

Smart Watch

User Manual



IW1 Lite

Thank you for purchasing our product. This manual addresses the safety guidelines, warranty, and operating instructions. Please review this manual thoroughly before operating your device.

All pictures in this manual are for illustration purposes only. Actual product may vary due to product firmware upgrade and app upgrade.

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Getting Started

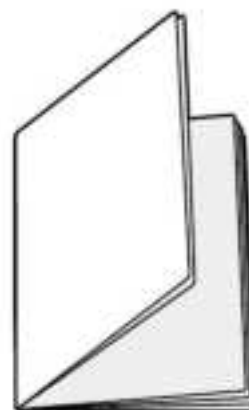
What's in the Box



Smart watch



Charging cable



Quick start guide

(IW1 Lite with bands)

What's in this Document

This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the Fitdock app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your IW1 Lite.

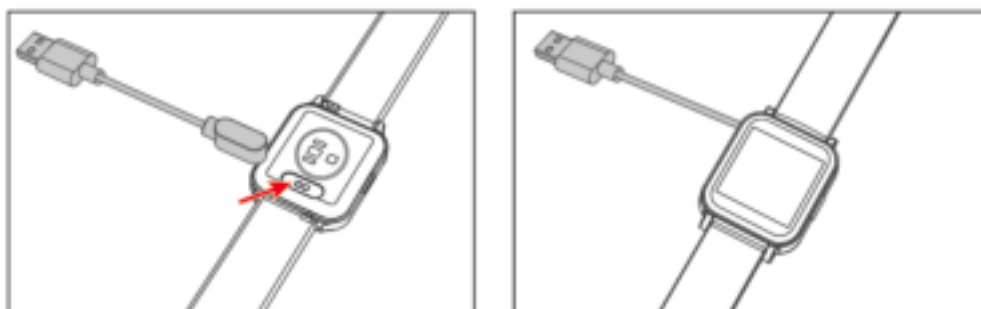
Setting up Your Watch

Charging Your Watch

Please fully charge your watch before initial use.

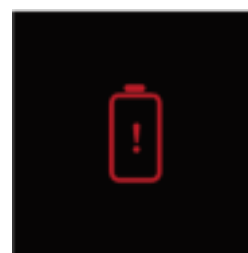
1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.

3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen.



When the watch shows that the battery is low, connect the watch to a USB port with 5V-500mA.

While the watch charges, there is a battery progress circle on the screen and you can check the battery level at any time.

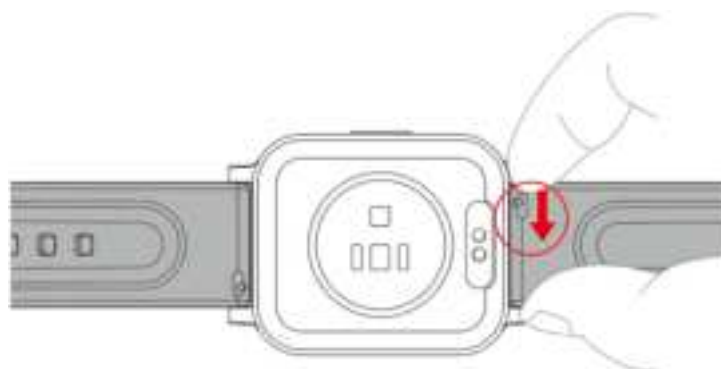


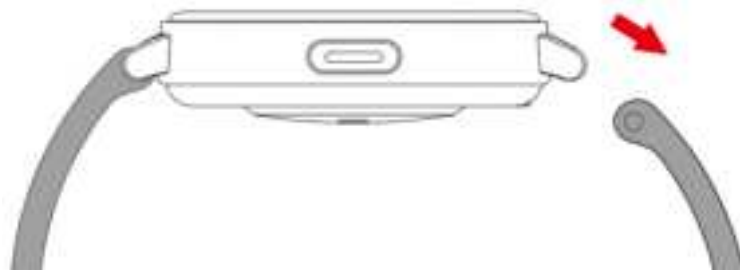
4. Remove the watch from the power supply once fully charged.
 - USB charger requirement: DC USB port (5V-500mA)
 - Charging time: Approximately 2 hours

Disassembling / Assembling Your Watch

Disassembly

1. To remove the wristbands, turn over the watch and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.





3. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.

