品名：	IW1中性运动腕表	规格：	80g哑粘纸 四色 双面印刷 胶装 56P 成品尺寸: 75x120mm
版本：	2020-11-14 V1		
制作：	王润婷		
料号：	SM-SH-IW1-V1		

封底 封面

IW1
Smart Watch
User Manual

Thank you for purchasing our products. This manual embraces the information you need to know about your product. Please review this manual thoroughly before operating your device.

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Table of Contents

English Version 1
Getting Started 1
What's in the Box 1
Assembly 1
Setting up Your Watch 1
Charging Your Watch 1
Disassembling / Assembling Your Watch 2
Wearing Your Watch 4
Using Your Watch 5
App Installation 5
Account Registration and Login 5
Pairing the Watch with Your Phone 6
Unpairing 8
Function Introduction 13
1. Tracking Sports 13
2. Tracking Daily Activity Data 15
3. Monitoring Heart Rate 15
4. Measuring Blood Oxygen Level 16
5. Setting Alarm 17
6. Setting Alarms 17
7. Controlling Phone Music 17
8. Other Functions 18
8.1 Call Notification 18
8.2 Message Notification 18
8.3 Sedentary Reminder 19
8.4 Stopwatch 19
8.5 Timer 19
Basic Specifications 19
FAQs 20
Warranty 22
Important Safety Instructions 22
Deutsche Version 25
Anfangen 26
Was ist in der Box 26
Einrichten Ihrer Smartwatch 26
Laden Sie Ihre Smartwatch auf 26
Demontage / Montage Ihrer Smartwatch 27
Tragen Sie Ihre Smartwatch 29
Verwenden Sie Ihre Smartwatch 30
App-Installation 30
Kontoregistrierung und Einloggen 30
Koppeln Sie die Smartwatch mit Ihrem Telefon 32
Entkoppeln 34
Funktionseinführungen 39
1. Sportverfolgung 39
2. Tägliche Aktivitätsdaten Aktivitätsdaten 41
3. Herzfrequenzüberwachung 41
4. Messung des Blutsauerstoffpegels 42
5. Wecker stellen 43
6. Wecker stellen 43
7. Steuerung der Telefonmusik 43
8. Weitere Funktionen 44
8.1 Anrufbenachrichtigung 44
8.2 Benachrichtigung der Nachrichten 44
8.3 Sitzende Erinnerung 45
8.4 Stoppuhr 45
8.5 Timer 45
Grundspezifikationen 45
FAQs 46
Garantie 48
Wichtige Sicherheitsanweisungen 48

Getting Started

What's in the Box

What's in This Document

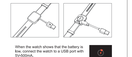
This manual gives you detailed quick with setting up your watch, charging your watch, pairing your watch with your phone, using the LeMdi app, exercise tracking, viewing your activity data, your heart rate, sleep, blood oxygen, and more. Its soon as possible to read this manual in full. Failure to follow the instructions in the manual safety you through every function on your IW1.

Setting up Your Watch

Charging Your Watch

Please fully charge your watch before initial use.

1. Connect the charging cable to a USB port on your computer or a 5V certified USB wall charger.
2. Hold the other end of the charging cable near the pin on the back of your watch until it magnetically attaches.
3. Make sure the pins on the charging cable both securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the screen.



When the watch shows that the battery is low, connect the watch to a USB port or a 5V wall charger.

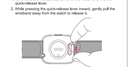
While the watch charges, there is a battery progress circle on the screen and you can check the battery level at any time.

- 5V/1A charger recommended for power supply since fully charged.
- USB charge requirements: DC USB port (5V/500mA).
- Charging time: Approximately 2 hours.

Disassembling / Assembling Your Watch

Disassembly

1. To remove the wristbands, turn over the watch and find the release buttons.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.



1. Repeat on the other side.

Assembly

1. To reattach the wristbands, slide the pin (the side opposite the quick-release lever) into the slot on the watch. Ensure the wristband with the deep is the top of the watch.

2. While pressing the quick-release lever inward, slide the other end of the wristband into place.
3. When both ends of the pin are inserted, release the quick-release lever.

Wearing Your Watch

Akıllı Wear and Exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist. Some sort long flat, the same way you would put on a watch.

