

Amazfit Verge Lite User Manual

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1 Operating Instructions and Functions Navigation

Amazfit Verge Lite features one AMOLED touch screen and one physical button.

1.1 Basic Operations

Slide left and right or up and down: You can switch between different function pages.

Tap and exit: You can tap to enter a specific function page and also operate the tap tips on that page.

You can slide right to quickly return to the upper-level menu after tapping to enter a certain function page.

Physical button: You can use the button to quickly return to the watch face page. Some exceptions are the pages of Firmware upgrading, Charging, During workouts, etc.

1.2 Functions Navigation

Pull the watch face down: You can then enter the shortcut control menu, which allows you to quickly open the flashlight, set brightness, control the DND mode, enter the battery saver mode, and lock the screen.



Slide the watch face left or right: You can then quickly enter the status, heart rate, and Alipay function pages.



Slide the watch face up: You can then enter the function list.



2 Watch Wearing and Charging

Daily wearing: During daily use, it is recommended to wear the watch with a moderate tightness at a distance two fingers far from your wrist to ensure that the optical heart rate monitor works properly.

[Wearing the watch]

Wearing during workouts: During workouts, it is recommended to wear the watch comfortably and ensure a tight fit without slipping. Being too tight or too loose may cause the inaccuracy of detected workout data, so avoid doing this.

Charging

- The watch charger's USB port needs to be plugged into the USB-supported device, such as socket, PC, power bank.

- When placing the watch into the power socket, it's required to keep the watch in a proper direction and position. Be sure that the metal contacts on the back of the watch are closely connected to the charging base.
- The screen will display the charging reminder when the watch is placed properly.



3 Use of Functions

Download the Mi Fit App via the mobile phone before using Amazfit Verge Lite. You cannot use the entire watch functions nor save and upload watch data to your personal cloud account until the watch is paired by using the Mi Fit App.

3.1 Device Pairing and Unpairing

- Download the Mi Fit App from Google Play Store or App Store and register an account or log in.



- Open the Mi Fit App and choose "Profile – My devices – Watch – Amazfit Verge Lite" to search the device nearby.
- Please tap the check-mark when it shows a pairing request on the watch.



- After paired, the watch usually needs to be upgraded. Wait for upgrading with patience. With the mobile network and Bluetooth on, you also need to keep the watch close to the mobile phone, so as to ensure a successful upgrade.



- After the watch is paired and upgraded, its functions are available. Meanwhile, the Mi Fit App allows for the watch function-specific operations and settings.
- To unpair the watch, open the Mi Fit App, tap "Profile – My devices – Amazfit Verge Lite" and then swipe up and tap the "Unpair" button.

3.2 Control Shortcut Menu

Pulling down on the watch face page can quickly open the control shortcut menu page.



3.2.1 Flashlight

Tapping the flashlight icon can open the flashlight function. The white background on the watch screen helps light up a small area at night. You can close the enabled flashlight function by sliding right or pressing the home button.



3.2.2 Brightness adjustment

Tapping on the brightness adjustment button can go to the brightness adjustment settings.

Auto brightness: The watch will automatically adjust the screen brightness upon ambient light.

Manual brightness: You can tailor the screen brightness as you wish.



3.2.3 DND mode

Enable DND: With the DND mode enabled, the watch will not vibrate when receiving any message pushed by the mobile phone.

Time DND: You can tailor the time period during which the DND mode changes from being automatically enabled to disabled.

Smart DND: After you fall asleep with the watch, the watch will automatically enable the DND

mode.

Disable DND: The DND mode is disabled, so the watch will vibrate when receiving notifications.



3.2.4 Battery saver mode

The battery saver mode can minimize the power consumption of the watch and improve its endurance. With the battery saver mode on, the watch can only record steps and sleep time, with other functions disabled.





To exit the battery saver mode, press and hold the home button.



3.2.5 Lock screen

With the lock screen function on, you can unlock the watch to enter the watch face page only by using the watch button. This can prevent any error caused by mistouch.



3.3 Replace the Watch Face

To replace the watch face on the watch: Press and hold the watch face page for 2s, or go to "Settings – Watch face settings", slide left and right to scan the watch face, and tap one to complete replacement.

To replace the watch face on the app: Tap "Profile – Amazfit Verge Lite – Watch face settings" to download more watch faces on the Watch Face Store.



3.4 Alipay

Bind Alipay

- Slide from the watch face page to the Alipay binding page. Then the watch will display the QR code for binding. Open the Alipay App on the mobile phone and scan the QR code on the

watch by using Alipay's "Scan QR Code" function.

- During the binding, the watch will display the binding process. When the binding is done, the watch will display a payment code.

Notes: Before binding Alipay, you should check whether the version of Alipay App is 10.1.5 or later. During the binding, you should ensure the Bluetooth and network are on and the watch is connected to the mobile phone.



Use Alipay to pay

- Slide left and right on the watch face page and go to the Alipay page. By default, a QR code appears and is scanned by the barcode scanner to complete payment.
- Some barcode scanners cannot scan a QR code, so slide up on the Alipay page to display a barcode.