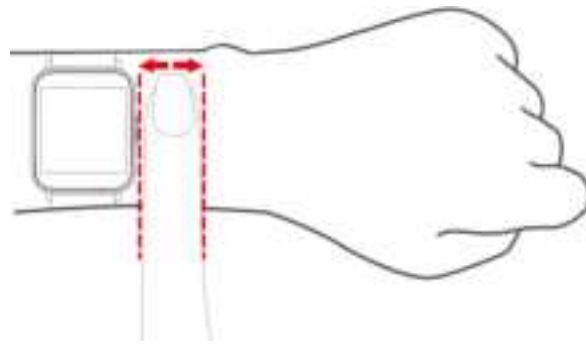


3. When both ends of the pin are inserted, release the quick-release lever.

Wearing Your Watch

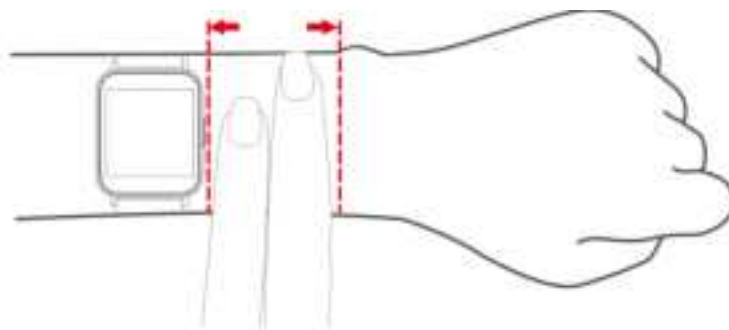
All-day Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.

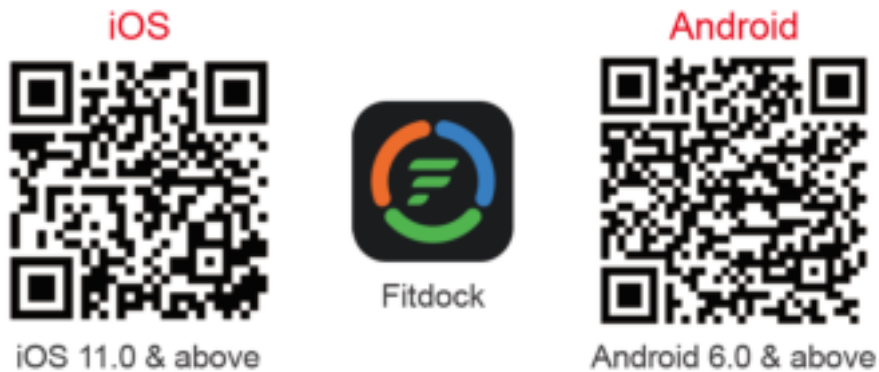


2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.

Using Your Watch

App Installation

Use the watch with our customized **Fitdock app**. You can download **Fitdock** from Apple Store / Google Play or scan the QR codes below to download.



Note:

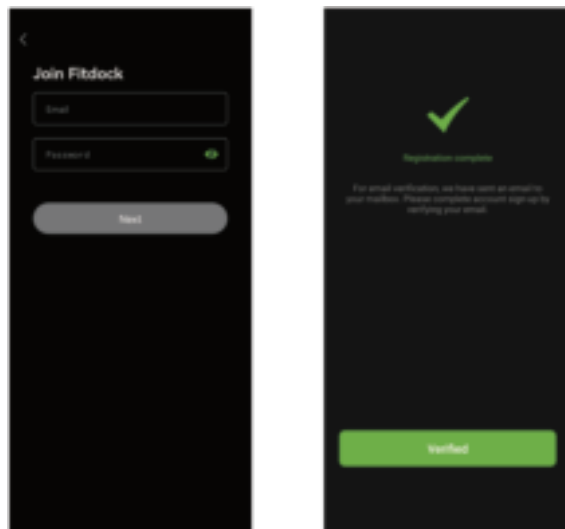
The Fitdock app is only compatible with smartphones, not tablets or PCs.

