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LIGE DM2-F

LIGE GPS Military Smart Watch User Manual

Model: DM2-F

Brand: LIGE

INTRODUCTION

This manual provides comprehensive instructions for setting up, operating, and maintaining your LIGE GPS Military Smart Watch (Model DM2-F). Please read this manual thoroughly before using your device to ensure optimal performance and longevity.

WHAT'S IN THE BOX

- Smart Watch
- 2 Straps
- Charger
- Strap Installation Tool
- Instructions Manual

SETUP GUIDE

Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charger to the charging points on the back of the watch and plug the USB end into a power source. A full charge typically takes about 2.5 hours.

24-Hour Heart Rate Tracking

DAY

Night

24h Activity Tracker



Heart
Rate



Pressure



Blood
Oxygen

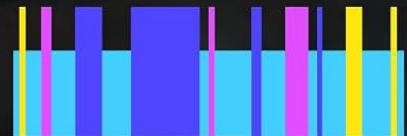


Record

Sleep Tracker



Sleep
Monitor



22: 00

6: 25

More Special Features



Image: The LIGE DM2-F Smart Watch connected to its magnetic charger, illustrating the charging process.

App Installation and Pairing

To unlock the full functionality of your LIGE Smart Watch, download the companion app. Scan the QR code provided in the included instructions manual or search for "GloryFitPro Lite" in your device's app store.



Image: A visual guide showing the steps to connect the watch: 1. Scan QR code for app, 2. Turn on phone's Bluetooth, 3. Tap "Add New Device" in app, 4. Select DM2 and complete pairing.

Once the app is installed, enable Bluetooth on your smartphone. Open the app, navigate to the device pairing section, and select your DM2-F watch from the list of available devices to complete the pairing process.

OPERATING YOUR SMART WATCH

Navigation and Interface

The LIGE DM2-F features a 1.43" AMOLED HD touchscreen for intuitive navigation. Swipe across the screen to access different functions and menus. The watch also includes physical buttons for quick access to specific features like "Sport" and "Select/Back".



Image: The LIGE DM2-F Smart Watch showcasing its vibrant AMOLED display and the "Sport" and "SEL/BACK" buttons.

Bluetooth Calling and Notifications

With Bluetooth 5.3, you can make and receive calls directly from your watch. Ensure your watch is paired with your phone. You will also receive real-time notifications from social media applications and messages.

BLUETOOTH HD VOICE CALLS

Free your hands and make voice calls at anytime and anywhere



Contacts



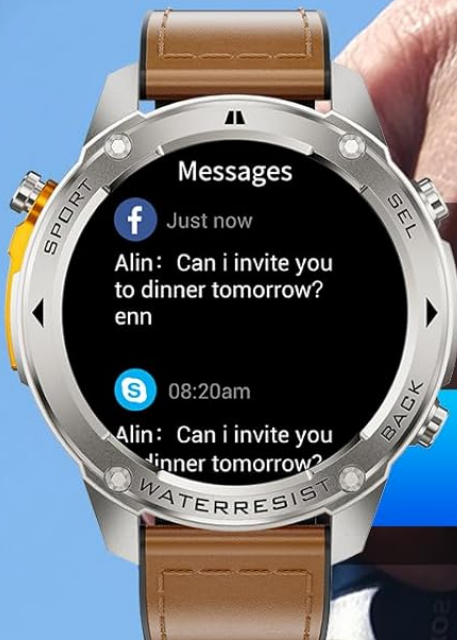
Dial Pad



Make &
Receive Calls



Jimmy: What are you going to do tomorrow?



Recibe notificaciones de mensajes en tiempo real de aplicaciones de software social



Image: The watch screen showing an incoming call and various social media app notifications, highlighting its communication features.

GPS and Navigation

The built-in GPS supports L1+L5 dual-frequency ultra-high precision positioning and is compatible with multiple systems (GPS, GLONASS, BeiDou, Galileo, NAVIC, QZSS). It accurately tracks outdoor activity routes. The integrated compass ensures you stay oriented during outdoor adventures.

Your browser does not support the video tag.

Video: Demonstration of the LIGE DM2-F smart watch's built-in GPS and compass features, showing route tracking and environmental data.

Note: GPS route tracking should be activated in open areas for optimal performance. The watch's GPS can record and

track activity paths but cannot navigate or draw maps.

Sports Modes and Fitness Tracking

The watch supports over 170 sports modes, tracking steps, distance, calorie burn, and real-time heart rate. It includes a dedicated swimming mode that records data such as stroke count and style.

170+ SPORTS MODES

Make the most of every sporting activity

Calorie

Distance

Step

6550/7000 Steps

Distance 2.6/5 Km

24 hours steps

7 days of step d

Average 8600 Steps

SPORT

12:00

Heart rate (BPM) 102

Pace(/km) 6'30"

Distance(km) 2.06

00:20:08

DURATION

WATERRESIST

Suggested workout

14Type

Winter sports

12Type

Fitness exercises

50Type

Ball games

28Type

Water sports

22Type

Dance

10Type

Extreme sports

9Type

Recreational sports

24Type

Other

9Type

Image: A collage showing the watch's interface for 170+ sports modes, including calorie, distance, and step tracking.

Your browser does not support the video tag.

Video: A promotional video for the LIGE DM2-F military smart watch, highlighting its built-in GPS and compass features.

Health Monitoring

The watch offers all-day health monitoring, tracking activity status, heart rate, blood oxygen, stress, and sleep quality. Data can be viewed and analyzed through the companion app.

