

## AVM FRITZ!Box 4690

# AVM FRITZ!Box 4690 International Wi-Fi 7 Mesh Router User Manual

## 1. INTRODUCTION

This manual provides comprehensive instructions for the AVM FRITZ!Box 4690 International, a high-performance Wi-Fi 7 Mesh router designed for DSL or fiber optic connections. It details the setup, operation, maintenance, and troubleshooting of the device to ensure optimal network performance and functionality. The FRITZ!Box 4690 integrates advanced Wi-Fi 7 technology, offering multi-gigabit speeds and robust Mesh Wi-Fi capabilities. It also includes a DECT base station for cordless telephony and Smart Home control, along with multiple high-speed LAN ports for wired connections.



Image 1.1: Front view of the FRITZ!Box 4690 International router with illuminated status LEDs.

## 2. SAFETY INSTRUCTIONS

Please read these safety instructions carefully before operating the FRITZ!Box 4690. Failure to comply may result in injury or damage to the device.

- Do not open the device casing.

- Use only the provided power adapter.
- Install the device in a dry, dust-free environment away from direct sunlight and heat sources.
- Ensure adequate ventilation around the device.
- Keep the device away from liquids and moisture.
- Disconnect the power adapter from the mains before cleaning or if the device will not be used for an extended period.

### 3. PACKAGE CONTENTS

Verify that all items are present in the package:

- FRITZ!Box 4690 Edition International
- Power adapter
- LAN cable
- Quick guide (in DE, EN, ES, FR, NL, IT)
- Service card (FRITZ! Notes)



Image 3.1: The retail packaging for the FRITZ!Box 4690, showing the device and key features.

### 4. SETUP

#### 4.1 Connecting the Hardware

1. **Power Connection:** Connect the provided power adapter to the 'Power' port on the back of the FRITZ!Box and then plug it into a power outlet. The 'Power/Internet' LED on the front will light up.
2. **WAN Connection (Fiber/DSL Modem):** Connect your fiber optic modem or DSL modem to the '10G WAN' port on the FRITZ!Box using an Ethernet cable. This port supports speeds up to 10 Gbit/s.
3. **LAN Connections:** For wired devices (e.g., computers, gaming consoles), connect them to the '10G LAN' port (10 Gbit/s) or any of the three '2.5G LAN' ports (2.5 Gbit/s) using Ethernet cables.
4. **Telephone Connections:** If you have analog telephones, connect them to the 'Fon 1' or 'Fon 2' ports. For DECT cordless phones, they can be registered wirelessly later.
5. **USB Devices:** Connect USB storage devices or printers to the 'USB 3.0' port for network access.

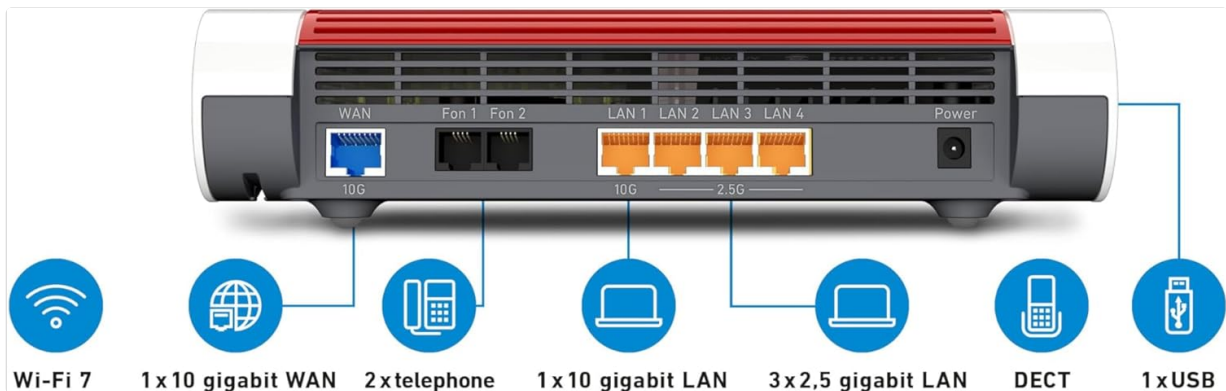


Image 4.1: Rear panel of the FRITZ!Box 4690, showing the 10G WAN, 2x Telephone, 10G LAN, 3x 2.5G LAN, DECT, and USB ports.

## 4.2 Initial Configuration

After connecting the hardware, open a web browser on a computer connected to the FRITZ!Box (either via LAN or Wi-Fi using the default network key found on the device label). Enter **<http://fritz.box>** in the address bar. Follow the on-screen wizard for initial setup, including internet access configuration, Wi-Fi settings, and setting a device password.

## 5. OPERATING

### 5.1 Wi-Fi Network

The FRITZ!Box 4690 supports Wi-Fi 7 (802.11be) and Wi-Fi 6 (802.11ax) for high-speed wireless connectivity. You can configure your Wi-Fi network (SSID, password, security settings) through the FRITZ!OS web interface. The device operates on dual bands (2.4 GHz and 5 GHz) and supports Mesh Wi-Fi for extended coverage.



Image 5.1: Front panel of the FRITZ!Box 4690, displaying the Power/Internet, WLAN, Fon/DECT, Connect/WPS, and Info

## 5.2 DECT Telephony and Smart Home

The integrated DECT base station allows you to connect up to six cordless telephones (e.g., FRITZ!Fon models). It also supports Smart Home devices using DECT ULE and Zigbee standards, enabling control over lighting, heating, and other smart appliances directly from the FRITZ!Box interface.

