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## AOLON Navi R3

# AOLON Navi R3 GPS Smart Watch User Manual

Model: Navi R3

## 1. INTRODUCTION

The AOLON Navi R3 GPS Smart Watch is a versatile and robust wearable designed for active lifestyles. Featuring a 1.43-inch AMOLED display, built-in GPS, and comprehensive health monitoring capabilities, it serves as an ideal companion for outdoor adventures and daily fitness tracking. This manual provides detailed instructions to help you set up, operate, and maintain your device.

Key features include:

- Built-in GPS for accurate activity tracking.
- Compass, Barometer, and Altimeter for outdoor navigation.
- 24/7 Health Monitoring: Heart Rate, Blood Oxygen, Sleep, and Stress.
- Over 60 Sports Modes.
- 3ATM & IP68 Water Resistance.
- Bluetooth Call Functionality and Smart Notifications.
- Long-lasting 370mAh battery.



The AOLON Navi R3 GPS Smart Watch, showcasing its sleek design and included gray and orange interchangeable bands.

## 2. WHAT'S IN THE BOX

Upon opening your AOLON Navi R3 package, please verify that all the following items are included:

- Navi R3 smart watch
- 2 Silicone straps (gray & orange)
- Charging Cable
- User Manual

### Product Size And Packaging List



Contents of the AOLON Navi R3 smart watch package, including the watch, two silicone straps, charging cable, and manual.

### 3. SETUP

#### 3.1 Initial Charging

Before first use, fully charge your Navi R3 smart watch. 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). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.



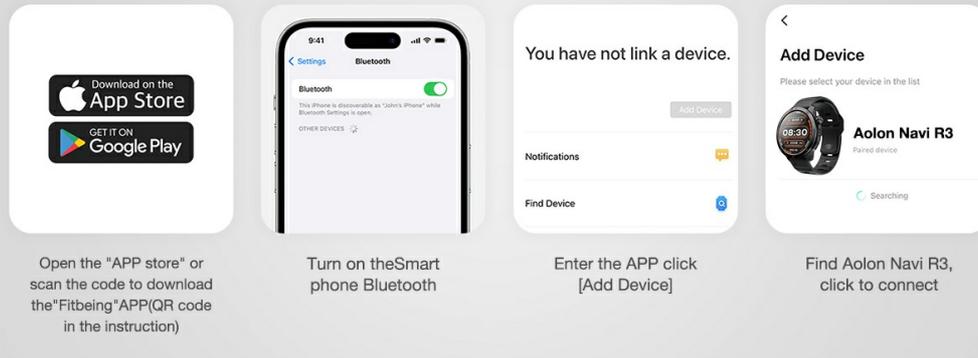
The Navi R3 smart watch connected to its charging cable, illustrating its long-lasting battery life of 7-10 days with typical use.

#### 3.2 App Download and Pairing

To unlock the full functionality of your Navi R3, download the companion app, "Fitbeing," from your smartphone's app store (Android 6.0+ / iOS 9.0+ compatible).

1. Scan the QR code in the included manual or search for "Fitbeing" in the App Store (iOS) or Google Play Store (Android).
2. Install and open the "Fitbeing" app.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to the "Device" section and select "Add Device."
5. The app will search for available devices. Select "Aolon Navi R3" from the list to pair.
6. Follow any on-screen prompts to complete the pairing process.

## Connect the Smart Watch Via APP Fitbeing "Aolon Navi R3"



A visual guide demonstrating the steps to connect the AOLON Navi R3 smart watch to your smartphone using the Fitbeing application.

## 4. OPERATING THE SMART WATCH

### 4.1 Basic Navigation

The Navi R3 features a responsive 1.43-inch AMOLED touchscreen and an optical rotary button for intuitive navigation.

- **Touchscreen:** Swipe left/right to access different widgets (e.g., heart rate, weather, activity data). Swipe up from the watch face for notifications, and swipe down for quick settings. Tap to select items.
- **Rotary Button:** Rotate to scroll through menus and lists. Press to confirm selections or return to the watch face.
- **Physical Button:** Typically used for quick access to sports modes or as a back button.



