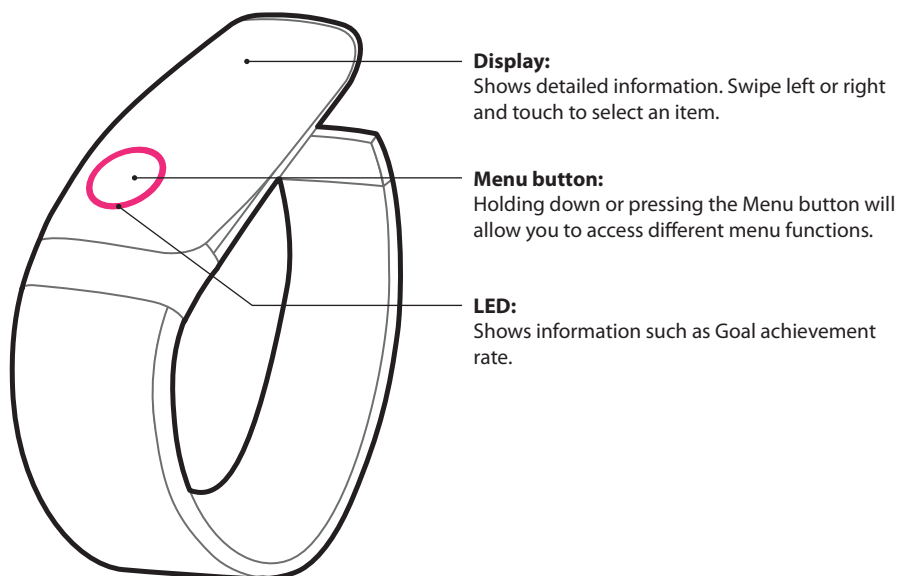


USB cable



Quick setup guide/
Warranty card

Product Overview



! Note

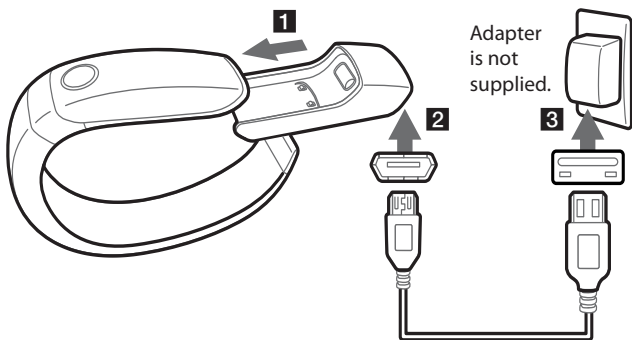
When powering on the LG Lifeband Touch for the first time, press and hold the Menu button for 2 seconds.

Charging battery

Using the USB gender

You can charge LG Lifeband Touch using the USB gender.

1. Connect the USB gender to LG Lifeband Touch.
2. Connect the USB cable to the USB gender.
3. Connect the adapter to the USB cable.



4. Battery of the device will be charged with the display to show you.



Note

- Fully charge the device before using for the first time.
- To use LG Lifeband Touch for the first time or after leaving for long, charge the battery first before use.
- The battery can be charged even if LG Lifeband Touch is connected to PC using the USB cable.
- To charge this product, you must always use a DC 5V, 100mA or more. Certified /Listed Adapter which complies with LPS.

Checking battery status

1. Press Menu button to select Time mode.
2. Swipe the screen in Time mode to check remaining battery.

Battery Status	Battery indicator	LED indicator	Battery Status	Battery indicator	LED indicator
Less than 10 %		Red / Blinks.	Less than 60 %		-
Less than 20 %		-	Less than 80 %		-
Less than 40 %		-	more than 81 %		-

Checking charging battery status

Check Battery icons on the displays as below during charging.

Battery Status	Battery indicator	LED indicator
more than 33 %	 →  → 	 Red / Turned on during LED display time
more than 66 %	 →  → 	
more than 99 %	 →  → 	
Charged		 Green / Turned on during LED display time



Note

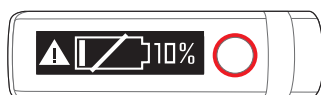
- When the battery is low, LED indicator blinks. Charging the battery is needed.
- When the battery is empty, the screen is turned off automatically.
- To use LG Lifeband Touch for the first time or after leaving for long, charge the battery first before use.
- If you use USB HUB, the battery may not be charged.
- Operating temperature of LG Lifeband Touch is -15 °C ~ 45 °C. The battery capacity may decrease if you use in too high or low temperature.
- You can set [Screen auto-off time] on the LG Fitness app. [More ➡ LG Lifeband Touch Settings]

Battery charging time and average battery usage time

Battery charging time	3 hours to fully charge battery
Average battery usage time (when fully charged)	If the smartphone is not connected : up to 5 days
	If the smartphone is connected : up to 2 days

Low Battery Warning

LED blinks red when remaining battery is less than 10%.



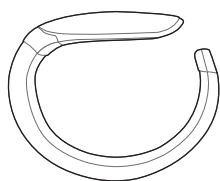
LG Lifeband Touch is turned off with [TURNING OFF] message when the battery is empty.



Choose your size

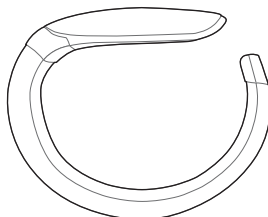
LG Lifeband Touch's size is different depending on the model. Please check before purchasing. You can choose the size of LG Lifeband Touch to fit your wrist.

BM



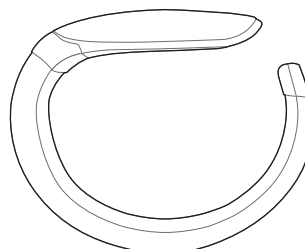
Circumference
166 mm

BL



Circumference
181 mm

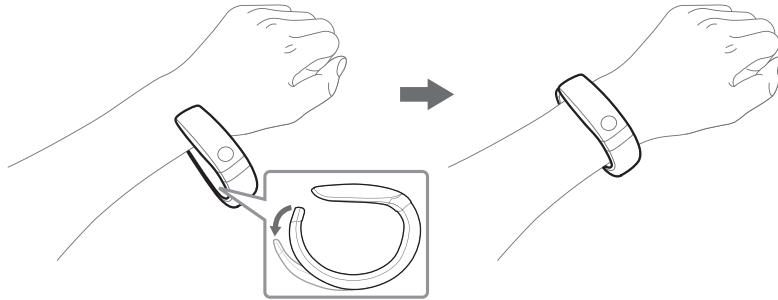
BX



Circumference
196 mm

Wearing the LG Lifeband Touch

Stretch the band to fit your wrist.

