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## AOLON Foom S4

# AOLON Foom S4 Smart Watch User Manual

Model: Foom S4 | Brand: AOLON

## INTRODUCTION

This user manual provides comprehensive instructions for the AOLON Foom S4 Smart Watch. Designed for both men and women, this smartwatch features a 1.91-inch TFT HD screen, over 100 sports modes, and health monitoring capabilities including heart rate, blood oxygen, and sleep tracking. It also supports Bluetooth calls and is IP67 waterproof, making it a versatile companion for daily use and fitness activities.

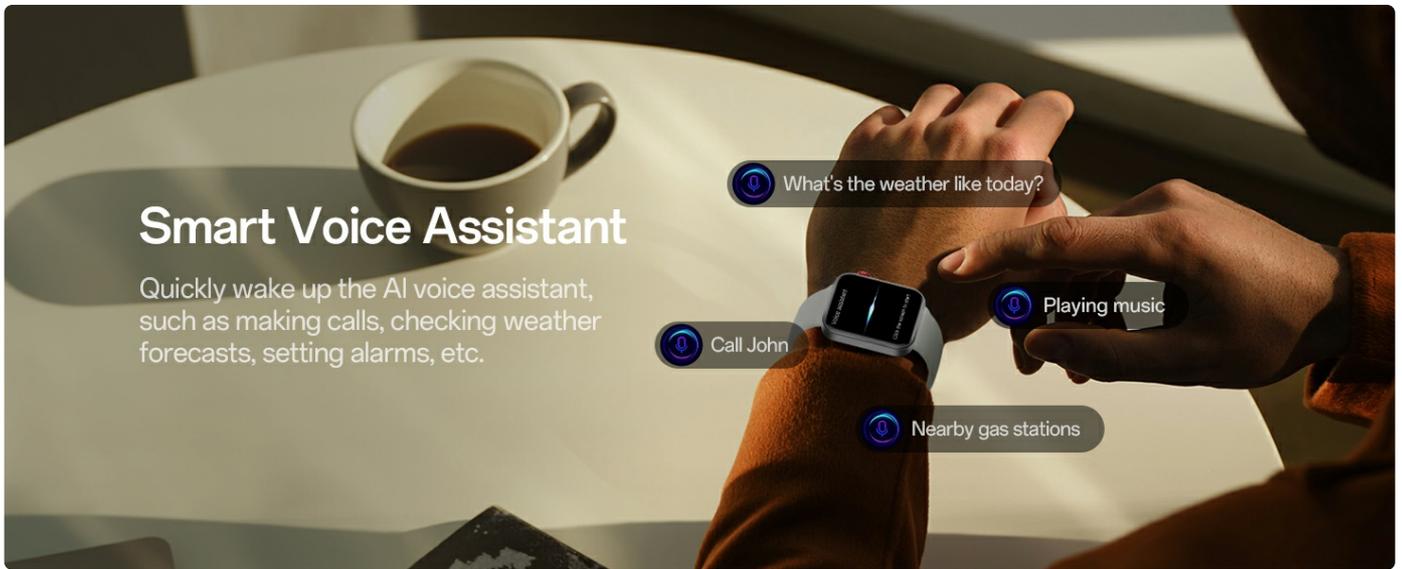


Image: Aolon Foom S4 Smart Fitness Watch, highlighting its key features.

## WHAT'S IN THE BOX

Upon unboxing your AOLON Foom S4 Smart Watch, please ensure all the following items are present:

- AOLON Foom S4 Smart Watch
- Charging Cable
- User Manual
- Watch Band



*Image: Contents of the Aolon Foom S4 Smart Watch packaging, including the watch, charging cable, user manual, and watch band.*

## PRODUCT OVERVIEW

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The AOLON Foom S4 Smart Watch is designed with user convenience and comprehensive functionality in mind. It features a large, vibrant display and a lightweight, durable build.

### Display and Design

The watch boasts a 1.91-inch TFT HD screen with a 320\*386 resolution, offering a clear and expansive visual experience. Its narrow-edge design maximizes screen real estate. Crafted from premium zinc alloy and ABS & PC, the watch weighs only 28g, ensuring comfortable wear throughout the day.



Image: Close-up of the Aolon Foom S4's 1.91-inch full-color HD screen.

### Metal Body and Lightweight Design

#### Lightweight and Thin Body



**11.5mm**  
Body thickness

**29g**  
Body weight

#### Metal Texture Body



#### Two Physical Buttons



Image: Illustrates the watch's lightweight (29g) and thin (11.5mm) metal body design with two physical buttons.

