

LIGE EF2-I PRO

LIGE Military Smartwatch User Manual

Model: EF2-I PRO | Brand: LIGE

1. INTRODUCTION

This manual provides comprehensive instructions for the LIGE EF2-I PRO Military Smartwatch. Please read this manual carefully before using the device to ensure proper operation and maintenance. This smartwatch is designed for rugged outdoor use, featuring advanced health monitoring, extensive sport modes, and robust connectivity.



Image: LIGE Military Smartwatch EF2-I PRO, showcasing its versatile design with metal, leather, and silicone bands, and various display functionalities.

Key Features:

- **1.96" AMOLED Touch Screen:** Large, ultra HD square display for clear visuals and smooth interaction.
- **Military-Grade Durability:** Constructed with a unibody stainless steel metal case and 3rd generation 9H Gorilla Glass. Passed 15 military standard tests for temperature, pressure, dust, salt spray, and liquid contamination.
- **5 ATM Water Resistance:** Designed to withstand daily wear and collisions, with static water resistance up to 50 meters.
- **Extensive Sport Modes:** Supports over 100 workout modes including walking, running, cycling, and basketball.
- **24-Hour Health Monitoring:** Tracks heart rate, blood oxygen, blood pressure, respiratory rate, and automatic sleep monitoring. Includes stress detection and hydration reminders.
- **Bluetooth Calling & Notifications:** Equipped with Bluetooth 5.2 chip and Hi-Fi speakers for seamless call management and message notifications from apps like Facebook, WhatsApp, and Twitter.
- **AI Voice Assistant:** Integrated AI assistant for sending messages, checking weather, and setting reminders.
- **Long Battery Life:** Powered by a 400 mAh lithium polymer battery.

2. SETUP

2.1 Charging the Smartwatch

Before first use, fully charge the smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (5V/1A recommended).

- A full charge typically takes approximately 2 hours.
- The battery icon on the screen will indicate charging status.

