For the Wemos Chip you just have to download the two versions of the Arduino Sketch (blynk_ONE and blynk_TWO).

In each folder is a .ino and a .h file. Just open it with the Arduino Ide. You have to download the "blynk" library over the Arduino Library Manager and you must have the ESP8266 Boards installed to compile and programm the Wemos Boards.

The last thing you have to do before you can upload the sketches to your lights you must edit in each "own_data.h" file your needed wifi access informations and the API Tokens from blynk which should be send to you via E-Mail.