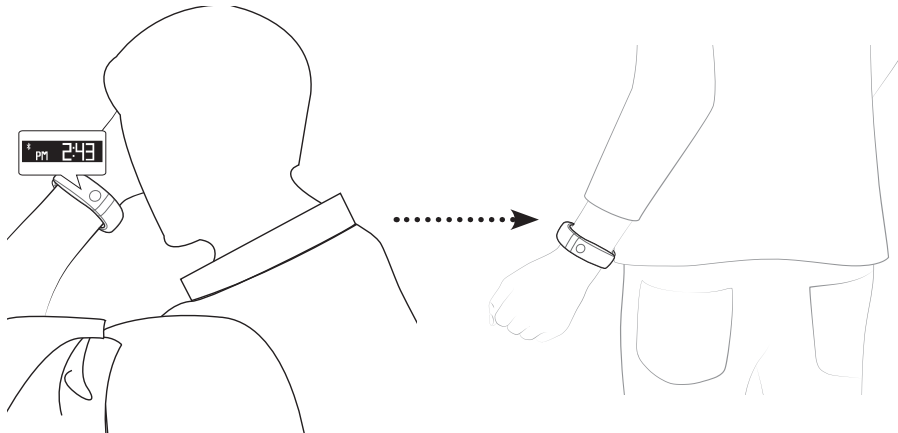


! Note

Do not bend or unfurl excessively. The product may be damaged.

Using Gesture function

Make a gesture as if to look at the watch after wearing LG Lifeband Touch. The screen is turned on automatically. The screen is turned off when you bring your arm down.



! Note

You can set [Automatic screen on/off] in [More→LG Lifeband Touch Settings] on LG Fitness app. Refer to the description about Enable Gestures function on LG Lifeband Touch settings. (Refer to page 40.)

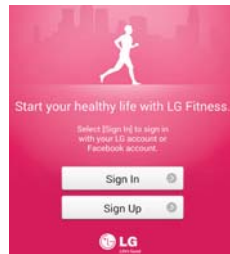
Device registration and sign up

Step 1 Installing the LG Fitness app

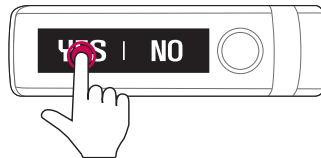
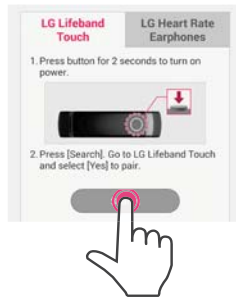
1. Search for "LG Fitness" in Play Store (Android phone) or App Store (iPhone).
2. Install "LGFitness" app.

Step 2 Device registration

1. Run the "LG Fitness" app.
2. Touch [Sign Up] in the screen.
Select [Sign In] if you have already signed up or want to log in with your facebook ID.



3. Set Bluetooth setting to "Enable" or "On" before searching for the device.
4. Be sure that LG Lifeband Touch is turned on and select [Search] of [LG Lifeband Touch] tab on the LG Fitness app.
5. [Pairing? ➔ YES | NO] appears on the screen. Touch [YES].



6. Once the device registration is completed normally, [Paired] appears on the screen.

! Note

- The way of Bluetooth setting may differ depending on the smartphone manufacturer.
- To connect with the smartphone, touch [YES] within 10 seconds. In case that the connection is failed, repeat step 4 and step 5.

Step 3 Sign Up

* Enter each of the items and select [Next] to go to next page.

1. Enter the e mail ID and password to use.
2. Read the access terms and the privacy policy information, and select "agree".
3. Enter your gender, birthday, height and weight.
4. Set your Daily goal.

Sign up

E-mail ID Check ID

kaaiser324@naver.com

Password / Confirm Password

•••••

•••••

The email address you entered will be used for your LG account.
This single account will allow you to access a wide range of services provided by LG without having to sign up separately for each service.

< Previous Next >

Set Goal

Slide the lever switch below left or right to set your daily activity goal.

Daily Goal

189

Calories

Less More

Goal achievable if you walk 30 mins daily
Try for 7 days and you can lose 0.12 kg fat

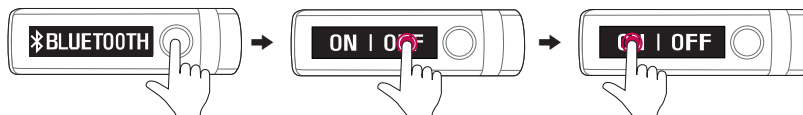
< Previous Next >

! Note

Daily goal can be changed on [Home] or [More] whenever you want.

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.

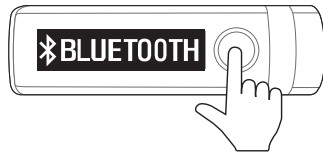


- Pairing is kept even if the Bluetooth connection on your smartphone is turned off and on again.

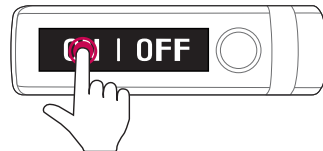
Check the function of the button

Bluetooth connection setting

1. Press and hold Menu button for 2 seconds after turning on the LG Lifeband Touch.
2. [BLUETOOTH] appears with first vibration.



3. Touch [ON] or [OFF] on the screen.



- To use LG Lifeband Touch connecting your smartphone, select [ON]. Bluetooth icon appears on the time screen when the device is connected with the smartphone.



- To use LG Lifeband Touch without connection to your smartphone, select [OFF]. (Use for battery saving)



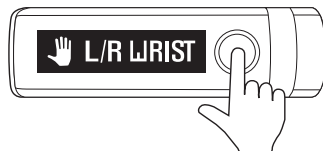
Note

When you purchase LG Lifeband Touch, it's Bluetooth setting is [ON] and connection to your smartphone is available.

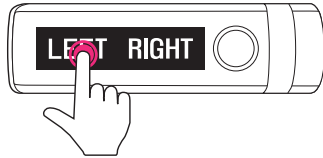
Select the hand to wear

Select which hand to wear. It offers optimized measurement algorithm and on-screen display.

1. Press and hold the menu button for 4 seconds after turning on the LG Lifeband Touch.
2. [L/R WRIST] mode appears with the second vibration.

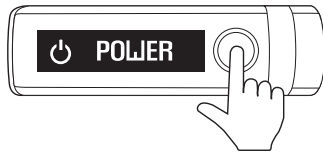


3. Touch [LEFT] or [RIGHT] on the screen.

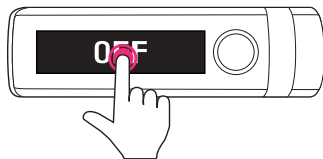


Turning off the power

1. Press and hold Menu button for 6 seconds after turning on the LG Lifeband Touch.
2. [POWER] mode appears with third vibration.