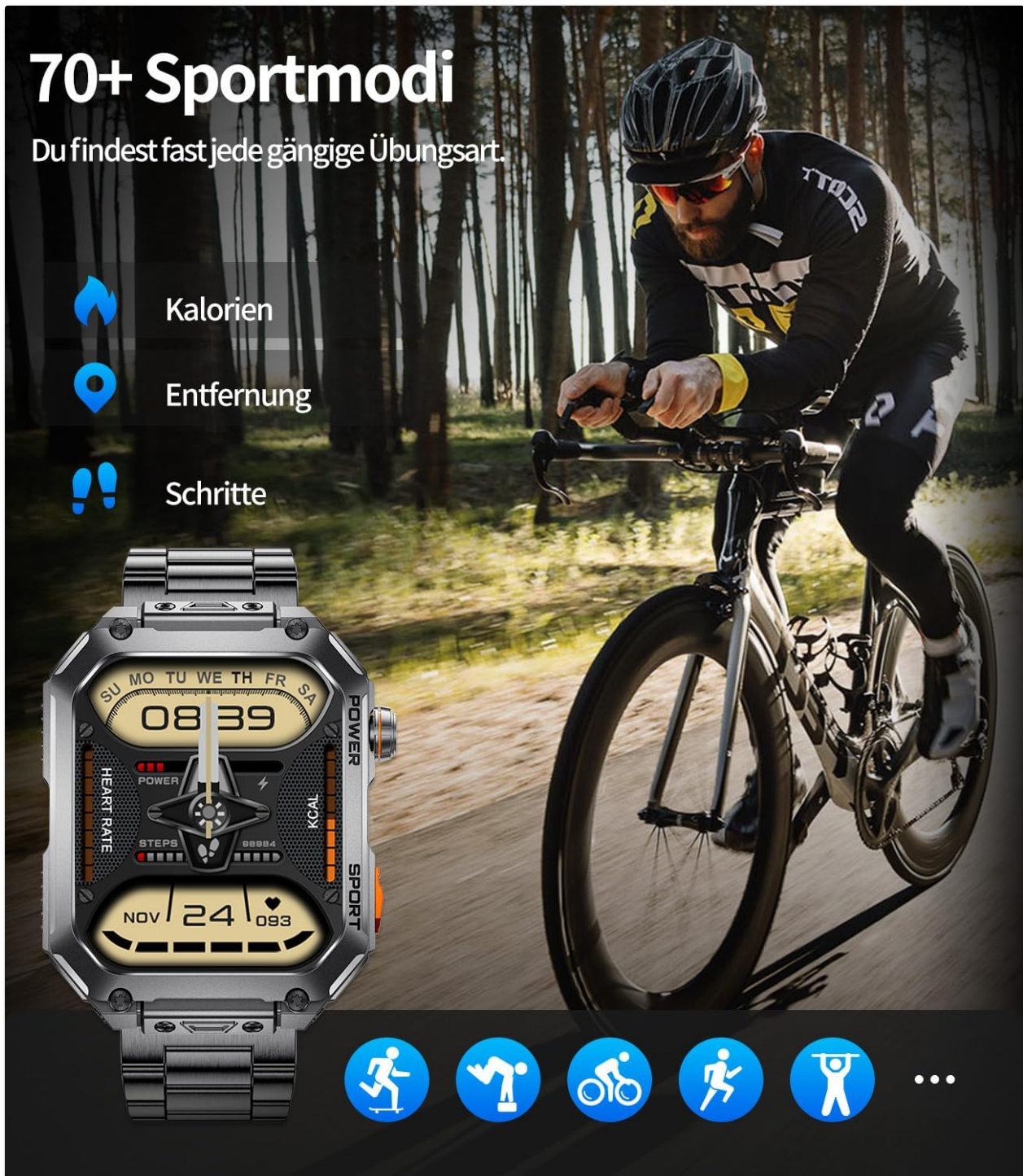


Image: The smartwatch displaying a full charge, highlighting its 400mAh battery capacity.

2.2 App Installation and Pairing

The LIGE EF2-I PRO Smartwatch uses the **FitCloudPro** application for full functionality. Ensure your smartphone meets the compatibility requirements (Android 8.0+ or iOS 12.0+).

1. **Download the App:** Scan the QR code in the watch manual or search for "FitCloudPro" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open FitCloudPro:** Launch the FitCloudPro app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to the "Device" or "Add Device" section. The app will search for nearby smartwatches.
5. **Select Your Watch:** Select "EF2-I PRO" or the corresponding device name from the list. Confirm the pairing request on both your phone and the smartwatch.
6. **Grant Permissions:** Allow all necessary permissions requested by the app (e.g., location, notifications, contacts) for full functionality.

Note: Some users have reported confusion regarding the correct app. The product description explicitly states "FitCloudPro". If you encounter issues, ensure you are using this specific app.

3. OPERATING THE SMARTWATCH

3.1 Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** The watch features "POWER" and "SPORT" buttons.
 - **POWER Button:** Short press to wake/sleep screen, long press to power on/off.
 - **SPORT Button:** Short press to quickly access sport modes.

3.2 Customizing Watch Faces

The smartwatch supports over 200 customizable watch faces via the FitCloudPro app. You can also use your own images.

1. Open the FitCloudPro app on your smartphone.
2. Navigate to the "Dial Market" or "Watch Face" section.
3. Browse and select a watch face, or choose to customize with your own photo.
4. Synchronize the selected watch face to your smartwatch.



Image: Customization options for watch faces, showing over 200 built-in designs and the ability to use personal images.

3.3 Health Monitoring

The smartwatch provides continuous health monitoring features. Access these functions from the watch menu or view detailed data in the FitCloudPro app.

- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides estimated blood pressure readings.
- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Respiratory Rate:** Monitors your breathing rate.
- **Stress Detection:** Helps monitor stress levels.
- **Hydration Reminders:** Set reminders to drink water.

- **Women's Health:** Specific tracking features for women's health management.



Image: The smartwatch showing 24-hour health monitoring, including heart rate and advanced sleep tracking.

Disclaimer: The health monitoring features are for reference only and should not be used for medical diagnosis or treatment.

3.4 Sport Modes

The smartwatch supports over 100 sport modes to track your workouts accurately. Select a mode before starting your activity.

- **Tracking Metrics:** Accurately tracks heart rate, calories burned, distance, and steps for each activity.
- **Automatic Exercise Detection:** Some activities may be automatically detected.

Bluetooth Call & Message Notification

Never miss any important calls & messages



Image: The smartwatch showing sport mode tracking, with icons representing activities like walking, running, cycling, and more.

3.5 Bluetooth Calls & Message Notifications

Stay connected with Bluetooth calling and message notifications directly on your wrist.

- **Making/Receiving Calls:** Use the built-in microphone and Hi-Fi speakers to answer or reject incoming calls. You can also dial numbers directly from the watch.
- **Message Notifications:** Receive push notifications from various apps such as Facebook, WhatsApp, Twitter, and more.
- **AI Voice Assistant:** Activate the AI voice assistant to perform tasks like sending messages, checking weather, or setting reminders.



Image: The smartwatch's Bluetooth call functionality, showing an incoming call screen and a dial pad.



Image: The smartwatch receiving message notifications from popular applications.



Image: Additional smartwatch functions including music control, remote camera shutter, and alarm settings.

