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## Fitpolo AR-01

# Fitpolo AR-01 AMOLED Display Smartwatch User Manual

Model: AR-01

## 1. INTRODUCTION

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Thank you for choosing the Fitpolo AR-01 AMOLED Display Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.



*Image: The Fitpolo AR-01 Smartwatch in two color variations.*

## 2. PRODUCT OVERVIEW

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The Fitpolo AR-01 features a sleek design with a vibrant AMOLED display, offering comprehensive health monitoring and smart connectivity. Its lightweight construction ensures comfort for all-day wear.

### 2.1 Display and Design

- **Display:** 1.3-inch AMOLED touchscreen (overall watch size approximately 1.57-inch) with 466\*466 resolution.
- **Always-On Display:** Customizable watch faces for clear visibility.
- **Shape:** Round watch face.

# 1.32" AMOLED Touchscreen

Note: The overall watch size is approximately 1.57"



1.32" Display



Resolution: 466\*466



Color: 48bit

*Image: Detailed view of the 1.32-inch AMOLED touchscreen and its specifications.*



*Image: Front view of the Fitpolo AR-01 smartwatch, showcasing its display.*

### **3. SETUP**

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#### **3.1 Charging the Smartwatch**

Before first use, fully charge your Fitpolo AR-01 smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

#### **3.2 App Installation**

To unlock the full potential of your smartwatch, download the companion app on your smartphone. Search for the 'Fitpolo' app in the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Ensure your smartphone meets the compatibility requirements: iOS 10.0+ or Android 5.0+.

#### **3.3 Pairing with Your Smartphone**

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Fitpolo app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device pairing section and select your Fitpolo AR-01 from the list of available devices.
4. Confirm the pairing request on both your smartphone and the smartwatch.
5. Once paired, the watch will synchronize data with the app.

## 4. OPERATING THE SMARTWATCH

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### 4.1 Basic Navigation

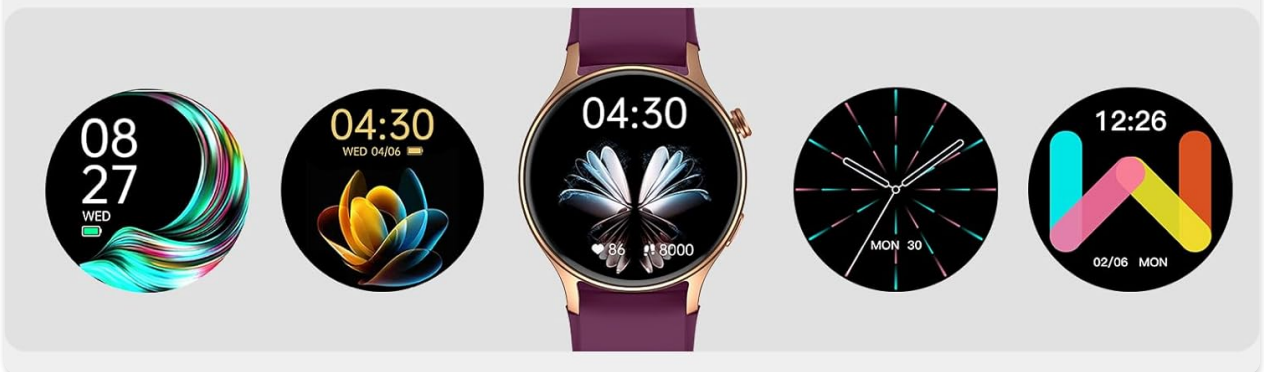
- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Side Button:** Typically used to return to the home screen, access the app list, or power on/off the device (long press).

### 4.2 Bluetooth Phone Calls

With built-in Bluetooth 5.3 connectivity, you can make and receive calls directly from your wrist. Ensure your watch is connected to your phone via Bluetooth.

- **Making Calls:** Access the dialer on your watch or select a contact from your synchronized phonebook.
- **Receiving Calls:** When a call comes in, you can answer or reject it directly from the watch.