3. Touch [OFF] on the screen to turn off the power.



! Note

Turn off the power and press and hold the menu button for 2 seconds. LG Lifeband Touch is turned on again.

Auto Restarting

In case that the device is frozen because of an error while using, Press and hold the menu button for about 10 seconds.



! Note

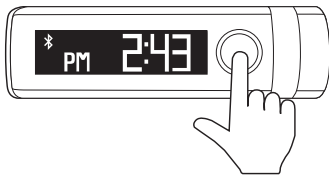
The clock screen and saved data remains even if the synchronized device is restarted automatically.

OLED touch display information

Changing the mode

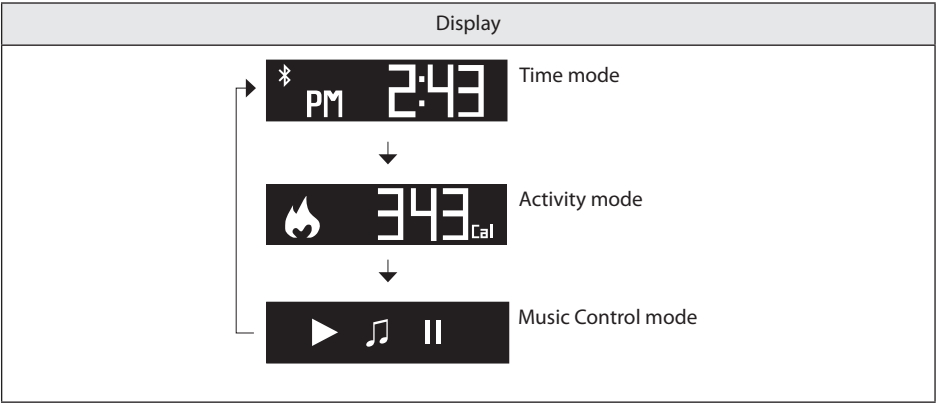
Press the menu button when the screen turned off and the screen is turned on.

Press the menu button again when the screen turned on. 3 types of mode appears in rotation.



4

Operating the LG Lifeband Touch



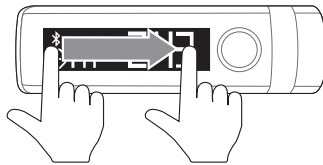
! Note

- LG Lifeband Touch should be connected to your smartphone at least once to display Time and date.
- LG Lifeband Touch should be connected to your smartphone via Bluetooth to control the Music.

Mode Overview

Time mode

To change the display items in a mode, swipe the display screen to left or right.



When dragging in the opposite direction, it shows in reverse order.

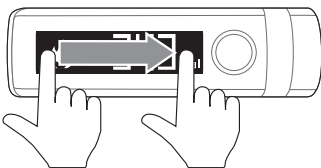
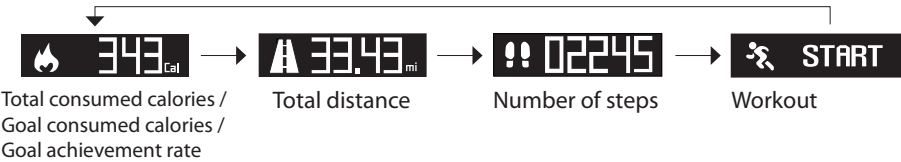
- **Time:** It shows time. The alarm icon appears if you set the alarm on LG Fitness app. The Bluetooth icon appears if LG Lifeband Touch is connected to your smartphone via Bluetooth.
- **Date:** It shows day and date of today.
- **Battery life:** It shows remaining battery. For more detail, refer to Checking battery status. (Refer to page 12.)

! Note

- LG Lifeband Touch should be connected to your smartphone at least once to display time and date.
- You can change the time display format setting displayed on LG Lifeband Touch On LG Fitness app. [Run the App ➔ More ➔ LG Lifeband Touch settings] (Refer to page 40.)

Activity mode

To move to Total consumed calories / Goal consumed calories / Goal achievement rate, Total distance, Number of steps or [START] of Workout, swipe the screen. Touch [START] to start Workout.



When dragging in the opposite direction, it shows in reverse order.

- **Total consumed calories / Goal consumed calories / Goal achievement rate :**
To check Goal consumed calories or Goal achievement rate, touch the screen repeatedly on Total consumed calories screen.



- **Total distance:** Shows today's total distance so far.
- **Number of steps:** Shows today's total step so far.
- **Workout:** To start workout (Interval measurement), touch [Start].

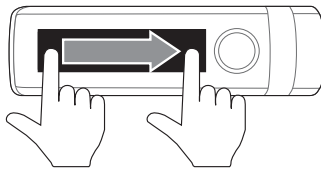
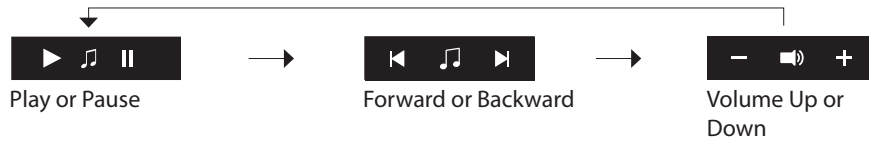
Note

- You can change your Daily Goal in LG Fitness app. [Run the app ➡ Home ➡ Change Goal]. (Refer to page 35.)
- LG Lifeband Touch's LED color is changed depending on the goal achievement rate. Refer to LED Indications. (Refer to page 33)

Music control mode

You can control the volume of the music in your smartphone connected via Bluetooth on the LG Fitness app.

To change the display items in a mode, swipe the display screen to left or right.



When dragging in the opposite direction, it shows in reverse order.

- **Play or Pause:** Press to play or pause.
- **Forward or Backward:** Press to play previous or next music.
- **Volume Up or Down:** Controls the volume of the music being played.

