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› EURANS Smart Watch 41mm (Model IW1 Lite) User Manual

## EURANS IW1 Lite

# EURANS Smart Watch 41mm (Model IW1 Lite) User Manual

Your comprehensive guide to operating and maintaining your EURANS Smart Watch.

## 1. INTRODUCTION

Welcome to the EURANS Smart Watch 41mm (Model IW1 Lite) user manual. This guide provides essential information to help you set up, operate, and maintain your new smartwatch. Designed for both men and women, this full touchscreen device offers comprehensive fitness tracking, health monitoring, and smart connectivity features to enhance your daily life.

Key features include a 1.4-inch full LCD color touch screen, IP68 water resistance, 8 sports modes, heart rate monitoring, sleep tracking, step and calorie tracking, and blood oxygen level measurement. Stay connected with smart notifications for calls, messages, and social media, and enjoy customizable watch faces.

## 2. PACKAGE CONTENTS

Upon opening your EURANS Smart Watch package, you should find the following items:

- EURANS Smart Watch (Model IW1 Lite)
- Charging Cable
- Quick Start Guide



The EURANS Smart Watch 41mm, featuring a vibrant digital display and a comfortable purple silicone band.

This video provides an unboxing experience of a fitness smartwatch, showcasing its components and initial appearance.

### 3. SETUP

#### 3.1 Charging the Device

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a compatible USB power adapter (not included).

#### 3.2 App Installation and Pairing

To unlock the full potential of your EURANS Smart Watch, download and install the companion app on your smartphone. The watch is compatible with Android 6.0 / iOS 11.0 or above, and Bluetooth 5.0 connectivity.

1. Scan the QR code provided in the Quick Start Guide or on the product packaging to download the 'F Fit' companion app.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 'F Fit' app, navigate to the 'Device' section, and select 'Add Device' or 'Pair Device'.
4. Select your EURANS Smart Watch (Model IW1 Lite) from the list of available devices to complete the pairing process.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select an option.
- **Function Button:** Press the side button to wake the screen, return to the home screen, or power the watch on/off (long press).

### 4.2 Customizing Watch Faces

Personalize your watch's appearance:

- The watch comes with 5 built-in watch faces. Long-press the home screen to switch between them.
- For more options, open the 'F Fit' app. You can choose from over 90 additional watch faces or upload your favorite photos to create a custom background.

# Four built-in dials

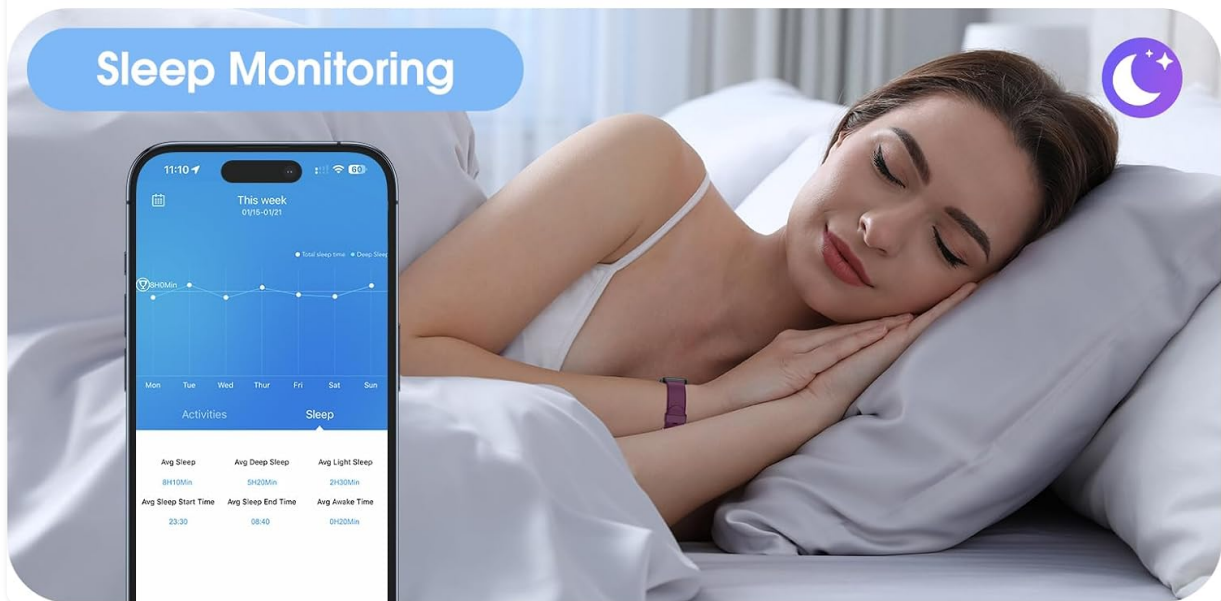


Choose from several pre-installed watch faces or personalize your display with over 90 options available through the companion app.

