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AOLON Tetra R4

AOLON Tetra R4 Smart Watch User Manual

Model: Tetra R4

Brand: AOLON

1. INTRODUCTION

Thank you for choosing the AOLON Tetra R4 Smart Watch. This rugged outdoor smartwatch is designed to enhance your daily life with its advanced features, including a vibrant 1.43-inch AMOLED touchscreen, built-in LED flashlight, comprehensive health monitoring, and over 100 sports modes. This manual provides detailed instructions to help you set up, operate, and maintain your device, ensuring you get the most out of its capabilities.



Image: The AOLON Tetra R4 Smart Watch, showcasing its 1.43" AMOLED Touch Screen, 100+ Sports Modes, Built-in Compass, AGPS, and Altitude Barometer.

2. WHAT'S IN THE BOX

Please check the contents of your package to ensure all items are present:

- AOLON Tetra R4 Smart Watch
- Charging Cable
- User Manual
- Watch Band

Product Size And Packaging List



Image: Diagram showing the product packaging, watch dimensions, user manual, charging cable, and watch band included in the box.

3. SETUP

3.1 Charging the Device

Before first use, fully charge your AOLON Tetra R4 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- **Battery Capacity:** 350 mAh
- **Charging Time:** Approximately 2 hours
- **Daily Use Time:** 7-10 days
- **Long Standby Time:** Up to 21 days



Image: Visual representation of the watch charging and its impressive battery life statistics.

3.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the **GloryFitPro** app on your smartphone.

1. Scan the QR code provided in the quick start guide or search for "GloryFitPro" in the Apple App Store (for iOS) or Google Play Store (for Android).

2. Ensure your smartphone's Bluetooth is turned on.
3. Open the GloryFitPro app and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to the device section and select "Add Device". The app will search for available devices.
5. Select "Aolon Tetra R4" from the list to connect. Confirm the pairing request on both your phone and the watch.

The watch is compatible with Android 4.4 and above, and iOS 9.0 and above.

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

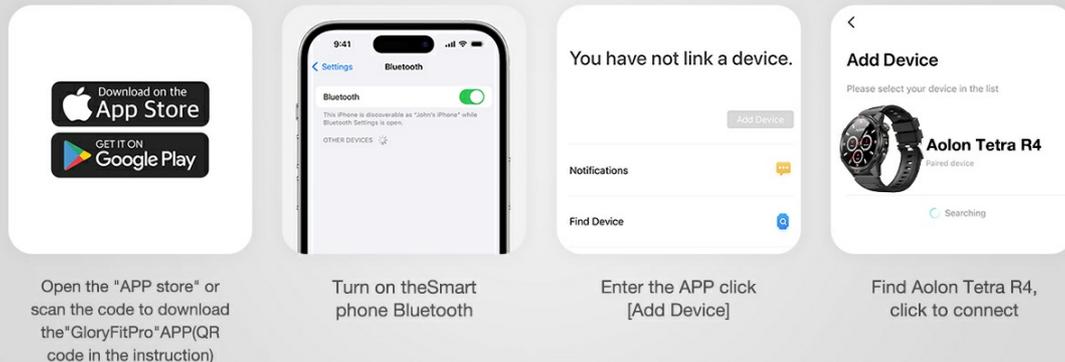


Image: Step-by-step guide on connecting the Aolon Tetra R4 Smart Watch using the GloryFitPro application, including app store icons and Bluetooth pairing process.

3.3 Initial Setup and User Profile

After successful pairing, the app will guide you through setting up your personal profile, including:

- **Personal Information:** Gender, age, height, weight for accurate health and fitness tracking.
- **Time and Date:** Automatically synchronized with your phone.
- **Units:** Choose between metric or imperial units.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Tetra R4 features a responsive 1.43" AMOLED full touch screen and physical buttons for intuitive control.

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select.
- **Rotating Crown:** Rotate to scroll through lists or adjust settings. Press to confirm or return to the previous screen.
- **Down Button:** Typically used as a power button or a customizable shortcut button.

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

Image: Close-up of the 1.43" AMOLED HD Full Touch Screen, highlighting its clarity and features like built-in compass and 466x466 HD pixels.

4.2 Bluetooth Calling and Notifications

Stay connected directly from your wrist.

- **Make/Answer Calls:** With Bluetooth calling enabled, you can dial numbers, answer incoming calls, and view call logs directly on your watch.
- **Message Sync:** Receive notifications from various apps (e.g., WeChat, SMS, Facebook, Instagram, Twitter, LinkedIn, Gmail) directly on your watch, ensuring you don't miss important updates.

