

anyloop ALB1

anyloop Fitness Tracker User Manual

Model: ALB1

1. SETUP GUIDE

1.1 Initial Power-on & Pairing

Follow these steps to power on your device and pair it with the companion app:

1. Long press the button for about 5 seconds to turn on the device.
2. Choose the language you want in the language interface.
3. Scan the QR code to download the APP and register to log in.
4. Open the APP to scan and recognize the QR code of the watch for binding.
5. Receive notifications as needed and confirm that the binding is complete.

Video: How to properly use anyloop band B1, demonstrating initial setup and pairing.

1.2 Turning on Message Notifications

To receive notifications on your fitness tracker, ensure proper authorization and settings:

1. After binding the watch, please authorize to open the notification permission pop-up window evoked by the app.
2. Open Anyloop APP, go to [Device] --> [Message Notification] --> Find the notification you need to open, and turn it on.
3. Turn on notification authorization: For iOS, go to Bluetooth settings, find the name of the paired watch and tap to turn on shared system notifications. For Android, find the notification permission in the app settings interface and turn it on.

Video: Demonstrating how to enable message notifications on the fitness tracker.

1.3 How to link again after disconnection

If your device disconnects, follow these steps to re-establish the connection:

1. Make sure Bluetooth is on.
2. Restart the app to turn on Bluetooth again.
3. Find the appropriate watch model inside the app.

1.4 How to switch language

To change the language on your fitness tracker:

1. Slide down the notification bar and find the Settings button.
2. Go to the Settings screen and find the language settings.

1.5 How to change the data unit of a watch

To adjust the data units (e.g., metric/imperial) on your watch:

1. The watch is bound to anyloopAPP in the transitive state.
2. Go to my interface, find the upper right corner of the settings, click on it and then find the unit settings.

1.6 What's in the Box

- 1 x Smartwatch
- 1 x Charging cable

2. OPERATING INSTRUCTIONS

2.1 Health Tracking

The anyloop Fitness Tracker provides comprehensive health monitoring features:

- **Steps, Distance, and Calories:** Accurately monitors your daily activity, providing data analysis to help you understand your fitness levels.
- **Heart Rate Tracking:** Equipped with a high-precision sensor to monitor your heart rate changes in real-time, aiding in understanding cardiovascular health and controlling exercise intensity.
- **Blood Oxygen Saturation Detection:** Measures your blood oxygen levels, a fundamental indicator for overall health, allowing you to adjust your state as needed.
- **Sleep Monitoring:** Analyzes your sleep quality, tracking deep sleep, light sleep, and awake periods to help you adjust sleep habits.

