

## AOLON Foom S4

# AOLON Foom S4 Smart Watch User Manual

Model: Foom S4

## 1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your AOLON Foom S4 Smart Watch. Please read this manual thoroughly before using the device to ensure proper functionality and to maximize your user experience. Keep this manual for future reference.



Image: The AOLON Foom S4 Smart Watch, featuring a rose gold casing and a light-colored strap, displaying a digital watch face with time and date.

## 2. PACKAGE CONTENTS

Verify that all items are present in your product packaging:

- AOLON Foom S4 Smart Watch
- Charging Cable
- User Manual (this document)
- Watch Band

# Aolon Foom S4 Smart Fitness Watch



Image: A visual representation of the AOLON Foom S4 Smart Watch packaging contents, including the watch, charging cable, user manual, and watch band, alongside the watch dimensions.

## 3. SETUP GUIDE

### 3.1 Charging the Smart Watch

Before initial use, fully charge your AOLON Foom S4 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

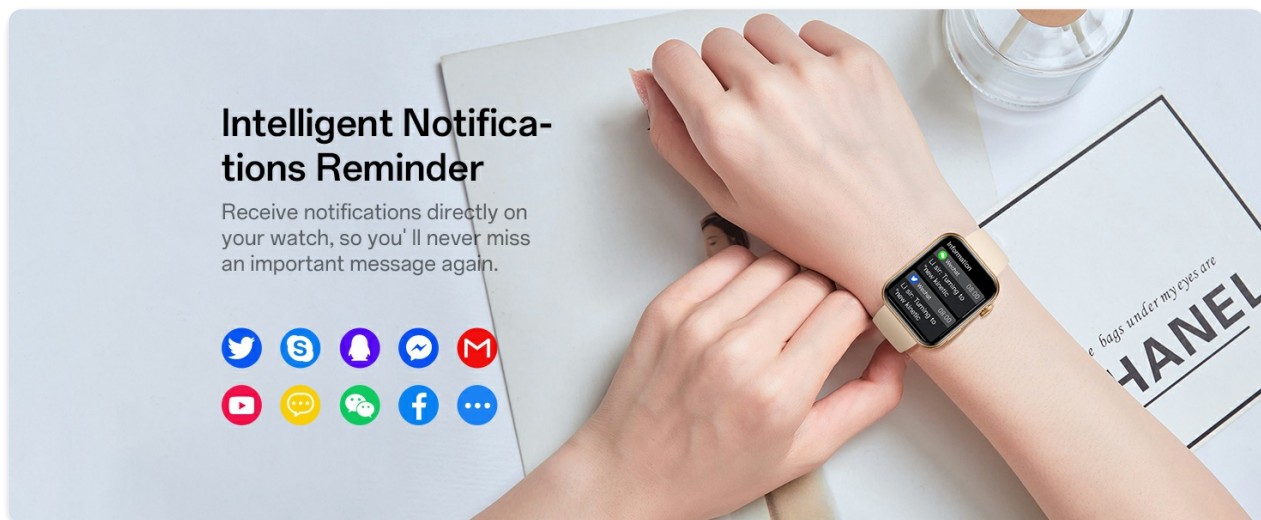


Image: An illustration showing the AOLON Foom S4 Smart Watch being charged magnetically, highlighting its 280mAh battery capacity and estimated usage times of 3-7 days and 20 days standby.

### 3.2 App Download and Installation

To unlock the full functionality of your smart watch, download and install the **GloryFit** application on your smartphone. You can find the app by:

1. Scanning the QR code provided in the physical user manual.
2. Searching for "GloryFit" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

### 3.3 Pairing the Smart Watch with Your Smartphone

Follow these steps to connect your watch to the GloryFit app:

1. Ensure your smartphone's Bluetooth is turned on.
2. Open the GloryFit app on your smartphone.
3. Navigate to the "Device" section or tap "Add Device".
4. The app will search for available devices. Select "Aolon FOOM S4" from the list to connect.
5. Confirm the pairing request on both your watch and smartphone if prompted.

