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› [anyloop](#) /

› anyloop Fitness Tracker Watch User Manual

anyloop ALB1

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Model: ALB1

PRODUCT OVERVIEW

The anyloop Fitness Tracker Watch (Model ALB1) is a versatile smartwatch designed to help you monitor your health and fitness activities. It features a 1.47" HD color touchscreen and offers a wide range of functions including heart rate, blood oxygen, and sleep monitoring, along with various sports modes and smart notifications.



Figure 1: anyloop Fitness Tracker Watch (Model ALB1)

1. What's in the Box

- 1 x Smartwatch
- 1 x Charging Cable
- 1 x User Manual (this document)

2. Initial Charging

Before first use, fully charge the fitness tracker. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes 1.5 to 2 hours.



Figure 2: Charging the Fitness Tracker

3. App Installation and Pairing

To utilize all features, download the companion application on your smartphone. Scan the QR code provided in the quick start guide or search for the app name (usually mentioned in the packaging or quick start guide) in your device's app

store. Once installed:

1. Enable Bluetooth on your smartphone.
2. Open the app and follow the on-screen instructions to create an account and set up your profile.
3. Select "Add Device" or "Pair Device" within the app.
4. The app will search for available devices. Select "ALB1" or the corresponding device name when it appears.
5. Confirm the pairing request on both your watch and smartphone.

Once paired, the watch will synchronize data with your phone and receive notifications.

OPERATING INSTRUCTIONS

1. Navigating the Touchscreen

The anyloop Fitness Tracker features a 1.47" HD full touchscreen for intuitive navigation. Swipe left/right or up/down to access different functions and menus. Tap to select an option or confirm an action. Press the side button to return to the home screen or wake the device.

1.47" HD Full Touch Screen

100+ Exquisite dials, also supports album customization



Multi-function

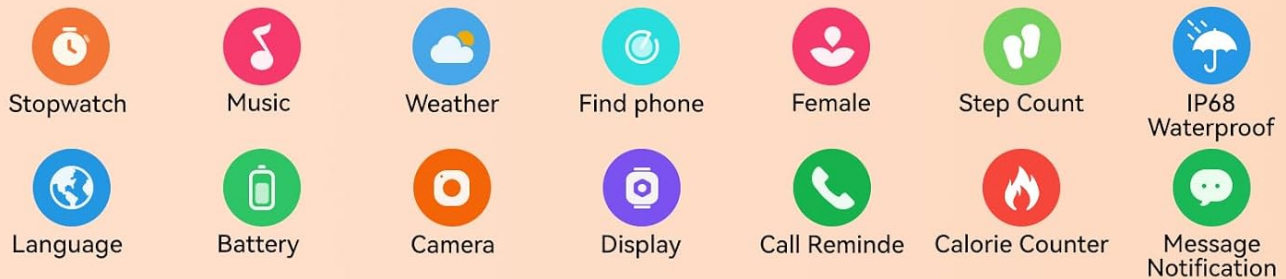


Figure 3: Customizable Watch Faces on the HD Touchscreen

2. Health Monitoring Features

The watch continuously monitors key health metrics. Access these features by swiping through the watch interface or via the connected app.

- **Heart Rate Monitoring:** The high-precision heart rate sensor tracks your heart rate in real-time, providing data to help you understand your cardiovascular health and optimize exercise intensity.
- **Blood Oxygen Saturation (SpO2) Detection:** Measure your blood oxygen levels on demand to assess your overall health status.
- **Sleep Monitoring:** The watch analyzes your sleep quality, tracking deep sleep, light sleep, and awake periods. It provides a sleep score and suggestions for improving sleep habits.

