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MIDDOW DM56

MIDDOW Military Smart Watch User Manual

Model: DM56

1. INTRODUCTION

Thank you for choosing the MIDDOW Military Smart Watch. This robust and feature-rich smartwatch is designed for outdoor enthusiasts and daily users alike, offering advanced GPS capabilities, comprehensive health monitoring, and convenient communication features. This manual will guide you through the setup, operation, and maintenance of your new device to ensure optimal performance and longevity.



Figure 1: MIDDOW Military Smart Watch (Silver)

2. SETUP

2.1 What's in the Box

- Smartwatch
- Straps
- Charger

2.2 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

2.3 App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the "GloryFitPro" app on your smartphone (compatible with Android and iOS). Follow these steps to connect your watch:

1. Open the "GloryFitPro" app on your smartphone.
2. Navigate to the "Device" section within the app.
3. Click "Add a new device" to initiate a search for your smartwatch.
4. Select "Neo GPS" or "DM56" from the list of found devices to connect.
5. When prompted, click "Allow" and "Pair" to grant necessary permissions and complete the pairing process.

Video: How to connect a smartwatch to your phone. This video demonstrates the step-by-step process of pairing your MIDDOW smartwatch with the "GloryFitPro" application on your smartphone.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The smartwatch features a 1.43-inch AMOLED full-touch display and physical buttons for navigation. Swipe across the screen to access different functions and press the side buttons for specific actions like activating GPS or returning to the previous screen.

1.43 INCH AMOLED DISPLAY



Ultra-high Color Gamut:
NTSC color gamut 105%



Super Wide Viewing Angle:
Viewing angle 178° (H)/178° (V)



Retina Screen:
Pixel density is 326 ppi

Figure 2: Vibrant 1.43-inch AMOLED Display

3.2 GPS and Outdoor Features

The watch is equipped with high-precision dual-frequency GPS (L1+L5) supporting multiple systems (GPS, GLONASS, BDS, Galileo). It accurately tracks outdoor activity routes and records your movement trajectory in real-time. Use the independent GPS button for one-key return to your original route or starting point. Note: This watch has positioning and tracking functions, but no map navigation function.

SMART WATCH with GPS

Note: This smartwatch has GPS tracking function,
not map navigation function



Figure 3: GPS Tracking Functionality

Video: GPS smartwatch for hiking and diving. This video highlights the GPS tracking capabilities and rugged design suitable for outdoor activities.

Video: How to use the app to record exercise tracks? Learn how to utilize the "GloryFitPro" app to record and manage your exercise routes and data.

3.3 Health Monitoring

The watch features a VC30F sensor for low-power, high-precision monitoring of heart rate, blood pressure, and blood oxygen. It also supports live body recognition for accurate readings. Monitor your stress levels, sleep patterns, and more through the "GloryFitPro" app.



Bluetooth Call, Chat Simultaneously

High-fidelity waterproof speakers, Bluetooth hands-free calls show high-definition original sound. Whether you are exercising or driving, you can answer the call with one click, freeing your hands and allowing you to communicate more freely.



Heart Rate Monitoring

The professional VC30F realizes 24 hours continuous heart rate monitoring, guarding your physical and mental health.

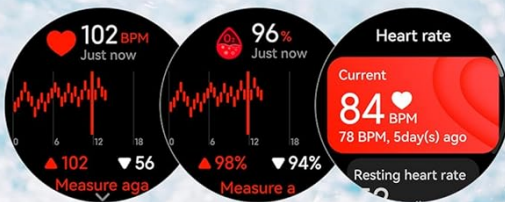


Figure 4: Health Monitoring Features

3.4 Sports Modes

With 14 built-in sports modes and the ability to add up to 100 more via the app, the MIDDOW smartwatch caters to various fitness activities. It automatically recognizes 5 sports: walking, running, cycling, elliptical, and rowing machine. Detailed metrics are available for swimming sessions, including stroke count, swim style, and SWOLF score.

Video: How to add more sports modes to your watch? This short video demonstrates how to expand the available sports modes on your smartwatch.

3.5 Notifications and Calls

Receive real-time notifications from your smartphone directly on your watch. You can also answer and make calls directly from the watch, freeing your hands for other activities.