Detailed view of the Navi R3's alloy bezel, encoder button (rotary), and physical button, which provide various interaction methods.

### 4.2 Brand-new UI Interaction

The Navi R3 features an updated user interface designed for ease of use and clear data presentation. This includes intuitive icons and streamlined menus for quick access to all features.

Official product video demonstrating the features and user interface of the Aolon Navi R3 GPS Smartwatch, including its fitness tracking capabilities.

## 5. HEALTH MONITORING FEATURES

The Navi R3 is equipped with a high-precision PPG biosensor to provide comprehensive insights into your health.

### 5.1 Heart Rate Monitoring

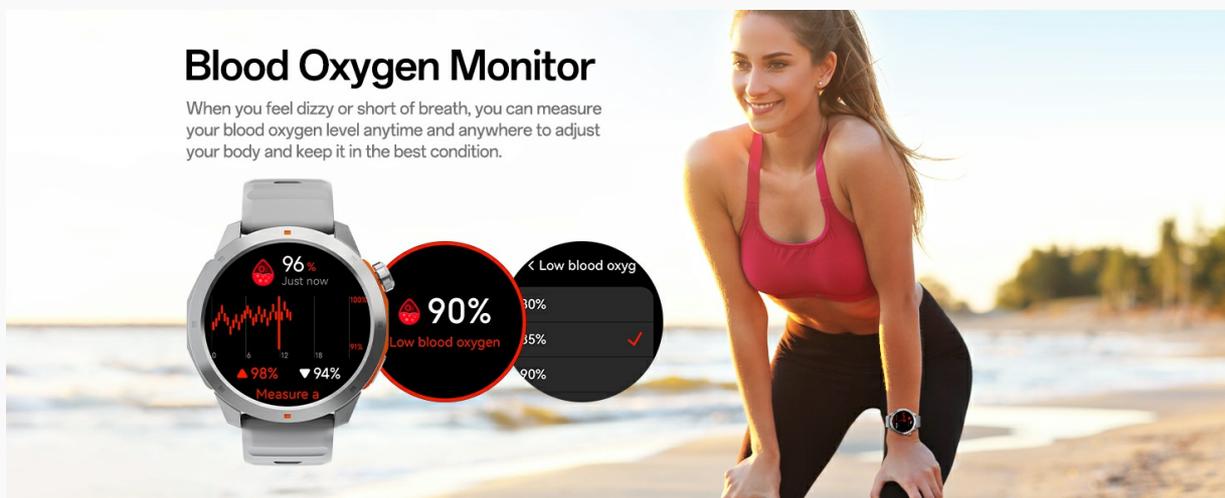
Monitors your heart rate in real-time throughout the day. The watch will issue reminders if your heart rate is too high or too low, helping you manage your cardiovascular health.



The Navi R3 smart watch displaying real-time heart rate data, useful for monitoring during physical activity.

### 5.2 Blood Oxygen Monitoring (SpO2)

Measure your blood oxygen level anytime, anywhere. This feature helps you understand your body's oxygen saturation and maintain optimal health, especially useful during exercise or at high altitudes.