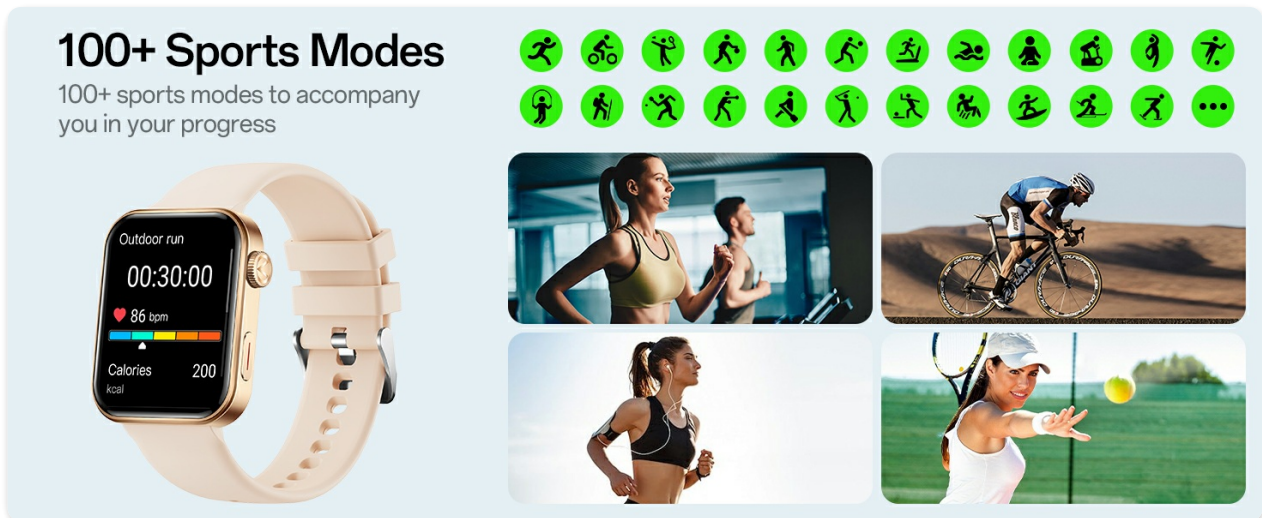


Image: A four-step visual guide demonstrating how to connect the AOLON Foom S4 Smart Watch to the GloryFit app, showing app download, Bluetooth activation, adding a device, and selecting the watch.

## 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/down to navigate through menus and features. Tap to select.
- **Rotating Encoder:** Rotate to scroll through lists or adjust settings. Press to confirm or return to the previous screen.
- **Side Button:** Typically used for power on/off, screen wake/sleep, or returning to the home screen.





Image: A close-up of the AOLON Foom S4 Smart Watch screen, emphasizing its 1.91-inch HD display with 320x386 resolution, showcasing a vibrant watch face.

## 4.2 Bluetooth Calls and Message Notifications

Once paired with your smartphone, the watch supports Bluetooth calls and message notifications.

- **Making/Receiving Calls:** You can dial numbers directly from the watch, answer incoming calls, or reject them. The watch can synchronize up to 100 contacts and save call history.
- **Message Reminders:** Receive notifications for calls, SMS, and various social media apps (e.g., WeChat, QQ, Messenger, Facebook, Twitter) directly on your watch.



Image: A visual demonstrating the call and message notification features of the AOLON Foom S4 Smart Watch, showing an incoming call on the watch and various app icons for message alerts.

## 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: A person wearing the AOLON Foom S4 Smart Watch, which displays an incoming call. Adjacent images show the watch's dial pad, contact list, and call history interface.

### 4.3 Health Monitoring

The watch is equipped with advanced sensors for comprehensive health tracking:

- **Heart Rate Monitoring:** Monitors your heart rate in real-time throughout the day.
- **Blood Oxygen Monitoring:** Measures your blood oxygen saturation (SpO2) levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times.
- **Women's Health:** Provides menstrual cycle tracking and reminders.
- **Breathing Exercises:** Guides you through breathing exercises for relaxation.