To enable notifications:

1. Open the "GloryFitPro" app.
2. Go to the "Device" section.

3. Click on "App" or "Notifications".
4. Toggle on the notifications for the specific applications you wish to receive alerts from (e.g., WeChat, Instagram, YouTube, Facebook, Twitter, WhatsApp, Skype, Line, Messenger, LinkedIn).

Video: How to turn on watch notifications? This video guides you through enabling app notifications on your smartwatch.

3.6 Watch Face Customization

Personalize your watch with over 300 different watch faces available in the "GloryFitPro" mobile app. You can also upload your own photos to use as custom watch faces.

Video: How to customize your watch face? This video shows you how to change and personalize your watch face using the app.

3.7 "GloryFitPro" App Functions

The "GloryFitPro" app serves as a central hub for your watch data and settings. It allows you to view sports tracking data, health monitoring data, manage watch faces, set alarms, control music, and more.

Video: Show the functions in the phone app "GloryFitPro". This video provides an overview of the various functions available within the companion app.

3.8 Other Functions

The smartwatch includes a variety of other useful functions:

- **Compass, Barometer, Altitude:** Essential tools for outdoor adventures.
- **Reminders:** Water drinking reminder, sedentary reminder.
- **Weather Forecast:** Stay updated on local weather conditions. You can switch between Celsius and Fahrenheit in the app's weather settings.

Video: How to convert weather from Fahrenheit to Celsius? This video demonstrates how to change the temperature unit in the app.

- **Stopwatch, Pedometer, Timer:** For tracking activities and time.
- **Music Control:** Control music playback on your phone.
- **Brightness Adjustment:** Adjust screen brightness for optimal viewing.
- **Alarm Clock:** Set alarms directly from your watch.
- **Camera Control:** Remotely trigger your phone's camera.
- **Calculator:** Basic calculations on your wrist.
- **Find Phone:** Locate your misplaced smartphone.

4. MAINTENANCE

4.1 Water Resistance and Durability

The smartwatch boasts an IP69K waterproof rating and 50m water resistance, making it suitable for swimming, surfing, and other water sports. The zinc alloy body combined with dustproof and shockproof design ensures durability and longevity.



Figure 5: Water Resistance Feature

4.2 Cleaning and Care

To maintain your watch's appearance and functionality, regularly wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

4.3 Battery Life

The 500mAh large battery provides up to 65 days of standby time. Actual battery life may vary depending on usage patterns, enabled features (e.g., continuous GPS, always-on screen), and environmental factors.

5. TROUBLESHOOTING

5.1 Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone and the watch.
- Make sure the watch is within the Bluetooth range of your phone.
- Restart both your watch and smartphone.
- If issues persist, try unpairing and re-pairing the device through the "GloryFitPro" app.

5.2 GPS Accuracy

- GPS needs to be used in an open area for more accuracy.
- Ensure the "GloryFitPro" app has location permissions set to "Always" on your smartphone for continuous tracking.

5.3 Compass Calibration

If the compass is not functioning correctly or pointing in the wrong direction, refer to the "GloryFitPro" app settings for a calibration option. If no specific calibration is available, try restarting the watch or checking for firmware updates.

5.4 Charging Problems

- Ensure the charging cable is securely connected to both the watch and the power source.
- Check for any debris or corrosion on the charging contacts of both the watch and the cable.
- Try using a different USB port or power adapter.

6. SPECIFICATIONS

Feature	Detail
Model Number	DM56
Display Size	1.43 Inches AMOLED
Resolution	466x466 pixels
Battery Capacity	500 mAh Lithium Polymer
Standby Time	Up to 65 days
Water Resistance	50M (5 ATM), IP69K
GPS	Built-in L1+L5 Dual-frequency GPS (GPS, GLONASS, BDS, Galileo, NAVIC, QZSS)
Operating System	Compatible with iOS & Android
Connectivity	Bluetooth
Item Weight	8.8 ounces
Dimensions	4.17 x 4.09 x 2.72 inches (Package)

7. WARRANTY AND SUPPORT

7.1 Quality Warranty

MIDDOW smartwatches have passed multiple professional certifications such as ROHS and FCC, ensuring the quality of the watch and battery. You can enjoy free repair, return, and exchange services within six months after purchasing this product.

7.2 Customer Support

For any further assistance, technical support, or warranty claims, please contact MIDDOW customer service through the contact information provided with your product packaging or visit the official MIDDOW website.