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› anyloop Fitness Tracker Watch User Manual

anyloop ALW1

anyloop Fitness Tracker Watch User Manual

Model: ALW1

1. INTRODUCTION

Thank you for choosing the anyloop Fitness Tracker Watch. This smart watch is designed to help you monitor your health and fitness activities with ease. It features 24/7 heart rate and blood oxygen monitoring, sleep tracking, a pedometer, calorie and step counting, and supports over 100 sports modes. This manual provides detailed instructions to help you get started and make the most of your device.



Image: The anyloop Fitness Tracker Watch, showcasing its sleek design and vibrant display.

2. WHAT'S IN THE BOX

- Smartwatch



Best Gift



Image: The smartwatch, charging cable, and quick start guide included in the box.

3. SETUP

3.1 Initial Charging

Before first use, fully charge your anyloop Fitness Tracker Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes 2 to 2.5 hours.

3.2 App Installation and Pairing

1. Download the 'anyloop' app from your smartphone's app store (compatible with Android 5.0 and above, iOS 9.0 and above).
2. Open the 'anyloop' app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. In the 'anyloop' app, search for your device and select 'ALW1' to pair.
5. Confirm the pairing request on both your watch and smartphone.

For a visual guide on setup, please refer to the official video below:

Video: A quick overview of the anyloop Watch Mini, demonstrating basic features and setup.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick-view widgets (e.g., steps, heart rate, weather).
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.

4.2 Health Monitoring

The watch continuously monitors your health metrics:

- **Heart Rate:** Provides 24/7 heart rate tracking.
- **Blood Oxygen (SpO2):** Measures your blood oxygen levels.
- **Sleep Tracking:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and awake duration.
- **Reminders:** Features sedentary reminders, hydration reminders, and menstrual cycle reminders for women.



Image: Visual representation of the watch's health monitoring capabilities, including sleep, heart rate, and blood oxygen.

4.3 Fitness Tracking

The watch supports over 100 sports modes and accurately monitors key metrics during workouts:

- **Pedometer:** Tracks steps, calories burned, distance, and pace.
- **Sports Modes:** Select your activity from a wide range of sports for precise tracking.
- **Waterproof:** IP67 rating allows for worry-free use during workouts and hand washing.



Image: A person running, with icons representing various tracked activities and metrics like calories, distance, steps, and heart rate.

4.4 Smart Notifications & Calls

Stay connected by syncing your watch with the 'anyloop' app:

- Receive SMS, email, and app notifications (Facebook, Messenger, Instagram, Gmail, WhatsApp, Twitter) directly on your wrist.
- Get alerts for incoming calls and reject calls from your watch.
- Use the 'Find Phone' feature when your phone is connected via Bluetooth.

Multiple

Notifications and Reminders



Image: The watch displaying a message notification, surrounded by icons of various social media and messaging apps.

5. CUSTOMIZATION

Personalize your watch experience:

- Adjust screen brightness for optimal comfort in different lighting conditions.
- Choose from over a hundred watch faces available in the 'anyloop' app.
- Personalize the watch background with your own photos.

Customized Watch Face



100+
exquisite dials, also
supports album
customization



Image: A variety of customizable watch faces displayed around the main watch face, showing different styles and data layouts.

6. BATTERY LIFE & CHARGING

The anyloop Fitness Tracker Watch offers extended battery life:

- Up to 7 days of typical use.
- Up to 21 days in standby mode.
- Charging is convenient with the magnetic charging cable.

Long BATTERY

Life and Easy Magnetic Charging



Image: The watch on a charging pad, illustrating the magnetic charging feature and indicating battery life durations.

7. MAINTENANCE

To ensure the longevity and optimal performance of your anyloop Fitness Tracker Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For the silicone strap, you can use a slightly damp cloth with mild soap if necessary, then dry thoroughly.
- **Water Exposure:** While the watch has an IP67 waterproof rating suitable for hand washing and light rain, avoid prolonged submersion, hot water, or steam. Dry the watch thoroughly after exposure to water.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.

8. TROUBLESHOOTING

If you encounter any issues with your anyloop Fitness Tracker Watch, please refer to the following common solutions:

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Connection Issues (Bluetooth):** Make sure Bluetooth is enabled on your phone and the watch. Check if the watch is in power-saving mode, as this can disable Bluetooth. Restart both the watch and your phone, then try pairing again through the 'anyloop' app.
- **Inaccurate Readings (Heart Rate, SpO2, Steps):** Ensure the watch is worn snugly on your wrist, not too tight or too loose. For heart rate and blood oxygen, readings are for general reference and may not be as precise as medical devices. Ensure the sensor on the back of the watch is clean.
- **Notifications Not Appearing:** Verify that notifications are enabled in the 'anyloop' app settings and in your phone's system settings for the app. Ensure the watch is connected via Bluetooth.
- **Short Battery Life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not needed. Ensure the watch is fully charged each time.

If the problem persists, please contact anyloop customer support for assistance. We aim to provide a solution within 24 hours.

9. SPECIFICATIONS

Feature	Detail
Model Number	ALW1
Product Dimensions	3.9 x 2 x 3.9 inches
Item Weight	1.3 ounces
Screen Size	1.69 inches (TFT display)
Battery Type	Lithium Polymer
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
Waterproof Rating	IP67
Operating System	anyloop APP
Compatibility	Android 5.0+ / iOS 9.0+
Memory Storage Capacity	64 MB
GPS	GPS Via Smartphone

Dimension



Image: Detailed dimensions of the watch, including strap length and watch face measurements.

10. WARRANTY & SUPPORT

Your anyloop Fitness Tracker Watch comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use.

For any questions, concerns, or warranty claims regarding your watch, please do not hesitate to contact anyloop customer service. We are committed to providing excellent support and will respond to your inquiries within 24 hours.

You can find contact information on our official website or through the 'anyloop' app.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question