1.43" AMOLED Touchscreen

466*466 resolution, ultra-clear display and smooth operation

AMOLED

TFT/IPS

Always on Display

466*466 Pixels

Eye-Caring

Image: The watch displaying continuous heart rate monitoring and detailed sleep tracking data, including light and deep sleep stages.

Note: The health data provided by the watch is for general health and fitness purposes only and is not intended for professional diagnosis.

Customization and Other Features

Personalize your watch with over 300 preset watch faces or upload your own photos. Additional functions include Weather Forecast, Stopwatch, Pedometer, Timer, Music Control, Brightness Adjustment, Find Phone, Alarm Clock, Camera Control, Calculator, Drinking Water Reminder, and Sedentary Reminder.



Image: A selection of 20 online screen-off dials available for the LIGE DM2-F Smart Watch, demonstrating customization options.

Your browser does not support the video tag.

Video: A short video showcasing the military-grade quality of the LIGE DM2-F GPS smart watch, including its durability against impacts and extreme temperatures.

MAINTENANCE

Water Resistance

The LIGE DM2-F is 5ATM waterproof, making it suitable for everyday handwashing, wearing in the rain, and swimming. It is not suitable for sea diving or hot showers (steam can damage it).

Long Battery Life

Enjoy up to several days of battery life on a single charge, so you can stay connected without worrying about running out of juice.



Image: The LIGE DM2-F Smart Watch with water droplets, illustrating its 5ATM waterproof capability.

Your browser does not support the video tag.

Video: A short preview video demonstrating the LIGE DM2-F smart watch's durability against water and impact, highlighting its military-grade features.

Battery Life

Equipped with a 600 mAh battery, the watch offers extended battery life: 5-7 days of regular use and up to 30 days on standby. It supports fast charging, reaching full capacity in 2.5 hours.

24-Hour Heart Rate Tracking

DAY

Night

24h Activity Tracker



Heart Rate



Pressure



Blood Oxygen

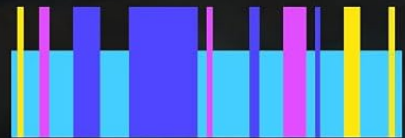


Record

Sleep Tracker



Sleep Monitor



22: 00

6: 25

More Special Features



Image: The LIGE DM2-F Smart Watch showing its battery indicator at 100% and emphasizing its 600 mAh long battery life.

TROUBLESHOOTING

If you encounter any issues with your LIGE DM2-F Smart Watch, please consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again.
- **App Sync Problems:** Verify that the GloryFitPro Lite app is updated to the latest version. Check app permissions on your phone to ensure it has access to necessary functions.
- **Inaccurate Readings:** For health monitoring, ensure the watch is worn snugly on your wrist. For GPS, activate

tracking in open areas away from tall buildings or dense foliage.

- **Battery Drain:** Reduce screen brightness, disable unnecessary notifications, and limit continuous health monitoring to extend battery life.

For further assistance, refer to the detailed instructions within the GloryFitPro Lite app or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Number	DM2-F
Screen Size	1.43 Inches AMOLED
Battery Capacity	600 mAh
Water Resistance	5ATM
Connectivity	Bluetooth 5.3
GPS	Built-in GPS (L1+L5 dual-frequency)
Operating System	Android (compatible with iOS 11.0+, Android 5.0+)
Dimensions	8.11 x 3.78 x 0.87 inches
Item Weight	9.6 ounces
Special Features	Compass, 170+ Sports Modes, Fitness Tracker, Phone Call, Sleep Monitor, IP68, Calorie Tracker, Alarm Clock, Stopwatch, Timer, Pedometer, Camera Control, Music Playback/Control, Sedentary Reminder, Weather, Notifications, All-day activity tracker, Distance, Breathing Training.







WARRANTY AND CUSTOMER SUPPORT

LIGE offers a 24-month warranty for your smart watch. For any issues regarding accessories, quality, operation, or charging, please contact our customer service team. We provide 24-hour online support to ensure a prompt solution within 24 hours.



Image: LIGE customer service details, including 24-hour online support and warranty information.

Related Documents - DM2-F

	<p>LIGE Smart Watch User Manual and Guide</p> <p>Official user manual for the LIGE Smart Watch, providing instructions on setup, features, health tracking, fitness modes, and connectivity for Android and iOS devices.</p>
	<p>LIGE GPS Smart Watch User Manual</p> <p>Comprehensive user manual for LIGE GPS Smart Watches, detailing features like fitness tracking, Bluetooth calls, GPS navigation, compass, and long battery life. Compatible with Xiaomi and Huawei devices.</p>
	<p>LIGE GPS Smartwatch: GloryFitPro App Installation and User Guide</p> <p>A comprehensive guide for LIGE GPS Smartwatches, detailing the download, installation, and usage of the GloryFitPro app. Learn how to register, log in, bind your device, and configure watch settings, along with important GPS notes and FCC compliance information.</p>
	<p>LIGE BW0616/2025 Smart Watch User Manual and Specifications</p> <p>Comprehensive technical specifications and user information for the LIGE BW0616 and LIGE 2025 smart watches. This guide details features like the ultra HD screen, waterproof design, fitness tracking, LED flashlight, and Bluetooth connectivity for men.</p>
	<p>LIGE BW327 Smart Watch User Manual and Features</p> <p>Comprehensive guide to the LIGE BW327 Smart Watch, covering setup, features like heart rate monitoring, step tracking, training modes, sleep tracking, notifications, and Bluetooth connectivity for Android and iOS devices.</p>
	<p>LIGE BT Call Smartwatch User Manual - Setup and Operation</p> <p>Comprehensive user manual for the LIGE BT Call Smartwatch, covering app download, Bluetooth pairing, device operation, and features. Learn how to set up and use your LIGE smartwatch.</p>