【EN】 LW10 Product User Manual

LW10 Product User Manual

EN

Understanding the Product
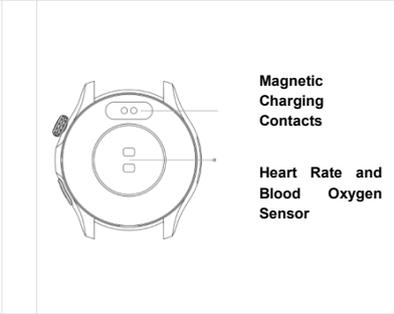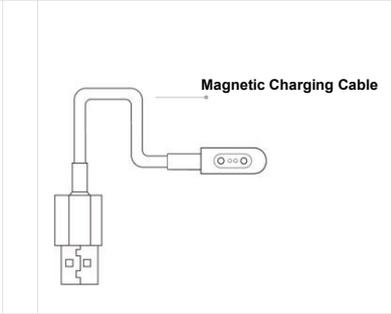
Digital Crown Screen Button Watch Strap	Magnetic Charging Contacts Heart Rate and Blood Oxygen Sensor	Magnetic Charging Cable
Front view of the product	Back view of the product	Charging cable

Begin using LW10

The following steps will take approximately 5 to 10 minutes of your time. Please choose a suitable time to begin.

❶ Power on

Long-press the "digital crown" until the startup screen appears
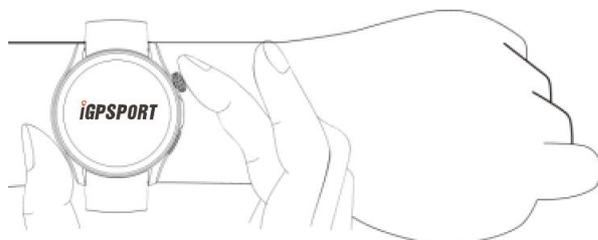
Tip: If the watch fails to power on, it may be due to prolonged inactivity leading to battery depletion. Please charge for approximately 10 minutes and wait for automatic startup.

❷ Set up the watch

Step 1: Download iGPSPORT APP

Please go to the app store on your mobile phone, search for iGPSPORT, and install it. · For Android phones, go to the corresponding app store. · For iPhone, go to the App Store.	You can also use your phone to scan the QR code below for quick access to the iGPSPORT **app** in the app store. Then, select install.

Step 2: Pair with the app

	Enter the iGPSPORT **app**, click on the upper right corner "+", go to the device page, click on the watch product to enter the search page. You can either click on the found device to enter the pairing page or click on the QR code below to pair, scanning the QR code on the watch to enter the pairing page. Follow the instructions for pairing and setting up "LW10", and once completed, the watch will be ready for use. Notice: 1. Do not directly pair in the Bluetooth list of the phone system to avoid causing the iGPSPORT app from connecting to the watch. 2. Please grant the iGPSPORT app permissions such as "Bluetooth, Location, Camera" on your phone to ensure successful pairing.

❸ Begin usage

1. Touchscreen operation

Supports full-screen touch control (swiping, tapping, long-pressing)
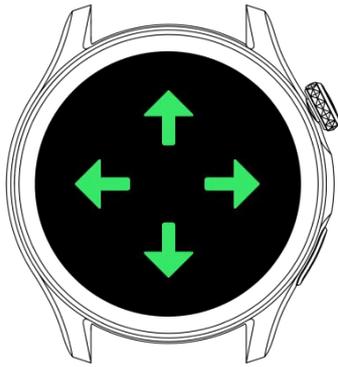
↑ Slide up

← Swipe left

→ Swipe right

↓ Slide down

2. Crown and Buttons

Press the crown

1. Press the crown to illuminate the screen when it is in sleep mode
2. Press the crown on the main watch face to access the application center
3. Exit the application

