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AOLON Tetra R4

AOLON Tetra R4 Smart Watch User Manual

Model: Tetra R4

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your AOLON Tetra R4 Smart Watch. Please read it carefully to ensure proper use and to maximize the device's features.

GETTING STARTED

1. Unboxing

Your AOLON Tetra R4 Smart Watch package includes the following items:

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

More Practical Functions



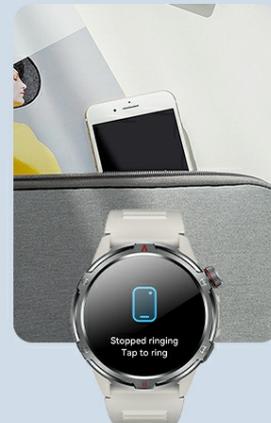
Remotely Take Photos



Weather Forecast



Music Control



Find Mobile Phone

Image: Product Size And Packaging List

2. Charging the Device

Before first use, fully charge your smart watch. The device features a 350 mAh battery, providing up to 7 days of typical use and

up to 30 days of standby time. A full charge takes approximately 2.5 hours.

1. Connect the magnetic charging cable to the charging points on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (not included) or a computer's USB port.
3. The watch display will indicate charging status.

Video: This video demonstrates the unboxing and initial setup of the Tetra R4 Smart Watch, including charging and basic UI navigation.

3. App Installation and Pairing

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

1. Scan the QR code in the included user manual or search for "GloryFitPro" in your smartphone's app store (App Store for iOS, Google Play for Android).
2. Enable Bluetooth on your smartphone.
3. Open the GloryFitPro app and follow the on-screen instructions to add your device.
4. Select "Aolon Tetra R4" from the list of available devices to connect.



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

OPERATING YOUR SMART WATCH

1. Basic Navigation

The AOLON Tetra R4 features a 1.43-inch AMOLED full touch screen, a rotating crown, and two physical buttons for intuitive control.

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and functions. Tap to select.
- **Rotating Crown:** Rotate to scroll through lists or adjust settings. Press to confirm or return to the watch face.
- **Physical Buttons:** Use for quick access to specific functions or to power on/off the device.



Image: Main product view showing the 1.43" AMOLED HD Full Touch Screen and physical buttons.

2. Communication Features

Stay connected directly from your wrist with Bluetooth calling and smart notifications.

- **Bluetooth Calling:** With the latest Bluetooth 5.2 chip, a high-quality speaker, and microphone, you can make and receive calls directly from your watch. You can also add up to 100 contacts and view call logs.
- **Smart Notifications:** Receive message alerts, alarms, and other daily essentials from your paired smartphone. (Note: Message reply is not supported).

Hard Power Time-tested

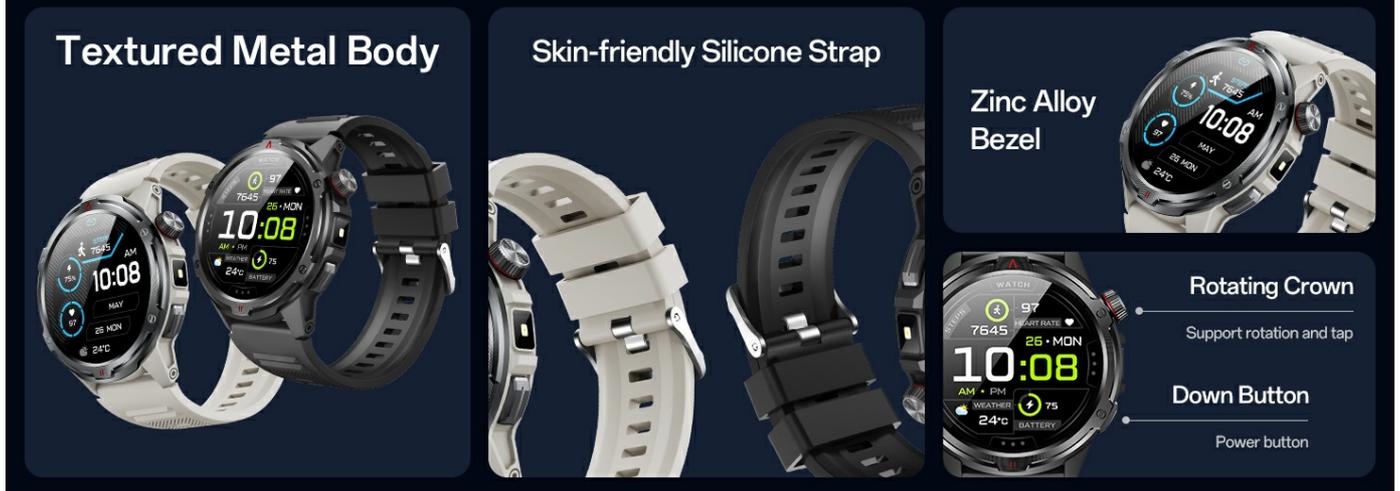


Image: BT Call & Message Sync Watch

Video: This video highlights the stylish design and various features of the smartwatch, including communication capabilities.

3. Health Monitoring

The AOLON Tetra R4 utilizes Cywee Professional Algorithms for accurate health tracking, providing insights into your well-being.