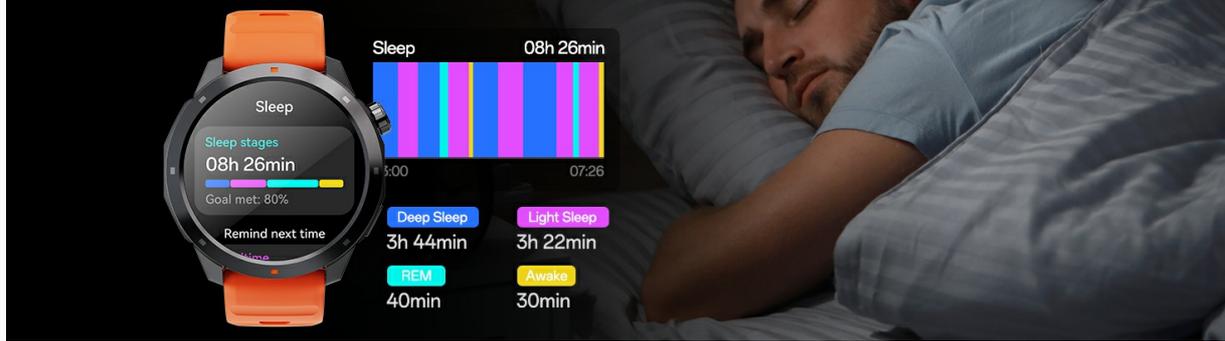
The Navi R3 smart watch showing blood oxygen monitoring results, providing insights into your body's oxygen levels.

### 5.3 Sleep Monitoring

The watch automatically tracks your sleep patterns, providing detailed reports on sleep duration, quality, and identification of sleep stages (Deep Sleep, Light Sleep, REM, Awake). This data helps you understand and improve your sleep habits.

## Sleep Monitoring

Combined with advanced algorithm analysis, it determines your sleep status and provides reports on sleep duration, quality and stage identification.



The Navi R3 smart watch displaying sleep monitoring data, including sleep stages and duration, to help analyze sleep quality.

## 5.4 Stress Level Monitoring

Through built-in PPG, SAR, and AFE sensors, the watch monitors your stress levels throughout the day. This helps you better understand your stress patterns and manage your mood.



The Navi R3 smart watch showing stress level monitoring, categorizing levels from relaxed to high, to help users manage their well-being.

## 5.5 Female Menstrual Cycle Tracking

Provides comprehensive care for women's health by tracking menstrual periods, fertile windows, and safe periods. This feature helps users understand and predict their cycles.



The Navi R3 smart watch displaying female menstrual cycle tracking, indicating menstrual period, fertile window, and safe period.

## 6. SPORTS MODES AND GPS

The Navi R3 is designed to support a wide range of physical activities with its extensive sports modes and precise GPS capabilities.

### 6.1 60+ Sports Modes

Track your fitness journey with over 60 built-in sports modes, including walking, running, cycling, hiking, and more. The watch records real-time data and physical indicators during your exercise, allowing you to set goals and monitor progress.



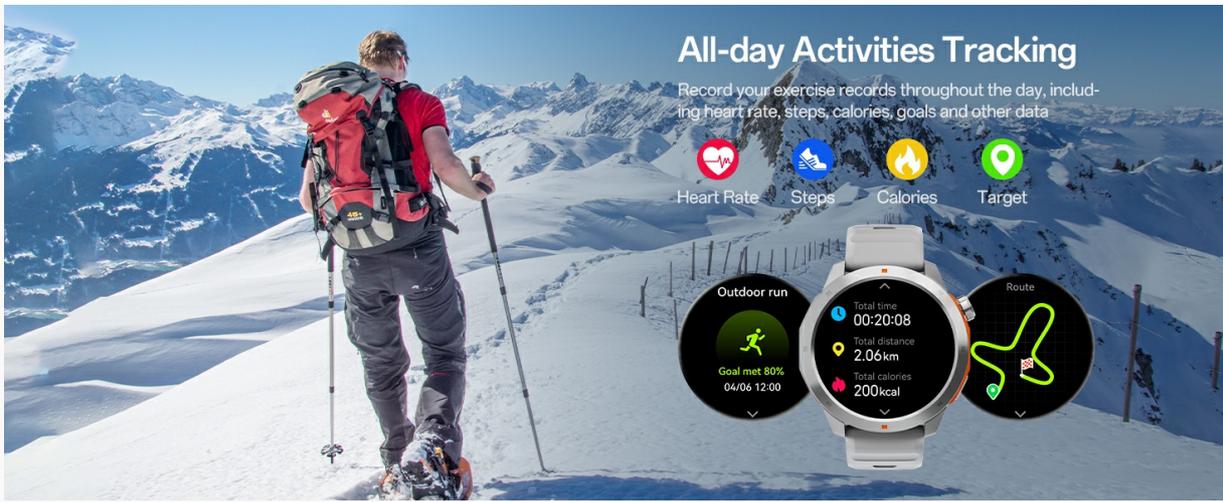
The Navi R3 smart watch interface showing a selection of its 60+ sports modes, designed for various physical activities.