Rotating Crown
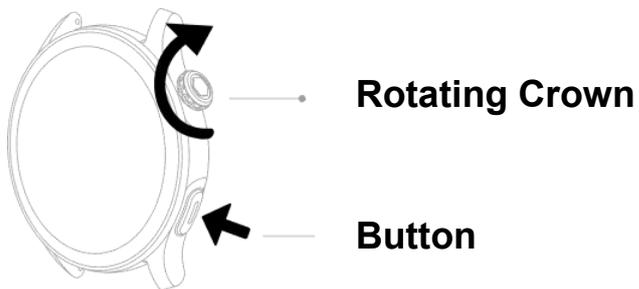
Button

Rotating crown

1. Scroll through the interface view
2. Adjust the volume of notifications and phone calls

Press the button

1. Press to quickly enter sports mode
2. Long press to enter SOS
3. Return to the previous page

Product functions

Notification Center

Swipe down on the main watch face to access the Notification Center
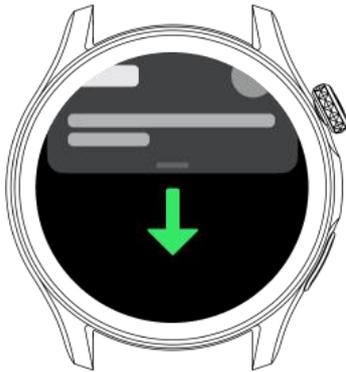
Sync iOS system phone notifications:

1.   Ensure that the Bluetooth on your paired phone is turned on and remains within the connection range of the watch (within 10 meters).

2.   In the system Bluetooth settings, enable "Share System Notifications" permission for your watch's Bluetooth.

Sync Android system phone notifications:

1.   Ensure that the Bluetooth on your paired phone is turned on and remains within the connection range of the watch (within 10 meters).

2.   Ensure that your phone's system has granted "Bluetooth," "Location," "Notifications," and other permissions to the iGPSPORT app, and keep the app running at all times.

Control Center

Swipe up on the main watch face to access the Control Center, enabling features such as "Focus Mode," "Always-on Display," and "Underwater Lock." You can also quickly adjust settings like "Brightness."

Status information

🔋	Battery level: Displays the current remaining battery percentage of the watch
✳	Bluetooth connection: Indicates the Bluetooth connection status between the watch and the paired phone

Quick functions

🚫	Focus Mode: Choose between Sleep Mode or Do Not Disturb Mode
🛏	Sleep Mode: Constant lighting and wrist-lift functionality are disabled, and an enhanced Do Not Disturb mode is activated. The brightness is reduced to a normal level of 40%
🚫	Do Not Disturb Mode: No sound notifications for messages and calls. Alarms and timers will provide normal notifications
⌚	Always-on Display Mode: Activating this mode allows the watch to continuously display the dimmed watch face even when the screen is off
📳	Wrist-lift to Wake: Enabling this feature allows the screen to automatically light up when you raise your wrist
🔦	Flashlight: Open the flashlight application to emit light from the watch

💧	Lock/Water Ejection: When enabled, the watch will be locked to prevent water ingress. After locking, press and hold the crown to unlock and eject water
🔋	Low Power Mode: When activated, only the time and step count will be displayed, and other activity tracking will be disabled
🔊	Volume Reminder: When activated, the watch will enter silent mode
☀️	Screen Brightness: Slide up or down to adjust the brightness of the screen

Quick Cards

Swipe left or right on the main watch face to quickly switch between browsing Quick Cards: Recommendations, Activity, Heart Rate, Exercise, Sleep, and Weather.

Activity: View the steps, calories, and duration of intense activities for the day.

Heart Rate: The heart rate measurement starts automatically on this page. You can also view heart rate data for the last 12 hours.

Exercise: View your exercise history for the week and quickly start the last recorded workout.

Sleep: View sleep duration, bedtime, wake-up time, and sleep score.

Weather: Check the weather conditions for the next 5 hours.

Recommendations: Recently used apps, quick access to health and activity data, and control music playback.

On the LW10 watch, you can swipe left or right to access functions such as Activity, Health, Sleep, Weather, Exercise, or Tools.