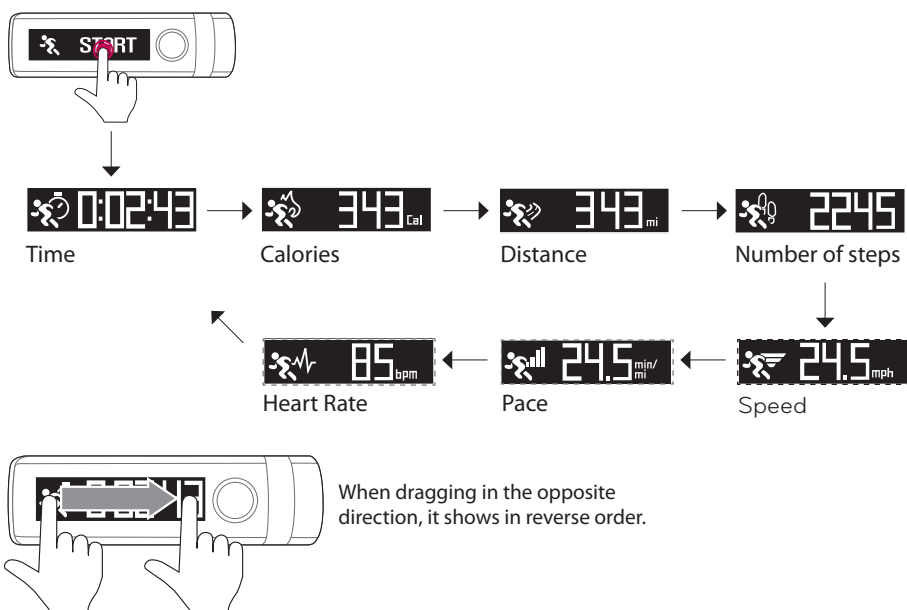
! Note

- To control the music, your smartphone should be connected via Bluetooth.
- To control the music with LG Lifeband Touch, check [Music control user settings] on LG Fitness app.(Refer to page 40.)
- On the LG Fitness app, you can select and play the music you want to listen when you workout. [Run the App ➔ Home ➔ Music selection], [Run the App ➔ Workout ➔ Listening music] (Refer to page 34 and 38.)

Using Workout

You can check various workout information in Workout mode.

1. Press Menu button to select Activity mode.
2. Swipe the screen on the Activity mode to select [START].
3. Touch [START] to start Workout.
To check the various workout information, swipe the display screen to left or right.



4

Operating the LG Lifeband Touch

- **Time:** Shows total workout time.
- **Calories:** Shows total consumed calories when workout.
- **Distance:** Shows total workout distance.
- **Number of steps:** Shows total workout steps when workout.
- **Speed:** Shows instantaneous speed when workout.
- **Pace:** Shows current pace when workout.
- **Heart Rate:** Shows current heart rate when workout.

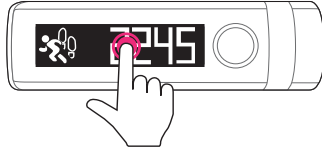
! Note

- The workout is stopped automatically 10 hours after starting.
- The display setting such as speed, pace and heart rate is available on LG Fitness app. [Run the App ➔ More ➔ LG Lifeband Touch settings] (Refer to page 40.)
- The heart rate measuring device should be connected via Bluetooth to measure the heart rate.

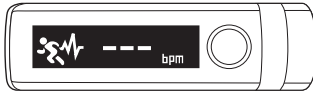
Short cut to the workout heart rate screen

You can jump to the workout heart rate screen from workout information screen.

1. Long tap the screen In the Workout menu.



2. White LED blinking means that your heart rate is being measured.



3. When measurement is completed, the current heart rate is displayed on the screen, and the heart rate zone is displayed on LED.



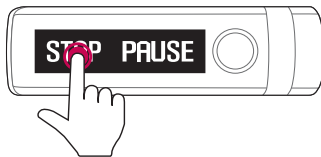
Note

- On LG Fitness app, You can decide whether the heart rate should be displayed or not. [More → LG Lifeband Touch settings] (Refer to page 40.)
- Short cut to the workout heart rate screen is available in only Workout mode.
- The heart rate measuring device should be connected via Bluetooth to measure the heart rate.

Exit from the Workout mode

Exits from the Workout mode and returns to the Activity mode.

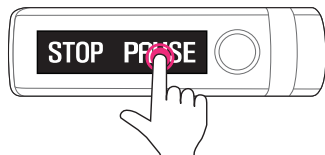
1. [STOP PAUSE] appears when you touch or cover the screen with your hand in workout mode.
2. To complete Workout mode, touch [STOP].



Pause and resume Workout

You can pause and resume the workout mode.

1. [STOP PAUSE] appears when you touch or cover the screen with your hand in workout mode.
2. To pause Workout mode, touch [PAUSE].



3. To resume to Workout mode after pausing Workout mode, touch [RESUME].



4

Operating the LG Lifeband Touch

Note

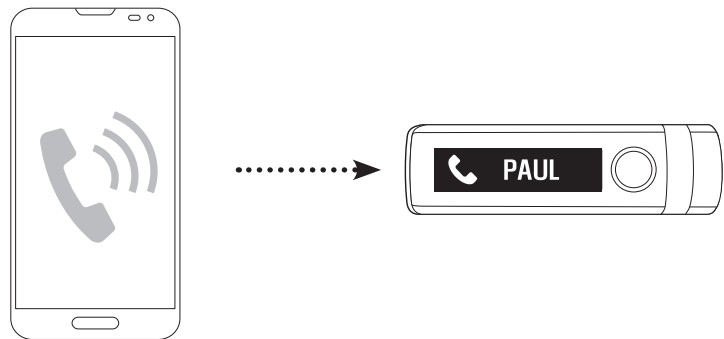
- [STOP PAUSE] disappears if you don't select the button within 3 seconds.
- The measurement continues even while [STOP PAUSE] is being displayed.

Alert

LG Lifeband Touch informs you of not only the message and call reception but also the alarm, goal achievement Bluetooth disconnection and lack of the battery.
LG Lifeband Touch should be connected to your smartphone via Bluetooth to check Alert function.

Checking an incoming call

You can check an incoming call through the LG Lifeband Touch



Sender	Screen (Android phone)	Screen (iPhone)
Registered Caller		
Unregistered Caller		
Unknown Caller		

Note

- The screen can scroll up to 20 letters, numbers, symbols. In case of Korean, up to 10 letters can be displayed.
- In case of iPhone, the caller's number and information are not displayed.

 Receiving a call

Receive a call by pressing a [Call] button on your smartphone.

This device is not supported handsfree function via LG Lifeband Touch.

 Converting to mute mode(Android only)

LG Lifeband Touch automatically converts to mute mode when touching or covering screen.

 Checking a missed call(Android only)

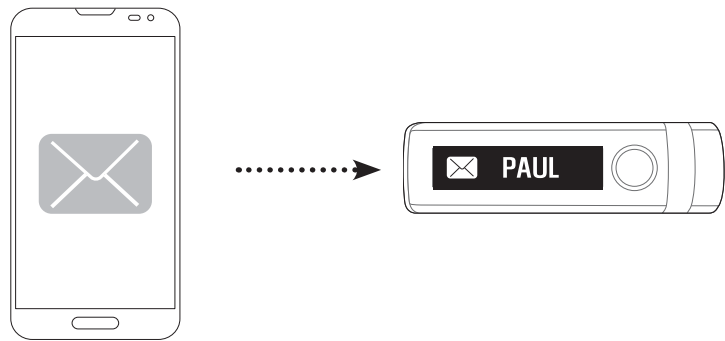
The missed calls are displayed as [MISSED] on LG Lifeband Touch. You can check the information of each call. The displayed number of the missed call decreases whenever you check the missed call information.

