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## AOLON Tetra R4

# AOLON Tetra R4 Smart Watch User Manual

Comprehensive guide for your new smartwatch.

## 1. INTRODUCTION

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Welcome to the user manual for your new AOLON Tetra R4 Smart Watch. This guide provides detailed instructions on setting up, operating, and maintaining your device to ensure optimal performance and a seamless user experience. The Tetra R4 is designed for active lifestyles, featuring a vibrant AMOLED display, extensive health monitoring capabilities, and a wide range of sports modes.



Figure 1.1: AOLON Tetra R4 Smart Watch (Khaki)

## 2. WHAT'S IN THE BOX

Upon opening your AOLON Tetra R4 Smart Watch package, you should find the following items:

- AOLON Tetra R4 Smart Watch (with attached watch band)
- Magnetic Charging Cable
- User Manual (this document)



Figure 2.1: Package Contents

## 3. SETUP

### 3.1 Initial Charging and Activation

The watch may not power on immediately if the battery is completely depleted. It requires an initial charge to activate. Align the magnetic charging cable with the charging points on the back of the watch. The watch screen will display a charging indicator. Charge the watch for at least 15 minutes before first use.

Your browser does not support the video tag.

Video 3.1: Unboxing and Initial Setup of the AOLON Tetra R4 Smart Watch, demonstrating the charging process and initial power-on.

### 3.2 App Download and Pairing

To unlock the full functionality of your AOLON Tetra R4 Smart Watch, you need to download and pair it with the **GloryFitPro** app on your smartphone. The app is compatible with both Android (4.4 and above) and iOS (9.0 and above) devices.

1. **Download the App:** Scan the QR code provided in the manual or on the watch screen, or search for "GloryFitPro" in your device's app store (App Store for iOS, Google Play Store for Android).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open GloryFitPro App:** Launch the app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, navigate to the "Device" or "Add Device" section. The app will search for nearby devices.
5. **Connect:** Select "Aolon Tetra R4" from the list of found devices to initiate pairing. Confirm the pairing request on both your phone and the watch.
6. **Troubleshooting Pairing:** If pairing fails or is abnormal, try resetting the watch and restarting the pairing process.

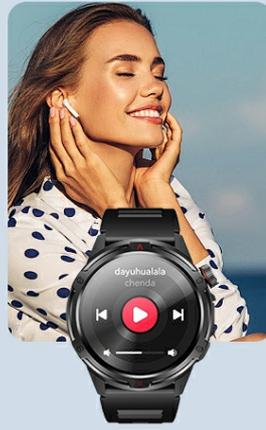
## More Practical Functions



Remotely Take Photos



Weather Forecast



Music Control



Find Mobile Phone

Figure 3.1: GloryFitPro App Connection Steps

## 4. PRODUCT OVERVIEW

Familiarize yourself with the physical components and display features of your AOLON Tetra R4 Smart Watch.

## More Practical Functions



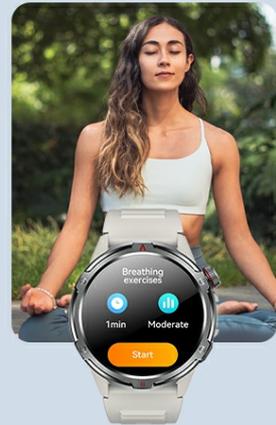
Alarm Clock



Stopwatch



Sedentary Reminder



Breathing Exercises

Figure 4.1: Physical Features of the Tetra R4

- **1.43" AMOLED HD Screen:** High-definition display (466\*466 pixels) for clear visuals.
- **Rotating Crown:** Used for navigation and selection.
- **Down Button:** Typically used for power on/off, returning to the home screen, or accessing specific functions.
- **Sensors:** Located on the back for heart rate, SpO2, and other health monitoring.
- **LED Flashlight:** Integrated on the side for quick illumination.
- **Silicone Strap:** Durable and comfortable for daily wear.

# 1.43" AMOLED HD Full Touch Screen

BT Calling, Health Management, Multi sports Mode, Long Battery Life



**AMOLED**  
HD Large Screen



**Built-in  
Compass**



**466X466**  
HD Pixels



**Actions AT3085**  
Accurate Saiwei Algorithm

Figure 4.2: Display Features

## 5. OPERATING INSTRUCTIONS

### 5.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick panels or different feature screens.
- **Tap:** Select an item or confirm an action.
- **Press Rotating Crown:** Return to the home screen or access the app list.
- **Press Down Button:** Customize for quick access to a preferred function (e.g., timer, sports mode).

### 5.2 Call and Message Management

The Tetra R4 allows you to answer and make calls directly from your wrist via Bluetooth connection to your smartphone. You can also receive smart notifications for messages and app alerts.