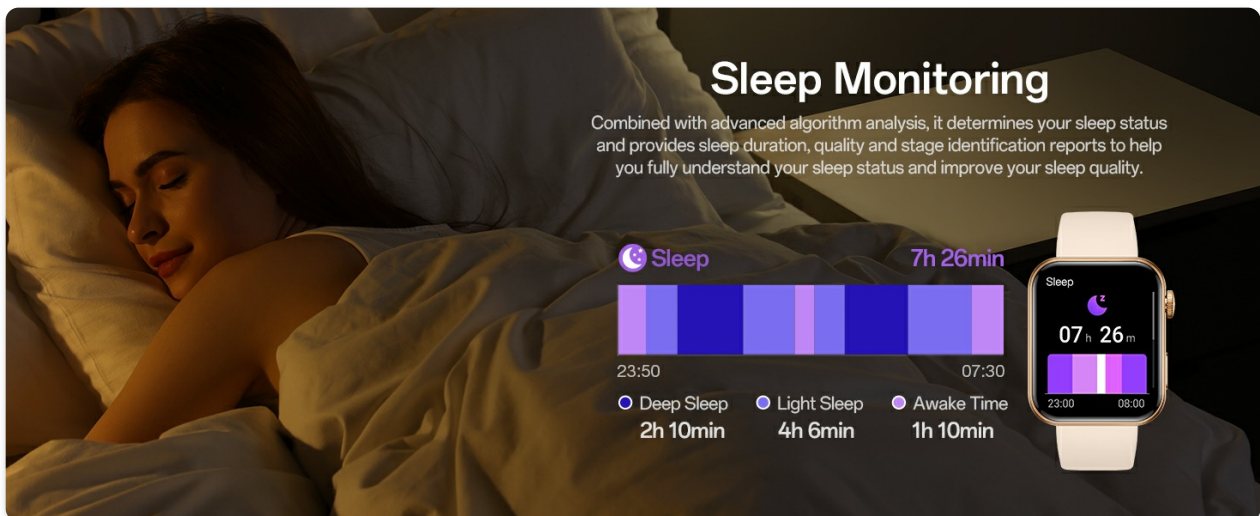


Image: A collage of four images depicting various health tracking features of the AOLON Foom S4 Smart Watch: heart rate monitoring, sleep monitoring, breathing exercises, and women's health tracking.

### 4.4 Sports Modes and Activity Tracking

The watch supports over 100 sports modes to track your fitness activities. It records steps, calories burned, distance, and more.

- Select your desired sport mode from the watch menu before starting an activity.
- The watch will record relevant data during your workout.
- Sync with the GloryFit app to view detailed statistics and progress.



## 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: An image showcasing the AOLON Foom S4 Smart Watch's 100+ sports modes, with icons representing various activities like running, cycling, and hiking, and a watch display showing exercise options.

## 4.5 Other Features

The AOLON Foom S4 Smart Watch offers a variety of additional practical functions:

- **AI Voice Assistant:** Activate the voice assistant for quick commands, such as making calls, checking weather, or setting alarms.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Weather Updates:** View current weather conditions and forecasts.
- **Remote Photography:** Use the watch as a remote shutter for your smartphone camera.
- **Alarm Clock, Timer, Stopwatch, Calculator:** Essential utility tools.
- **Find Phone:** Locate your paired smartphone by making it ring.
- **Customizable Watch Faces:** Choose from over 150 dials in the app or use your own photos.



Image: A display of various smart watch functions, including Bluetooth calls, health management, exercise modes, message reminders, calculator, remote camera, and 'find phone' feature.

## Women's Menstrual Reminder

Comprehensive care for Women's Health



Image: A person using the AOLON Foom S4 Smart Watch to remotely control their smartphone camera, capturing a photo of two smiling individuals.

## 5. MAINTENANCE

### 5.1 Cleaning Your Watch

Regularly clean your watch to ensure optimal performance and hygiene:

- Wipe the screen and watch body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure a good connection.

### 5.2 Water Resistance (IP67)

The AOLON Foom S4 Smart Watch has an IP67 water resistance rating. This means it is protected against dust ingress and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily use, such as hand washing, sweating during exercise, or light rain.

**Important: Do not use the watch for swimming, diving, or showering with hot water, as steam and high water pressure can compromise the seals.**



Image: The AOLON Foom S4 Smart Watch partially submerged in water, illustrating its IP67 waterproof capability for daily activities like sweating or rain.

### 5.3 Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch using the provided charging cable.
- Store the watch in a cool, dry place when not in use for extended periods.

## 6. TROUBLESHOOTING

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

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes.



- **Unable to pair with smartphone:**

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the watch is within Bluetooth range (typically 10 meters).
- Restart both your watch and smartphone.
- Clear the Bluetooth cache on your phone or forget the device and try pairing again.