Smart Phone System Requirements

- iOS 11.0 & higher
- Android 6.0 & higher
- Bluetooth 4.0 & higher

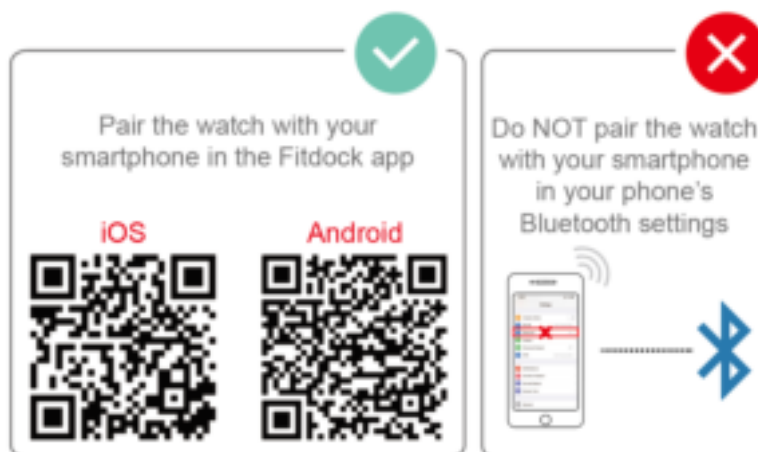
Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then tap "Verified" to log in.



Pairing the Watch with Your Phone

Please pair the watch with your phone in the Fitdock app, NOT in the Bluetooth settings of your phone.



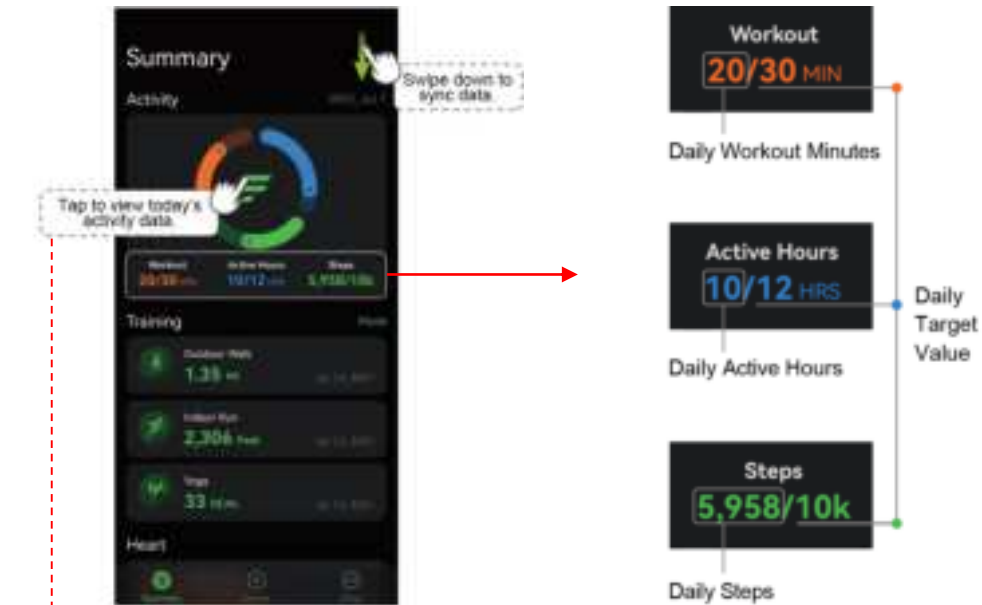
1. Enable the Bluetooth of your smartphone.
2. Open the Fitdock app on your smartphone and go to the "Device" page, tap "Pair device".
3. Tap "📷", and your smartphone starts scanning.
4. Use the Fitdock app to scan the QR code displayed on your watch to connect the watch to your smartphone.



Notes:

- You can also search this device in the app to pair (Go to the "Device" page → "Pair device" → "IW1 Lite").
- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be reset and the watch will be restarted. Please do not unbind the connection unless there is an issue that will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

App Interfaces



Summary



Today's data



Device

After the watch is connected to your phone, you can customize watch face / call / message / sleep alarm / sedentary alert / heart rate notifications, etc.

Getting to Know Your Watch

Basic Operation



Turn on / off the watch:

Press and hold the function button for 3 seconds.