### 6.2 Built-in GPS and Activity Tracking

The independent GPS module ensures highly accurate positioning, tracking your route, distance, and pace without needing your phone. This allows for precise recording of movement trajectories, even in remote areas.



The Navi R3 smart watch demonstrating GPS assisted positioning, showing real-time tracking and motion trajectory display for outdoor activities.



The Navi R3 smart watch displaying all-day activity tracking, including heart rate, steps, calories, and route mapping for comprehensive fitness monitoring.

### 6.3 Compass, Barometer, and Altimeter

For outdoor enthusiasts, the Navi R3 integrates a compass, barometer, and altimeter. The compass helps you maintain direction, while the barometer and altimeter provide accurate air pressure and altitude data, ensuring you stay informed about your environment.



The Navi R3 smart watch showcasing its compass, altitude barometer, and GPS functions, essential tools for outdoor exploration.

## 7. WATER RESISTANCE

The AOLON Navi R3 is built with a fully sealed, ultra-slim case, achieving both 3ATM dynamic and IP68 static waterproof ratings. This makes it suitable for daily use and adaptable to various complex environments, including swimming and diving.

**Note:** While highly water-resistant, avoid prolonged exposure to hot water or steam, as this can compromise the seals.



## BT Connect Make Answer Calls

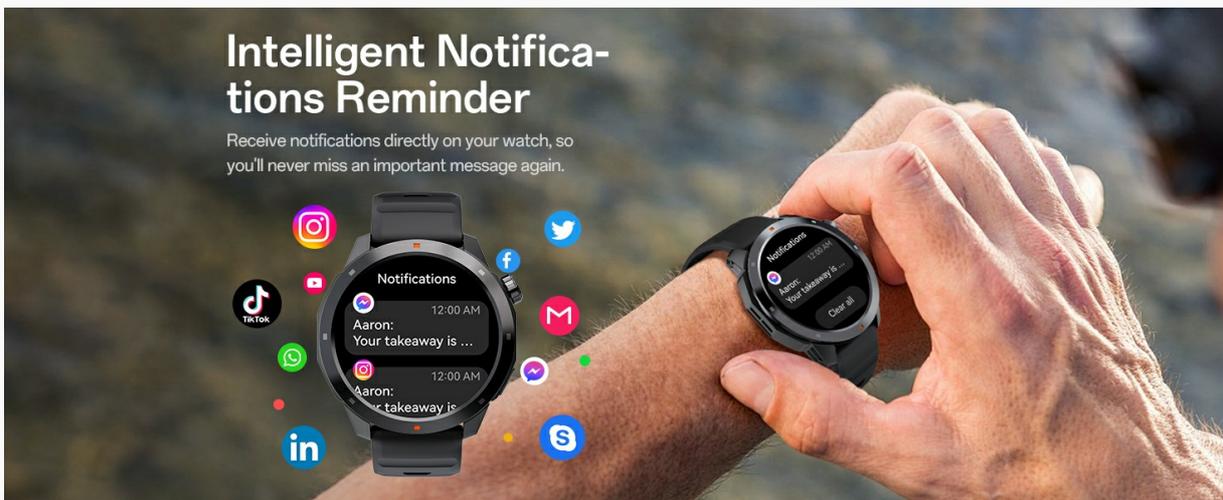
You can make/answer calls directly from your watch, adjust the volume at any time, add contacts to your watch and view call logs.



