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Fitpolo AR-01

Fitpolo Smart Watch AR-01 User Manual

Model: AR-01 | Brand: Fitpolo

1. INTRODUCTION

Welcome to the Fitpolo Smart Watch AR-01 user manual. This document provides detailed instructions to help you set up, operate, and maintain your new smartwatch. The Fitpolo AR-01 is designed to enhance your daily life with features such as health monitoring, communication capabilities, and fitness tracking.

What's in the Box

- Fitpolo AR-01 Smart Watch
- USB-A Charging Cable
- User Manual (this document)



Image 1.1: Fitpolo AR-01 Smart Watch with a gold mesh strap.

2. SAFETY INFORMATION


- Do not attempt to disassemble or modify the device.
- Keep the device away from extreme temperatures and direct sunlight.
- Avoid exposing the device to strong impacts or drops.
- This device is not a medical device. Health data is for reference only and should not be used for medical diagnosis or treatment.
- Consult a physician before starting any new exercise regimen.

- Ensure the charging cable is used correctly to prevent damage or electric shock.

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before first use, fully charge your Fitpolo AR-01 Smart Watch. Connect the USB-A charging cable to a power source (e.g., computer USB port or a 5V/1A USB wall adapter) and attach the magnetic end to the charging contacts on the back of the watch. The watch screen will indicate charging status. A full charge typically takes approximately 2 hours.



Long Battery Life 12 Days
Feel free to explore all the functions with confidence with this long-lasting up to 12 days

AR-01	350mAh Battery Power	12 Days Basic Usage	2 Hours Fast Charge
Others	250mAh Battery Power	8 Days Basic Usage	6 Hours Fast Charge

Image 3.1: The Fitpolo AR-01 Smart Watch connected to its magnetic charging cable, displaying a 76% charge level.

3.2 Downloading the Companion App

To unlock the full functionality of your Fitpolo AR-01, download the official companion application on your smartphone. Search for "Fitpolo" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

3.3 Pairing with Your Smartphone

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the Fitpolo app on your smartphone.
3. Follow the in-app instructions to add a new device. The app will search for your Fitpolo AR-01.
4. Select "AR-01" from the list of available devices to initiate pairing.
5. Confirm the pairing request on both your smartphone and the watch if prompted.
6. Once paired, the watch will synchronize data with the app, and you can begin customizing settings.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

The Fitpolo AR-01 features a 1.3-inch AMOLED touchscreen for intuitive control.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different watch faces.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off (long press).

1.32" AMOLED Touch Screen

Smooth 60Hz AMOLED Display | Frosted Metal Frame | Sleek Design



1.32" Touch Screen



Resolution: 466*466



Color:48bit

Image 4.1: The Fitpolo AR-01 Smart Watch displaying a vibrant 1.32-inch AMOLED touch screen with a resolution of 466*466 pixels.

4.2 Making and Answering Calls

With Bluetooth 5.3 connectivity, the Fitpolo AR-01 allows you to make and answer calls directly from your wrist.

- **To Make a Call:** Access the dialer or contacts list on your watch.
- **To Answer a Call:** When a call comes in, tap the green answer icon on the watch screen.

Bluetooth Phone Call & Answer

With BLE 5.3 and professional DSP audio chip, it delivers superior sound quality to make phone call and answers

Bluetooth 5.3



Image 4.2: The Fitpolo AR-01 Smart Watch on a wrist, showing an incoming call notification with options to answer or decline.

4.3 Notifications and AI Voice Assistant

Receive notifications from various apps directly on your watch. The integrated AI Voice Assistant allows for hands-free control.

- **Notifications:** Ensure app notifications are enabled in the Fitpolo app settings on your phone.
- **AI Voice Assistant:** Activate the voice assistant on your watch and speak commands for tasks like setting alarms or checking the weather.



Image 4.3: The Fitpolo AR-01 Smart Watch showing smart notifications from various applications and demonstrating AI voice assistant interaction.

4.4 Health Monitoring

The Fitpolo AR-01 tracks various health metrics to help you monitor your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **SpO2 (Blood Oxygen) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Automatically records sleep patterns, including light, deep, and REM sleep stages.
- **Stress Level Monitoring:** Provides insights into your stress levels.
- **Menstrual Health Tracking:** Offers features to track and manage menstrual cycles.

Note: Health monitoring data is for reference only and should not be used for medical diagnosis or treatment.

Your Personal Health Assistant



Image 4.4: Visual representation of the Fitpolo AR-01's health tracking capabilities, including heart rate, blood oxygen, stress level, and sleep tracking.

4.5 Exercise Modes and Activity Tracking

The watch supports over 120 exercise modes to track your fitness activities.

- **Activity Tracking:** Monitors steps, distance, and calories burned throughout the day.
- **Exercise Modes:** Select your desired sport mode from the watch menu to track specific workouts.
- **GPS:** Utilizes your smartphone's GPS for accurate outdoor activity tracking.



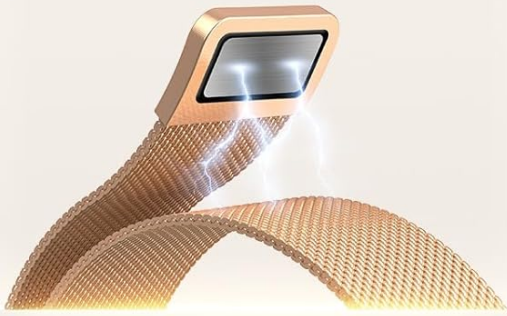
Image 4.5: A user cycling while wearing the Fitpolo AR-01 Smart Watch, which displays various sport modes and activity tracking data on a map interface.