Wake a dimmed screen:

Press the function button or turn your wrist towards you.

Return to the previous interface:

Swipe the screen to the right.

Return to the home screen:

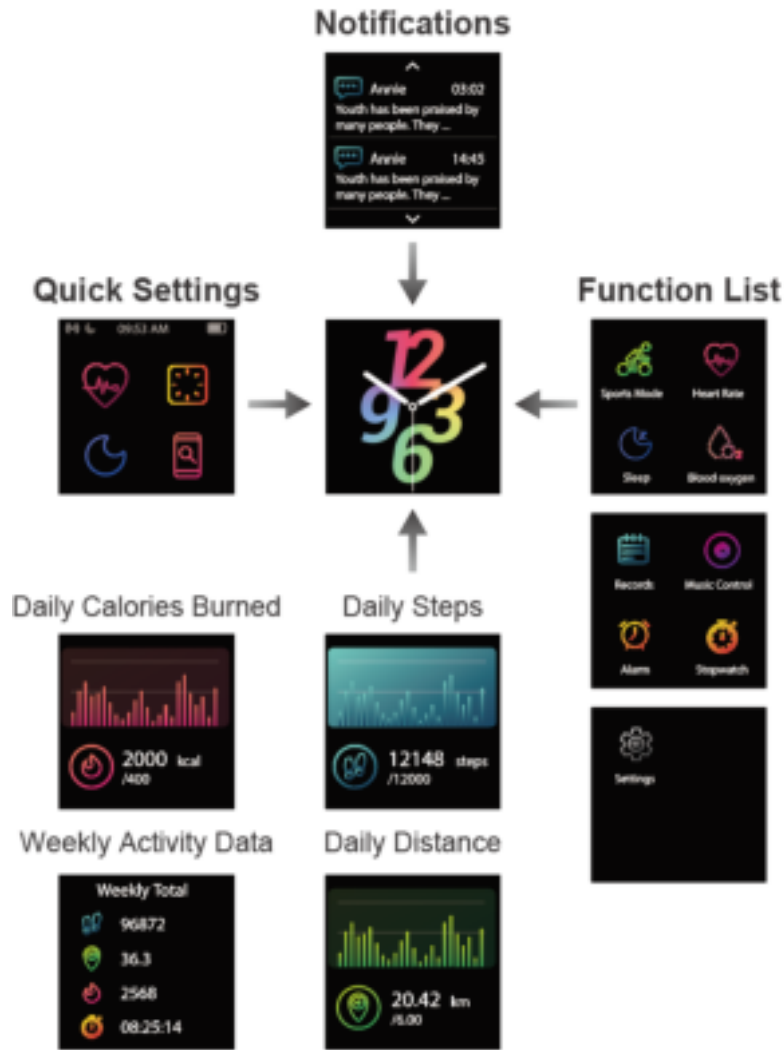
Press the function button.

Watch Interfaces

This is a touch screen; swipe the screen to go to different interfaces, and tap to enter the function.

The home screen is the clock. On the clock:

- Swipe up to view daily steps, daily distance, daily calories burned and weekly activity data.
- Swipe down to see notifications.
- Swipe left to the function list, including sports mode, heart rate, sleep, blood oxygen, records, music control, alarm, stopwatch and settings.
- Swipe right to see the quick settings bar (auto heart rate monitor, screen brightness level, do not disturb, find my phone).



(fig. 1)

After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below:

Method 1 (on the watch):

1. Hold the home screen.
2. Swipe the screen to choose a watch face and tap to confirm.

Method 2 (in the app):

Open the Fitdock app, go to the "Device" page → "Watch Faces". You can select a watch face from "My Dials" or download a watch face from "Gallery".



Function Introduction



Tracks your exercise data in up to 8 sports modes. Choose the mode that you want to start on the watch.



Tracks your real-time heart rate automatically and continuously.



Check your daily sleep data.



Measure your blood oxygen level.



Records your daily activity data.



Control the music playing of your smartphone.



Set different types of alarms in the app to make the watch vibrate to remind you.



Use the stopwatch to make your exercise more standardized.



Some basic settings and information of the watch.

1. Tracking Sports

The watch tracks your exercise data in up to 8 sports modes.

