

AVM AVM FRITZ!Box 5690 Pro

AVM FRITZ!Box 5690 Pro User Manual

Premium Wi-Fi 7 Triband Router for Fiber Optic and DSL Connections

Model: AVM FRITZ!Box 5690 Pro | Brand: AVM

1. INTRODUCTION

The AVM FRITZ!Box 5690 Pro is a state-of-the-art premium Wi-Fi 7 triband router designed to provide ultra-fast, stable, and efficient internet connectivity for your home or office. It supports both fiber optic (GPON/AON) and DSL connections, offering versatile compatibility for various internet service providers.

Key features include:

- **Innovative Wi-Fi 7 (WLAN BE)** with speeds up to 18.5 Gbps across 6 GHz, 5 GHz, and 2.4 GHz bands for maximum performance.
- **Flexible Connectivity** supporting GPON up to 2.5 Gbps, AON up to 1 Gbps, and DSL including Supervectoring 35b up to 300 Mbps.
- **Powerful Mesh WiFi Center** for automatic fusion of FRITZ! products into an intelligent, optimized WiFi network.
- **Integrated DECT ULE and Zigbee** for seamless integration of Smart Home devices from various manufacturers.
- **Gigabit LAN Ports and Integrated Media Server (USB, NAS)** for demanding applications like virtual reality, cloud computing, and gaming.
- **Comprehensive Telephone System** with support for IP-based phones, 2 analog phone ports, up to 6 cordless phones, and 5 integrated answering machines.



Image: The FRITZ!Box 5690 Pro router shown alongside examples of fiber optic and DSL connection setups.

2. SETUP GUIDE

2.1. Package Contents

Before you begin, ensure all components are present:

- FRITZ!Box 5690 Pro
- 4 m Fiber Optic Cable (LC/APC-LC/APC)
- 4 m DSL Cable
- 1.5 m LAN Cable
- Power Supply Unit
- 1 FRITZ!SFP AON Module
- 1 FRITZ!SFP GPON Module
- Quick Guide

2.2. Connecting the FRITZ!Box

The FRITZ!Box 5690 Pro supports both fiber optic and DSL connections. Choose the appropriate connection type for your internet service.