- **Heart Rate Monitoring:** Real-time heart rate monitoring throughout the day, whether at rest or during high-intensity exercise.
- **Blood Oxygen (SpO2) Monitor:** Measure your blood oxygen level anytime to regulate your body.
- **Stress Level Monitoring:** Built-in PPG, SAR, AFE sensors and advanced algorithms monitor stress levels and provide alerts.
- **Sleep Monitor:** Combined with advanced algorithm analysis, it tracks deep sleep, light sleep, awake time, and REM sleep to help you understand and improve your sleep quality.
- **Menstrual Cycle Tracking:** Provides intelligent management and thoughtful reminders for women's health.
- **One-Tap Measurement:** Check your heart rate, blood oxygen, and stress level simultaneously with a single tap.



Image: Heart Rate Monitoring

Video: This video demonstrates the heart rate and SpO2 monitoring features of the smartwatch.

4. Sports Modes and Activity Tracking

Track your fitness journey with over 100 sports modes and comprehensive activity tracking.

- **100+ Sports Modes:** Supports a wide range of activities, from running and cycling to swimming and mountaineering.
- **Activity Tracker:** Records steps, calories burned, and distance covered.
- **AGPS Function:** Built-in AGPS provides accurate positioning and trajectory tracking for outdoor activities.



Image: 100+ More Sport Modes

Video: This video showcases the smart health features and the variety of over 100 sports modes available on the watch.

5. Outdoor Tools

Designed for outdoor enthusiasts, the Tetra R4 includes practical tools for navigation and convenience.

- **Compass:** Built-in compass for navigation.
- **Flashlight:** A convenient flashlight function for low-light situations.
- **AGPS, Altimeter, Barometer:** Auxiliary functions to assist with outdoor exploration.



Image: Built-in AGPS Movement

Video: This video demonstrates the IP68 waterproof rating and suitability for daily activities, including outdoor use.

6. Customization

Personalize your watch to match your style and preferences.

- **Watch Faces:** Choose from over 150 pre-designed dials in the app, or customize your watch face with your own photos.



Thickened Silicone Watch Strap

Sporty style, More Suitable for Outdoor Wear Soft and Moderate, Comfortable to Wear. Stainless Steel Spring Buckle, Easy to Disassemble and Replace.

Image: Choose from a variety of watch faces

7. Other Practical Functions

The Tetra R4 offers a range of additional features to enhance your daily life.

- Weather updates
- Alarm Clock
- Stopwatch and Timer
- Music Control
- Remote Shutter for camera control
- Find Mobile Phone function
- Calculator
- World Clock
- Emergency Call
- Voice Assistant



Altitude Barometer, Compass, AGPS Function

Built-in altimeter, compass, and AGPS auxiliary functions, so you won't get lost when exploring the wild

Image: Multiple Practical Functions

Video: This video demonstrates various multi-functional aspects of the Aolon Tetra R4 Smart Watch.

MAINTENANCE

1. Waterproof Rating

The AOLON Tetra R4 Smart Watch has an **IP68 waterproof rating**. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including hand washing, rain, and shallow swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seals.



Image: IP68 Level Waterproof

2. Cleaning and Care

To maintain your watch's performance and appearance:

- 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.

3. Battery Life Optimization

To extend battery life:

- Adjust screen brightness to a lower level.
- Disable the Always-On Display (AOD) feature if not needed.
- Limit background app refresh and notifications.
- Turn off continuous heart rate monitoring if not required for extended periods.

TROUBLESHOOTING

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

- **Watch not turning on/charging:** Ensure the charging cable is securely connected to both the watch and a power source. Try a different USB port or power adapter.
- **Connectivity issues (Bluetooth):** Make sure Bluetooth is enabled on your smartphone and the watch is within range. Restart both the watch and your phone, then attempt to re-pair via the GloryFitPro app.
- **Time synchronization incorrect:** Ensure the watch is properly connected to the GloryFitPro app, as time is usually synced automatically from your phone. Reinstalling the app might resolve persistent issues.
- **Inaccurate step count or health data:** Ensure the watch is worn snugly on your wrist. Calibrate the device through the app if available.
- **Screen unresponsive:** Restart the watch by pressing and holding the power button. If unresponsive, allow the battery to fully drain and then recharge.

SPECIFICATIONS

Feature	Specification
Model Number	Tetra R4
Display	1.43-inch AMOLED, 466x466 resolution
Battery Capacity	350 mAh
Typical Use Battery Life	Up to 7 days

Standby Time	Up to 30 days
Charging Time	Approx. 2.5 hours
Waterproof Rating	IP68
Connectivity	Bluetooth 5.2
Operating System Compatibility	Android 4.4+, iOS 9.0+
Health Monitoring	Heart Rate, SpO2, Stress, Sleep, Menstrual Cycle
Sports Modes	100+
Outdoor Features	Compass, Flashlight, AGPS, Altimeter, Barometer
Weight	52 Grams

WARRANTY AND SUPPORT

AOLON provides a **12-month warranty** for the Tetra R4 Smart Watch. For any questions or issues, please contact AOLON Customer Support through Amazon. Our support team aims to provide a responsive resolution within 24 hours.