



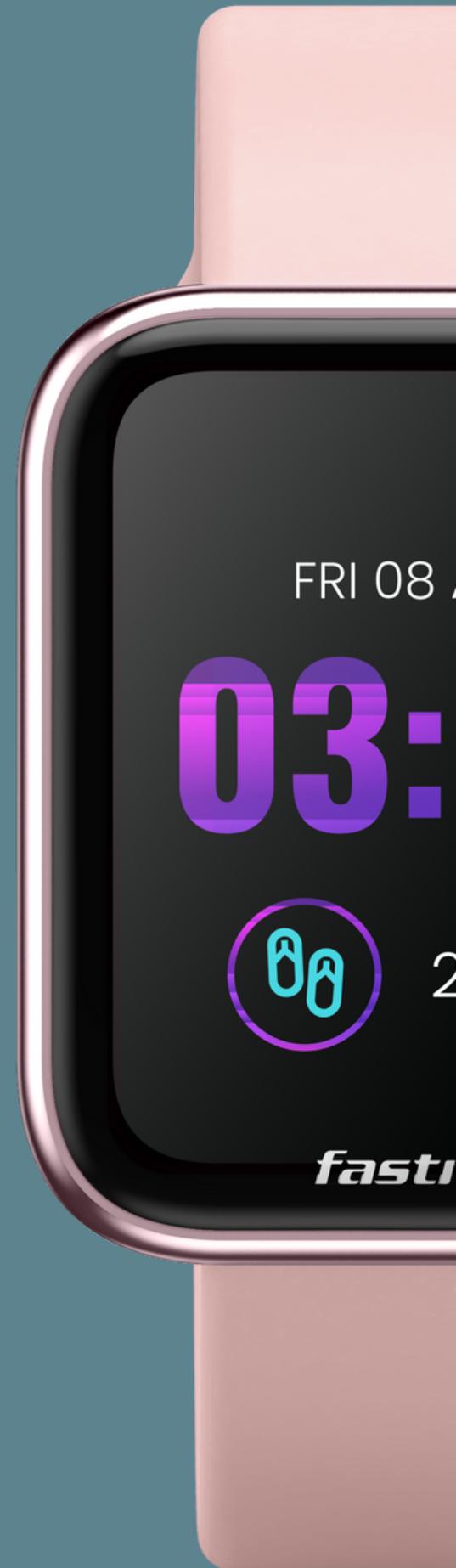
USER MANUAL

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What's in the Box

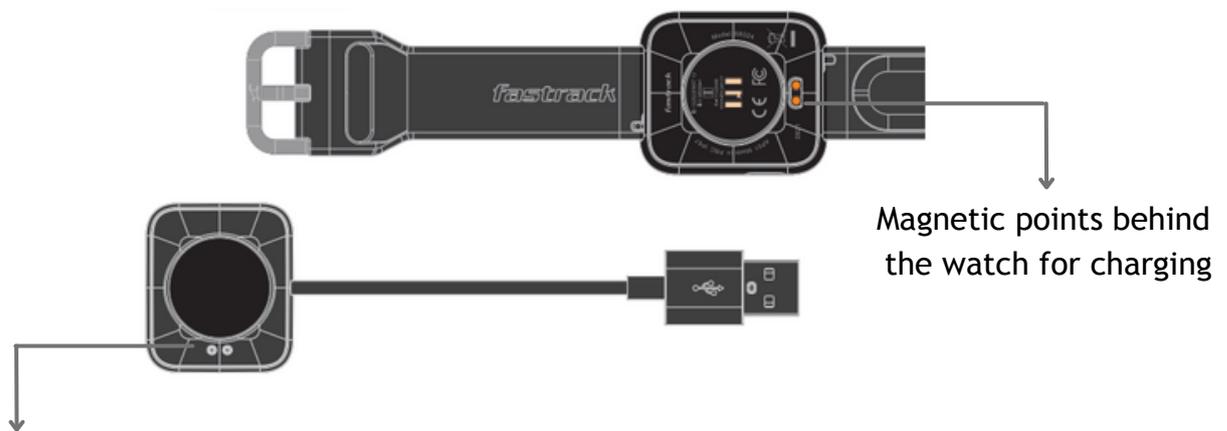
Packaging contains

- Fastrack Reflex Watch
- Magnetic charging cable
- Warranty card
- Fastrack Reflex Quick Start Guide



Charging the Watch

Place the magnetic points at the back of the watch head on the magnetic points given on the charger. Plug the USB port of the charger into a socket to charge your watch.