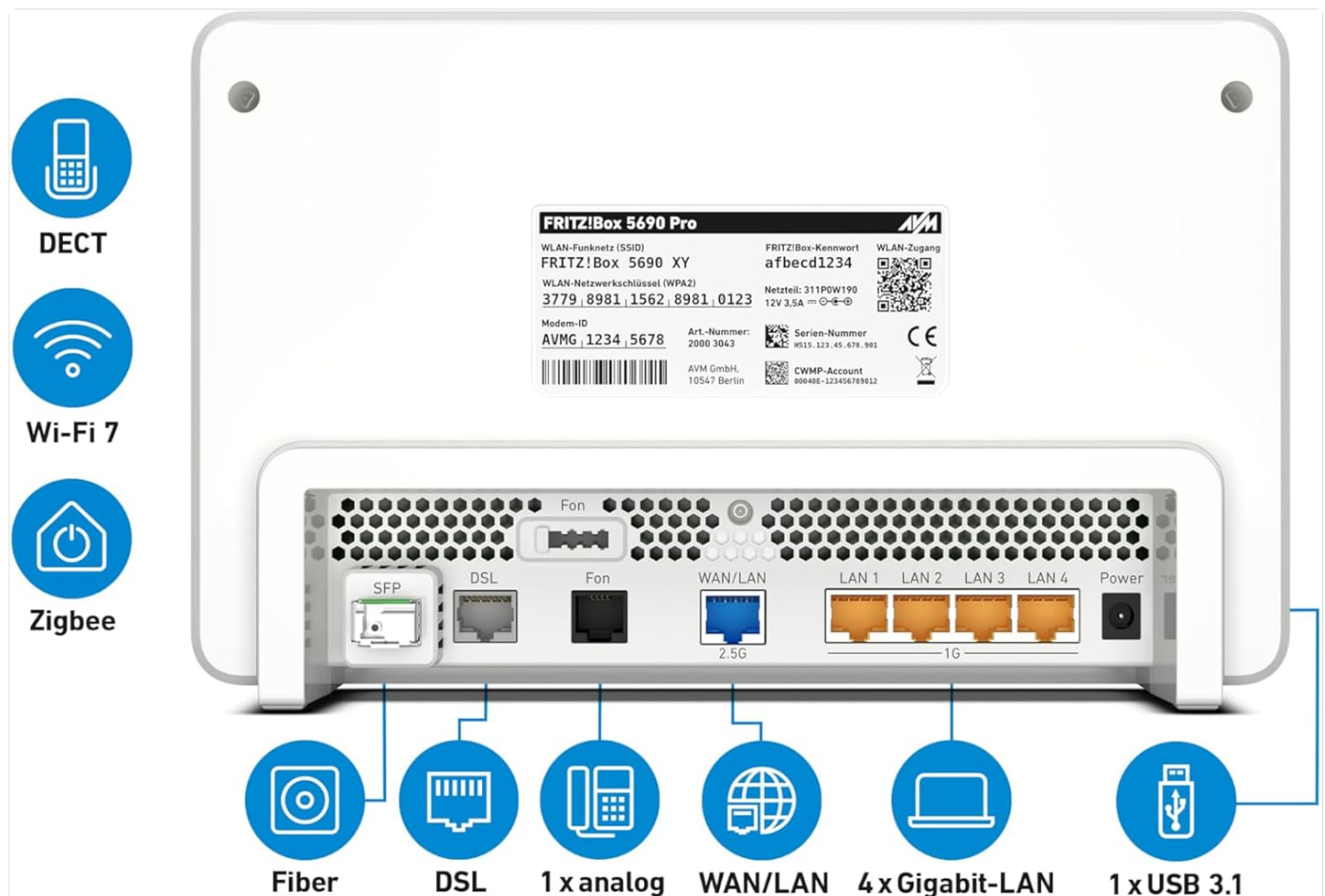


Image: Detailed rear view of the FRITZ!Box 5690 Pro, illustrating all available ports for fiber, DSL, analog phones, WAN/LAN, Gigabit LAN, and USB 3.1.

2.2.1. Fiber Optic Connection

1. Insert the correct FRITZ!SFP module (AON or GPON, depending on your provider) into the SFP port on the back of the FRITZ!Box.
2. Connect one end of the fiber optic cable to the SFP module.
3. Connect the other end of the fiber optic cable to your fiber optic wall socket.

2.2.2. DSL Connection

1. Connect one end of the DSL cable to the "DSL" port on the back of the FRITZ!Box.
2. Connect the other end of the DSL cable to your DSL wall socket.

2.2.3. Power Connection

1. Connect the power supply unit to the "Power" port on the FRITZ!Box.
2. Plug the power supply into an electrical outlet.
3. Wait for the "Power/Internet" LED on the front of the FRITZ!Box to light up steadily, indicating a successful connection.

2.3. Initial Wi-Fi Setup

Your FRITZ!Box comes with pre-configured Wi-Fi settings. You can find the Wi-Fi network name (SSID) and password (WPA2) on the label on the bottom of the device or on the included "FRITZ! Note".

- **Default Wi-Fi Network Name (SSID):** FRITZ!Box 5690 XY (where XY are the last two digits of the serial number)
- **Default Wi-Fi Password (WPA2):** Example: 3779_8981_1562_8981_0123 (Refer to your device's label for the exact password)

To connect a device:

1. On your computer, smartphone, or tablet, search for available Wi-Fi networks.
2. Select your FRITZ!Box's Wi-Fi network name (SSID).
3. Enter the Wi-Fi password when prompted.
4. Alternatively, use the QR code on the device label for quick connection with compatible devices. For example, the QR code for Wi-Fi access might contain information like: [Connect via QR Code \(Example\)](#). Please note that the actual SSID and password are on your device's label.

For advanced settings and configuration, access the FRITZ!Box user interface by typing **fritz.box** or **192.168.178.1** into your web browser's address bar.

3. OPERATING THE FRITZ!Box 5690 Pro

3.1. Wi-Fi 7 and Triband Functionality

The FRITZ!Box 5690 Pro utilizes Wi-Fi 7 technology across three frequency bands (2.4 GHz, 5 GHz, and 6 GHz) to provide optimal wireless performance. Devices will automatically connect to the most suitable band for their capabilities and current network conditions.



Image: The FRITZ!Box 5690 Pro highlighting its Wi-Fi 7 capabilities.

For best performance, ensure your wireless devices support Wi-Fi 7 (802.11be) and are within optimal range of the FRITZ!Box or a Mesh Repeater.

3.2. Mesh WiFi

The FRITZ!Box 5690 Pro acts as a central hub for your Mesh WiFi network. By adding other FRITZ! products (e.g., FRITZ!Repeater, FRITZ!Powerline with Wi-Fi), you can seamlessly extend your wireless coverage throughout your home, ensuring all devices receive the best possible connection.

- **Automatic Configuration:** FRITZ! devices automatically integrate into the Mesh network.
- **Centralized Management:** Manage your entire Mesh network from the FRITZ!Box user interface.
- **Optimal Performance:** Devices automatically switch to the access point with the strongest signal.

3.3. DECT Base and Smart Home Integration

The integrated DECT base allows you to connect up to six cordless phones (e.g., FRITZ!Fon) directly to the FRITZ!Box. It also supports DECT ULE (Ultra Low Energy) for Smart Home devices.

With Zigbee integration, the FRITZ!Box 5690 Pro can control and automate a wide range of Smart Home devices from different manufacturers, such as smart plugs (e.g., FRITZ!DECT 200) and radiator controls (e.g., FRITZ!DECT 302).

- **Telephony:** Register DECT phones via the FRITZ!Box user interface.
- **Smart Home:** Add and manage Zigbee and DECT ULE devices for lighting, heating, and security.

