

## EURANS IW1 Lite

# EURANS Smart Watch IW1 Lite User Manual

Your guide to setting up, operating, and maintaining your EURANS Smart Watch IW1 Lite.

## 1. SETUP AND INITIAL USE

### 1.1 Package Contents

Verify that your package contains the following items:

- EURANS Smart Watch IW1 Lite
- Charging Cable
- User Manual

### 1.2 Charging the Device

Before first use, fully charge your smart watch. The device features a 7-day battery life with typical use and a standby time of 30 days. A full charge typically takes 1 hour.

1. Connect the magnetic charging cable to the charging contacts on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch screen will display a charging indicator. Ensure the contacts are clean and dry before charging.

# 7-Day Battery Life

**7**   
Days  
Battery Life

**1**   
Hour  
Charging Time

**30**   
Days  
Standby Time



Image: The EURANS Smart Watch IW1 Lite connected to its magnetic charging cable, showing a full charge. Text on the image indicates '7 Days Battery Life', '1 Hour Charging Time', and '30 Days Standby Time'.

## 1.3 Powering On/Off

- **Power On:** Press and hold the side button for a few seconds until the screen lights up.
- **Power Off:** From the watch face, swipe down to access the quick settings, then tap the power icon, or navigate to 'Settings' > 'Power Off' and confirm.

## 1.4 Basic Navigation

The EURANS Smart Watch IW1 Lite features a touch-sensitive HD screen and a side button for navigation.

- **Swipe Up/Down:** Scroll through menus or notifications.
- **Swipe Left/Right:** Access different function screens (e.g., activity data, heart rate).
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the watch face or wake the screen.



Image: The EURANS Smart Watch IW1 Lite showing the main watch face with current time (08:26), date (APR 06, SATURDAY), and activity metrics including calories burned (234), steps taken (8000), and distance (4.25). A smaller inset image shows options for 'Binding APP' or 'Skip Binding'.

### 1.5 Optional App Connection

The EURANS Smart Watch IW1 Lite is designed to function independently without requiring a smartphone app. All core features like step counting, calorie tracking, and health monitoring are accessible directly on the watch. However, an optional companion application can be used to access additional features:

- Data Record & Check: View historical fitness and health data.
- Weather Display: Receive weather updates on your watch.
- Message Notification: Receive alerts from your smartphone.

Refer to the app's instructions for pairing and setup if you choose to use these extended features.

## 2. OPERATING THE SMART WATCH

### 2.1 Activity Tracking

The watch automatically tracks your daily activity. Swipe through the watch faces to view your current statistics.

- **Step Counter:** Records the number of steps taken throughout the day.
- **Calories Tracker:** Estimates calories burned based on your activity.
- **Distance Tracker:** Calculates the distance covered.