 **Note**

- If the number of the missed call you have not checked yet is more than 10, these are displayed as [MISSED 9+].
- The missed calls are displayed as [MISSED] on LG Lifeband Touch
- Touch the screen to see the latest missed call information, and touch the screen again to next missed call information.
- Press the menu button to delete all missed call information.

Checking the received message (Android only)

You can check the received message using LG Lifeband Touch. To delete displayed notification, touch the screen.



Sender	Screen
Registered Sender	PAUL
Unregistered Sender	010-3322-
Unknown Sender	UNKNOWN

! Note

- The message you have not yet checked by LG Lifeband Touch are displayed on the screen as [NEW].
- Touch the screen. The latest message's sender or phone number and reception time is displayed. To check the next message's information, touch the screen again.
- To delete the new messages information, press the menu button.

Checking new messages

The message you have not yet checked by LG Lifeband Touch are displayed on the screen as [NEW]. You can check the caller's number and information. The number behind [NEW] decreases after checking.

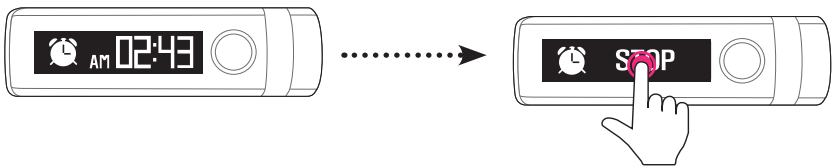


! Note

[NEW 9+] is displayed when you have more than 10 new messages.

Checking Alarm

You can set the alarm from LG Lifeband Touch on the app.
Go to [More ➔ Vibration alarm] on LG Fitness app.
If you touch or cover the screen with your hand when the alarm is ringing, [STOP] appears.
Touch [STOP]. The alarm is off.
If you do not turn off the alarm, the snooze function works.



Note

- The alarm you set on LG Lifeband Touch works with the vibration at the time you set.
- For more detail about setting the alarm, refer to [More ➔ Vibration alarm] (Refer to page 41.)

Notification message information

The notifications about the activity status, goal achievement, Bluetooth disconnection and lack of the battery are displayed.

Conditions	Notification	Vibration
No activity for long	MOVE MOVE!	briefly Two times vibration
	STRETCH NOW!	
The goal achieved	25% GOAL ACHIEVED	
Bluetooth Disconnected	! BT	One time long vibration (Cautionary notice)
Need to sync.	! NEED SYNC	
Lack of the battery	! 10%	

Updating LG Lifeband Touch firmware

LG Lifeband Touch update is available if the firmware is improved or new functions are added.

When the latest version of firmware is listed on the server, the app informs you that the update of LG Lifeband Touch is available.

1. [Lifeband Touch Updates] window appears if there is an available update when running the application.
2. Select [Now Update] to update LG Lifeband Touch.



3. The update file is downloaded from the update server and transferred to LG Lifeband Touch from your smartphone.



4. The update of LG Lifeband Touch is performed.



32 Operating the LG Lifeband Touch

5. Once the update is completed, [FINISHED] appears on display screen of LG Lifeband Touch.



6. Check [Update complete] and touch [Close] to close LG Lifeband Touch update window.

! Note

- Downgrade of LG Lifeband Touch into previous version is unavailable.
- Do not turn off Bluetooth when update of LG Lifeband Touch is being performed.
- Network should be available for Update of LG Lifeband Touch

LED Indications

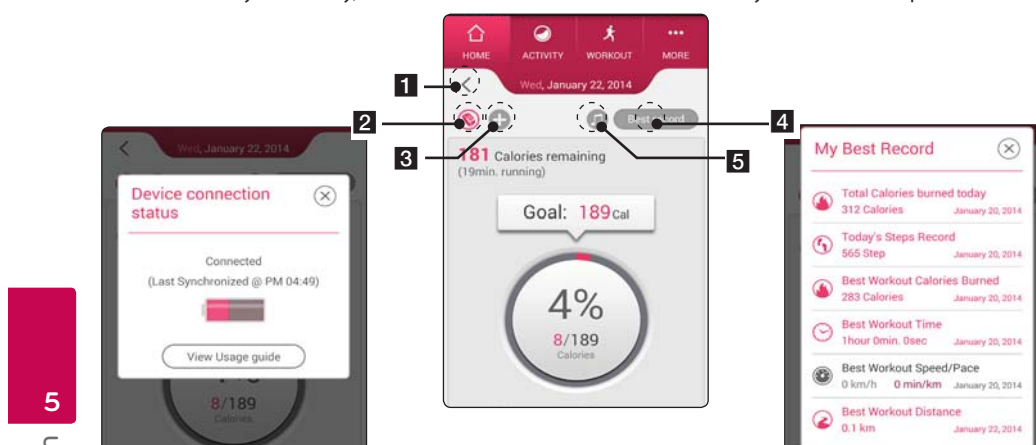
Performance	LED indicator
Ready to pair	 Violet / Blinks.
Paired	 Violet / Fade in and out
Battery	LED indicator
Low (less than 10%)	 Red / Blinks.
Charging	 Red / The LED displays the current status when you pressing the menu button.
Charged	 Green / The LED displays the current status when you pressing the menu button.
Target Achievement Rate	LED indicator
1 ~ 50 %	 Red / Fade in
51 ~ 80 %	 Yellow / Fade in
81 ~ 99 %	 Green / Fade in
100 %	 Green / Blinks.
Heart rate measurement	LED indicator
Heart rate is being measured	 White / Blinks.
Warm Up	 Gray / Turned on for 2 seconds.
Endurance	 Blue / Turned on for 2 seconds.
Aerobic	 Green / Turned on for 2 seconds.
Anaerobic	 Yellow / Turned on for 2 seconds.
High intensity	 Red / Turned on for 2 seconds.

How to use LG Fitness app

- You can check your activity and workout record measured by LG Lifeband Touch.
- It helps you to manage your activity systematically by offering the hourly activity pattern, activity distribution and goal achievement progress.
- It motivates you to workout by informing you whenever you break your personal record.

Home menu

You can check your activity, workout record and total record measured by all of LG Fitness products.



5

Using the LG Lifeband Touch App

- 1 < > Searching for date: Shows previous activity records.
- 2 Device connection status: Shows current device connection status and connected device's battery status.
- 3 : Allows to register and use another connectable device.
- 4 최고 기록 : Shows my best record listed in the history of my activity and Workout.
- 5 Music selection: Selects music to play.