3.6 Other Functions

The smartwatch includes a variety of useful daily functions:

- Alarm Clock
- Stopwatch
- Calculator
- Music Control
- Weather Forecasts
- Find Phone
- Calendar
- Camera Control (remote shutter)
- Multi-language Display
- Multiple Time Zone Settings

4. MAINTENANCE

4.1 Cleaning and Care

- Regularly clean the watch case and bands with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging to prevent corrosion.
- Avoid using harsh chemicals or abrasive materials for cleaning.

4.2 Water Resistance

The LIGE EF2-I PRO Smartwatch is rated 5 ATM water resistant, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for:

- Daily use, such as hand washing and rain.
- Showering (cold water recommended, avoid hot water and steam).

- Shallow-water activities like swimming in a pool.

Important Considerations:

- Do NOT press any buttons while the watch is submerged.
- Avoid exposure to hot water, steam, or strong detergents, as these can compromise the water seal.
- The water resistance is for static pressure; sudden changes in water pressure (e.g., diving, high-pressure water jets) may exceed its limits.
- After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.



Image: The smartwatch demonstrating its military-grade durability, including 5 ATM water resistance.

5. TROUBLESHOOTING

Common Issues and Solutions:

Problem	Possible Cause / Solution
Watch not turning on.	Battery might be depleted. Charge the watch for at least 30 minutes. If still unresponsive, try a different charging cable or adapter.
Cannot pair with smartphone.	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is charged and within range.• Restart both the watch and your phone.• Verify you are using the correct app: FitCloudPro.• Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate health data.	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, not too tight or too loose.• Clean the sensor on the back of the watch.• Avoid excessive movement during measurements.
Notifications not appearing.	<ul style="list-style-type: none">• Check app notification settings in FitCloudPro.• Ensure your phone's notification permissions are granted to FitCloudPro.• Verify Bluetooth connection is stable.
Short battery life.	<ul style="list-style-type: none">• Frequent use of features like Bluetooth calls, continuous heart rate monitoring, and bright screen can drain battery faster.• Reduce screen brightness or screen-on time.• Disable unnecessary background features.

6. SPECIFICATIONS

Feature	Detail
Brand	LIGE
Model Number	EF2-I PRO
Screen Size	1.96 Inches
Display Type	AMOLED (implied from description)
Shape	Rectangular
Connectivity Technology	Bluetooth 5.2
Compatible Devices	Smartphone (Android 8.0+, iOS 12.0+)

Feature	Detail
Battery Capacity	400 mAh (Lithium Polymer)
Memory Storage	128 MB
Water Resistance	5 ATM (50 meters static)
Special Features	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Multi-Sport Tracker, Music Player, Stress Tracking, Bluetooth Calls, Touch Screen, Voice Control, Alarm Clock, Weather Forecast, Find Phone, Camera Control
GPS	No GPS
Country of Origin	China
ASIN	B0DX1Q71KT

7. WARRANTY AND SUPPORT





LIGE is committed to providing quality products and customer service.

- **Online Service:** 24-hour online support is available. Please refer to the FitCloudPro app or LIGE's official website for contact details.
- **Returns Service:** Enjoy 6 months of returns service from the date of purchase.
- **Product Guarantee:** The product comes with a 2-year guarantee.



Image: LIGE's commitment to customer service, including online support, returns, and guarantee information. For further assistance, please contact LIGE customer support through the channels provided in the FitCloudPro app or on the official LIGE website.

Related Documents

	<p>LIGE 696 Smartwatch User Manual: Features, Health Monitoring, and Bluetooth Calls</p> <p>Comprehensive user manual for the LIGE 696 Sport Smart Watch for Men. Learn about its 1.96-inch screen, blood oxygen monitoring, Bluetooth calls, 100+ sport modes, and IP68 waterproofing.</p>
	<p>LIGE 2025 Smart Bracelet User Manual - Features, FAQs & Precautions</p> <p>Comprehensive user manual for the LIGE 2025 Smart Bracelet. Learn how to connect via Bluetooth, use app features, understand function descriptions, find answers to FAQs, and follow important precautions.</p>
<p>Smart Health Bracelet</p> 	<p>LIGE Smart Health Bracelet User Manual: Features, Setup, and Safety</p> <p>Comprehensive user manual for the LIGE Smart Health Bracelet. Learn about its features including heart rate monitoring, SpO2, sleep tracking, multi-sport modes, and IP68 water resistance. Includes setup instructions, app usage, fault resolution, and important safety guidelines.</p>
<p>Smart Health Bracelet</p>  <p>User Manual</p>	<p>Smart Health Bracelet User Manual - LIGE</p> <p>Comprehensive user manual for the LIGE Smart Health Bracelet, covering product introduction, setup, features, app usage, safety tips, and troubleshooting.</p>