

Quick Start Guide

IW1 Lite Smart Watch

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

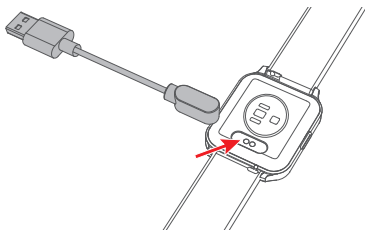
- Smart watch (IW1 Lite with bands)
- Charging cable
- Quick start guide

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

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



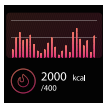
Quick Settings



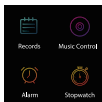
Function List



Daily Calories Burned



Daily Steps



Weekly Activity Data



Daily Distance