Watch face
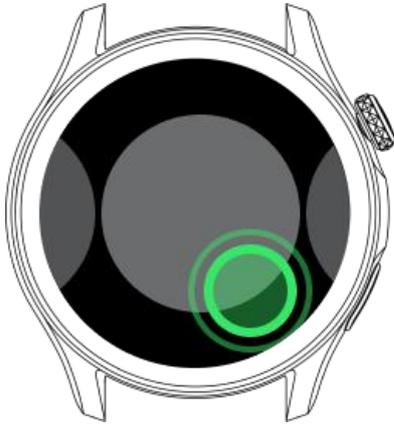
1. **Change Watch Face:** Press and hold the screen for 1 second on the watch face to enter the list and select the watch face you want to change to.

2. **Add a new watch face:**

    a. In the iGPSPORT app, go to the device page, then navigate to the Watch Face Market. Choose your preferred watch face.

    b. In the "Watch Face Market," after selecting your desired watch face, tap "Use."

    c. In "My Watch Faces," you can delete installed watch faces or manage the current ones.

4. **Enable Always-on Display Mode:**

    a. In the Control Center, you can quickly enable or disable the "Always-on Display" for the watch face.

    b. In the watch's "Settings → Display & Brightness," you can enable or disable the "Always-on Display" for the watch face.

5. **Status bar:**

Priority: Underwater Lock > Sleep > Do Not Disturb > Red Dot > Low Battery

💧	Underwater Lock: When the underwater lock mode is activated, an underwater lock icon will appear at the top of the watch face
🌙	Sleep Mode: When the sleep mode is activated, a sleep icon will appear at the top of the watch face
⊖	Do Not Disturb Mode: When the Do Not Disturb mode is activated, a Do Not Disturb icon will appear at the top of the watch face

🔴	Unread Notifications: When there are unread messages in the message center, a red dot will appear on the watch face as a reminder
🔋	Low Battery: When the battery level is below 20%, a low battery indicator will appear at the top of the watch face

Activity and Health

1. Daily Activity Records

Viewing data

1. Press the crown on the watch to enter the application center, select "Activity," and view activity calories, exercise duration, standing hours, step count, and distance.

2. On the right side of the watch face, the quick card "Activity" allows you to quickly review key information

Set Goals: You can go to the App → Device → Activity Metrics Settings to set daily goals for calorie expenditure, exercise duration, standing, activity distance, and step count.

Goal Achievement Reminder: Turn on the switch, and the watch will provide corresponding reminders when you achieve your set goals.

2. Step Count Heart Rate Tracking

Record steps per hour

1. Press the rotating crown to enter the application center, then click on "Step Count" to access the step count interface

2. Calculate the average step count for the day

3. Heart Rate Tracking

The watch is equipped with a wrist optical sensor that supports 24-hour continuous measurement and recording of your heart rate, helping you monitor changes in your health status.

❤80 Bpm 90 70 107 bpm, 2 m ago Range 80-100 BPM Average 124 BPM Resting Heart Rate 100 BPM	**Measure Heart Rate:** 1. Wear the watch normally and keep your arm flat. 2. Stay still for 10 seconds to measure your current heart rate. You can browse more historical data about your heart rate through the iGPSPORT app.

All-day Automatic Measurement: When the watch is connected to the phone, you can go to the iGPSPORT app → Device → Health Settings, and turn on or off the All-day Automatic Tracking in "Health Data Detection." Once enabled, the watch will automatically measure and record your heart rate changes throughout the day while wearing it. Note that enabling all-day automatic measurement may affect battery life.

Resting Heart Rate: Also known as resting heart rate, it refers to the number of heartbeats per minute in a calm and inactive state while awake. Activities such as exercise that train the cardiovascular system can help maintain a relatively slow and steady resting heart rate. Resting heart rate is easier to obtain when there is sleep data available.

4. Blood Oxygen Saturation

Blood Oxygen

95%
19 m ago

80% ●●●●●●●●●●● 100%

Start

Average
90%

Range
88-96%

Sleep Average
94%

Sleep Range
93-96%
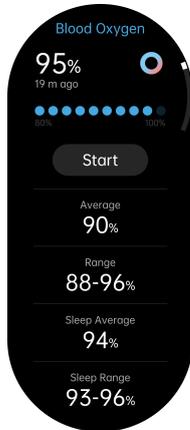
Measure Blood Oxygen:

1. Wear the watch normally and keep your arm flat.

2. Tap "Start" and remain still for 20 seconds to measure your current blood oxygen saturation level.

You can view more historical data about blood oxygen saturation through the iGPSPORT app.