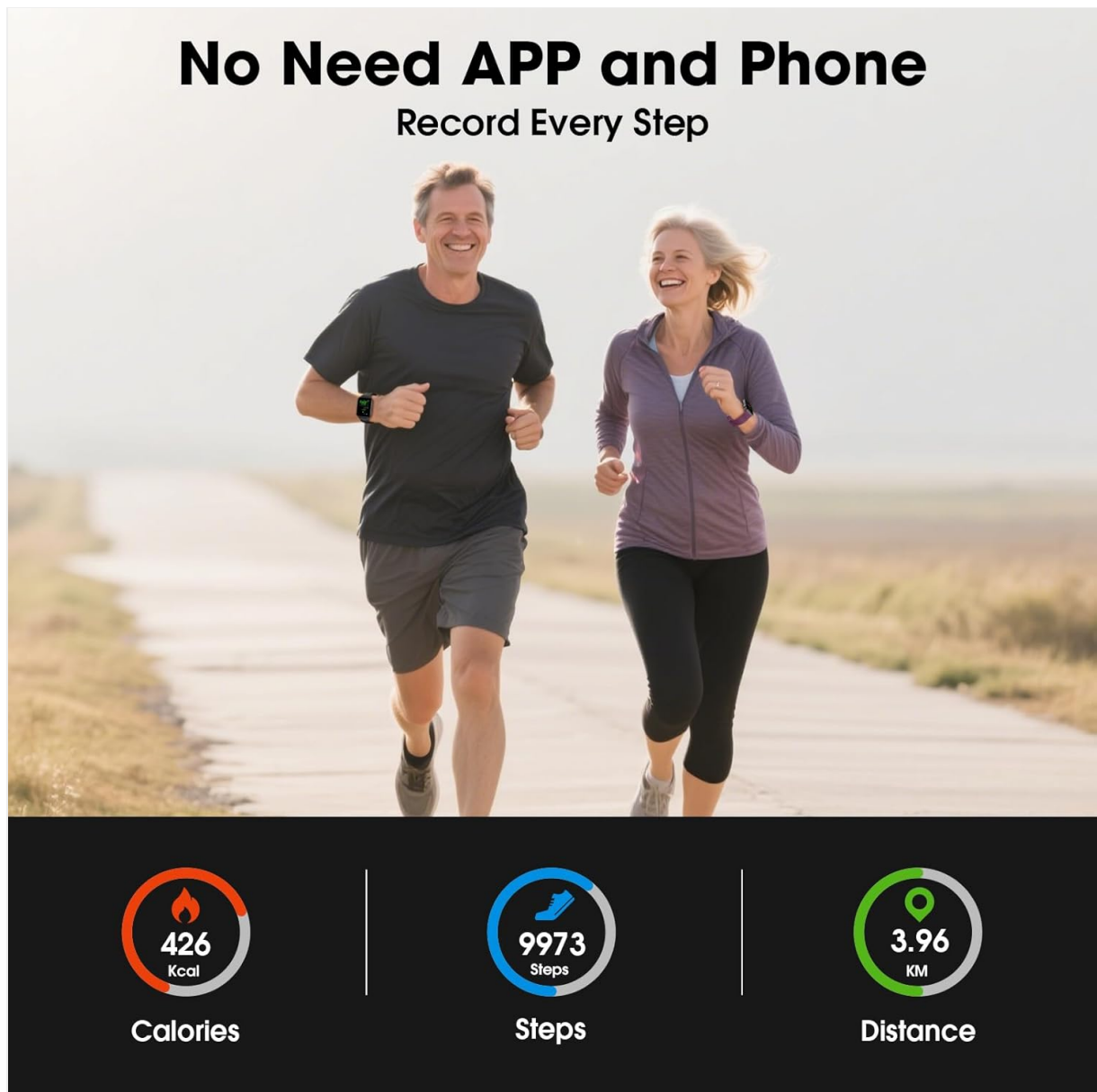


Image: A man and a woman running outdoors. Below them, three circular icons display activity data: 426 Kcal (Calories), 9973 Steps, and 3.96 KM (Distance).

## 2.2 Health Monitoring

The EURANS Smart Watch IW1 Lite provides continuous health monitoring features.

- **Heart Rate Monitor:** Measures your heart rate throughout the day. Access the heart rate screen to view real-time data and historical trends.
- **Blood Oxygen (SpO2) Measurement:** Provides on-demand blood oxygen saturation readings.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and wake times.

# Complete Health Management



Image: A collage of watch screens demonstrating various health management features. These include SpO2 measurement (98%), heart rate monitoring (64 BPM with max/avg/min), sleep tracking (87, 6h 30 mins), and activity recording (calories, heart rate, steps).

## 2.3 Watch Functions

Beyond fitness tracking, the watch includes several utility functions:

- **Time Display:** Customizable watch faces to show time and date.
- **Alarm Clock:** Set alarms directly on the watch.
- **Stopwatch:** For timing activities.
- **Timer:** For countdowns.

## 2.4 Display Readability

The EURANS Smart Watch IW1 Lite features a 1.69-inch HD screen designed for clear visibility.

- **Large Numbers:** Time and data are displayed with large, easy-to-read digits.
- **Sunlight Readability:** The screen is optimized for visibility even under direct sunlight.

# Large & Easy-to-read Can read under sunlight

Light & large to read  
under sunlight



Richer colors, Higher contrast



Large number, easy to read



Image: A close-up view of the EURANS Smart Watch IW1 Lite screen, demonstrating its large and easy-to-read display. The image shows the time (08:26), date (APR 06), and activity metrics, emphasizing clarity and readability under various lighting conditions.

## 3. MAINTENANCE

### 3.1 Cleaning Your Watch

Regular cleaning helps maintain the watch's performance and appearance.

- Wipe the screen and strap with a soft, damp, lint-free cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry to prevent corrosion and ensure proper charging.

### 3.2 Water Resistance

The EURANS Smart Watch IW1 Lite is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes.

- It is suitable for daily use, such as hand washing, rain, and swimming in shallow water.
- Do not use the watch in hot water, saunas, or steam rooms, as steam can penetrate the seals.
- Avoid prolonged immersion or high-pressure water activities like diving or high-speed water sports.
- Do not operate the buttons underwater.



### 3.3 Storage

When not in use for extended periods, store the watch in a cool, dry place. It is recommended to charge the watch periodically to maintain battery health.

