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anyloop ALW1

anyloop Fitness Tracker Watch User Manual

Model: ALW1

Brand: anyloop

INTRODUCTION

This user manual provides comprehensive instructions for the anyloop Fitness Tracker Watch, Model ALW1. This advanced smartwatch is designed to help you monitor your health, track your fitness activities, and stay connected. It features 24/7 heart rate and blood oxygen monitoring, sleep tracking, and supports over 100 sports modes. The watch also provides smart notifications, call alerts, and offers extensive customization options for its display.



Figure 1: anyloop Fitness Tracker Watch, displaying current time and step count.

WHAT'S IN THE BOX

Please verify that all items are present upon unboxing:

- 1 x anyloop Fitness Tracker Watch (Model ALW1)
- 1 x Magnetic Charging Cable
- 1 x User Manual (this document)

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your anyloop Fitness Tracker Watch. The watch features magnetic charging for convenience.

1. Connect the USB end of the magnetic charging cable to a USB power adapter (5V/1A recommended) or a computer's USB port.
2. Align the magnetic end of the charging cable with the charging contacts on the back of the watch. The magnets will automatically snap into place.
3. The watch screen will display a charging icon. A full charge typically takes about 2 hours.



Figure 2: Magnetic charging of the anyloop Fitness Tracker Watch.

A full charge provides approximately 7-10 days of normal use or up to 21 days of standby time.

2. App Installation and Pairing

To unlock the full potential of your watch, download and install the "anyloop" app (also referred to as "Fitcloudpro" in some instances) on your smartphone and pair the devices.

1. **Download the App:** Search for "anyloop" or "Fitcloudpro" in your smartphone's app store (compatible with Android 5.0+ and iOS 9.0+).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the "anyloop" app and follow the on-screen instructions to create an account or log in.
4. **Pair the Watch:**
 - In the app, navigate to the device pairing section (often labeled "Add Device" or "Bind Device").
 - The app will search for nearby devices. Select "anyloop Watch-007" or a similar identifier for your watch.
 - Confirm the pairing request on both your phone and the watch if prompted.
5. Once successfully paired, the watch will sync time and data with your phone.

Your browser does not support the video tag.

Video 1: Demonstrates the process of connecting the anyloop Watch Mini to the Fitcloudpro app, showing the successful binding and initial setup steps.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touch Screen:** Swipe left/right to navigate between main interfaces (e.g., daily activity, heart rate). Swipe up/down to access quick settings or notifications.
- **Side Button:** Press to wake the screen, return to the main watch face, or access the app menu.

Health Monitoring

The watch continuously monitors key health metrics. Access these features by swiping on the watch screen or through the app menu.

- **Heart Rate Monitoring:** Provides real-time heart rate data.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Data is synchronized to the app for detailed analysis.
- **Sedentary Reminders:** Alerts you when you've been inactive for too long.
- **Hydration Reminders:** Prompts you to drink water at set intervals.
- **Women's Health Tracking:** Provides menstrual cycle reminders and tracking (requires setup in the app).

AllROUND

Health Monitoring



Figure 3: Health monitoring features including Blood Oxygen, Heart Rate, and Sleep Monitor.

Activity Tracking

The watch supports over 100 sports modes to accurately track your workouts.

- **Sports Modes:** Select your desired activity (e.g., Walking, Running, Cycling, Yoga, Swimming) from the watch's menu to start tracking.
- **Metrics Tracked:** During workouts, the watch monitors heart rate, calories burned, distance covered, steps taken, and pace.
- **Data Sync:** All activity data is synced to the "anyloop" app, allowing you to view comprehensive fitness graphs and progress over time.



Figure 4: All-day activity tracking with the anyloop Fitness Tracker Watch, displaying calories, distance, steps, and heart rate.

Smart Notifications & Call Alerts

Stay updated by receiving notifications directly on your wrist.

- **App Notifications:** Receive SMS, email, and app notifications (e.g., Facebook, Messenger, Instagram, WhatsApp) after enabling them in the "anyloop" app.
- **Call Alerts:** The smartwatch alerts you to incoming calls and allows you to reject calls directly from the watch.
- **Find Phone:** Use the watch to locate your connected smartphone.

Multiple

Notifications and Reminders



Figure 5: Multiple notifications and reminders displayed on the watch, including smart notifications, water clock, menstrual cycle reminder, and sedentary reminder.

Customization

- **Watch Faces:** Choose from over a hundred watch faces available in the "anyloop" app. You can also personalize the background with your own photos.
- **Brightness Adjustment:** Manually adjust screen brightness for optimal viewing in various lighting conditions.



Figure 6: Examples of customized watch faces available for the anyloop Fitness Tracker Watch.

MAINTENANCE

- **Cleaning:** Regularly clean the watch screen and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly.
- **Water Resistance:** The watch has an IP67 waterproof rating, meaning it is resistant to splashes, rain, and brief immersion. It is suitable for washing hands or face and during intense workouts. **Do not use it for swimming, showering with hot water, or diving.**

Your browser does not support the video tag.

Video 2: Demonstrates the water resistance of the anyloop Fitness Tracker Watch, showing it being splashed with water.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Watch does not turn on or charge.	Low battery; improper charging cable connection; faulty charger.	Ensure the magnetic charging cable is securely connected to both the watch and a working USB power source. Try a different USB port or power adapter. Hold the side button for an extended period (10-15 seconds) to force a restart.
Cannot pair with smartphone.	Bluetooth is off; watch is too far from phone; app issue; watch already paired to another device.	Ensure Bluetooth is enabled on your phone. Keep the watch close to your phone during pairing. Restart both the watch and the phone. Unpair the watch from any previous devices. Clear the app's cache or reinstall the app.
Notifications are not received.	Notifications not enabled in app; app not running in background; phone settings restricting notifications.	Check notification settings within the "anyloop" app. Ensure the app has necessary permissions to run in the background and display notifications on your phone's settings. Verify the watch is connected via Bluetooth.
Inaccurate health/activity data.	Improper watch fit; sensor obstruction; software glitch.	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensors on the back of the watch. Restart the watch and resync with the app.

SPECIFICATIONS

Feature	Detail
Model Number	ALW1
Screen Size	1.69 inches (TFT screen)
Product Dimensions	3.9 x 2 x 3.9 inches
Item Weight	2.99 ounces (approx. 37g)
Battery Type	Lithium Polymer
Battery Capacity	300 Milliamp Hours
Battery Life	7-10 days (normal use), 21 days (standby)
Connectivity	Bluetooth
Water Resistance	IP67
Compatibility	Android 5.0 and above, iOS 9.0 and above
Operating System	anyloop APP

WARRANTY AND SUPPORT

Your anyloop Fitness Tracker Watch comes with a**12-month warranty** from the date of purchase. If you encounter any issues with your smartwatch, including accessories, quality problems, operation, or charging, please do not hesitate to contact our customer support team. We are committed to providing a solution within 24 hours. For support, please refer to the contact information provided on the product packaging or the official anyloop website.

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