All Day Health Monitoring

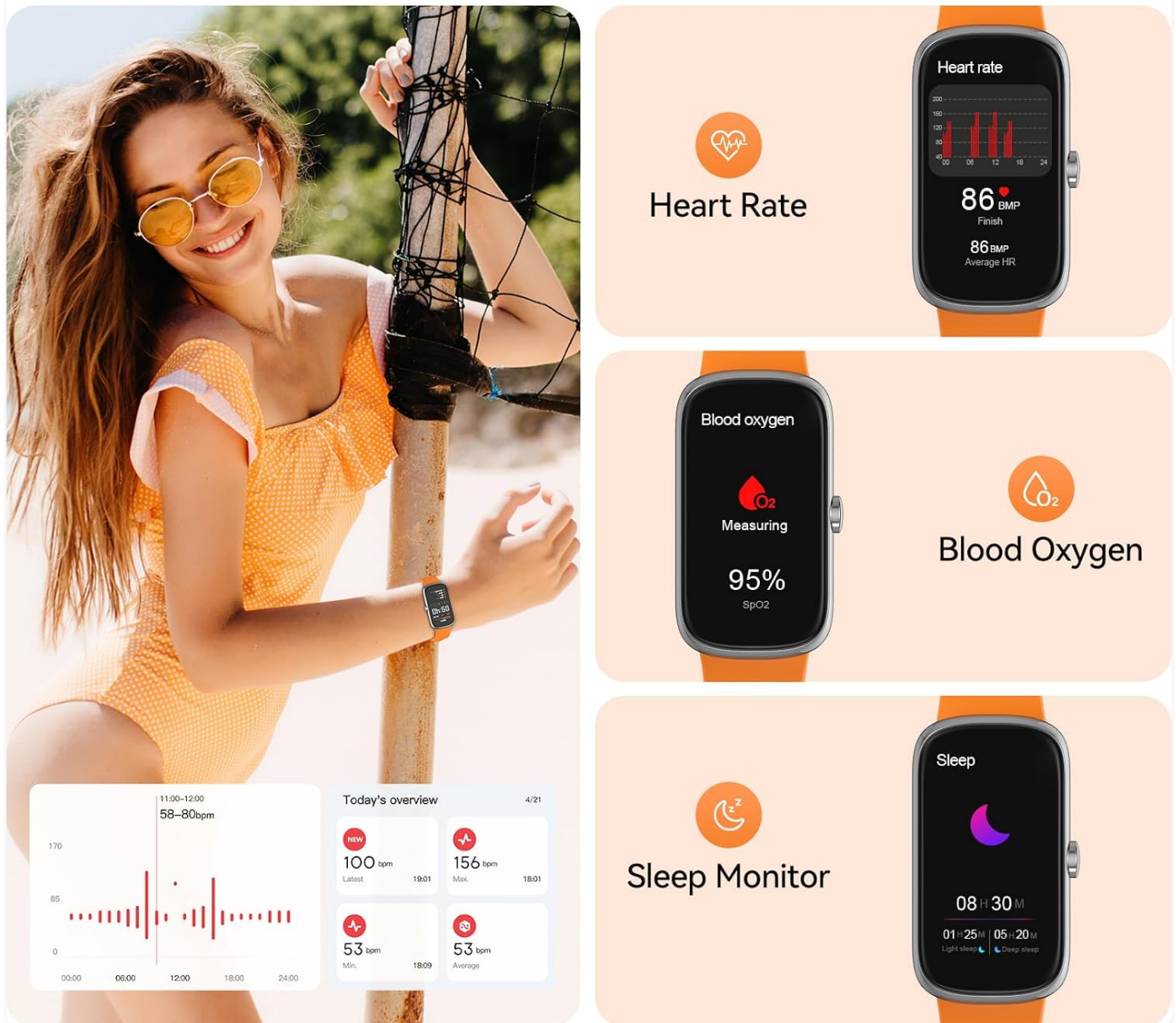


Figure 4: All-Day Health Monitoring Capabilities

3. Activity and Sports Tracking

The fitness tracker accurately records your steps, distance, and calorie consumption. It supports over 20 sports modes, providing specific data and suggestions for various physical activities.

- **Sports Modes:** Includes running, treadmill, climbing, cycling, basketball, swimming, badminton, and more. Select the appropriate mode before starting your workout for accurate tracking.
- **Activity Data:** View real-time data during your activity and detailed summaries in the app after completion.

All Around Fitness Tracker



Figure 5: Over 20 Built-in Sports Modes

4. Smart Reminders and Notifications

When connected to your smartphone, the watch provides timely reminders and notifications through vibrations and screen displays.

- **Call and Message Alerts:** Receive notifications for incoming calls, text messages, and emails.
- **Social Media Notifications:** Get alerts from popular social media platforms.
- **Other Smart Features:** Includes weather updates, music control, camera control, sedentary reminders, and menstrual cycle reminders for women.

Reminders & Message Notification



Figure 6: Smart Reminders and Message Notifications

5. Official Product Video

Your browser does not support the video tag.

Video 1: Overview of anyloop Fitness Tracker B1 features, including waterproofing, health monitoring, and smart notifications.

MAINTENANCE

1. Waterproofing (IP68)

The anyloop Fitness Tracker is designed with IP68 waterproofing, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This allows for use during handwashing, showers, and in rainy conditions. *Note: It is not recommended for hot water, saunas, or diving. Avoid prolonged exposure to saltwater.*

2. Cleaning and Care

To maintain the watch's performance and appearance:

- Wipe the watch and band regularly with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging.
- Avoid using harsh chemicals or abrasive materials for cleaning.

3. Battery Life and Charging

The watch provides 5-7 days of daily usage and up to 20 days of standby time on a single charge. To maximize battery life:

- Reduce screen brightness.
- Limit frequent notifications.
- Disable continuous heart rate monitoring if not needed.

TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot pair with smartphone:**
 - a. Ensure Bluetooth is enabled on your phone and the watch is within range.
 - b. Restart both the watch and your smartphone.
 - c. Try unpairing and re-pairing the device through the app settings.
 - d. Check if the app is updated to the latest version.
- **Inaccurate data (steps, heart rate):**
 - a. Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - b. Clean the sensors on the back of the watch.
 - c. Ensure the app is syncing regularly.
- **Notifications not received:**
 - a. Check app notification permissions on your smartphone.
 - b. Ensure the watch is connected via Bluetooth.
 - c. Verify that notifications are enabled within the watch's companion app.

For more detailed troubleshooting, please refer to the official[Troubleshooting Guide \(PDF\)](#).

SPECIFICATIONS

Feature	Detail
Model Number	ALB1
Screen Size	1.47 Inches
Display Type	HD Color Touchscreen
Waterproof Rating	IP68

Feature	Detail
Battery Capacity	160 Milliamp Hours
Battery Life (Daily Use)	5-7 Days
Battery Life (Standby)	20 Days
Charging Time	1.5-2 Hours
Connectivity	Bluetooth
Memory Storage Capacity	64 MB
Item Weight	0.88 ounces (0.06 Pounds)
Manufacturer	anyloop

WARRANTY AND SUPPORT

Your anyloop Fitness Tracker Watch is covered by a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the product packaging or contact anyloop customer support.

For further assistance, technical support, or warranty claims, please visit the official [anyloop Store on Amazon](#) or consult the comprehensive [User Manual \(PDF\)](#).

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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