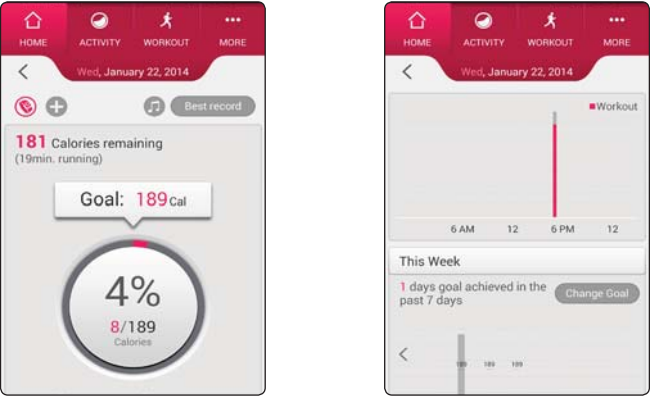
Note

- You can control the music playback in the smartphone connected with LG Lifeband Touch. Refer to the description about music playback control mode. (Refer to page 23.)
- You can check your activity and workout record and other various progress. Sync your data at least once a week.
- Upload: Drag and drop the date you want to upload downward.

• **Checking the today's activity record**

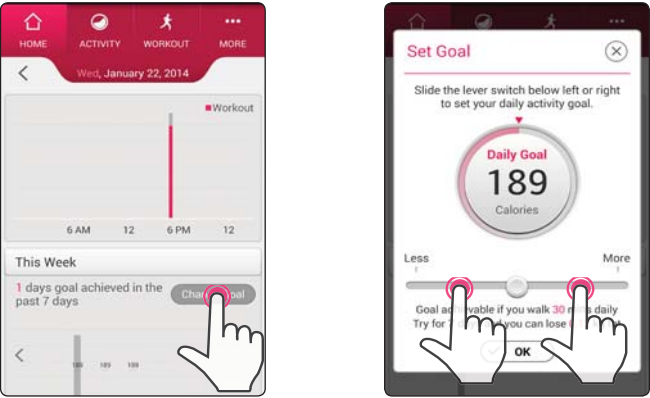
You can check today's total activity record, hourly activity pattern and weekly goal achievement progress.

To check more detailed activity and workout information, go to [Activity].



• **Changing daily goal**

You can easily change your daily goal. Adjust your goal considering your physical condition. To adjust the goal, select displayed goal on today's total activity record screen or [Change goal] on the weekly goal achievement graph. Or it is also available on [More → User Profile → Daily Goal].



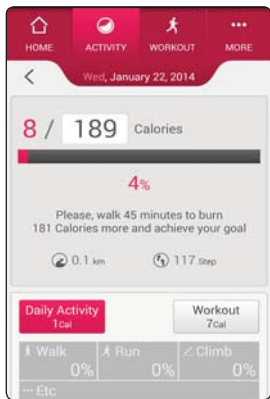
! **Note**

You can check daily goal on LG Lifeband Touch's screen. Check the description about activity display mode. (Refer to page 22.)

Activity

Check the amount of activity measured by LG Lifeband Touch.

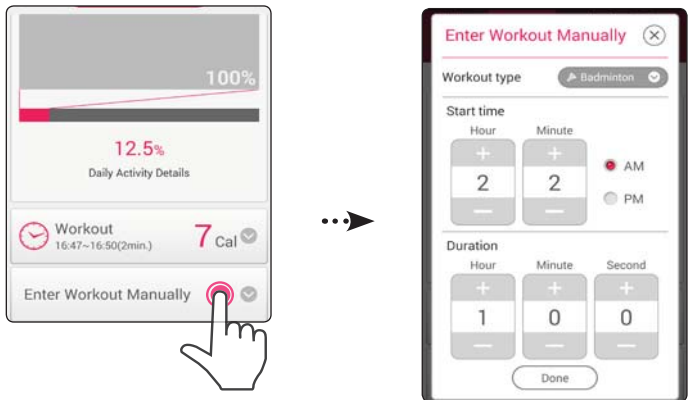
- **Activity analysis:** To show this menu, device registration is needed.
In this menu, you can check the all of the activity and workout record measured by LG Lifeband Touch. And also you can see the daily average consumed calories progress.



5

Using the LG Lifeband Touch App

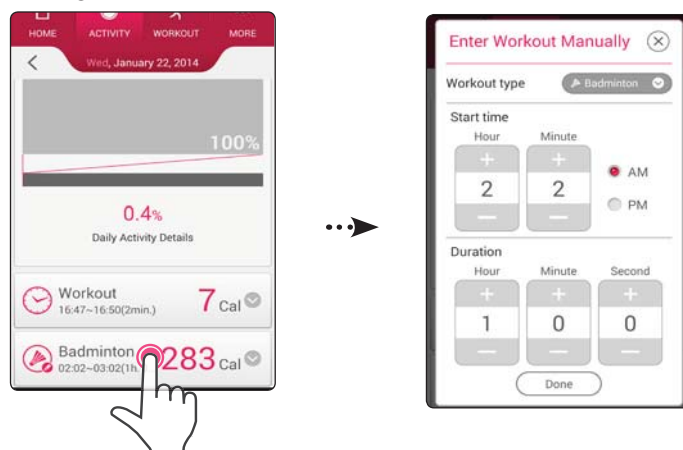
- **Enter Workout Manually:** If you want to write your workout such as swimming or golf, use [Enter Workout Manually]. Using LG fitness app, you can manage the workout not to be measured. If you enter the workout, corresponding consumed calories are reflected.



! Note

The total consumed calories or goal achievement rate in LG Lifeband Touch may be differ from those of the app because the figures you entered on the app is not reflected in LG Lifeband Touch.

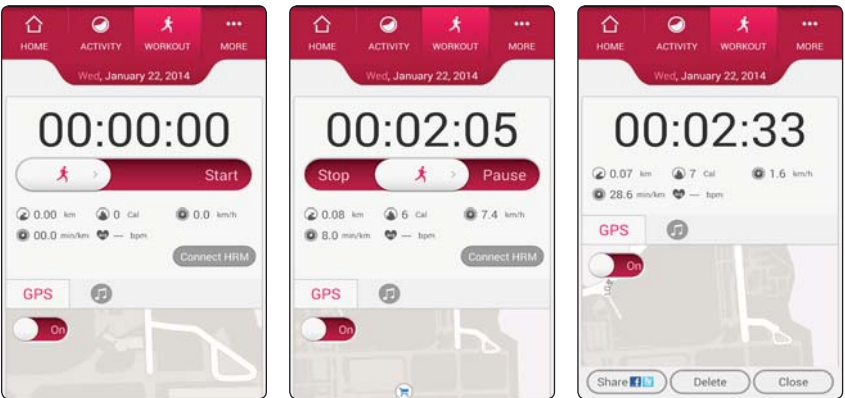
- **Modification of the workout record entered manually:** Touch the item you entered manually to change the start time or workout time.