For optimized heart rate monitoring, keep these tips in mind:

1. Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow to your arm will increase during further up you go, moving the watch up a couple of inches can improve heart rate tracking. Wear the watch snugly but not too tight. Your sitting or weight lifting requires you to bend your wrist, you may need to wear the watch a little looser so that the heart rate signal if the watch is lower on your wrist.

2. Do not wear your watch too tight. A tight band restricts blood flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not constricting) during exercise than during daily wear.

Using Your Watch

App Installation

Use the watch with our customized **LeMdi app.** You can download **LeMdi** from Apple Store / Google Play or scan the QR code below to download.

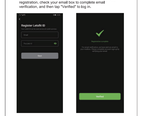
Note:
The LeMdi app is only compatible with smartphones, not tablets or PCs.

Smart Phone System Requirements

- iOS 11.0 & higher
- Android 6.0 & higher
- Bluetooth 4.0 & higher

Account Registration and Login

Please register an account with a valid email address. After registration, check your email box to complete email verification, and then Tap "Verified" in Ring to.



Pairing the Watch with Your Phone

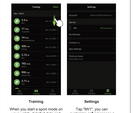
Please pair the watch with your phone in the LeMdi app. NOT in the Bluetooth settings of your phone.

1. Enable the Bluetooth of your smartphone.
2. Open the LeMdi app, go to the "Settings" page, tap "Device", and tap "+" to add a device.
3. Tap "WiFi", and your smartphone starts scanning.
4. Select the watch language on the watch and enter the QR code interface as instructed.
5. Use your phone to scan the QR code displayed on your watch to connect the watch to your smartphone.

Notes:

- You can also search this device in the app to pair (Go to "Settings" page, tap "Device", tap "+" to add a device, "Bluetooth Devices" at the upper right corner of the scanning interface).
- Once the watch is connected to your app, the watch will automatically sync your personal data from the app. Please wait for a while. Bluetooth is disabled after manual disconnection.
- If the watch is unbound from the app, the information on the watch will be cleared and the watch will be restored to factory settings. Please ensure that you unbind the watch in advance if you will require a reset.
- The watch can only pair with one smartphone at a time. When pairing, please ensure the watch and your smartphone is within 0.5 meters distance.

App Interfaces



Getting to Know Your Watch

Basic Operation

- **Turn on / off the watch:** Press and hold the function button for 3 seconds.
- **Wake a dimmed screen:** Press the function button or turn your wrist towards you.
- **Return to the previous interface:** Press the function button or swipe the screen to the right.

Watch Interfaces

This is a touch screen, swipe the screen to go to different interfaces, and tap to enter the functions.

- Swipe down to see notifications.
- Swipe left to the function list, including workout, today, heart rate, blood oxygen, breath, timer, alarm, stopwatch, music control and setting.
- Swipe right to view today's data (You can customize the function list in the watch app). Go to the "Settings" page → "WIFI" → "Control Center".

After the watch is paired with your phone, the home screen will display the time and date.

You can customize the home screen by following the steps below:

Method 1:
1) Go to "Settings" → "General" → "Watch Face" on the watch.
2) Swipe the screen to choose a watch face and tap to confirm.

Method 2:
1) Open the LeMdi app, go to the "Settings" page → "WIFI" → "Watch Face". Select a watch face and then choose the information you want to display on the home screen.
2) Tap "Confirm" to finish setting.

Function Introduction

1. Tracking Sports

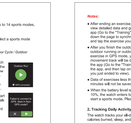
The watch tracks your exercise data in up to 14 sports modes.

Start a sport

Tap "Workout" → Swipe the screen to select a sports mode you want to start.

GPS connecting (Only for Outdoor Run / Outdoor Cycle / Outdoor Walk):

When you start an outdoor sport, the watch begins searching GPS signal. Please let the watch stay on the screen and wait for about the location services on your phone, then move to an open area and stand still to improve the GPS signal. When the GPS is connected, tap "Go" to start the exercise.



When the GPS signal is weak, you can start Outdoor Run, Outdoor Cycle, Outdoor Walk without GPS connection, but the exercise data will not be displayed in your training record after the exercise is ended.

During sports

Swipe the screen up or down to flip through the exercise interfaces, swipe to the left so you can control the music playing on your phone.