4.6 Customizing Watch Faces

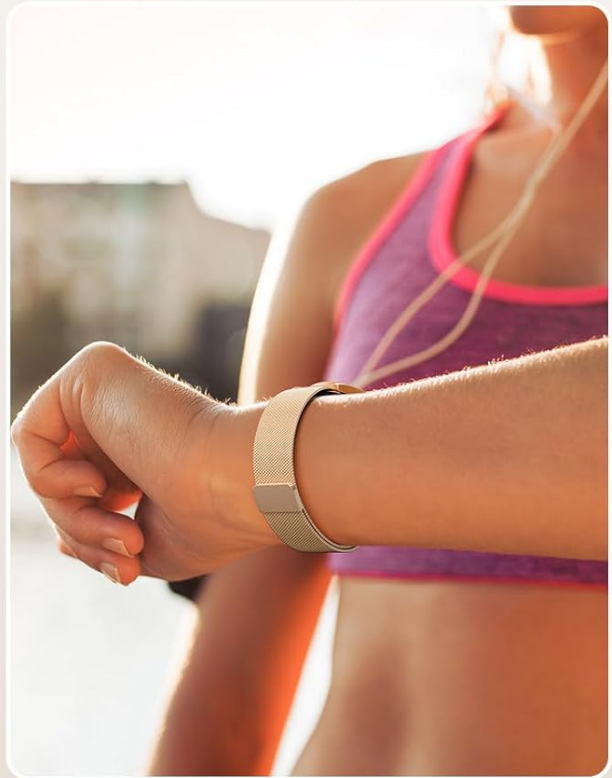
Personalize your watch with over 120 available watch faces through the Fitpolo app.

- Open the Fitpolo app on your phone.
- Navigate to the "Watch Faces" section.
- Browse and select your preferred watch face to synchronize it with your device.

2x Strong N52 Magnets



Multifunction



120+ Watch Face



Image 4.6: The Fitpolo AR-01 Smart Watch showcasing its multifunctionality and a selection of over 120 customizable watch faces.



Image 4.7: A close-up of the Fitpolo AR-01 Smart Watch featuring a decorative gold watch face with Roman numerals and crystal accents.

5. MAINTENANCE

5.1 Cleaning Your Smart Watch

To maintain the appearance and functionality of your Fitpolo AR-01, clean it regularly.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn marks, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

5.2 Water Resistance (IP68)

The Fitpolo AR-01 has an IP68 water resistance rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes.

- It is suitable for daily use, showering, and swimming in shallow water.
- Avoid prolonged immersion, hot water, or exposure to high-pressure water jets.
- Do not operate the watch buttons underwater.
- Dry the watch thoroughly after exposure to water.

5.3 Battery Care

The Fitpolo AR-01 offers up to 10+ days of battery life on a single charge.

- Charge the watch fully before its first use.
- Avoid completely draining the battery frequently to prolong its lifespan.
- Use only the provided charging cable.

6. TROUBLESHOOTING

Problem	Possible Solution
Watch does not power 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 phone. Make sure the watch is within range of your phone. Restart both the watch and your phone. Check the Fitpolo app for pairing instructions and ensure it has necessary permissions.
Notifications are not received.	Verify that the watch is successfully paired with your phone. Check notification settings within the Fitpolo app. Ensure your phone's notification settings allow the Fitpolo app to send alerts.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, one finger-width above the wrist bone. Keep the sensor clean and free from debris. Avoid excessive movement during measurements.
Short battery life.	Disable "Always On Display" if not needed. Reduce screen brightness. Limit frequent use of power-intensive features like continuous heart rate monitoring or calls.

7. SPECIFICATIONS

Feature	Detail
Model Number	AR-01
Display	1.3-inch AMOLED Touchscreen (33mm standing screen display size)
Connectivity	Bluetooth 5.3

Feature	Detail
Operating System Compatibility	iOS (10.0+), Android (5.0+)
Water Resistance	IP68
Battery Capacity	350 mAh Lithium Polymer
Battery Life	Up to 10+ days (basic usage)
Charging Time	Approx. 2 hours
Health Monitoring	Heart Rate, SpO2, Sleep, Stress, Menstrual Health
Activity Tracking	120+ Exercise Modes, Steps, Distance, Calories, GPS via Smartphone
Item Weight	1.34 ounces
Memory Storage Capacity	256 MB

8. WARRANTY AND SUPPORT

8.1 Warranty Information

Fitpolo products are covered by a limited warranty from the date of purchase. Please refer to the warranty card included with your product or visit the official Fitpolo website for detailed warranty terms and conditions. This warranty typically covers manufacturing defects but does not cover damage caused by misuse, accidents, or unauthorized modifications.

8.2 Customer Support

If you encounter any issues or have questions regarding your Fitpolo AR-01 Smart Watch, please contact our customer support team.

- **Online Support:** Visit the official Fitpolo website for FAQs, troubleshooting guides, and contact forms.
- **Email Support:** Refer to your product packaging or the Fitpolo website for the customer support email address.