- **Answering Calls:** When a call comes in, tap the green icon on the watch screen to answer.
- **Making Calls:** Access the dial pad or contacts list on the watch to initiate a call.
- **Message Sync:** Receive notifications from various apps (e.g., WeChat, SMS, Facebook, Instagram) directly on your watch.

## BT Call & Message Sync Watch

Make Bluetooth calls through the watch to free your hands and make communication more free



Figure 5.1: Call and Message Features

### 5.3 LED Flashlight

The built-in LED flashlight on the side of the watch provides convenient illumination in low-light conditions. Access it from the quick settings or through the app list.

Your browser does not support the video tag.

Video 5.2: Demonstration of the LED flashlight function on the AOLON Tetra R4 Smart Watch.

### 5.4 Sports Modes and Activity Tracking

The Tetra R4 supports over 100 sports modes and provides comprehensive activity tracking.

- **Sports Modes:** Select your activity (e.g., running, hiking, cycling, yoga) from the sports list to track specific metrics.

- **AGPS Function:** Utilizes your phone's GPS for accurate outdoor route tracking.
- **Activity Data:** Monitor steps, distance, calories burned, and active minutes throughout the day.

**100+ More Sport Modes**

**Motion Recognition**  
Every action is recorded in the mind

**Improve Training Quality**

**Adding Movement**

Figure 5.3: Sports Modes Overview

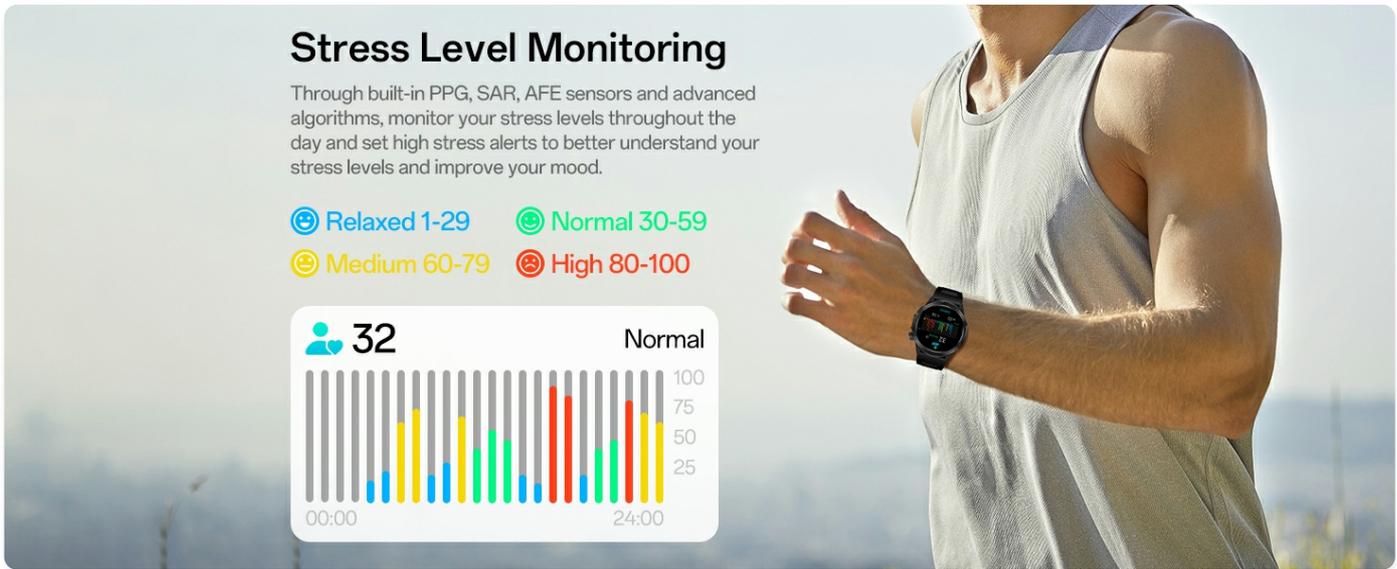


Figure 5.4: Detailed Sports Tracking

## 5.5 Health Monitoring

The watch is equipped with advanced biosensors for continuous health monitoring.

- **Heart Rate Monitoring:** Tracks your heart rate 24/7, providing real-time data and warning reminders for abnormal readings.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels, useful for understanding your body's oxygen saturation.
- **Sleep Monitoring:** Analyzes your sleep patterns (deep sleep, light sleep, REM, awake time) to help improve sleep quality.
- **Stress Level Monitoring:** Monitors stress levels throughout the day using built-in sensors and algorithms.
- **Menstrual Health Tracking:** Provides intelligent management and thoughtful reminders for women's health.