## 4.3 Health Monitoring

The EURANS Smart Watch provides continuous health insights:

- **Heart Rate Monitor:** Tracks your heart rate 24/7. View real-time data on the watch or detailed trends in the app.
- **Blood Oxygen Monitor:** Measure your SpO2 levels to understand your body's oxygen saturation.
- **Sleep Tracking:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and wake times, to help you improve sleep quality.



The smartwatch actively monitors your heart rate 24/7 and provides detailed insights into your sleep patterns.



## Monitor Your Health with Ease Blood Oxygen Monitoring



Blood Oxygen

The watch features a sensor on its underside to accurately measure your blood oxygen levels.

### 4.4 Activity Tracking

Track your fitness goals with precision:

- **Sports Modes:** Supports 8 sports modes including running, cycling, and yoga. Select your activity to track specific metrics.
- **Daily Activity:** Records steps taken, distance covered, and calories burned throughout the day.

# All-Day Activity Tracking



Track your daily activities including steps, calories burned, distance, and heart rate across various sports modes.

## 4.5 Smart Connectivity

Stay connected and manage your digital life from your wrist:

- **Notifications:** Receive alerts for incoming calls, messages, emails, and notifications from social media apps.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Alarms & Reminders:** Set alarms, sedentary reminders, and goal completion reminders.
- **Find My Phone:** Use the watch to locate your misplaced smartphone.

# Get Smart Notifications with Ease



Receive instant notifications for calls, messages, emails, and social media directly on your wrist.

## 5. MAINTENANCE

### 5.1 Water Resistance (IP68)

Your EURANS Smart Watch is IP68 water-resistant, meaning it can withstand dust, dirt, and sand, and is resistant to submersion up to a maximum depth of 1.5m for up to 30 minutes. It is suitable for daily use such as washing hands, showering, and light rain. However, it is not recommended for swimming, diving, or high-pressure water activities.

A short video demonstrating the waterproof capabilities of a smartwatch, highlighting its durability in water.

### 5.2 Cleaning

To maintain the performance and appearance of your watch:

- Wipe the watch and strap regularly with a soft, dry cloth.
- If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly.
- Avoid using harsh chemicals or abrasive materials.

## 6. TROUBLESHOOTING

### 6.1 Common Issues

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source.
- **App connectivity issues:** Verify Bluetooth is active on your phone and the watch. Ensure the 'F Fit' app is updated to the latest version. Try unpairing and re-pairing the device.
- **Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensors on the back of the watch regularly.
- **Notifications not appearing:** Check app notification settings on your phone and within the 'F Fit' app to ensure they are enabled for the watch.

## 7. SPECIFICATIONS

| Feature          | Detail                                                                                                                                                                                                 |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Model Number     | IW1 Lite                                                                                                                                                                                               |
| Display          | 1.4-inch Full LCD Color Touch Screen (240 x 240 resolution)                                                                                                                                            |
| Battery Capacity | 180 mAh Lithium Polymer                                                                                                                                                                                |
| Battery Life     | Up to 10 days on a single charge                                                                                                                                                                       |
| Water Resistance | IP68                                                                                                                                                                                                   |
| Compatibility    | Android 6.0 / iOS 11.0 or above, Bluetooth 5.0                                                                                                                                                         |
| Dimensions       | 10.16 x 1.39 x 0.39 inches                                                                                                                                                                             |
| Item Weight      | 1.58 ounces                                                                                                                                                                                            |
| Special Features | Heart rate monitoring, Message & Call Reminder, Multiple sports modes, Activity tracking, Sedentary Reminder, Goal Completion Reminder, Alarm clock, Wrist sense, Pedometer, Calorie burned, Distance. |

## 8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official EURANS website. Keep your proof of purchase for any warranty claims.