# 1.32" AMOLED Display



*Image: Illustrates the Bluetooth phone call feature on the Fitpolo AR-01 smartwatch.*

## 4.3 Smart Notifications

Receive call, text, and app notifications directly on your wrist. Configure which app notifications you wish to receive through the Fitpolo app on your smartphone.

# Bluetooth Phone Call & Answer

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



Image: Example of smart notifications displayed on the smartwatch.

## 4.4 Health Monitoring

The smartwatch provides comprehensive health tracking features:

- **Heart Rate:** Continuous heart rate monitoring.
- **SpO2:** Blood oxygen level measurement.
- **Breathing Rate:** Tracks your breathing patterns.
- **Stress Management:** Provides a stress score.
- **Menstrual Health:** Tracking and prediction for women.
- **Sleep Tracking:** Automatically records light, deep, and REM sleep stages.

*Note: This device is not intended for medical use and should not be used to diagnose or treat any medical condition.*

## 4.5 Exercise Modes

Track your fitness activities with over 120 exercise modes. The watch records steps, distance, and calorie expenditure. Select your desired activity from the watch's exercise menu to begin tracking.

# AI Voice Assistant



# Smart Notification

## Get Notifications from 20+ APPS

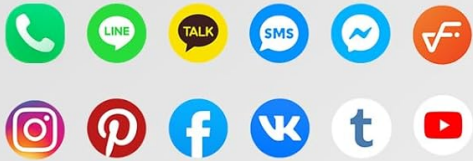


Image: Overview of the smartwatch's extensive exercise tracking capabilities.

### 4.6 AI Voice Assistant

Utilize the integrated AI voice assistant for quick access to information or to control certain functions. Activate the voice assistant by following the instructions in the Fitpolo app or on the watch itself.

### 4.7 Other Features

The Fitpolo AR-01 includes additional useful features:

- Music Control
- Camera Control
- Weather Forecast
- Alarm Clock
- Timer
- World Clock
- Event Reminder
- Find Phone
- Flashlight

- Pomodoro Technique Timer



Image: Overview of additional features and battery life information.

## 5. MAINTENANCE

### 5.1 Water Resistance

The Fitpolo AR-01 smartwatch is 3ATM water resistant, meaning it can withstand splashes, rain, and brief immersion in water. It is suitable for activities like swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high pressure can compromise the seals.

### 5.2 Cleaning

To clean your smartwatch, gently wipe the screen and body with a soft, damp, lint-free cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device. Ensure the charging contacts are clean and dry before charging.

### 5.3 Battery Life

The Fitpolo AR-01 offers extended battery life:

- **Intensive Use:** Up to 7 days
- **Ease of Use:** Up to 12 days
- **Power Saving Mode:** Up to 30 days

Actual battery life may vary based on usage patterns and settings.

## 6. TROUBLESHOOTING

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### 6.1 Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
  - Ensure Bluetooth is enabled on your phone.
  - Make sure the watch is within range of your phone.
  - Restart both your phone and the smartwatch.
  - Check if the Fitpolo app is updated to the latest version.
- **Notifications not appearing:**
  - Verify that notifications are enabled in the Fitpolo app settings.
  - Ensure the watch is connected to your phone.
  - Check your phone's system notification settings for the Fitpolo app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.

If you encounter persistent issues, please refer to the support section of the Fitpolo app or contact customer support.

## 7. SPECIFICATIONS

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Feature	Specification
Model Number	AR-01
Display Type	AMOLED
Screen Size	1.3 Inches (1.57 Inches overall watch size)
Resolution	466*466
Connectivity Technology	Bluetooth 5.3
GPS	No GPS
Shape	Round
Water Resistance	3ATM
Compatible Devices	Smartphone (iOS 10.0+ and Android 5.0+)

Feature	Specification
Battery Life (Typical)	Up to 12 days

## 8. WARRANTY AND SUPPORT

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Fitpolo products are designed with quality and reliability in mind. For information regarding warranty coverage, technical support, or service, please refer to the official Fitpolo website or contact their customer service directly. Details can typically be found within the Fitpolo companion app or on the product packaging.

Please retain your proof of purchase for warranty claims.