Remove Alipay

There are two approaches to removing Alipay:

- On the Alipay App, go to the "Smart Device – Smart Watch" page and tap the bound watch, then tap on "Remove and refund" at the bottom of the page list, and choose "Confirm and remove".
- Slide left and right on the watch face page and go to the Alipay page. Slide up to the profile page on the Alipay App, and choose "Remove".

Notes: According to Alipay's specifications, the watch will display an expired payment code even after you have removed Alipay on the Alipay app. If you need to rebind Alipay, please remove it from the watch first.

3.5 Status

- Sliding left on the watch face page can enable you to enter the status page which displays the current steps and goal completed. Tapping the status entry can enable you to enter the details page which shows you the steps, distance, calories and idle data.
- You can also enter the details page by sliding up on the watch face page and choosing "Status".



3.6 Heart Rate

- Sliding left on the watch face can enable you to enter the heart rate page. It will automatically measure your heart rate. During measurement, it is required to properly wear the watch and keep the back of the watch fairly close to your skin until the watch can measure a stable heart rate.
- To enable the all-day measure function, open the Mi Fit App, go to "Profile – Amazfit Verge Lite – Heart rate detection", and choose to enable the all-day measure function.

Notes: With the all-day measure function on, the watch will measure the heart rate at regular time. Sliding right on the watch face can make the last heart rate value visible. You can enter the all-day heart rate details page by tapping it.



3.7 Workout

Amazfit Verge Lite supports seven workout types: Outdoor running, Walking, Outdoor cycling, Treadmill, Indoor cycling, Elliptical trainer, Exercise. See the "Workout" section for more details about the functions of different workout types.



3.8 Workout Record

The workout data on the watch will be stored in workout records, which are shown from the latest to the earliest. Tapping a specific workout record will make the workout details visible. The visible details vary in workout type.



The workout record not uploaded to the app will be marked with a little red dot before it. Open the app to synchronize data timely to avoid the loss of workout records.



To delete a workout record on the watch, tap to enter the workout record details page, slide up to the bottom of the page, and then tap the delete button.



3.9 Weather

Tapping the weather function can give you access to the current weather conditions and the weather forecast. If weather data are invisible, you should open the app and connect the device to update the data.



3.10 Music

With the Bluetooth, the watch can suspend or play the music on the mobile player, switch between songs, and adjust the volume.

- Firstly, open the mobile music player. Music players that the watch currently supports include system music, KuGou Music, QQ Music, NetEase Cloud Music, Kuwo, Xiami, Duomi Music, lizhi.fm, and qingting.fm.

- If you are using an iOS device, you need to pair and connect the watch with the Mi Fit App.
- If you are using an Android device, you need to connect the watch with the Mi Fit App and also enable the notification reading permission on the app.

Notes: The compatibility of the Android mobile phone system and the openness of different music players may to a certain extent affect the music control function of the watch.



3.11 Alert

Enable alerts

During use, you need to enable the corresponding "App alerts" on the app, and keep the watch and the mobile phone connected. You can also enable the incoming SMS and incoming call alerts as you wish.

- If you are using an iOS device, you need to pair and connect the watch with the Mi Fit App.
- If you are using an Android device, you need to keep the app running in the background or include the app into the self-starting whitelist, so as to ensure the mobile phone can send the alert to the watch.

View notifications

- In the case of an incoming notification, the watch will automatically light up the screen and display the content.
- You can view the unread notification in the notification list and tap any notification to enter the notification details page.



Delete notifications

To manually delete the notification on the watch, slide left on the notification to be deleted and tap the delete button.



3.12 Alarm

Amazfit Verge Lite supports creating and managing the alarm on the watch. You can also create a watch alarm on the Mi Fit App.

- Tapping the create button on the watch alarm function page can enable you to set the alarm time and cycle. After saved, the alarm can be opened and closed in the alarm list.
- To create an alarm via the Mi Fit App, go to "Profile – Amazfit Verge Lite – Watch alarm" and add an alarm upon the tips on the page.



Alarm alert

In the case of a watch alarm alert, you can choose to close it or remind you later.



To close the alarm, press and hold the home button within the duration of the alarm alert.



To make a delayed alert, you can, within the duration of the alarm alert, tap the "Z" button at the bottom or long tap the home button. Then, the alarm will remind you 10min later.



3.13 Event Reminder

You need to create and manage the event reminder via the Mi Fit App. The watch will display your to-do list and vibrate to remind you in the set time.

- Open the Mi Fit App, go to "Profile – Amazfit Verge Lite – Event reminder", and create the event reminder upon the tips on the page.
- An alert will pop up on the watch when the time set for the event arrives. You can choose to close it or remind you later.



To close it, tap the "X" button on the left. To make a delayed alert, you can tap the "Z" button on the right or long tap the home button. Then, the alarm will remind you 30min later.



3.14 Timer

The timer on the watch supports one hundredth of a second. To enable the timer, pull up the app list on the watch face and choose the timer app.