5. Stress

Stress

50
19 m ago

●●●●●●●●●●
Low   High

Start

Tips
The score is reflected as your stress level.

Have a reset

Take 1 minute Breathe

Walk for 3 minute

When you feel stressed , all of the above can help you relieve stress.

Average
36

Range
12-60

Sleep Average
25

Sleep Range
12-36
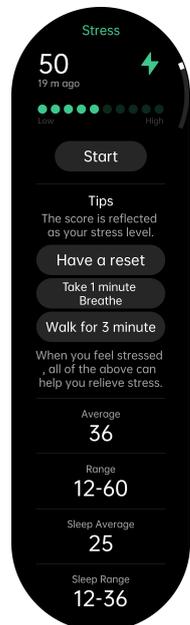
Measure Stress:

1. Wear the watch normally and keep your arm flat.

2. 2. Tap "Start" and remain still for 20 seconds to measure your current stress level.

You can view more historical data about stress through the iGPSPORT app.

6. Sleep Tracking

Wear the watch to sleep, and it will automatically recognize when you enter sleep, wake-up times, as well as durations of deep sleep, light sleep, rapid eye movement, and wakefulness.

1.   Press the rotating crown to enter the application center, click on "Sleep" to access and view sleep records.

2.   The watch will display sleep data for the current day and the time spent in various sleep stages.

You can also view historical sleep data through the iGPSPORT app.

7. Menstrual Cycle Tracking

Record and Predict Menstrual Cycle:

1.   When you are in your menstrual period, you can quickly record your menstrual cycle and conditions in the menstrual cycle tracking app.

2.   The watch will automatically calculate based on the cycle you set, predicting future menstrual periods, fertility windows, safe periods, and other key dates for you.

Record Exercise

Enter the exercise menu, choose a type of exercise, and you can start recording your exercise.

Exercise

Type of Exercise:

The watch supports over 50 different exercise modes, including outdoor walking, indoor walking, outdoor running, indoor running, outdoor cycling, indoor cycling, elliptical, yoga, and more.

You can choose the exercise mode that suits your preferences and the specific scenario to record your exercise data.

Start Exercise:

1. Press the rotating crown to enter the application center, click on "Exercise" to access the exercise interface. Swipe left or right to choose from the recently performed exercises.

2. During the exercise, press the rotating crown to pause the exercise.

3. During the exercise, swipe left or right to perform actions such as "Pause Exercise," "End Exercise," "Control Phone Music Playback," and more.

4. After each exercise session, you can view detailed exercise data on the completion screen.

5. Click on "More Exercises" to find sports of interest and refresh the exercise list. This allows you to quickly open the same exercise for your next session.

GPS Positioning:

When engaging in outdoor activities, the GPS on the watch needs to maintain a connection with satellites. Please note:

1. When initiating GPS positioning, wait for the watch to connect to satellites. In open areas, this can significantly reduce the positioning time.

2. "📶" When the icon is blinking, it indicates that the device is in the process of positioning. Once the blinking stops, it means that the positioning is successful.

3. Crossing tunnels, dense forests, tall buildings, or being under bridges may affect the connection with satellites, causing brief signal loss. Please try to engage in outdoor activities in open areas for better GPS connectivity.

Notice:

• If the exercise duration is too short, the results may not be recorded.

• After completing a single exercise session, please click the "End" button to ensure the accuracy of the recorded exercise data.

• You can click on the exercise records in the iGPSPORT app to view detailed historical exercise data.

Exercise Records:

After a successful save of the exercise, it will be stored on the exercise records page, allowing you to review past exercise records.

Notice:

- Please synchronize exercise records to the app in a timely manner to prevent overstorage that may lead to data being overwritten.