## Saiwei Algorithm

The watch uses the latest Savi algorithm to detect your health data more accurately

## Heart Rate Monitoring

### Heart Rate Warning Reminder

Figure 5.5: Heart Rate Monitoring

### Outstanding, Clear at a Glance

**1.43"**  
HD Large Screen

**AMOLED**  
HD Screen

**466x466**  
HD Resolution

### Compass

### Real Time Call

### Sync Mobile Messages

### 100+ Sports Modes

### Various Dials to Choose From

### Multi-dimensional Health Management

### More Practical Functions

### Remotely Take Photos

### Voice Assistant

### IP68 Water Proof

### 350mAh Battery Capacity

7-10days Regular Use

Figure 5.6: Blood Oxygen Monitoring

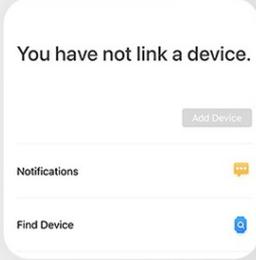
## Connect the Smart Watch Via APP GloryFitPro "Aolon Tetra R4"



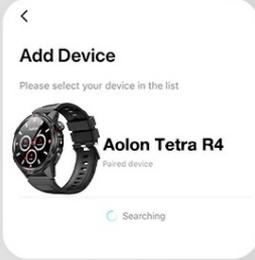
Open the "APP store" or scan the code to download the "GloryFitPro" APP(QR code in the instruction)



Turn on the Smart phone Bluetooth



Enter the APP click [Add Device]



Find Aolon Tetra R4, click to connect

Figure 5.7: Sleep Monitoring

## 1.43" AMOLED HD Full Touch Screen

BT Calling, Health Management, Multi sports Mode, Long Battery Life



AMOLED  
HD Large Screen



Built-in  
Compass



466X466  
HD Pixels

Resting heart rate

**70 bpm**



68 bpm Avg

Workout

Outdoor run

No goal

46°

359 mi 956 hpa

Future weather

Today	20/28°C
Tue	20/28°C
Wed	20/28°C
Thu	20/28°C



Figure 5.8: Stress Level Monitoring

# Female Menstrual Cycle



Figure 5.9: Menstrual Health Tracking

## 5.6 Other Practical Functions

The Tetra R4 offers a variety of additional features to enhance your daily life:

- **Voice Assistant:** Quickly activate your smartphone's AI voice assistant for tasks like making calls, checking weather, or setting alarms.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Remote Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set and manage alarms.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Calculator:** Perform basic calculations on your wrist.
- **Compass:** Built-in compass for navigation.
- **Find Phone:** Locate your paired smartphone by making it ring.

- **Custom Watch Faces:** Choose from over 150 watch faces or customize with your own photos.



Figure 5.10: Multiple Practical Functions

## 6. MAINTENANCE

- **Cleaning:** Regularly wipe the watch screen and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then dry thoroughly.
- **Water Resistance (IP68):** The watch is IP68 waterproof, suitable for daily use like hand washing and showering. *Avoid using it for diving or prolonged submersion in water.* Do not expose to hot water or steam.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

## 24/7 Heart Rate Monitoring

Real-time heart rate monitoring around the clock, whether at rest or during high-intensity exercise, can be accurately monitored



Figure 6.1: IP68 Water Resistance

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch won't turn on.	Low battery.	Charge the watch for at least 15 minutes.
Cannot pair with smartphone.	Bluetooth off, app issue, watch not reset.	Ensure Bluetooth is on. Restart the app. Reset the watch and try pairing again.
Inaccurate health data.	Improper fit, sensor obstruction.	Ensure the watch is snug on your wrist. Clean the sensors on the back of the watch.
Notifications not received.	App permissions, Bluetooth disconnected.	Check app notification permissions on your phone. Ensure Bluetooth connection is stable.

## 8. SPECIFICATIONS

Feature	Detail
Model	Tetra R4
Screen Size	1.43 Inches AMOLED HD
Screen Resolution	466*466 pixels
Battery Capacity	350 mAh
Typical Usage Time	7-10 days
Waterproof Rating	IP68

Feature	Detail
Connectivity	Bluetooth 5.2
Compatibility	Android 4.4+, iOS 9.0+
Weight	52 Grams
Memory Storage Capacity	128 MB
Special Features	AGPS, Activity Tracker, Compass, Calls, Messages, Calculator, 100+ Sports Modes, Heart Rate, Blood Oxygen Monitor, Sleep Tracker, Weather, Alarm Clock, Music Control, Stopwatch, LED Flashlight

## 9. WARRANTY AND SUPPORT

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For warranty information, technical support, or customer service inquiries, please refer to the contact details provided on the product packaging or visit the official AOLON website. Keep your purchase receipt as proof of purchase for warranty claims.

**Manufacturer:** AOLON

**Customer Service:** Refer to the contact information provided with your product or on the manufacturer's website.