- Tapping the start button can activate the timer to time it right away.
- During timing, you can also count the number of times by tapping the button on the bottom left on the watch screen (up to 99 times of such operation), and suspend the current timer by tapping the button on the bottom right on the watch screen.
- When the timer pauses, you can reset it by tapping the left button, and resume timing by

tapping the right button.



3.15 Count Down

To enable the count down function, pull up the app list on the watch face and choose the count down app.

- By default, the watch supports the shortcut count down of 1min, 3min, 5min, 10min, 15min, 20min, 30min, and 60min. You can enable the count down function right away by tapping it.
- A custom count down function is available, which ranges from 1min to 23h and 29min.



You can suspend, resume or stop the count down function anytime when it operates. When time's up, the watch will vibrate to remind you. You can close the count down function by tapping the "×"

button at the bottom.



3.16 Find Device

Amazfit Verge Lite supports finding the device via the Bluetooth. To enable the function, slide up the app list on the watch face page and tap the find device function.

- To activate the find device function, you need to keep the Mi Fit App running and ensure the watch is connected to the mobile phone. Otherwise the function is not available.
- On the find page, the watch will automatically find the device. If no device is found after 60s, a failure prompt will appear and then you can try again.
- When found, the mobile phone will beep. You can close the ring on the mobile phone by tapping the tip button on the watch. Meanwhile, the mobile phone will produce a message on the notification bar. Tapping the message can draw back the Mi Fit App and close the ring on the mobile phone.

Notes: If you wish to use the find device function anytime, you can include the Mi Fit App into the built-in self-starting whitelist and keep it running in the background. In addition, the watch is required to be connected to the mobile phone, otherwise it is unable to find the mobile phone.



3.17 Settings

The watch settings page includes some watch settings and built-in control functions.

Watch face settings: You can quickly switch between watch faces.



Screen-on duration: You can control the screen-on duration of the watch for 8s (by default) to 15s (max).



Press & hold the button: You can set the press & hold the button function to quickly start one workout type. The default type is Outdoor running.



System: It supports viewing the firmware version and regulatory information, and controlling the actions of closing and rebooting the watch and performing the factory reset.



3.18 Workout Function

Amazfit Verge Lite supports seven workout types: Outdoor running, Walking, Outdoor cycling, Treadmill, Indoor cycling, Elliptical trainer, Exercise. Among them, the workout types Outdoor running, Walking, and Outdoor cycling support recording GPS-enabled workout tracks.



There are two approaches to enabling the workout function on the watch:

- If the press & hold the button function is set to start the workout, you can press and hold the home button to quickly start one workout type on any page.
- Sliding up on the watch face page and choosing "Workout" can enable you to enter the workout list page and choose the workout you want to start.

3.19 Workout Positioning

If you choose to start Outdoor running, Walking, and Outdoor cycling, you'd better go to the open area before workouts, which is conducive to rapid GPS positioning.



If it takes a long time to process positioning, it may be because the buildings nearby block satellite signals, or because the watch is disconnected to the app for a long time, causing the AGPS to be not upgraded. You can open the Mi Fit App, connect it to the watch, and try again after the AGPS is updated.



It is recommended to ensure GPS positioning is processed successfully before the outdoor workout. If you start the workout during positioning, the workout track cannot be recorded and the recorded workout data will not be accurate.

After GPS positioning is processed successfully, the "GO" icon will be lit up and you can tap it to start the workout.



3.20 During Workouts

During workouts, the watch will display the current workout data in real time, such as time, distance, pace/speed, and heart rate. After the watch screen goes off, the screen can be lit up again by lifting the wrist or touching the screen.



During workouts, sliding right can enable you to choose brightness and lock the screen.

- Tapping brightness can enable you to enter the brightness adjustment page. You can set the watch screen's brightness by sliding up and down.
- Tapping on the lock screen function can lock the watch screen.



3.21 Workout Reminder

The workout reminder on the watch varies in workout type. For the workout types Running, Cycling and Walking, the alert will be sounded once per kilometer by default. You can also set the alerts for other workout types before workouts. See the "Workout Settings" section for more details.



3.22 Workout Pause and End

- With the auto pause function on, the watch will automatically pause when the workout end is detected. When the workout resumes, the watch will automatically end the pause status and resume recording the workout performance.
- During workouts, you can press and hold the home button to suspend the workout.



Tapping the right button can cancel the pause and resume the workout.

Tapping the left button can end the current workout and save the workout performance.

3.23 Workout Settings

Before workouts, you can set some relevant functions.

- The workout goal supports three types: mileage, duration and calories. When the set goal is achieved, the watch will vibrate to remind you.



- The workout reminder supports five types: distance, pace, safe heart rate, heart rate zone, and speed. With a reminder set, the watch will vibrate to remind you as long as the set value is reached during workouts.



- With the auto pause on, the watch will automatically detect the workout status. When the workout is stopped, the watch will automatically suspend the current exercise. And the watch will re-record the data when the workout is resumed.
- The real-time diagram supports demonstrating the real-time heart rate and pace. With the real-time diagram on, a curve is drawn for the fluctuations of the heart rate or pace during workouts.



Notes: Some workout types don't support the above four settings. The settings might slightly vary in workout type.