More Applications

1. Breathing Exercise

1. Press the rotating crown to enter the application center, click on "Breathing Exercise" to access the interface.

2. You can set the "Breathing Rate" or "Training Time," then click "Start" to begin the breathing exercise.

3. Inhale slowly as the animation expands, then exhale as the animation contracts.

4. If you wish to end before the animation completes, swipe right on the screen, or click the rotating crown, then tap "End."

2. Alarm

Set Alarm

1. Press the rotating crown to enter the application center, click on "Alarm" to access the alarm interface.

2. Click on "Add Alarm." For the first time adding an alarm, select the time, and click "Done" to enter the alarm editing page. If you don't choose repeat days, it will be a one-time alarm. You can choose repeated alarms, such as daily, workdays, weekends, or specific weekdays.

3. Return to the alarm clock page and complete the settings;

Reminder later: After setting the alarm, you can set a later reminder function, which can help you delay the alarm reminder for 10 minutes.

To end the alarm: The alarm clock reminder will vibrate and ring as a reminder. Click "Stop" to end the alarm clock reminder. If the reminder function is turned on, click "Remind Later" to delay the reminder for 10 minutes.

Delete an alarm: On the "Alarm Clock" interface, click the alarm clock you want to delete to enter the alarm clock editing interface, and click "Delete" to delete the alarm clock.

3. Phone

Click "Phone" in the app center to enter the call. You can browse recent call records and frequently used contacts.

1. You can make phone calls through recent call history, frequently used contacts, and dial keys;

2. When your phone receives an incoming call, you can click the "Answer Button" to answer the call on your watch.

3. Frequently used contacts can be set in the iGPSPORT app, click "Device" - "Bluetooth Call", edit and add/delete in the frequently used contacts, and you can add up to 20 frequently used contacts.

Notice: The call needs to be within a good Bluetooth communication distance of the mobile phone.

4. Compass

In the application center, click "Compass" to enter the application

1.　　You can judge the actual direction of your front by the direction and scale of the arrow.

2.　　The directions and readings displayed on the screen can help you find the correct direction.

3.　　Through the "altitude" displayed on the screen, you can know the height of your current location compared to standard sea level.

Notice: Altitude is calculated based on the standard atmospheric pressure through the air pressure sensor. You need to connect the App to calibrate the measurement accuracy. It is recommended to calibrate every 12 hours or open the app when you are ready to obtain the altitude to ensure that the accuracy is accurate enough.

5. Stopwatch

1.　　Press the rotating crown to enter the application center, and click "Stopwatch" to enter the stopwatch interface.

2.　　Click "Start" to start timing, click "Segment" to count times, click "Stop" to pause timing, and click "Reset" to clear the stopwatch.

3.　　Swipe right or press the rotating crown to exit the stopwatch application without ending the stopwatch function.

6. World Clock

1. Press the rotating crown to enter the application center, click "World Clock" to enter the world clock interface.

2. Time cards will be displayed here according to cities, including: city name, current time, and time difference from the location city.

3. You can add or delete cities displayed by the world clock on the iGPSPORT app, or you can sort them as needed, displaying up to 10 cities.

7. Timer

1. Press the rotating crown to enter the application center, click "Timer" to enter the timer interface.

2. You can choose the default timer, including: 1 minute, 2 minutes, 5 minutes, 10 minutes, 30 minutes, 60 minutes. Click on any time to start timing.

3. You can also choose to customize the timer, set your countdown time, and click "Customize" to start the countdown, click " ❚❚ " to pause the countdown, click "✕" to end the countdown.

8. Weather

After turning on the location permission in the App and synchronizing it with the watch, you can view local weather information on the watch.

The weather conditions for the last 5 hours can be displayed at most. Please open the App at least once every 5 hours to synchronize the weather conditions.

At the same time, brief weather information for the last 3 days can be displayed.

Weather quick card: Swipe right on the main interface of the watch to enter the weather shortcut card. The screen will display your location, weather, temperature and other information.

Weather App:

Press the rotating crown to enter the application center, click "Weather" to enter the weather interface, the screen will display your location, weather, temperature and other information; click the city weather menu to view brief weather conditions for the next three days.