## 5.3 USB Functions

The USB 3.0 port can be used to connect external storage devices, creating a network-attached storage (NAS) accessible to all devices in your home network. You can also connect a USB printer to make it available as a network printer.

## 5.4 Guest Access

The FRITZ!Box allows you to set up a separate Wi-Fi guest network, providing internet access to visitors without granting them access to your private network resources.

# 6. MAINTENANCE

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## 6.1 Firmware Updates

Regularly update the FRITZ!OS firmware to ensure optimal performance, security, and access to new features. Updates can be performed directly through the FRITZ!OS web interface under 'System' > 'Update'.

## 6.2 Backup and Restore

It is recommended to regularly back up your FRITZ!Box settings. This allows you to restore your configuration quickly in case of a factory reset or device replacement. The backup function is available in the FRITZ!OS web interface under 'System' > 'Backup'.

## 6.3 Cleaning

Clean the device with a soft, dry cloth. Do not use liquid cleaners or solvents, as these can damage the casing or internal components.

# 7. TROUBLESHOOTING

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## 7.1 LED Indicators

The LEDs on the front of the FRITZ!Box provide status information:

- **Power/Internet:** Solid green indicates power and an active internet connection. Flashing indicates connection issues or startup.
- **WLAN:** Solid green indicates Wi-Fi is active. Flashing indicates data transfer.
- **Fon/DECT:** Solid green indicates DECT base is active. Flashing indicates an incoming call or DECT registration.
- **Connect/WPS:** Flashing during WPS pairing.
- **Info:** Can be configured to display various status messages or errors.

## 7.2 No Internet Connection

- Check if the 'Power/Internet' LED is solid green. If not, verify cable connections to your modem and the FRITZ!Box.
- Restart the FRITZ!Box and your modem by unplugging them from power for 30 seconds and then plugging them back in.
- Check your internet service provider's status for outages.
- Review internet settings in the FRITZ!OS web interface.

## 7.3 Wi-Fi Not Working

- Ensure the 'WLAN' LED is solid green. If not, press the WLAN button on the FRITZ!Box or enable Wi-Fi in FRITZ!OS.
- Verify your Wi-Fi network name (SSID) and password.
- Check for interference from other devices or networks.
- Ensure your device's Wi-Fi adapter is enabled and drivers are up to date.

## 7.4 Factory Reset

If persistent issues occur, a factory reset can revert the FRITZ!Box to its default settings. This will erase all custom configurations. To perform a factory reset, navigate to 'System' > 'Backup' > 'Factory Settings' in the FRITZ!OS web interface.

# 8. SPECIFICATIONS

Feature	Detail
Model Name	FRITZ!Box 4690
Wireless Type	802.11a, 802.11ac, 802.11ax (Wi-Fi 6), 802.11be (Wi-Fi 7), 802.11g, 802.11n
Frequency Band Class	Dual Band (2.4 GHz, 5 GHz)
WAN Ports	1x 10-Gigabit WAN
LAN Ports	1x 10-Gigabit LAN, 3x 2.5-Gigabit LAN
USB Ports	1x USB 3.0
Telephony	Integrated DECT base for up to 6 cordless phones, 2x analog telephone ports
Smart Home	DECT ULE, Zigbee support
Operating System	FRITZ!OS
Dimensions (L x W x H)	30.5 x 24.2 x 6.9 cm
Weight	820 g
Voltage	6 Volt
Compatible Devices	Gaming consoles, PCs, Smart TVs, Security cameras

# 9. WARRANTY AND SUPPORT

## 9.1 Warranty Information







AVM provides a manufacturer's warranty for the FRITZ!Box 4690. Please refer to the warranty card included in your package or visit the official AVM website for detailed terms and conditions specific to your region.

## 9.2 Technical Support

For technical assistance, troubleshooting, or further information, please visit the official AVM support website. The website offers extensive FAQs, knowledge base articles, and contact options for customer support.

Official AVM Support: <https://en.avm.de/service/>

### Related Documents - FRITZ!Box 4690

	<p><a href="#">FRITZ!Box 4690 Quick Start Guide</a></p> <p>This guide provides essential steps to set up your AVM FRITZ!Box 4690 internet router, including connecting to the internet, configuring Wi-Fi, and connecting telephones. Learn about safety instructions, LED indicators, and technical specifications.</p>
	<p><a href="#">AVM FRITZ!Box 7590 Quick Guide: Setup, Features, and Specifications</a></p> <p>Concise guide to setting up and using the AVM FRITZ!Box 7590 wireless router. Includes LED status, RF specifications, connection instructions, safety information, and CE conformity.</p>
	<p><a href="#">FRITZ!Box 5590 Fiber Quick Start Guide</a></p> <p>Quick start guide for the AVM FRITZ!Box 5590 Fiber, covering initial setup, internet connection, Wi-Fi configuration, telephone connections, and safety information.</p>
	<p><a href="#">FRITZ!Box 7590 AX Quick Start Guide</a></p> <p>Quick start guide for the FRITZ!Box 7590 AX, covering initial setup, Wi-Fi connection, and basic device connections.</p>
	<p><a href="#">FRITZ!Box 7530 AX: Schnellstartanleitung für Anschluss und Internetnutzung</a></p> <p>Erfahren Sie, wie Sie Ihre FRITZ!Box 7530 AX schnell und einfach anschließen, einrichten und mit dem Internet verbinden. Enthält Anleitungen für WLAN, Telefonie und Netzwerkkonfiguration.</p>
	<p><a href="#">FRITZ!Box 7490 Quick Guide</a></p> <p>A quick start guide for the AVM FRITZ!Box 7490, providing essential setup instructions, connection diagrams, LED status explanations, and service information in multiple languages.</p>