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AOLON Foom S4

AOLON Foom S4 Smart Watch User Manual

Model: Foom S4

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1. PRODUCT OVERVIEW

The AOLON Foom S4 Smart Watch is a versatile wearable device designed for daily use, fitness tracking, and communication. It features a 1.91-inch HD screen, Bluetooth calling capabilities, and comprehensive health monitoring functions.



Image: Overview of the AOLON Foom S4 Smart Watch highlighting its key features including the large HD screen, call and message synchronization, over 100 sports modes, AI voice assistant, health tracking (heart rate, menstrual cycle), and magnetic charging.

2. WHAT'S IN THE BOX

The AOLON Foom S4 Smart Watch package includes the following items:

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

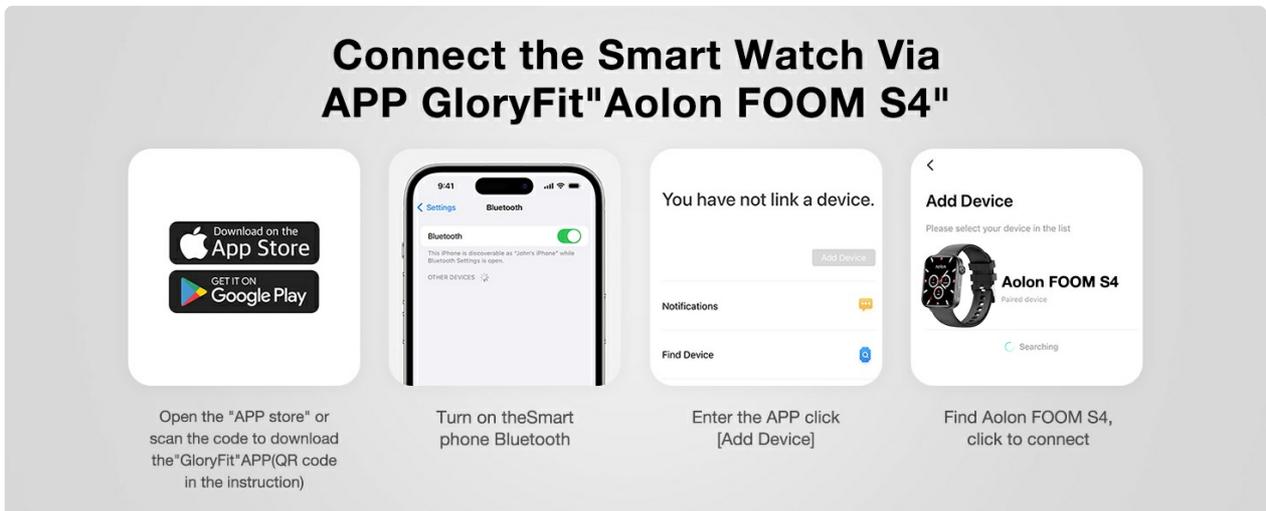


Image: The product packaging contents, showing the smart watch, charging cable, user manual, and watch band. Dimensions of the watch are also displayed.

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your AOLON Foom S4 Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



Image: The smart watch connected to its magnetic charging cable, illustrating the charging process.

3.2 App Installation and Pairing

To unlock the full functionality of your smart watch, download and install the companion app, "GloryFit", on your smartphone.

1. **Download the App:** Scan the QR code in the printed user manual or search for "GloryFit" in the Apple App Store (for iOS) or Google Play Store (for Android).
2. **Enable Bluetooth:** On your smartphone, go to settings and ensure Bluetooth is turned on.
3. **Open GloryFit App:** Launch the GloryFit application on your phone.
4. **Add Device:** Within the app, navigate to the "Device" section and select "Add Device". The app will search for available devices.
5. **Connect:** From the list of found devices, select "Aolon FOOM S4" to establish the connection.

Image: Step-by-step guide on connecting the smart watch to a smartphone using the GloryFit app, showing app store icons, Bluetooth settings, and device pairing screens.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The AOLON Foom S4 Smart Watch features a 1.91-inch TFT HD touchscreen and two physical buttons, including a rotating encoder, for intuitive navigation.

- **Touchscreen:** Swipe left, right, up, or down to access different menus and functions.
- **Rotating Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the home screen or confirm selections.
- **Side Button:** Use the additional side button for quick access to specific features or as a back button.

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Video: Demonstrates the physical features of the AOLON Foom S4 Smart Watch, including the zinc alloy frame, high-elasticity silicone band, and the functionality of the rotating crown for navigation and selecting watch faces and applications.