9. Remote control photography

You need to turn on the camera function of your phone in advance and ensure that the Bluetooth connection between the watch and the phone is successful. During use, you need to ensure that the distance between the two is not too far, try to keep it

within 10 meters, and there is no object blocking the middle.

1.   Press the rotating crown to enter the application center, click "Camera Control" to enter the remote photography interface.

2.   You can control the phone's camera to take pictures by clicking the "Shutter Button".

3.   Please make sure the watch is connected to your phone and turn on the camera function on your phone.

4.   The 3S delay switch is turned on by default. You can turn off the delay and take pictures immediately.

10. Music Control

After the watch and mobile phone remain connected, music playback can be controlled on the watch. If not connected, you will be prompted to connect to iGPSPORT app

1.   Press the rotating crown to enter the application center, click "Music Control" to enter the music control page.

2.   Click the "Play/Pause" button to control the phone to play or pause.

3.   Click the "Volume Key" increase and decrease and the rotation button to control the volume decrease and increase respectively.

4.   Click "Previous" or "Next" to switch between the previous song and the next song.

Tip: It is recommended to use the music player that comes with the system or a mainstream music player, otherwise it may be impossible to control the phone to play music due to compatibility issues.

11. Broadcast HR

Turning on heart rate broadcasting can push the watch's heart rate to devices that support external standard Bluetooth heart rate.

Notice:

Turning on Broadcast HR will disconnect from the mobile APP.

Turning on heart rate push will increase power consumption. Please turn off the heart rate push function in time when not in use.

12. Low Power Mode
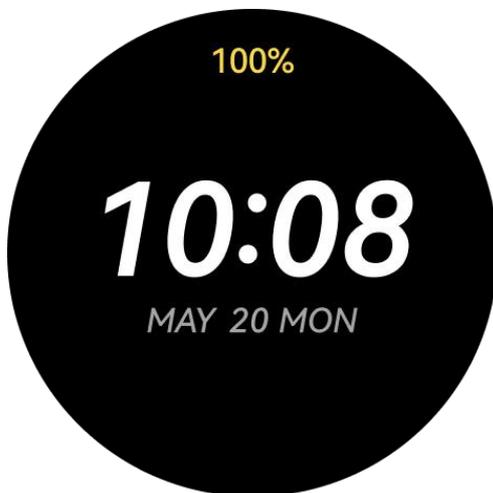
Entering the Low Power Mode will disconnect the APP and only record the number of steps and display time, but not other activities. After clicking the rotary button, press and hold the rotary button for 3S to exit the power saving mode.

Upgrade your watch

- Open the App "Device → Firmware Update". When an upgrade is pushed, the upgrade entrance will be displayed in the watch information. Enter the upgrade page through the upgrade portal, select the "Install" upgrade option, and follow the prompts to complete the upgrade process.

- During the firmware upgrade process, make sure the watch is connected to the smartphone and that the watch has over 30% battery. The upgrade process may take several minutes or even longer, depending on the watch model and the size of the installation file.

Notice:

1. Do not interrupt the connection until the upgrade is complete, as it may lead to system abnormalities, rendering the device unusable.

2. After the upgrade is complete, the watch will automatically restart and update to the latest firmware version.

3. After the update is complete, ensure that the watch and smartphone remain connected, and check if the watch's functions are working correctly.

Charging the Watch

Insert the charging cable into a standard USB power source and attach the other end to the charging contacts on the back of the watch. When charging successfully, the watch interface will display a charging indicator.
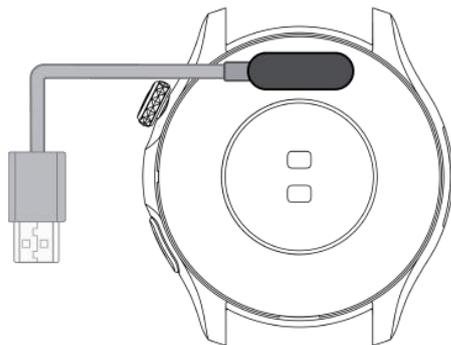
· The cable extension direction is on the same side as the crown.