## Key Features Overview

- **Bluetooth Calls:** Make, receive, and reject calls directly from your wrist.
- **Message Reminders:** Receive notifications from various apps and SMS.
- **Health Monitoring:** Real-time heart rate, blood oxygen, and sleep tracking.
- **Activity Tracking:** Tracks steps, calories burned, and offers 100+ sports modes.
- **Long Battery Life:** Up to 3-7 days of continuous use on a 2-hour charge.
- **IP67 Waterproof:** Resistant to splashes, sweat, and light rain.
- **User-Friendly Interface:** Equipped with 2 physical buttons, including a rotating encoder for easy navigation.

The image is a collage of six panels showcasing the watch's features:

- 1.91-inch HD Large Screen**  
320\*386 resolution  
A close-up of the watch face showing a colorful activity tracking interface with a large '09:30' time display.
- Sync Calls and Messages**  
Illustrated with two smartphone screens: one showing an incoming call from '15630725941' and another showing a WeChat message about 'kinetic energy'.
- 100+ Sports Modes**  
A central green circle with the word 'GO' is surrounded by various sports icons like running, cycling, and swimming.
- AI Voice Assistant**  
A microphone icon inside a colorful, circular, wave-like graphic.
- Heart rate**  
A digital display showing '70 bpm' with a heart icon, and a bar chart below showing heart rate fluctuations over a 24-hour period (00:00, 12:00, 24:00). Max 120, Min 56.
- Menstrual period**  
A pink flower icon above the text 'Menstrual period' and 'Predict tomorrow'. Below is an image of hands holding a volleyball.
- Magnetic Charging**  
An icon of a lightning bolt with magnetic field lines.

Image: A visual summary of the Aolon Foom S4's main features.

## SETUP

Follow these steps to set up your AOLON Foom S4 Smart Watch and connect it to your smartphone:

1. **Charge the Watch:** Before first use, fully charge the watch using the provided magnetic charging cable. Connect the magnetic end to the charging points on the back of the watch and the USB end to a power adapter (not included).
2. **Download the App:** Scan the QR code in the included user manual or search for "GloryFit" in your smartphone's app store (available on both iOS and Android).
3. **Enable Bluetooth:** On your smartphone, go to Settings and ensure Bluetooth is turned on.
4. **Pair the Watch:** Open the GloryFit app. Navigate to the "Add Device" section. The app will search for nearby devices. Select "Aolon FOOM S4" from the list to connect.
5. **Complete Setup:** Follow any on-screen prompts within the app to complete the pairing process and synchronize data.



Image: Step-by-step guide on connecting the smartwatch via the GloryFit app.

## OPERATING INSTRUCTIONS

The AOLON Foom S4 Smart Watch features an intuitive interface for easy navigation and control.

### Basic Navigation

- **Power On/Off:** Press and hold the side button to power on or off.
- **Wake Screen:** Tap the screen, raise your wrist, or press the side button.
- **Access Menu:** From the watch face, press the side button to enter the main menu.
- **Navigate Menus:** Swipe up/down or use the rotating encoder to scroll through options. Tap to select.
- **Return to Previous Screen:** Swipe right or press the side button briefly.

### Customizing Watch Faces

The watch offers over 150 personalized watch faces, and you can also use custom photos. To change the watch face, long-press on the current watch face and swipe left or right to browse available options. Tap to select.



Image: Demonstrates the variety of watch faces available and the large HD screen.

## HEALTH AND ACTIVITY TRACKING

The AOLON Foom S4 is equipped with upgraded sensors to provide accurate health and activity data.

### Heart Rate Monitoring

Monitor your real-time heart rate throughout the day. The watch provides data to help you understand your heart health and detect any irregularities.



Image: Illustrates the 24/7 heart rate monitoring feature.

### Blood Oxygen Monitoring

Measure your blood oxygen levels anytime to ensure your body is in optimal condition, especially if you feel dizzy or short of breath.

## 100+ Sports Modes

100+ sports modes to accompany you in your progress

Image: Shows the blood oxygen monitoring function on the watch display.

### Sleep Monitoring

The watch analyzes your sleep status, providing detailed reports on sleep duration, quality, and stages (deep sleep, light

sleep, awake time) to help improve your sleep habits.