Workout

You can check your real time workout information and workout route, and change the music. Also you can mark your workout route with various color depending on the workout intensity.

1. Drag the slide bar into [Start]. The workout is started with the countdown.
To check your workout route, turn on the GPS on your smartphone.
For rhythmic workout, play the music.
2. To Stop or Pause your workout, move the slide bar into desired direction. Workout course is displayed when you stop the workout.



• Listening music

1. If you want to listen a music while doing workout, touch button.



2. The music folders on the smartphone appear.
3. Select a music you want to play.



Note

You can control the music playback in the smartphone connected with LG Lifeband Touch. Refer to the description about music playback control mode. (Refer to page 23.)

More

User Profile

Sign out, deactivation the service, or change of the password or your date of birth is available. Also you can reset the display unit, body measurement information and daily goal.



Weight and BMI

BMI(Body Mass Index) is calculated based on the weight and height you entered. If there are changes on your body size, touch [Setting] and enter the new figure to update your body measurement information. It shows BMI update history as a whole.



***What is BMI level (Body Mass Index)?

BMI (Body Mass Index) is the value calculated as your weight (kg) divided by the squared value of your height (m²). It is an important medical index for determining if he/ she is underweight, normal weight, overweight, or obesity. It indicates risk of obesity-related diseases

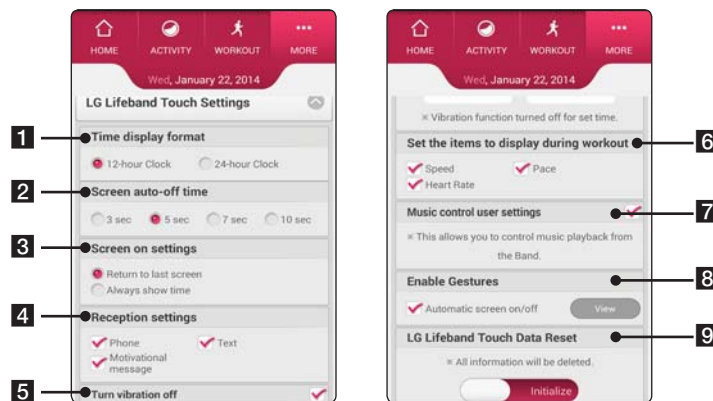
(Refer to the table below.)

BMI	Range	Risk of Diseases
18.5 or less	Underweight	Increasing
18.5~25.0	Normal	Low
25.0~30.0	Overweight	Increasing
30.0 or more	Obesity	High

LG Lifeband Touch settings

5

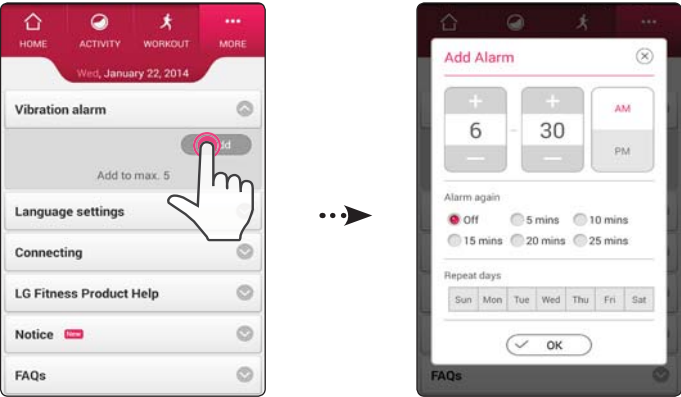
Using the LG Lifeband Touch App



- 1 Time display format :** You can set time displayed on LG Lifeband Touch to 12-hour time or 24-hour time.
- 2 Screen auto-off time:** Set the auto screen off time. The screen is turned off in time you set.
- 3 Screen on settings:** Choose the starting screen displayed when LG Lifeband Touch turned on.
- 4 Reception settings:** To receive the receipt notice of messages or phone calls.
- 5 Turn vibration off:** Set time you want to turn off the vibration. The vibration is turned off during the set time. But, If you set the vibration alarm at the time when you have set vibration off for, the vibration stays turned on.
- 6 Set the items to display during workout:** You can set the item displayed in workout mode.
- 7 Music control user settings:** To use music control, check [Music control user settings]. Refer to the description about Music control mode. (Refer to page 23.)
- 8 Enable Gestures:** To use gesture function, check [Automatic screen on/off]. Refer to the description about gesture function. (Refer to page 15.)
- 9 LG Lifeband Touch Data Reset:** To initialize the data saved in LG Lifeband Touch, drag the slide bar to [Initialize].

 Vibration alarm

Set the alarm time, snooze function, weekly repetition.
You can modify or delete the alarm. Up to 5 alarms are available.
To set the alarm on LG Lifeband Touch, refer to the description about checking the alarm. (Refer to page 30.)



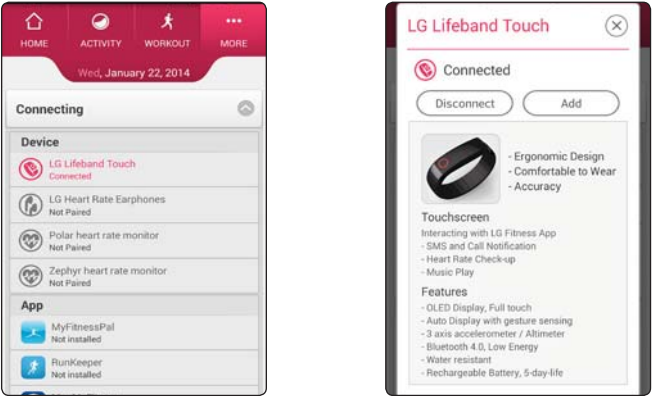
 Language Setting

Set the language displayed on LG Lifeband Touch.



 Connecting

You can register fitness devices other than LG Lifeband Touch and check the connection condition. Select desired device and the screen for connection, disconnection and addition of the device is displayed.



- You can manage the data from various connected fitness devices comprehensively.
- You can share your workout record by connecting with other workout app or SNS accounts such as Facebook or Twitter.

 LG Fitness Product Help

You can read LG Fitness app's explanation of product.
It offers simple explain about handling to use LG Lifeband Touch.

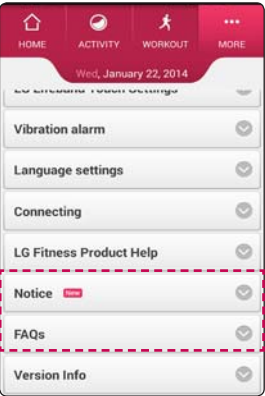


 Notice

You can check notices about the update or system from app manager.