All Day Health Monitoring

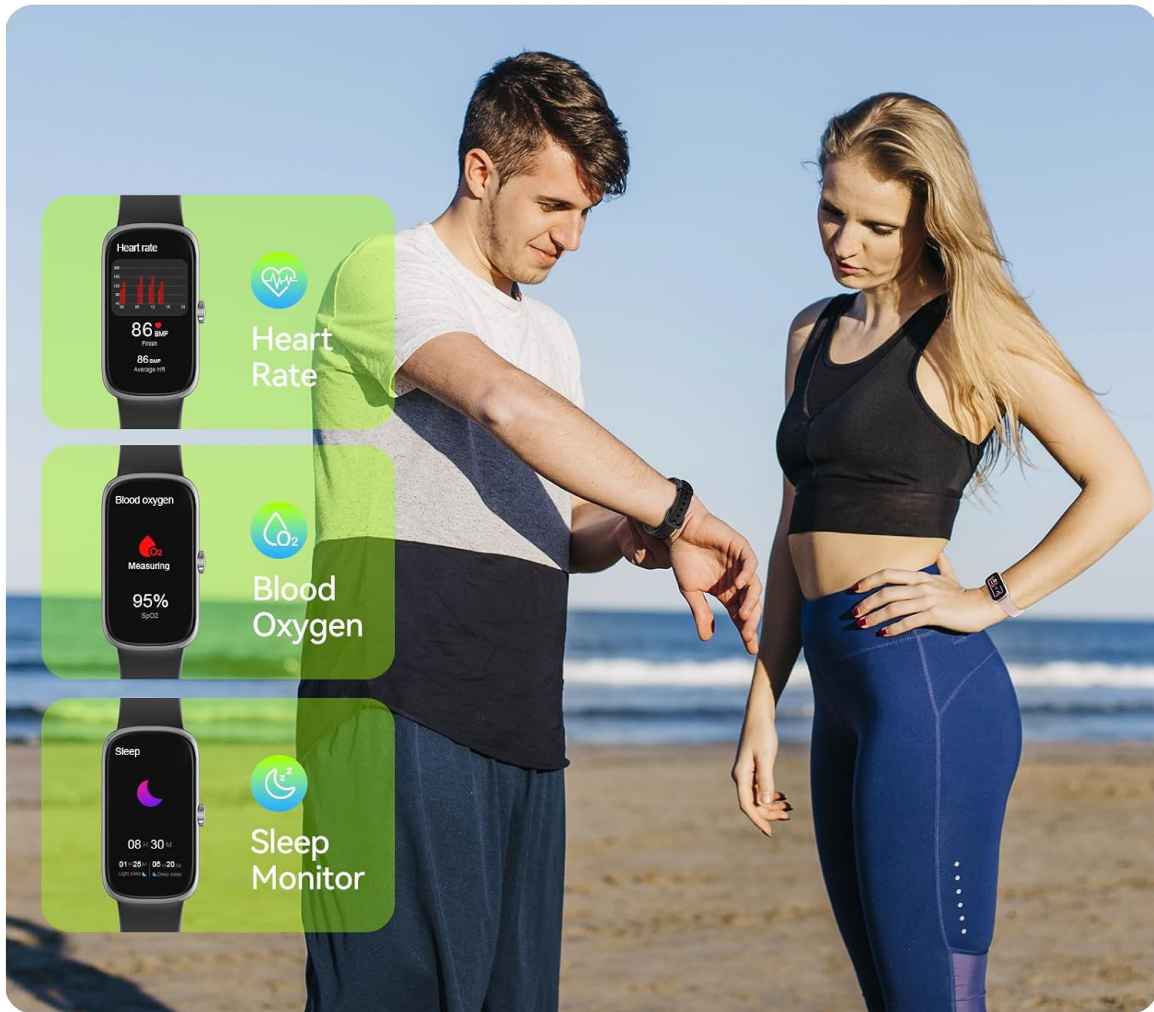


Image: All Day Health Monitoring - The tracker continuously monitors heart rate, blood oxygen, and sleep patterns.

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Image: 24-hour Heart Rate Monitoring - This feature allows you to keep an eye on your heart health throughout the day.

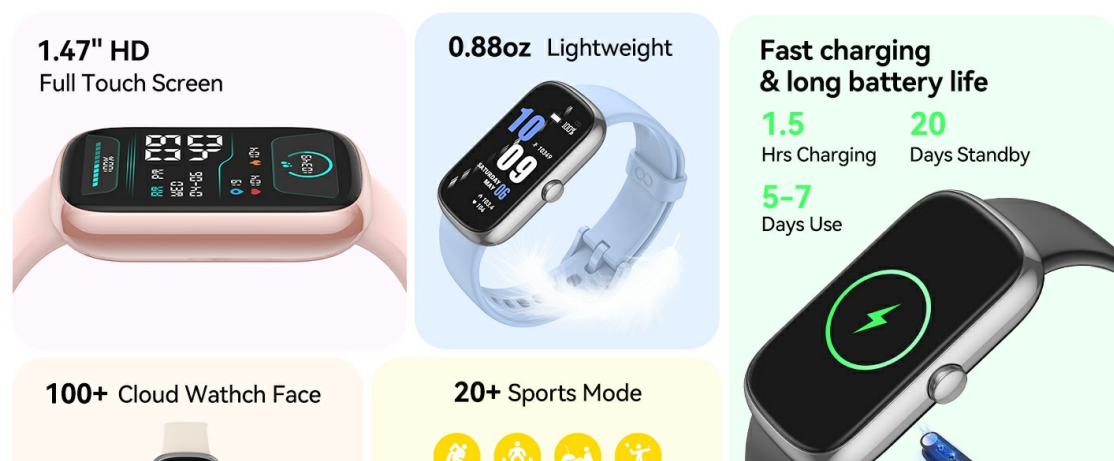


Image: Blood Oxygen Saturation Monitoring - Measure your blood oxygen levels when needed to help adjust your overall state.



Image: Sleep Quality Analysis - The band accurately records sleep duration and status, providing suggestions to optimize sleep quality.

2.2 Smart Reminders & Message Notifications

Stay connected with smart reminders and notifications directly on your wrist:

- Connects to your smartphone to provide reminders for calls, messages, emails, and social media notifications via vibrations and screen displays.
- Allows you to check real-time weather and change music directly on the smartwatch.

IP68 Waterproof



Image: Reminders & Message Notification - Receive notifications from your smartphone directly on your wrist.

2.3 Display & Customization

The smartwatch features a vibrant display and extensive customization options:

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