*Image: Depicts the sleep monitoring feature, showing sleep stages and duration.*

### **Sports Modes and Activity Tracking**

With over 100 sports modes, the Foom S4 tracks your fitness journey, including walking, running, cycling, and more. It monitors steps, calories burned, and distance, syncing data to the companion app for progress tracking.

# 100+ Sports Modes

Exercise

- Outdoor run
- Indoor run
- Outdoor walk

## Professional Sports Healthy Travel

- Outdoor Run
- Indoor Run
- Outdoor Walk
- Jump Rope
- Badminton
- Table Tennis
- Basket Ball
- Football

Image: Displays various sports modes available on the watch, such as outdoor run, indoor run, and outdoor walk.

## Rich and Practical Gadgets

- Alarm Clock
- Stop Watch
- Sedentary Reminder
- Breathing Training

Image: Shows a variety of sports icons and real-life scenarios for different activities tracked by the watch.

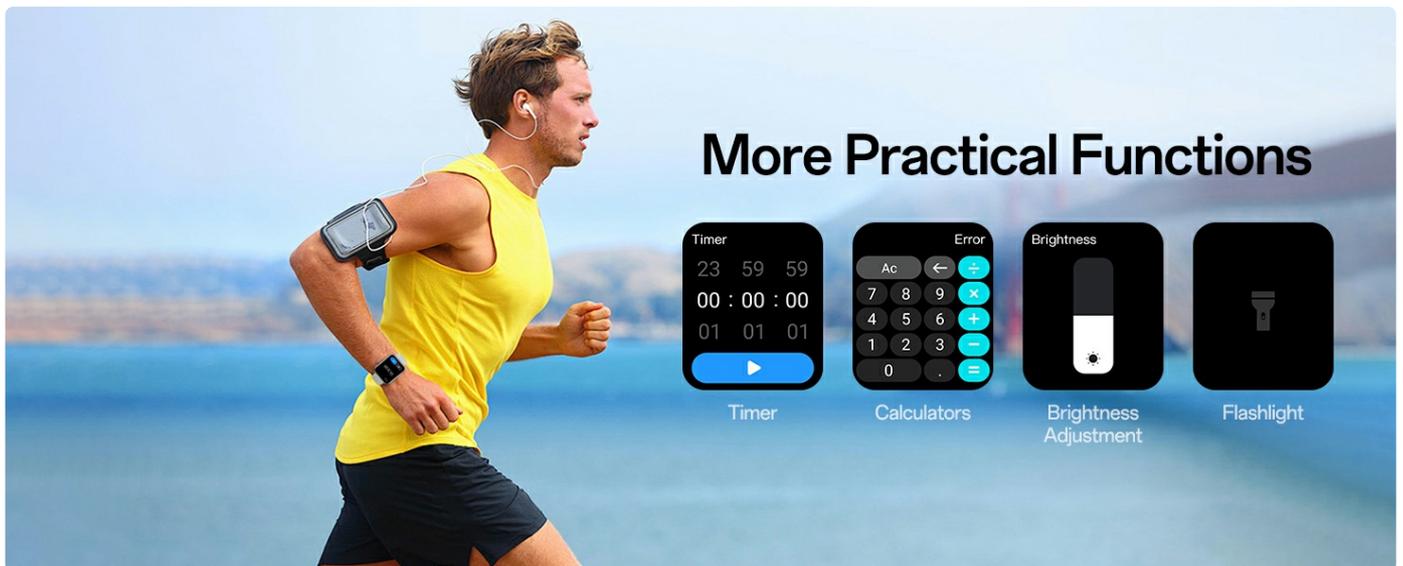


Image: Illustrates all-day activity tracking, including heart rate, steps, calories, and distance.

## Women's Health

The watch includes a Women's Menstrual Reminder feature, providing comprehensive care and tracking for women's health.



Image: Shows the Women's Menstrual Reminder feature on the watch screen.

## SMART FEATURES

Beyond health and fitness, the AOLON Foom S4 offers a range of smart features to enhance your daily life.

### Bluetooth Calls and Message Notifications

With its built-in microphone and speaker, you can make, receive, and reject calls directly from the watch. It also synchronizes up to 100 contacts and saves call history. Receive real-time notifications for SMS, WeChat, QQ, Messenger, Facebook, Twitter, and other applications.

# Call & Message Notification

Make calls and check messages through the watch, freeing your hands and making communication more free

 Call Reminder

 Call History

 Contacts



SMS, APP information push (WeChat, QQ, Messenger, Facebook, Twitter), etc.



Image: Demonstrates the call and message notification features on the watch, showing incoming calls and app icons.