4.2 Bluetooth Calls and Notifications

The watch supports Bluetooth calls, allowing you to make, receive, and reject calls directly from your wrist. It also provides reminders for incoming calls and messages.

- **Making Calls:** Access the call function on the watch to dial numbers or select from synchronized contacts.
- **Receiving Calls:** Answer or reject incoming calls directly from the watch screen.
- **Message Notifications:** Receive alerts for SMS, WeChat, QQ, Messenger, Facebook, Twitter, and other app notifications.



Image: The smart watch showing call and message notifications, including options to manage calls and icons for various social media applications.

4.3 Smart Voice Assistant

Activate the built-in AI voice assistant for hands-free control. Use voice commands to make calls, check weather forecasts, set alarms, and more.

Rich and Practical Gadgets



Image: A user interacting with the smart watch's voice assistant to perform various tasks such as checking the weather, playing music, and locating nearby services.

5. HEALTH MONITORING

The AOLON Foom S4 Smart Watch is equipped with advanced sensors to monitor various health metrics, helping you stay informed about your well-being.

- **Heart Rate Monitoring:** Real-time heart rate tracking to monitor your cardiovascular health during daily activities and workouts.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels at any time to assess your body's oxygen saturation.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and awake time, to provide insights into your sleep quality.
- **Breathing Exercises:** Guided breathing exercises to help reduce stress and improve relaxation.
- **Women's Health Tracking:** Features for tracking menstrual cycles and predicting fertile periods.

24/7 Health Management

Real-time heart rate, sleep monitoring, women's health, breathing exercises, better understand your physical and mental health