Start a sport

Tap "Sports Mode" → Swipe the screen to select a sports mode you want to start.




During sports

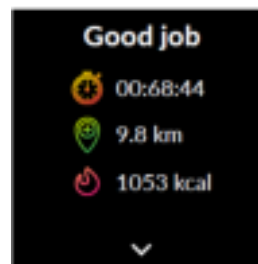
- Swipe the screen left or right to flip through exercise data.
- Press the function button to pause / resume the sport.
- Swipe the screen to the far left so you can control the music playing on your phone.



End the sport

Hold the function button and tap  to end the sport.


Exercise data is displayed after the exercise has ended. Swipe up the screen to flip through exercise data:



Notes:

- After ending an exercise, you can view detailed data and graphs in the app (Go to the "Summary" page, swipe down the page to synchronize data, and tap the exercise you just ended).
- Data of exercises less than one minute will not be saved.

2. Monitoring Heart Rate

Tap  to measure your heart rate. After entering the heart rate interface, the watch tracks your real-time heart rate automatically and continuously. You can view your detailed heart rate data on the watch screen or in the app.




Notes:

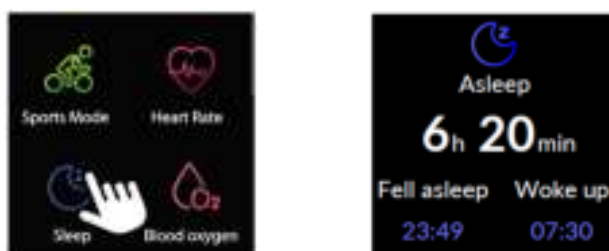
- To monitor your heart rate more accurately, wear the watch two fingers wide below your wrist bone and wear it tighter than usual. In addition, complete your profile in the app.
- If the auto heart rate monitor is disabled on the watch, the watch will not track your heart rate continuously.



Heart Rate Notifications: The watch will remind you when you exceed your maximum heart rate while you appear to have been inactive. You can enable or disable heart rate notifications in the app ("Device" page → "Heart Rate Notifications").


3. Tracking Sleep

The watch automatically tracks your sleep duration and consistency with a comprehensive analysis of sleep quality data. Tap  in the function list to check your sleep records and improve your routine.



4. Measuring Blood Oxygen Level


Before measuring, wear the watch two fingers below the wrist bone and a bit tighter than usual.

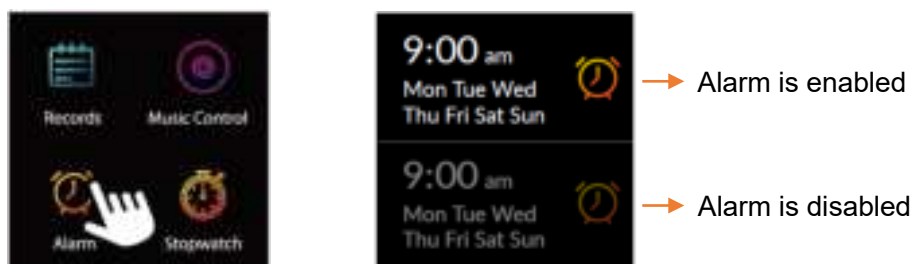
1. Tap  to enter the blood oxygen level detection mode.
2. When measuring, keep your arm flush with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.




5. Setting Alarms

1. Go to the "Device" page in the Fitdock app.
2. Tap "Alarm" to enter the alarm setting interface.
3. Tap "Add" to add an alarm.
4. Set the alarm time and repeat time.
5. Tap "Confirm" to save your settings.

You can enable / disable the alarm on your watch (Tap "Alarm" on the watch and then tap  to turn on / off the alarm you set.)



6. Controlling Phone Music

After the watch is connected to your phone, tap  on the watch to enter the function and control the music playing on your phone.




Note:

You can only control the music player that's running on your phone.

7. More Functions


7.1 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID.

Tap  on the watch screen to reject the call.