## Aolon Foom S4 Smart Fitness Watch

Streamlined Surfaces  
Beautiful Details



Always Online Stay Connected



Weather Forecast



100+ Sports Modes



More Practical Functions



Image: Shows how to make and answer calls directly from the watch, including a dial pad and call history.

## Product Size And Packaging List

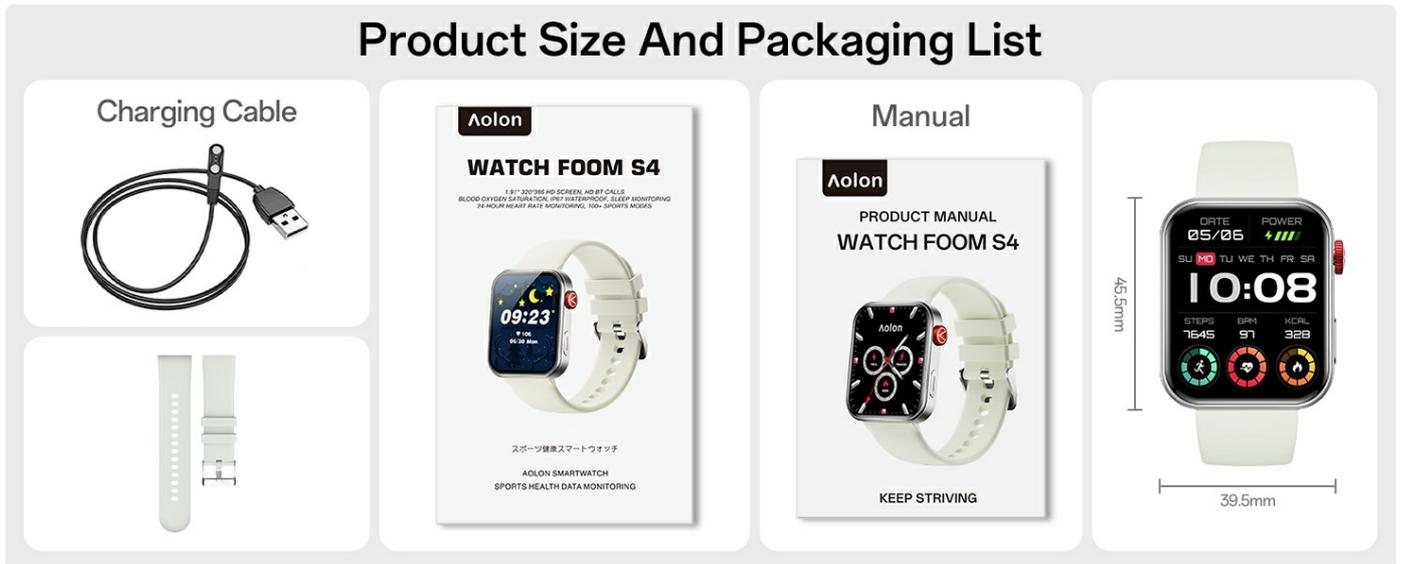


Image: Illustrates intelligent notification reminders from various social media and messaging apps.

## Smart Voice Assistant

Quickly activate the AI voice assistant for tasks such as making calls, checking weather forecasts, and setting alarms.