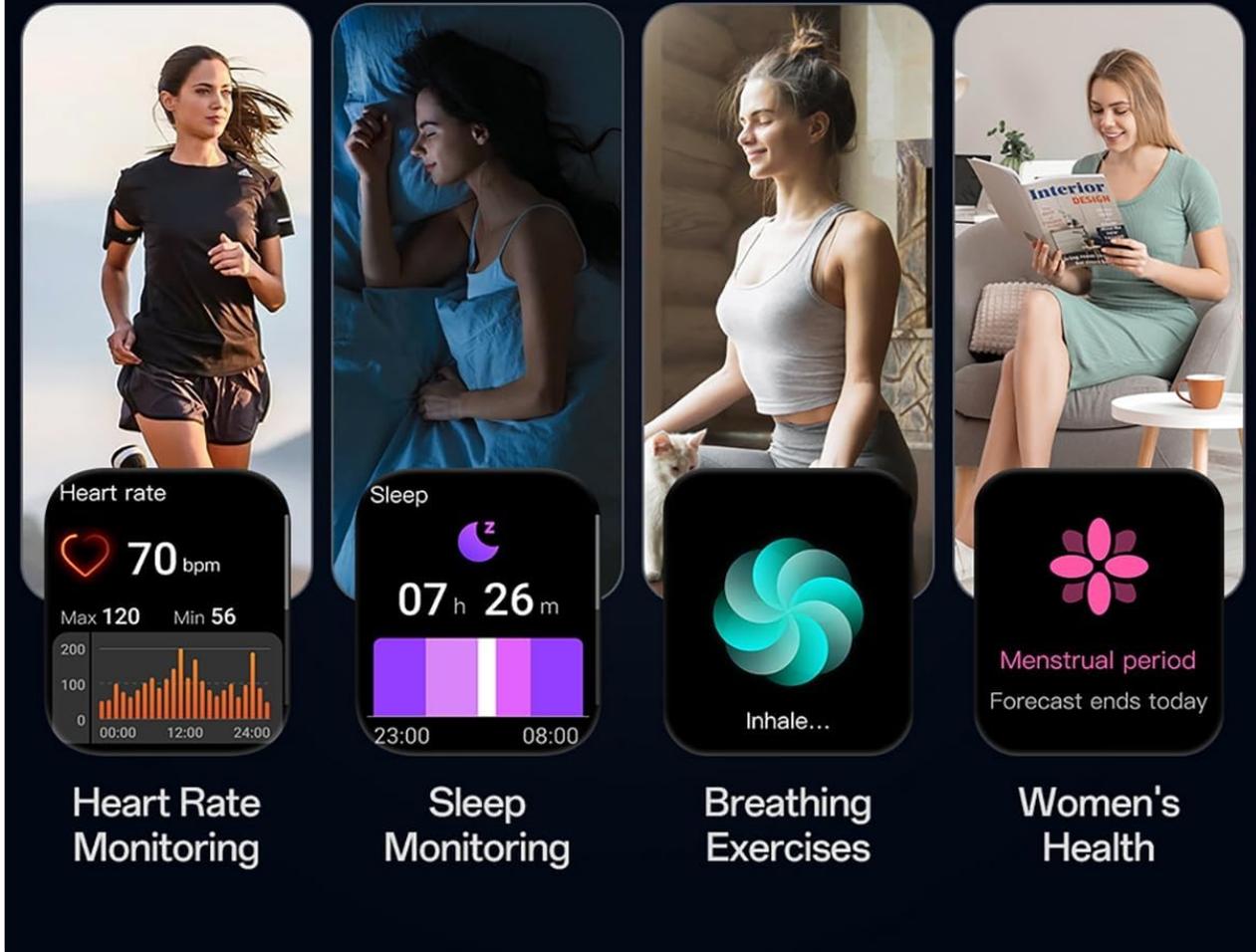


Image: Displays the health management features of the smart watch, including heart rate monitoring, sleep tracking, breathing exercises, and women's health (menstrual period) tracking.

6. SPORTS MODES AND FITNESS TRACKING

The watch supports over 100 sports modes to accurately track your fitness activities. It records data such as steps, calories burned, distance, and heart rate during exercise.

- **Activity Tracking:** Monitors daily steps, distance, and calories burned.
- **Multiple Sports Modes:** Includes modes for walking, running (indoor/outdoor), cycling, hiking, swimming, badminton, table tennis, basketball, football, and many more.
- **Exercise Goals:** Set and monitor your progress towards fitness goals within the companion app.

