

# Quick Start Guide

## IW1 Lite Smart Watch

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This quick start guide will support you getting started using your smart watch. If you're looking for a more detailed user manual, FAQs, and other information, please visit our official website.



*All pictures in this guide are for illustration purposes only. Actual product may vary due to product firmware and app upgrades.*

# Package Contents

1

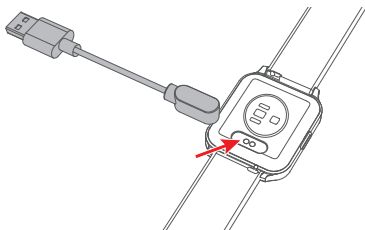
- Smart watch (IW1 Lite with bands)
- Charging cable
- Quick start guide

## Charging

2

Please fully charge your watch before initial use.

- 1 Insert the USB plug of the charging cable into a USB charger.
- 2 Attach the other end to the charging contacts on the back of the watch.



# Installing the Fitdock App 3

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iOS



iOS 11.0 & above



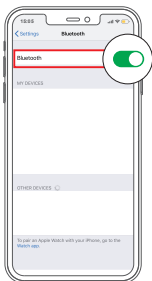
Fitdock

Android



Android 6.0 & above

**Note:** Fitdock app is only compatible with smartphones, not tablets or PCs.



- 1 Turn on the Bluetooth of your phone.



- 2 Open the **Fitdock** app. Go to the "**Device**" page and tap "**Pair device**".



OR



- 3 Tap "📱" and scan the QR code on the watch to pair. Or tap "**IW1 Lite**" to search the device for pairing.

## • Function Button



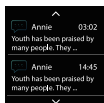
- |                                                                                   |                                                                                                             |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"><li>• Wake the screen</li><li>• Return to the home screen</li></ul>       |
| Press                                                                             | <ul style="list-style-type: none"><li>• Pause / resume the sport</li></ul>                                  |
| <hr/>                                                                             |                                                                                                             |
|  | <ul style="list-style-type: none"><li>• Power on / off the watch</li><li>• End / resume the sport</li></ul> |
| Hold                                                                              |                                                                                                             |

## • Touch Screen



- Hold the home screen to change the watch face
- Swipe to go to different interfaces
- Tap to enter the function
- Swipe the screen to the right to return to the previous interface

## Notifications



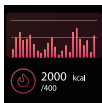
## Quick Settings



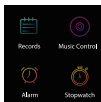
## Function List



## Daily Calories Burned



## Daily Steps



## Weekly Activity Data



## Daily Distance