- **Notifications not appearing:**

- Check if notification permissions are enabled for the GloryFit app in your smartphone settings.
- Ensure the GloryFit app is running in the background.
- Verify that the watch is properly connected via Bluetooth.

- **Inaccurate health data:**

- Ensure the watch is worn snugly on your wrist, not too tight or too loose.
- Avoid excessive movement during measurements.
- Note that smart watch health data is for reference only and not intended for medical diagnosis.

- **Short battery life:**

- Reduce screen brightness.
- Disable unnecessary features or frequent heart rate monitoring.
- Ensure the watch is fully charged each time.

If problems persist, consult the GloryFit app's help section or contact customer support.

## 7. SPECIFICATIONS

<b>Model Number</b>	Foom S4
<b>Display</b>	1.91-inch TFT HD Screen, 320*386 resolution
<b>Connectivity</b>	Bluetooth BLE5.2+BT3.0
<b>Battery Capacity</b>	280 mAh Lithium Ion
<b>Battery Life</b>	3-7 days (typical use), 20 days (standby)
<b>Water Resistance</b>	IP67
<b>Memory</b>	128 MB RAM
<b>Item Weight</b>	46 Grams (1.62 ounces)
<b>App Compatibility</b>	iOS and Android smartphones
<b>Manufacturer</b>	AOLON

## 8. WARRANTY AND SUPPORT

### 8.1 Warranty Information





For detailed warranty information, please refer to the warranty card included in your product packaging or contact the seller directly. Keep your proof of purchase for any warranty claims.



### 8.2 Customer Support

If you require further assistance or have questions not covered in this manual, please contact AOLON customer support through the contact information provided on the product packaging or the official AOLON website. You may also find additional resources within the GloryFit application.

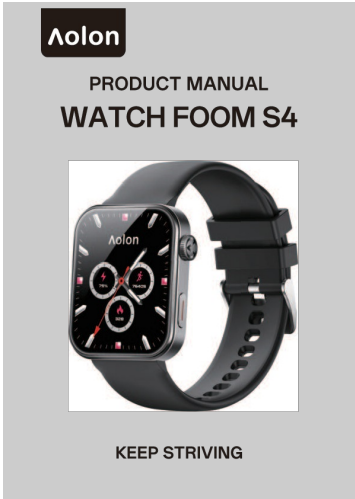
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### Related Documents - Foom S4

	<p><a href="#">WATCH Foom Lite User Manual: Setup, Features, and Troubleshooting</a></p> <p>This user manual provides comprehensive instructions for the WATCH Foom Lite smartwatch by aolon. It covers app download, device pairing, charging, feature usage (step counting, heart rate, sleep tracking, calls, music, weather), settings, precautions, and troubleshooting common issues.</p>
	<p><a href="#">aolon METRO2 Smartwatch User Manual</a></p> <p>Comprehensive user manual for the aolon METRO2 smartwatch, detailing features like its 1.83-inch large screen, SOS emergency calls, IP68 water resistance, fitness tracking capabilities, and Bluetooth connectivity for calls. Includes setup, operation, and maintenance instructions.</p>
	<p><a href="#">Aolon Curve Smart Watch User Manual and Features</a></p> <p>Explore the features, specifications, and regulatory information for the Aolon Curve Smart Watch. This guide covers app download, pairing, health monitoring, and FCC compliance.</p>
	<p><a href="#">Aolon WATCH GT5 Pro Smartwatch Product Manual</a></p> <p>User manual for the Aolon WATCH GT5 Pro smartwatch, detailing its appearance, functions, power operations, charging instructions, app download, and phone connection.</p>

	<p><a href="#">aolon HS5 Smartwatch: Features and Components Overview</a></p> <p>Discover the aolon HS5 Smartwatch. This overview details its key features like Bluetooth calling, heart rate and blood oxygen monitoring, and its physical components. Manufactured in China.</p>
	<p><a href="#">aolon GTS Smart Watch User Manual - Features, Specs, and Setup</a></p> <p>Comprehensive user manual for the aolon GTS Smart Watch. Learn about its 1.83" large screen, Bluetooth calling, fitness tracking, health monitoring, IP67 water resistance, and setup with the Huafit app.</p>

Documents - AOLON – Foom S4



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