## 4. TROUBLESHOOTING

If you encounter issues with your EURANS Smart Watch IW1 Lite, refer to the following common solutions:

- **Watch not powering on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.
- **Watch not charging:** Check that the charging cable is securely connected to both the watch and the power source. Ensure the charging contacts on the watch and cable are clean and free of debris.
- **Inaccurate activity data:** Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Movement of the watch on your wrist can affect sensor accuracy.
- **Screen unresponsive:** Try restarting the watch by holding the side button until the power off option appears, then power off and on again. If unresponsive, allow the battery to fully drain and then recharge.
- **Time/Date incorrect:** If connected to an app, ensure the watch is synced. If not using an app, manually adjust the time and date through the watch's settings.

### 4.1 Factory Reset

If problems persist, a factory reset may resolve the issue. Note that this will erase all data on the watch.

1. Navigate to 'Settings' on your watch.
2. Select 'System' or 'Reset'.
3. Choose 'Factory Reset' and confirm the action.

## 5. SPECIFICATIONS

Feature	Specification
Model Number	IW1 Lite
Brand	EURANS
Screen Size	1.69 Inches
Battery Capacity	350 Milliamp Hours
Typical Battery Life	Up to 7 Days
Standby Time	Up to 30 Days
Charging Time	Approximately 1 Hour
Water Resistance	IP68
Connectivity	Bluetooth
Operating System Compatibility	Android, iOS (for optional app features)

Feature	Specification
Special Features	Activity Tracker, Sleep Monitor, Time Display, Heart Rate Monitor, SpO2 Measurement

## 6. WARRANTY AND SUPPORT



### 6.1 Warranty Information

Your EURANS Smart Watch IW1 Lite is covered by a limited manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details.




### 6.2 Customer Support

For technical assistance, troubleshooting, or warranty claims, please contact EURANS customer support. Contact details can typically be found on the product packaging, the official EURANS website, or through your retailer.

### Related Documents - IW1 Lite

 <p>Smart Watch User Manual</p> <p><small>Please refer to the packaging for product details. The manual contains information about product features, usage, and safety instructions. Please read the manual carefully before using the product. The manual is provided for informational purposes only. It is not a substitute for professional advice. Please refer to the packaging for product details and safety instructions.</small></p>	<p><a href="#">EURANS IW1 Lite Smart Watch User Manual: Setup, Features, and Safety</a></p> <p>Comprehensive user manual for the EURANS IW1 Lite Smart Watch. Learn how to set up, use features like fitness tracking, heart rate monitoring, and understand safety guidelines.</p>
 <p>Fitness Tracker ID115Plus HR User Manual</p> <p><small>Please refer to the packaging for product details. The manual contains information about product features, usage, and safety instructions. Please read the manual carefully before using the product. The manual is provided for informational purposes only. It is not a substitute for professional advice. Please refer to the packaging for product details and safety instructions.</small></p>	<p><a href="#">ID115Plus HR Fitness Tracker User Manual</a></p> <p>User manual for the ID115Plus HR Fitness Tracker, covering setup, usage, features, troubleshooting, and safety instructions.</p>



<div data-bbox="118 89 309 392"><p><b>EW1</b> Smart Watch User Manual</p><p><small>Thank you for purchasing your product. This manual explains the main functions and features of the product. Please read this manual carefully before operating your device.</small></p><p><small>All pictures in this manual are for illustration purposes only. Actual product may vary due to product firmware, upgrade and app upgrade.</small></p></div>	<p><a href="#">EW1 Smart Watch User Manual: Setup, Features, and Safety</a></p> <p>Comprehensive user manual for the EW1 Smart Watch, covering setup, charging, wearing, using the Fitdock app, tracking sports and daily activity, monitoring heart rate and blood oxygen, alarms, notifications, and important safety instructions.</p>
<div data-bbox="118 470 309 694"><p><b>Smart Watch</b> User Manual</p><p><small>Thank you for purchasing your product. This manual explains the main functions and features of the product. Please read this manual carefully before operating your device.</small></p><p><small>All pictures in this manual are for illustration purposes only. Actual product may vary due to product firmware, upgrade and app upgrade.</small></p></div>	<p><a href="#">Smart Watch User Manual - Features, Setup, and Safety</a></p> <p>Comprehensive user manual for the Smart Watch, covering setup, features like heart rate monitoring and sleep tracking, app integration, and important safety instructions.</p>
<div data-bbox="118 750 309 1041"><p><b>Quick Start Guide</b> IW1 Lite Smart Watch</p><p><small>This quick start guide will support you getting started using your smartwatch. If you're looking for a more detailed user manual, please visit our official website.</small></p><p><small>All pictures in this guide are for illustration purposes only. Actual product may vary due to product firm ware and app upgrades.</small></p></div>	<p><a href="#">IW1 Lite Smart Watch Quick Start Guide</a></p> <p>A concise guide to getting started with the IW1 Lite Smart Watch, covering package contents, charging, app installation, pairing, and basic controls.</p>