 FAQs

You can search for FAQ such as features of the product, way of use, pairing related questions.



 Version Information

You can read LG Fitness app's version information, terms and privacy.
To use the latest version, select [Update].



Frequently Asked Question (FAQ)

Q: I would like to know the general instructions for using LG Lifeband Touch.

A:

- 1) Check the product components.
- 2) Search for LG Fitness on Play store(Android) or App store(iphone) and install it.
- 3) Register the LG Lifeband Touch in LG Fitness app and sign up.
- 4) Wear LG Lifeband Touch and measure your activity or workout.
- 5) LG Lifeband Touch transfers measured data to your smartphone automatically. (In case that LG Lifeband Touch is connected to your smartphone via Bluetooth.)
- 6) Check detailed information about your activity or workout on LG Fitness app.

Q: Are there any possibilities that my data recorded by LG Lifeband Touch will be shared?

A: LG Fitness service does not share customer's data with a third party or person. But, about the only service or person you have selected, related information can be shared with the selected third party or person you have selected such as a fitness service or SNS service.

Q: How long should I charge the battery for?

A: It takes 3 hours to charge the battery. You can charge using USB connecting gender. During charging, charging icon is displayed. If the smartphone is not connected, the battery power can last for up to 5 days, if connected, 2 days. The lack of the battery icon appears when charging is needed.

Q: What happens if the battery is fully discharged while using the LG Lifeband Touch?

A: After the battery is dead, the data is not saved but the previous data remains.

Q: How does LG Lifeband Touch differ from other activity management or measurement devices?

A: LG Lifeband Touch motivate you to do fitness activity through fine design, superior wear sensation, convenient function, high accuracy, and simple mobile app.

Q: What does the LG Fitness app do?

A: You can check and analyze the hourly pattern or proportion of your activity and workout, and share it on SNS. You can modify your daily goal, and record manually your unmeasured workout. You can modify the setting of your LG Lifeband Touch.

Q: The clock screen does not appear.

A: After installing the LG Fitness app, sign up to synchronize your account with your LG Lifeband Touch. You can show clock screen only after synchronizing.

Q: How can I check the measurements for yesterday?

A: If you synchronize your data using smartphone app, you can check already synchronized data on your smartphone app.

Q: How can I use Bluetooth transfer?

A: Before registering your LG Lifeband Touch, install LG Fitness app on your smartphone. The data transfers automatically between the devices connected via Bluetooth.

Q: How can I charge the battery?

A: You can charge directly by connecting the USB gender. During charging, charging icon is displayed. If the smartphone is not connected, the battery power can last for up to 5 days, if connected, 2 days. The lack of the battery icon appears when charging is needed.

Q: What does the LG Lifeband Touch screen show?

A: In the screen, clock mode, activity display mode and music playback mode are displayed whenever pressing the menu button. On clock mode, current time, day and date and remaining battery are displayed, and activity display mode is made up total consumed calories, total distance, total steps and workout (Section measurement) start button. On music playback mode, music play, pause, searching for music and volume control are available. On each mode, you can drag the screen to change the item.

Q: I would like to know limited warranty, return, and exchange policy.

A: Please refer to the quality certificate provided.

Q: I would like to know How to change a LG Lifeband Touch after the replacement or maintenance of the product.

- A:**
- 1) Turn on the LG Lifeband Touch you want to newly register.
 - 2) Select [LG Lifeband Touch] and touch [add] on [Run the App ➔ More ➔ Connecting]
 - 3) Select the LG Lifeband Touch you want to connect and select [YES] when [Pairing? ➔ YES | NO] appears on the screen.

Smartphone compatibility list

Manufacturer	Model	OS Version	Bluetooth Version
iPhone	iPhone 4S	iOS 6/ 7	Bluetooth 3.0
	iPhone 5, 5s, 5c		
	iPod Touch		
LG	LG G2	Android Jelly Bean 4.3 or more	
	LG Nexus5		
	LG Flex		
Samsung	Galaxy S4		
	Galaxy S3		
	Galaxy Note2		
	Galaxy Note3		
	Galaxy round		



Note

The smartphone model compatible with the App can be added or changed depending on the phone manufacturer.

Open source software notice

To obtain the corresponding source code under GPL, LGPL and other open source licenses, please visit <http://opensource.lge.com>. All referred license terms, warranty disclaimers and copyright notices are available to download with the source code.

Specification

Appearance	Menu button	
	Size : X Large 196 mm, Large 181 mm, Medium 166 mm, Thickness : 10 mm or less	
	Weight: X Large 53.11g, Large 50.12g, Medium 49.86 g	
	Display: OLED touch, LED	
General	Device	MCU: 16 bit 8 MIPS
		Memory: 4 Mbyte NOR Flash
		Sensor: 3D acceleration sensor, Height sensor
		Connectivity options: Bluetooth
		Supported devices: Android Phone, iPhone
		Operating Temperature: -15 ~ 45 °C / 5 ~ 113 °F
	Android / iOS Application	Android 4.3 or higher(Jelly Bean), iOS 6 or later
		Resolution(Android): 1920*1080, 1280*720, 800*480, Resolution(iOS): 960*640, 1136*640
	Bluetooth	Bluetooth regulation: Bluetooth 4.0 LE
		RF Channel : 40 / Modulation : GFSK / Power : 10 mW/ MHz or less/ Rx Sen : -85 dBm
		Range of frequency: 2.4 GHz (2402 - 2480 MHz)
Key Feature	Support operating Touch screen	
	Display the time, date and remaining battery on the screen.	
	Activity: Total consumed calories, Goal consumed calories, Goal achievement rate, Total distance, Number of steps	
	Workout: Time, Calories, Distance, Number of steps, Speed, Pace, Heart Rate(when pair with Heart rate measurement device)	
	Music Control: Play, Pause, Forward, Backward, Volume +/-	
	Checking incoming a call and text : Caller identification function is supported only on Android phone.	
	Notice message: Goal achievement rate, Activity encouragement, Low battery alert, Bluetooth Disconnected-	
	Vibration alarm: support up to five (You can set it in LG Fitness app.)	
	Support the Korean and English display on the screen. (You can set it in LG Fitness app.)	
	Support LG Fitness smartphone app (for Android phone and iPhone)	
Water resistance	Living Waterproof (Available for running, workout and working in the rain)	

Battery	Battery Charging Temperature: + 10°C(+50F) ~ 45°C(+113F)
	Capacity: Built-in Li-polymer Battery 90 mAh
	Battery life: 2 days or more (when device is connected with smartphone), 5 days or more (when device is not connected with smartphone)
	Charging method: USB gender, USB cable (full charging time: 3 hours)

- Design and specifications are subject to change without notice.