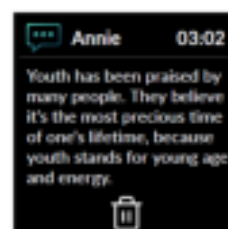


Notes:


- Only when "Notification Alerts" is enabled in the app ("Device" page → "Notification Alerts", turn on "Notification Alerts"), will calls be notified.
- When the "Do not disturb" function is enabled on the watch (Quick settings bar → ) , calls will not be notified on the watch during the do-not-disturb period.

7.2 Message Notification

When messages (like Facebook, Twitter, and Instagram messages) come in, the watch vibrates to alert you, and the screen displays the message content.




Notes:

- Only when "Notification Alerts" is enabled in the app ("Device" page → "Notification Alerts", turn on "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled on the watch (Quick settings bar → ) , messages will not be notified on the watch during the do-not-disturb period.

7.3 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page → "Sedentary Alert", enable the movement reminders function and set the remind interval.)

7.4 Find My Phone

When the watch is connected to your phone, you can use the watch to locate your phone by making your phone vibrate. Tap  in the quick settings of the watch to use the function.

Basic Specifications

Model No.: IW1 Lite

Sync: Bluetooth 5.0

Screen: 1.4" TFT LCD

Battery Capacity: 180mAh

Working Voltage: 5V-500mA

Working Temperature: -10°C to 40°C

Weight: 1.2oz (34g)

Waterproof Rating: IP68

Working Time: about 7 days

FAQs

Failure to re-pair the watch with the Fitdock app on your smartphone

1. Swipe the screen of watch to enter settings mode. Tap "Settings" → "System settings" → "Reset". The information on the watch will be reset and the watch will be restarted.
2. Use the Fitdock app to scan the QR code displayed on your watch to pair.

If you still fail to connect the watch to the app, please kindly take the following steps:

1. Make sure your smartphone's Bluetooth is enabled and make sure the watch is not connected to other smartphones.
2. Search this device in the app to pair (Go to the "Device" page → "Pair device" → "IW1 Lite").
3. Make sure the distance between your smartphone and the watch does not exceed 0.5 meters and keep the watch screen always on when pairing.

Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

Failure to receive SMS / calls notifications

Calls / SMS notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:

1. Go to your smartphone Settings, find the Fitdock app, enable the Location and all Notifications.
2. Enable your phone's Bluetooth and go to the Fitdock app to pair the watch.
3. Open the app. Go to the "Device" page → "Notification Alerts", turn on "Notification Alerts".
4. Make sure the "Do Not Disturb" function is not enabled on the watch.

The watch is disconnected from the Fitdock app on your smartphone

The watch will disconnect from your smartphone in the following cases:

1. Smartphone Bluetooth is off or exceeds the Bluetooth connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture, etc.)
2. The Fitdock app is closed on the phone. (This can occur automatically under certain circumstances.)

To reconnect the watch to your smartphone, please kindly take the following steps:

1. Restart the Bluetooth of your phone.
2. Clear all running / background processes on your smartphone and restart the Fitdock app. Then the watch will reconnect to your phone automatically.

Blood Oxygen Level Measurement Accuracy

The Blood oxygen level will be affected by factors such as motion, watch placement on the wrist, skin temperature and skin perfusion. These factors will cause fluctuations in blood oxygen measurements.

For a single measurement on the watch, please wear the watch two fingers below the wrist bone, snug but comfortable on your wrist. When measuring, stay still and make sure your wrist is flat with the watch facing up. If you are sitting, you can rest your arm on a table with the watch facing up.

The smart watch blood oxygen sensor isn't a medical device and won't be able to diagnose or monitor any medical conditions. If there is a problem with the measurement, we recommend you consult your doctor.

Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any questions about our devices.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy – never allow children or pets to play with this product. Always store the product out of the reach of children. The devices themselves or the many small parts they contain may cause choking if ingested.
- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard.

Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and / or injury.

- Do NOT disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device, accessories, heart rate monitor, blood oxygen level measurement and related data are intended to be used only for general fitness and wellness purposes, not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate and blood oxygen level readings are for reference only, and no responsibility is assumed for the consequences of any false readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, blood oxygen, and calorie data.
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable device.
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist

longer than 2-3 days of not using your device, contact your doctor.

- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exposed to substances such as soap or detergent which may adhere to the internal side of the watch.
- Do NOT wash the watch with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist.
- Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.

FCC 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.