## Connect the Smart Watch Via APP GloryFit"Aolon FOOM S4"

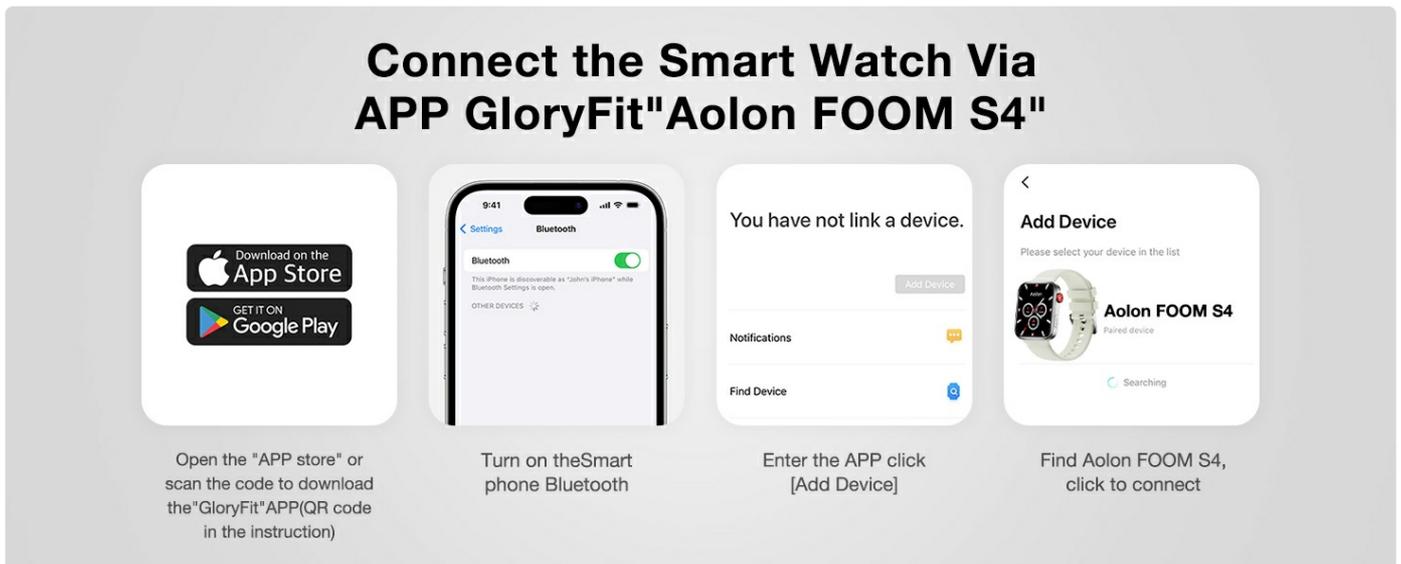


Image: Shows interaction with the smart voice assistant for various commands.

## Other Practical Functions

The watch includes a variety of useful tools:

- **Remote Photography:** Control your phone's camera remotely to take photos.
- **Music Control:** Manage music playback on your connected device.
- **Weather Updates:** Get real-time weather forecasts.
- **Find Phone:** Locate your misplaced smartphone.
- **Calculator:** Perform basic calculations directly on your wrist.
- **Alarm Clock:** Set alarms and reminders.
- **Flashlight:** Use the screen as a simple flashlight.
- **Stopwatch & Timer:** For precise timing during activities.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.

- **Breathing Training:** Guided breathing exercises for relaxation.

# Smart Assistant on Your Wrist

Contains Bluetooth calls, health management, exercise mode, message reminders and other practical life gadgets



Image: A comprehensive view of various smart features and apps available on the watch.



## Women's Menstrual Reminder

Comprehensive care for Women's Health

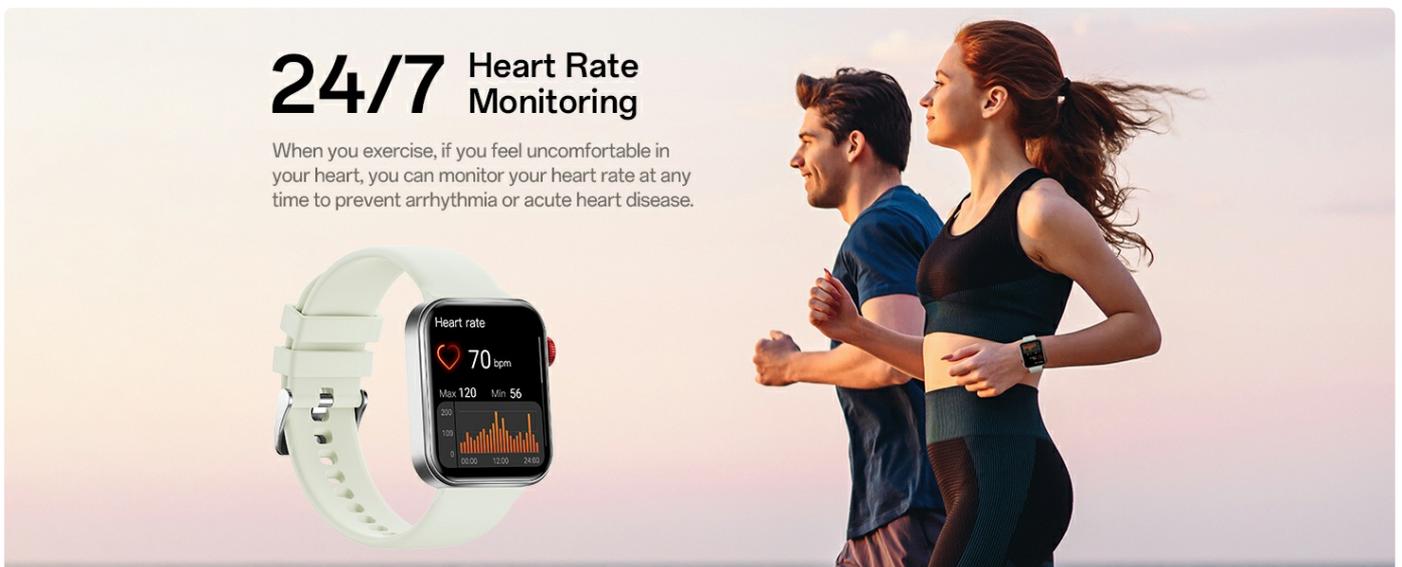
Image: Shows practical gadgets like remote camera, weather forecast, music control, and find phone.