· Please ensure the use of a standard USB power source with an output of 5V⎓ 500mA or higher.

· Wipe the charging contacts on the watch clean before charging to remove any remaining sweat or moisture.

Wearing and Maintenance

● It is recommended to take off the watch for about an hour every day. If you experience discomfort or irritation, such as redness, tingling, or a burning sensation, remove the watch and allow your wrist to rest.

● To maintain hygiene, regularly clean the watch and wrist, especially after exercising or sweating. Avoid using hand sanitizer, body wash, dish soap, or cleaning wipes on the watch, as they may cause skin irritation. Instead, use mild soap or plain water to clean the strap.

1. Replace the watch strap

Remove the watch strap

Lift the crown from the guide groove.

1.　Push towards the other side of the watch strap and hold it in place.

2.　Gently pull the watch strap out from the watch body.

Install the strap

Insert the metal pin at position "A" in the picture below into the hole where the strap joins

1.　Push the lever towards the other side of the watch band and hold it

2.　Press the strap into the watch body

3.　Pull the strap to confirm successful installation

2. Precautions for wearing

In order for the watch to measure your data more accurately, you need to pay attention to the following two points:

1.　Wear the watch until it is about two finger widths away from your wrist bone.

2.　Adjust the watch strap to a comfortable level of tightness: Keep the gap between the strap and the wrist about the size of a finger, so that the back of the watch can be close to the skin and ensure comfort.
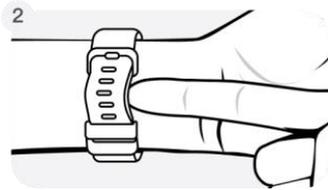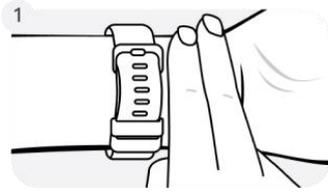
Precautions

• If you disassemble the watch by yourself (except for changing the strap), you will lose the safety guarantee.

• Forcibly opening the watch case may cause a short circuit in the internal circuit, causing heat or fire.

• The watch is not suitable for use in high-temperature environments above 60°C, which may cause battery leakage or even explosion.

• This product has passed the 3ATM waterproof test strictly, but it is not suitable for bathing, diving, paddling, or other activities involving high temperature, hot air, and high-speed running water; and the waterproof performance is not permanent, and damage to the product structure will cause the waterproof performance to fail.

• Watches should be cleaned frequently to prevent the accumulation of dirt and dust. You can use a soft cloth to gently wipe the surface, to keep the watch clean and dry avoid using a cloth that is too wet and use any external heat source (for example, a hair dryer) to keep the watch dry. Do not clean while charging, and do not use cleaning products or compressed air while cleaning.

• Do not press the watch's digital crown too hard as this may cause damage and void the warranty.

• Do not repeatedly bend the cable attached to the charging component, and do not roll the cable into a sharp corner. Please check the cable and interface regularly to prevent knotting, breakage, bending, or other damage.

• It is normal for the watch's interface or usage to change due to firmware upgrades. Please refer to the product upgrade introduction.

• If you encounter an abnormal situation (for example: safe mode, sensor abnormality, interface freeze, etc.), press and hold the button for 12 seconds to restart and recover.

Help & Guides

If you encounter any problems while using the product, you can go to "My → Help and Feedback → FAQ" in the iGPSPORT app to find solutions, or contact official customer service.

Product Specification Information

Product Name	LW10
Dimensions	46.8mm × 46.8mm × 10.8mm(Heart rate cam not included)
Display Screen	1.43" HD AMOLED
Resolution	466 × 466
Battery Capacity	370 mAh
Bluetooth Connection	Bluetooth 5.3
Satellite Positioning	Support GPS/BD
Air Pressure Sensor	Support for altitude measurements
Geomagnetic Sensor	Support compass application
Waterproof Level	3ATM
Operating Temperature	-10°C ~ 50°C
Compatible Systems	iOS 13.0 or above / Android 9.0 or above