The Navi R3 smart watch demonstrating its Bluetooth call functionality, allowing users to make and answer calls directly from their wrist.

## 9.2 Intelligent Notifications

Receive notifications directly on your watch for calls, messages, and app alerts (e.g., Instagram, TikTok, Facebook, WhatsApp, Twitter, Gmail, LinkedIn, Skype). This keeps you informed without needing to check your phone constantly.



The Navi R3 smart watch displaying intelligent notifications from various applications, ensuring important messages are not missed.

## 10. MORE PRACTICAL FUNCTIONS

Beyond health and fitness, the Navi R3 offers several convenient features:

- **Camera Control:** Remotely control your smartphone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Music Control:** Manage music playback on your phone.
- **Find Your Phone:** Locate your misplaced smartphone.
- **Breathing Training:** Guided breathing exercises for relaxation.
- **Alarm Clock:** Set alarms directly from your watch.
- **World Clock:** View time in different time zones.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Calculator:** A convenient on-wrist calculator.

## More Practical Functions



The Navi R3 smart watch showcasing practical functions such as camera control, weather forecast, music control, find phone, and breathing training.

## More Practical Functions



Additional practical functions of the Navi R3 smart watch, including alarm clock, world clock, stopwatch, timer, and calculator.

## 11. MAINTENANCE

Proper care ensures the longevity and optimal performance of your AOLON Navi R3 smart watch.

- **Cleaning:** Regularly clean the watch case and straps with a soft, damp cloth. For silicone straps, mild soap and water can be used. Ensure the watch is completely dry before wearing or charging.
- **Charging:** Use only the provided charging cable. Charge the watch in moderate temperatures. Avoid extreme heat or cold during charging.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place. It is recommended to charge the watch to about 50% before long-term storage.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials and seals.

## 12. TROUBLESHOOTING

If you encounter issues with your Navi R3 smart watch, try the following common troubleshooting steps:

<b>Problem</b>	<b>Possible Solution</b>
Watch not turning on	Ensure the watch is fully charged. Press and hold the power button for at least 10 seconds.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone and the watch. Restart both devices. Make sure the watch is not paired with another device. Check app permissions.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Note that data is for reference only, not medical diagnosis.
Notifications not received	Check app notification settings on your phone and within the Fitbeing app. Ensure the watch is connected via Bluetooth. Disable any battery optimization settings for the Fitbeing app.
GPS not connecting	Ensure you are in an open outdoor area with a clear view of the sky. Wait a few minutes for the watch to acquire a signal.

If the issue persists, please refer to the Warranty and Support section for further assistance.

## 13. SPECIFICATIONS

Detailed technical specifications for the AOLON Navi R3 GPS Smart Watch:

<b>Feature</b>	<b>Specification</b>
Model Number	Navi R3
Display	1.43 Inches AMOLED Screen (466x466 Pixels)
Battery Capacity	370 mAh Lithium Polymer
Battery Life	7-10 days (typical use), approx. 3 days (continuous GPS use), 21 days (long standby)
Water Resistance	3ATM & IP68
Connectivity	Bluetooth V5.3
GPS	Built-in GPS
Sensors	PPG Biosensor (Heart Rate, Blood Oxygen), Compass, Barometer, Altimeter
Operating System Compatibility	Android 6.0 or Above, iOS 9.0 or Above
Memory Storage Capacity	128 MB
Item Weight	155 Grams (5.5 ounces)
Dimensions	6.34 x 3.86 x 0.94 inches (Package)
Manufacturer	AOLON

Feature	Specification
Country of Origin	China

## 14. WARRANTY AND SUPPORT

AOLON provides a 2-year after-sales service for the Navi R3 smart watch. If you have any questions about the product or are not satisfied, please contact the seller directly through your order platform. Provide your order number and a detailed description of the issue. The seller aims to reply within 24 hours.



Information regarding AOLON's 2-year after-sales service and how to contact support for product inquiries.