## Blood Oxygen Monitor

When you feel dizzy or short of breath, you can measure your blood oxygen level anytime and anywhere to adjust your body and keep it in the best condition.

Image: Displays additional practical gadgets such as alarm clock, stopwatch, sedentary reminder, and breathing training.



## 24/7 Heart Rate Monitoring

When you exercise, if you feel uncomfortable in your heart, you can monitor your heart rate at any time to prevent arrhythmia or acute heart disease.

Image: Highlights more practical functions like timer, calculator, brightness adjustment, and flashlight.

Proper care and maintenance will extend the life of your AOLON Foom S4 Smart Watch.

- **Cleaning:** Wipe the watch and band regularly with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, but ensure the watch is completely dry afterward.
- **Water Resistance:** The watch is IP67 waterproof, meaning it can withstand splashes, sweat, and brief immersion in shallow water. It is not suitable for swimming, diving, or hot showers. Avoid exposing it to hot water or steam.
- **Charging:** Use only the provided magnetic charging cable. Ensure the charging points 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.
- **Band Care:** The silicone band is durable and comfortable. Clean it with mild soap and water if needed, and rinse thoroughly.

## IP67 Water Proof Technology

Meet your daily waterproof needs, such as sweating during exercise or traveling in the rain, etc.



*Image: Demonstrates the IP67 waterproof capability of the watch.*



*Image: Highlights the sealed structure design and waterproof coating technology for enhanced pressure resistance.*

## TROUBLESHOOTING

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If you encounter any issues with your AOLON Foom S4 Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Cannot pair with phone	Ensure Bluetooth is enabled on your phone. Make sure the watch is within range. Restart both the watch and your phone. Check the GloryFit app for pairing instructions.
Notifications not received	Check app notification settings on your phone and within the GloryFit app. Ensure the watch is connected via Bluetooth.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
Short battery life	Reduce screen brightness. Turn off unnecessary features. Limit frequent screen wake-ups.

## SPECIFICATIONS

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Detailed technical specifications for the AOLON Foom S4 Smart Watch:

- **Brand:** AOLON
- **Model Number:** Foom S4
- **Screen Size:** 1.91 Inches TFT HD
- **Resolution:** 320\*386
- **Body Material:** Zinc Alloy, ABS & PC
- **Weight:** 28g (approx.)
- **Body Thickness:** 11.5mm
- **Battery Capacity:** 280 mAh
- **Usage Time:** 3-7 days (typical use)
- **Standby Time:** Up to 20 days
- **Connectivity:** Bluetooth BLE5.2+BT3.0
- **Waterproof Rating:** IP67
- **Memory Storage Capacity:** 128 MB
- **Operating System:** Android7.0 (compatible with iOS and Android smartphones)
- **Special Features:** Activity Tracker, Calls, Messages, Calculator, Dial, Contact Person, Call Records, 100+ Sports Modes, Heart Rate, Blood Oxygen Monitor, Sleep Tracker, Weather, Alarm Clock, Steps, Music Control, Stopwatch, Timer, Flashlight, Remote Camera, Find Phone, Voice Assistant, Women's Health.



## IP67 Water Proof Technology

Sealed structure design, water-proof coating technology, and enhanced pressure resistance.

Image: Details the 280mAh battery capacity and usage times.



## Powerful Core

Create Extraordinary Performance

Main control chip	BT Version	RAM
<b>RTL8763EWE</b>	<b>BLE5.2+BT3.0</b>	<b>128MB</b>

Image: Shows the internal components and highlights the main control chip (RTL8763EWE), BT Version (BLE5.2+BT3.0), and RAM (128MB).

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided in the packaging or visit the official AOLON website. Keep your purchase receipt for warranty claims.