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› LENYES LW-250 Smart Watch User Manual

Lenyes LW-250

LENYES LW-250 Smart Watch User Manual

Model: LW-250



INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your LENYES LW-250 Smart Watch. Please read this manual thoroughly before operating the device to ensure optimal performance and longevity. Keep this manual for future reference.



The LENYES LW-250 Smart Watch features a digital display showing various metrics including time, date, heart rate (108 bpm), battery level (75%), calories burned (205 kcal), and steps taken (5820 steps). The watch has a round face with a metallic bezel and a stainless steel band.

1. SETUP

1.1 Unboxing and Components

Upon opening the package, verify that all components are present:

- LENYES LW-250 Smart Watch
- Charging Cable
- User Manual (this document)

1.2 Charging the Device

Before initial use, fully charge your smart watch. Connect the charging cable to the charging port on the watch and plug the other end into a standard USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

1.3 Powering On/Off

- **Power On:** Press and hold the power button (typically located on the side of the watch) for 3-5 seconds until

the screen illuminates.

- **Power Off:** Navigate to the 'Settings' menu on the watch, then select 'Power Off' or press and hold the power button until a power-off prompt appears, then confirm.

1.4 App Installation and Pairing

To unlock the full functionality of your LW-250 Smart Watch, download the companion application on your smartphone. Refer to the packaging or the watch's initial setup screen for the specific app name or QR code.

1. Download and install the app from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. In the app, select 'Add Device' or 'Pair Device' and choose 'LW-250' from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smart watch.

1.5 Initial Configuration

After successful pairing, the app will guide you through setting up personal information such as age, height, weight, and gender. This data helps improve the accuracy of activity tracking and health monitoring features.

2. OPERATING THE SMART WATCH

2.1 Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select an item.
- **Side Buttons:** The physical buttons on the side of the watch typically serve as a power button, back button, or quick access to specific functions (e.g., sport modes). Refer to the watch's on-screen prompts for specific button functionalities.

2.2 Core Features

The LW-250 Smart Watch offers a range of features to support your daily activities and health monitoring:

- **Time Display:** Digital display of current time, date, and day of the week.
- **Activity Tracker:** Records steps taken, distance covered, and calories burned.
- **Heart Rate Monitor:** Provides real-time heart rate readings. For accurate results, ensure the watch is snug on your wrist.
- **Sleep Monitor:** Tracks sleep patterns, including deep sleep, light sleep, and awake times.
- **Notifications:** Receives alerts for calls, messages, and app notifications from your paired smartphone.
- **Alarm Clock:** Set alarms directly from the watch or through the companion app.
- **Music Player Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Calendaring:** View upcoming events and appointments.

2.3 Sport Modes

Access various sport modes from the main menu to track specific activities. Each mode provides tailored metrics for your workout. Select the desired sport mode before starting your activity.

2.4 Customization

Change watch faces to personalize your device. This option is usually found in the 'Settings' menu on the watch or within the companion app.

3. MAINTENANCE

3.1 Cleaning

Regularly clean your smart watch to maintain its appearance and functionality. Use a soft, lint-free cloth to wipe the screen and watch body. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

3.2 Water Resistance

The LW-250 Smart Watch may offer a degree of water resistance. Refer to the product specifications or packaging for details on its water resistance rating. Avoid exposing the watch to hot water, steam, or high-pressure water jets, as this can compromise seals.

3.3 Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the battery is partially charged (around 50%) before long-term storage to preserve battery health.

3.4 Software Updates

Periodically check the companion app for available software updates. Updates often include performance improvements, new features, and bug fixes. Ensure your watch is sufficiently charged before initiating an update.

4. TROUBLESHOOTING

If you encounter issues with your LENYES LW-250 Smart Watch, refer to the following common solutions:

- **Watch not powering on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Restart both the watch and your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Clear existing pairings in your phone's Bluetooth settings and try pairing again.
- **Inaccurate health data (heart rate, steps):**
 - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
 - Clean the sensor on the back of the watch.
 - Verify your personal information (age, height, weight) is correctly entered in the app.
- **Notifications not received:**
 - Check notification settings in the companion app and on your smartphone.
 - Ensure the watch is connected via Bluetooth.
 - Grant necessary permissions to the companion app on your smartphone.
- **Device unresponsive:** Perform a soft reset by pressing and holding the power button for approximately 10-15 seconds until the device restarts.

5. SPECIFICATIONS

The following are key specifications for the LENYES LW-250 Smart Watch:

Feature	Detail
Brand Name	Lenyes
Model Name	LW-250
Item Shape	Round
Display Type	Digital
Band Material Type	Leather, Stainless Steel
Compatible Devices	Smartphone
Compatible Phone Models	Compatible with a wide range of smartphones
Special Features	Activity Tracker, Alarm Clock, Calendaring, Distance Tracker, Email, GPS (No GPS), Heart Rate Monitor, Music Player, Notifications, Pedometer, Sleep Monitor, Time Display
GPS	No GPS

6. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the official Lenyes website. Keep your purchase receipt as proof of purchase for warranty claims. If you require further assistance or have questions not covered in this manual, please contact Lenyes customer service through their official channels.