3.4. Media Server and USB Ports

The FRITZ!Box 5690 Pro features a USB 3.1 port, allowing you to connect USB storage devices (e.g., external hard drives, USB sticks) and use them as a network-attached storage (NAS) or media server. This enables you to access your files, photos, and videos from any device in your home network.

- **File Sharing:** Share files across your network.
- **Media Streaming:** Stream music, photos, and videos to compatible devices (e.g., smart TVs, smartphones).
- **Printer Server:** Connect a USB printer and make it accessible to all network devices.

4. MAINTENANCE

Regular maintenance ensures the optimal performance and longevity of your FRITZ!Box 5690 Pro.

- **Firmware Updates:** Regularly check for and install the latest firmware updates via the FRITZ!Box user interface. Updates provide new features, performance improvements, and security enhancements.
- **Cleaning:** Keep the device clean and free from dust. Use a soft, dry cloth. Do not use liquid cleaners.
- **Ventilation:** Ensure the FRITZ!Box is placed in a well-ventilated area to prevent overheating. Do not cover ventilation slots.
- **Secure Placement:** Place the device on a stable, flat surface away from direct sunlight, heat sources, and moisture.
- **Backup Settings:** Periodically back up your FRITZ!Box configuration settings through the user interface. This allows for quick restoration in case of a reset or replacement.

5. TROUBLESHOOTING

If you encounter issues with your FRITZ!Box 5690 Pro, try the following troubleshooting steps:

5.1. No Internet Connection

- **Check Cables:** Ensure all cables (power, fiber/DSL, LAN) are securely connected.
- **LED Indicators:** Check the "Power/Internet" LED. If it's blinking or off, there might be an issue with your internet

connection or the FRITZ!Box itself.

- **Restart FRITZ!Box:** Disconnect the power supply for 10 seconds, then reconnect it. Wait for the device to restart completely.
- **Provider Status:** Check with your internet service provider for any known outages in your area.
- **FRITZ!Box Interface:** Access the FRITZ!Box user interface (**fritz.box**) and check the "Overview" or "Internet" section for connection status and error messages.

5.2. Wi-Fi Connectivity Issues

- **Check Wi-Fi LED:** Ensure the "WLAN" LED on the FRITZ!Box is lit. If not, press the WLAN button on the device or enable Wi-Fi in the user interface.
- **Correct Password:** Verify you are entering the correct Wi-Fi password (WPA2 key).
- **Signal Strength:** Move closer to the FRITZ!Box or consider using a FRITZ!Repeater to extend coverage.
- **Interference:** Other electronic devices (e.g., microwaves, cordless phones) can cause interference. Try changing the Wi-Fi channel in the FRITZ!Box user interface.
- **Device Compatibility:** Ensure your device's Wi-Fi adapter is up-to-date and compatible with Wi-Fi 7 or at least Wi-Fi 6/5.

5.3. Slow Internet Speed

- **Wired vs. Wireless:** Test speed with a wired connection to the FRITZ!Box to determine if the issue is Wi-Fi related.
- **Network Congestion:** Too many devices or high-bandwidth activities (streaming, gaming) can slow down the network.
- **Channel Optimization:** Use the FRITZ!Box user interface to analyze Wi-Fi channels and select less congested ones.
- **Firmware:** Ensure your FRITZ!Box firmware is up to date.
- **Provider Speed:** Verify your internet speed with your service provider.

6. SPECIFICATIONS

Feature	Detail
Brand	AVM
Model Name	AVM FRITZ!Box 5690 Pro
Product Model Number	20003043
Dimensions	26.8 x 16.5 x 4.8 cm
Weight	1.1 kg
Color	White
Wireless Connectivity	Wi-Fi 7 (802.11be), 802.11ax, 802.11ac, 802.11n, 802.11g
Frequency Band Class	Triband (2.4 GHz, 5 GHz, 6 GHz)

Feature	Detail
Max. Wi-Fi Speed	Up to 18.5 Gbps (11.530 Mbps @ 6 GHz + 5.760 Mbps @ 5 GHz + 1.200 Mbps @ 2.4 GHz)
Internet Connectivity	Fiber (GPON up to 2.5 Gbps, AON up to 1 Gbps), DSL (Supervectoring 35b up to 300 Mbps)
LAN Ports	4 x Gigabit LAN, 1 x 2.5 Gigabit WAN/LAN
USB Ports	1 x USB 3.1
Telephony	DECT base for up to 6 cordless phones, 2 analog phone ports, 5 integrated answering machines
Smart Home Integration	DECT ULE, Zigbee
Operating System	RouterOS (FRITZ!OS)
Recommended Use	Home, Business

7. WARRANTY AND SUPPORT

AVM provides a manufacturer's warranty for the FRITZ!Box 5690 Pro. Please refer to the warranty card included in your package or visit the official AVM website for detailed warranty terms and conditions specific to your region. For technical support, firmware updates, and additional resources, please visit the official AVM support website. You can also find FAQs and community forums there to assist with common queries.

AVM Support Website: <https://en.avm.de/service/>

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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