BT Call & Message Sync Watch

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



Image: Demonstrates the smartwatch's capability for Bluetooth calls and syncing mobile messages, showing call interface and various app icons.

4.3 Built-in LED Flashlight

The Tetra R4 is equipped with a powerful LED flashlight on its side, providing immediate illumination when needed. This feature is ideal for outdoor activities, emergencies, or simply navigating in low-light conditions.



Image: The AOLON Tetra R4 Smart Watch with its side-mounted LED flashlight illuminated, demonstrating its utility.

4.4 Sports Modes and Activity Tracking

Track your workouts with precision across a wide range of activities.

- **100+ Sports Modes:** Choose from over 100 sports modes, including running, hiking, cycling, fitness, yoga, climbing, and more, for both indoor and outdoor environments.
- **Accurate Data:** High-precision sensors and AGPS (Assisted GPS via smartphone) provide accurate exercise data, including heart rate, cadence, calorie expenditure, steps, and distance.
- **Motion Recognition:** The watch intelligently records your movements and helps you understand your workout effectiveness.

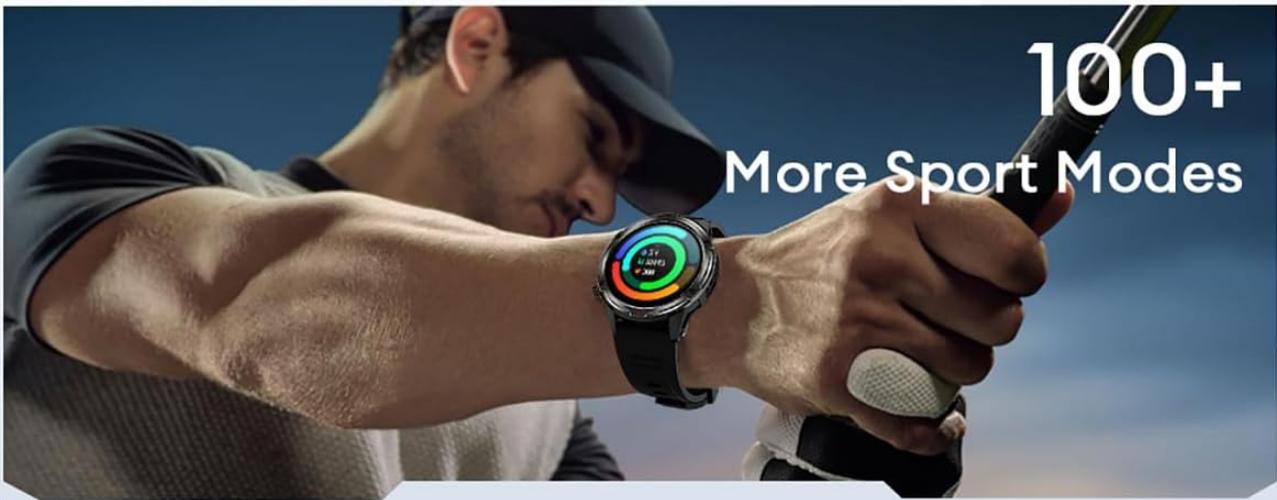


Image: Illustrates the smartwatch's extensive list of 100+ sport modes and its motion recognition capabilities for improving training quality.



Image: The smartwatch displaying all-day activity tracking metrics such as calories, distance, steps, and heart rate, with a person hiking in the background.

4.5 Health Monitoring

Monitor your vital health metrics with the high-quality biosensor and professional algorithm.

- **Heart Rate Monitoring:** Real-time heart rate monitoring around the clock, whether at rest or during high-intensity exercise. Includes warning reminders for high and low heart rates.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen level anytime, anywhere, especially useful if you feel dizzy or have difficulty breathing.
- **Sleep Monitoring:** Combined with advanced algorithm analysis, it determines your sleep status (deep sleep, light sleep, awake, REM) to help you understand and improve your sleep quality.
- **Menstrual Health Tracking:** Provides comprehensive care for women's health by tracking menstrual periods and fertile windows.
- **Stress Level Monitoring:** Through built-in PPG, SAR, AFE sensors, and advanced algorithms, monitor your stress levels throughout the day to understand your stress and improve your mood.

Saiwei Algorithm

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

Heart Rate Monitoring

Heart Rate Warning Reminder

150
High heart rate

55
Low heart rate

102 BPM
Just now

Start measur

Image: The smartwatch displaying heart rate monitoring, with a warning reminder for high and low heart rates.