End the sport

Press the function button and tap "✓" to end the sport.

Exercise data is displayed after the exercise has ended. Swipe down the screen to flip through exercise cities.

Notes:

- After ending an exercise, you can swipe the screen to the right to go back to the "Training" page, scroll down the page to synchronize data, and view your exercise data in time.
- After you finish the outdoor cycling, outdoor running or outdoor walking sports, the watch will automatically measure heart rate (a displayed in the app. Go to the "Training" page of the app to view the heart rate exercise you just ended to view).
- Data of exercises less than 2 minutes will not be recorded.
- When the battery level is less than 10%, the watch enters battery save mode, in which you cannot start a sports mode. Please charge the watch to operate it again.

2. Tracking Daily Activity Data

The watch tracks your daily activity data, including steps, distance, calories burned, sleep, and workout data.

3. Monitoring Heart Rate

After entering the heart rate interface, the watch will automatically start measuring your heart rate. You can view your detailed heart rate data on the watch screen or in the app.

Note

To monitor heart rate more accurately, wear the watch on the upper arm and tight enough to fit the skin closely during exercises. In addition, complete your profile in the app.

4. Measuring Blood Oxygen Level

Before measuring, keep your arm flat with your chest and the watch screen facing up. Keep your arm still to ensure the accuracy of the data.

Stop Detection Mode: If you want the watch to track your blood oxygen level during sleep, please open the LeMdi app, go to "Settings" → "Device" → "Blood Oxygen" and turn on oxygen measurement switch. The blood oxygen data will then be displayed in the app (Go to the "Activity" page → "Sleep Section").

5. Setting Alarm

1. Tap "Alarm" in Ring2 page in the LeMdi app and tap "Wir1".
2) Tap "Setting" to add an alarm.
3) Tap "Add" to add an alarm.
4) Set the alarm time, name, vibration period and repeat time. Choose to turn on/off the smart wake mode or the snooze function.
5) Tap "Confirm" to save your settings.

You can enable / disable the alarm on your watch. Go to the "Alarm" page on the watch and enter your on/off the alarm you wi

6. Setting Alarms

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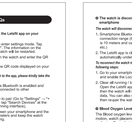
You can enable / disable the alarm on your watch. Go to the "Alarm" page on the watch and enter your on/off the alarm you wi

7. Controlling Phone Music

After the watch is connected to the LeMdi app, swipe left on the watch to enter the music interface and control the music playing on your phone.

Note:
You can only control the music player that's running on your phone.



8. More Functions

8.1 Call Notification

When there is an incoming **call**, the watch vibrates and shows the caller's number. Tap "✓" to accept the call, Tap "✗" on the watch screen to reject the call. Tap "✗" to hang up the call.

- Only when "Notification alerts" is enabled in the app ("Settings" page → "WIFI" → "Notification alerts"), will calls be notified.
- Phone "Do not disturb" function is enabled in the app ("Settings" page → "WIFI" → "Do Not Disturb") or on the watch (Status bar → ☾), calls will not be notified on the watch during the disturbance period.

8.2 Message Notification

When you receive messages from Facebook, Twitter, and Instagram/whatsapp/line, the watch vibrates to alert you, and the screen displays the message content.

Notes:

- Only when "Notification alerts" is enabled in the app ("Settings" page → "WIFI" → "Notification alerts"), will messages be notified.
- When the "Do not disturb" function is enabled in the app ("Settings" page → "WIFI" → "Do Not Disturb") or on the watch (Status bar → ☾), messages will not be notified on the watch during the disturbance period.

8.3 Sedentary Reminder

The watch vibrates to remind you to get up and move around after a period of sitting. Go to the "Settings" page → "Device" → "Active Hours" → "Sedentary Alert Settings" – enable the movement reminders function and set the remind interval.

8.4 Stopwatch

1) Tap "Stopwatch" to enter the function.
2) Tap "Ok" to start.

FAQs

❶ Fails to pair the watch with the LeMdi app on your smartphone again

Ensure the power of watch is enough.

Ensure the Bluetooth of your smartphone is enabled.

Ensure the watch and your smartphone are within 0.5 meters distance.

Ensure the watch is not paired with other Bluetooth devices.

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