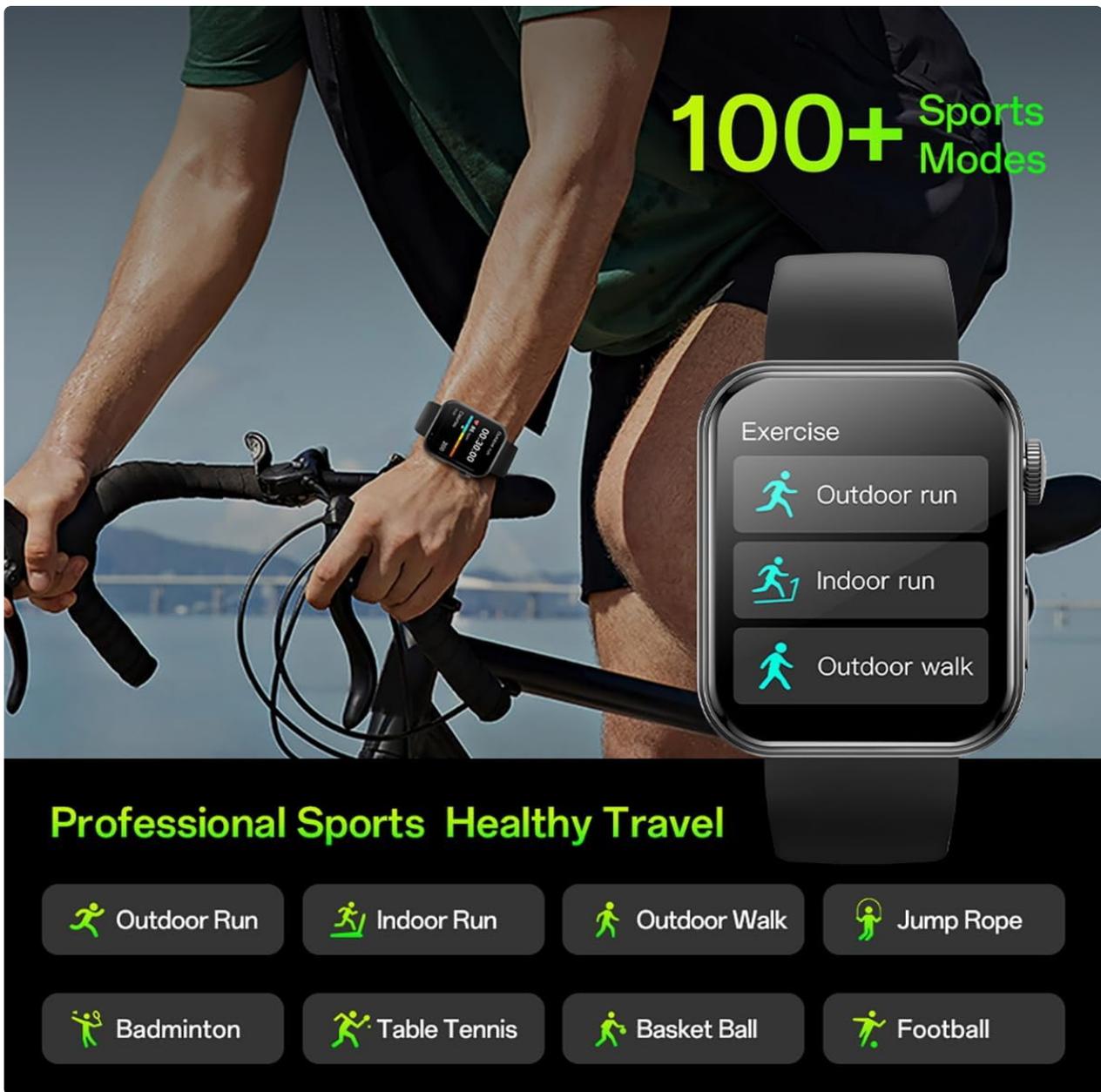


Image: The smart watch interface showing a selection of over 100 sports modes, with a person cycling, highlighting the fitness tracking capabilities.

7. OTHER PRACTICAL FEATURES

- **Customizable Watch Faces:** Choose from over 150 personalized watch faces available in the app, or use your own photos to create custom dials.
- **Remote Photography:** Control your phone's camera remotely from your watch to capture photos.
- **Music Control:** Manage music playback on your smartphone (play, pause, skip tracks) directly from the watch.
- **Weather Updates:** Get real-time weather forecasts on your wrist.
- **Alarm Clock:** Set alarms to help you wake up or remind you of important tasks.
- **Stopwatch & Timer:** Useful tools for timing activities.
- **Calculator:** A convenient calculator function for quick calculations.
- **Find Phone:** Locate your misplaced smartphone by triggering an alert from your watch.
- **Sedentary Reminder:** Reminds you to move after periods of inactivity.
- **Flashlight:** A basic flashlight function for low-light situations.

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: The smart watch displaying the remote photography feature, allowing users to control their phone's camera from the watch.

1.91-inch HD Large Screen
320*386 resolution



Sync Calls and Messages



100+ Sports Modes



AI Voice Assistant



Magnetic Charging



Image: A selection of diverse watch faces available for the AOLON Foom S4, demonstrating customization options.

8. MAINTENANCE

8.1 Water Resistance

The AOLON Foom S4 Smart Watch has an IP67 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use, such as sweating during exercise or exposure to rain. However, it is not recommended for hot showers, saunas, or diving.

There is More Than One Side of Life The Dial Changes as you Wish.

Choose the watch face that suits you according to your daily mood, you can always find what you want.



Image: The smart watch partially submerged in water, illustrating its IP67 water resistance feature.

8.2 Cleaning and Care

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

8.3 Battery Life

The watch is equipped with a 280 mAh battery, providing approximately 3-7 days of continuous use under default settings and up to 20 days standby time. Actual battery life may vary based on usage patterns and activated features.

9. SPECIFICATIONS

Feature	Detail
Model	Foom S4

Screen Size	1.91 Inches TFT HD
Resolution	320*386
Battery Capacity	280 mAh
Battery Life	3-7 days (typical use), 20 days (standby)
Charging Time	Approx. 2 hours
Waterproof Rating	IP67
Connectivity	Bluetooth 5.2 + BT3.0
Operating System Compatibility	Android 7.0 and above, iOS 9.0 and above
Memory Storage Capacity	128 MB
Item Weight	46 Grams (1.62 ounces)
Material	Zinc Alloy, ABS & PC

10. TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with phone:**
 - Make sure Bluetooth is enabled on your phone.
 - Ensure the watch is within range of your phone.
 - Restart both your phone and the watch.
 - Check if the GloryFit app is updated to the latest version.
 - If previously paired, try unpairing and re-pairing the device through the app.
- **Notifications not received:**
 - Verify that app notifications are enabled in the GloryFit app settings.
 - Check your phone's notification settings to ensure the GloryFit app has permission to send notifications.
 - Ensure the watch is connected via Bluetooth.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
 - Keep the sensor clean and free from debris.
 - Note that smart watch data is for reference and not intended for medical diagnosis.
- **Short battery life:**
 - Reduce screen brightness.
 - Limit continuous heart rate monitoring or frequent use of power-intensive features.
 - Turn off unnecessary notifications.

11. WARRANTY AND SUPPORT

For warranty information, technical support, or further assistance, please refer to the contact details provided in the packaging or visit the official AOLON website. Keep your purchase receipt as proof of purchase.