Blood Oxygen Monitor

When you feel dizzy or have difficulty breathing, you can measure your blood oxygen level anytime and anywhere to regulate your body and keep it in optimal condition.



Image: A woman lifting weights while the smartwatch displays blood oxygen saturation levels, indicating the watch's SpO2 monitoring capability.

Female Menstrual Cycle

Intelligent management is calm and worry free. Not only can it record everything, but it can also provide thoughtful reminders before it arrives



Menstrual Period



Period Of Ovulation



Safe Period



Menstrual period
Predicted to start today.



Women's health
04/06 - 11/06

Menstrual period
Current period

SUM	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Image: The smartwatch displaying female menstrual cycle tracking, with a calendar view and period prediction.

4.6 Other Practical Functions

The AOLON Tetra R4 is packed with features to simplify your daily routine:

- **Customized Watch Faces:** Choose from over 150 dials in the app or use your favorite photo as a custom watch wallpaper.
- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Voice Assistant:** Quickly wake up the AI voice assistant for tasks like making calls, checking weather, or setting alarms.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set alarms to wake you up or remind you of important events.
- **Calculator:** A convenient calculator on your wrist.
- **Remote Control Photography:** Use your watch as a remote shutter for your phone's camera.
- **Find Mobile Phone:** Locate your misplaced phone by triggering an alert from your watch.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **World Clock:** Keep track of time in different time zones.
- **Emergency Call:** Quick access for emergency situations.
- **Always-On Display:** Keep essential information visible at a glance.
- **Sedentary Reminder:** Get alerts to stand up and move around.
- **Breathing Exercises:** Guided breathing sessions for relaxation.

Choose from a variety of watch faces

There are a lot of dials to choose



Customize your watch face

You can choose your favorite photo as the watch wallpaper



Image: A selection of watch faces available for customization, including options to use personal photos as backgrounds.

Multiple Practical Functions



Image: Collage showcasing various practical functions of the smartwatch, such as sleep monitoring, remote photography, music control, weather forecast, and calculator.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The AOLON Tetra R4 Smart Watch has an IP68 waterproof rating, making it suitable for daily use such as hand washing and showering. However, it is **not recommended for diving or prolonged submersion** in water. Avoid exposure to hot water, steam, or corrosive liquids.

IP68 Level Waterproof

Sealed structure design and waterproof coating technology enhance pressure resistance and can easily cope with various scenarios in daily life



Image: A person cycling through water, illustrating the IP68 waterproof capability of the smartwatch.

5.2 Cleaning and Care

To maintain your watch's appearance and functionality:

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

5.3 Battery Care

- Avoid extreme temperatures, which can affect battery life.
- Do not leave the watch fully discharged for extended periods.
- Use only the provided charging cable.

6. TROUBLESHOOTING

If you encounter issues with your AOLON Tetra R4 Smart Watch, try the following solutions:

Problem	Possible Solution
Watch won't turn on	Ensure the watch is fully charged. Press and hold the power button for several seconds.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone and watch. Restart both devices. Make sure the watch is not paired with another device. Check the GloryFitPro app for pairing instructions.
Inaccurate health data	Ensure the watch is worn snugly on your wrist (not too tight or too loose). Keep the sensor clean. Avoid excessive movement during measurements. Update the app and watch firmware.
Notifications not received	Check app notification settings on your phone and within the GloryFitPro app. Ensure the watch is connected via Bluetooth. Disable battery optimization for the GloryFitPro app on Android.
Short battery life	Reduce screen brightness. Turn off unnecessary features like Always-On Display. Limit frequent heart rate monitoring. Ensure proper charging.

7. SPECIFICATIONS

Detailed technical specifications for the AOLON Tetra R4 Smart Watch:

Feature	Specification
Model Number	Tetra R4
Screen Size	1.43 Inches AMOLED HD
Display Resolution	466*466 pixels
Battery Capacity	350 Milliamp Hours (mAh)
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Operating System	Android 4.4+, iOS 9.0+
Memory Storage Capacity	128 MB
Waterproof Rating	IP68
Item Weight	52 Grams (1.83 ounces)
GPS	GPS Via Smartphone (AGPS)
Shape	Round
Manufacturer	AOLON
Country of Origin	China



Image: Diagram illustrating the powerful core of the smartwatch, including the Main Control Chip MCU-AT3085, BT 5.2 Chip, and 128MB storage.

8. WARRANTY AND SUPPORT

AOLON provides a standard warranty for the Tetra R4 Smart Watch against manufacturing defects. Please refer to the warranty card included in your packaging for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact AOLON customer service through the contact information provided on the official AOLON website or within the GloryFitPro app.