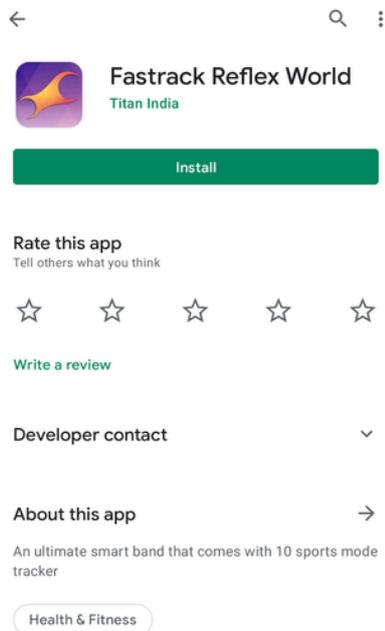


Place the magnetic points at the back of the watch head here

Magnetic points behind the watch for charging

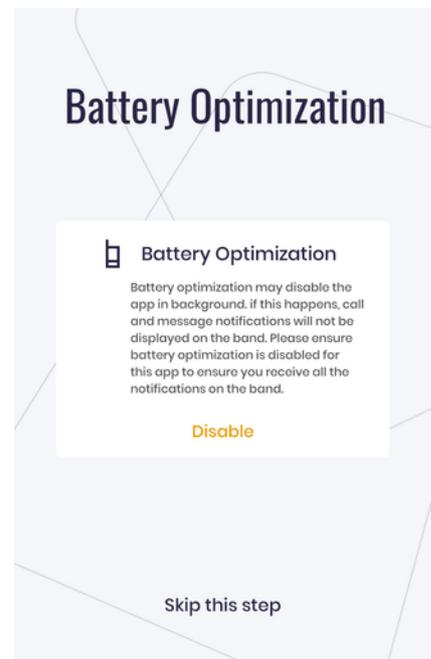
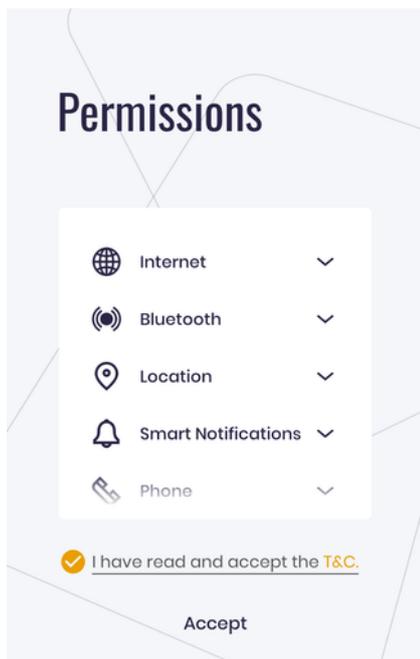
The average Battery Life of the Fastrack Reflex watch is 7 days.

How to get Started



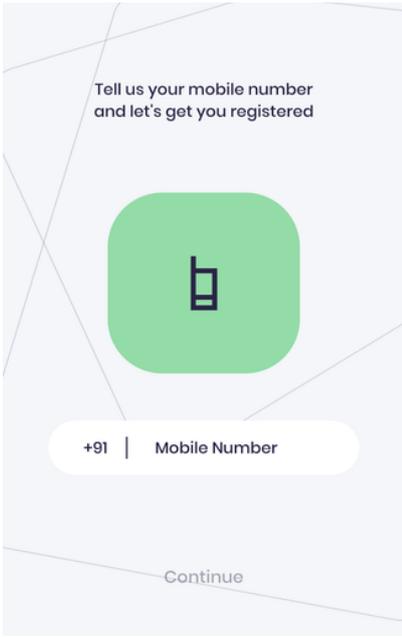
Install the **Fastrack Reflex World App** on your phone

Go through the features or skip to **Sign up**



Provide necessary permissions
Accept the **T&C**

Disable **Battery Optimization**
Or skip this step

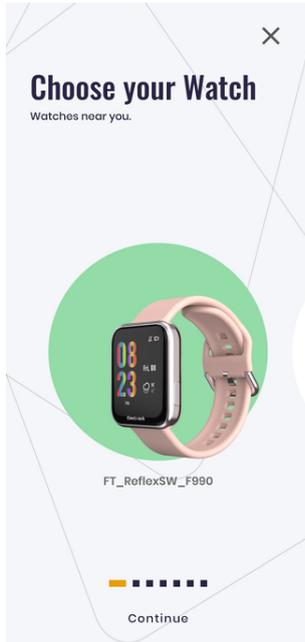


Enter your **Phone number**
Press continue

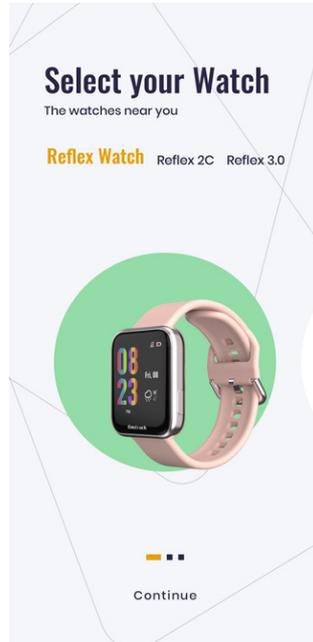
Enter the **OTP** received
Finish the signup

Pairing the Watch

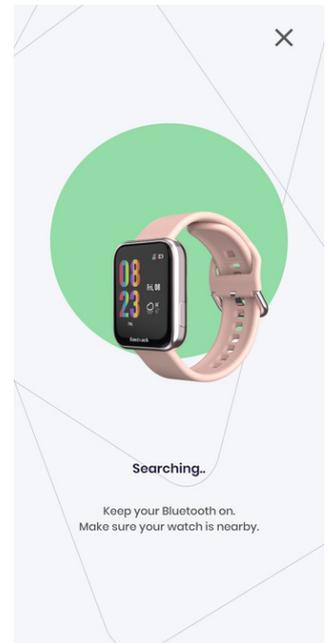
Follow the steps below to connect your watch to the Fastrack Reflex World app.



Choose your watch
Choose your watch.
Press Continue



Select your watch
Select Reflex Watch.
Press Continue



Searching the Watch
The app automatically starts
searching for your watch

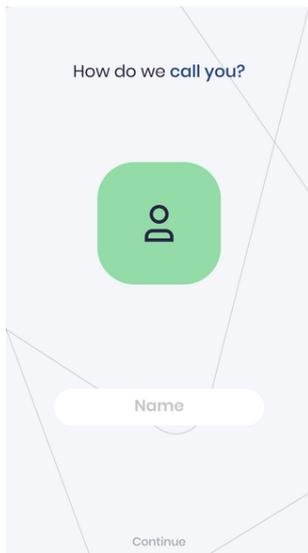


Paired successfully
Your watch is now paired
with your app

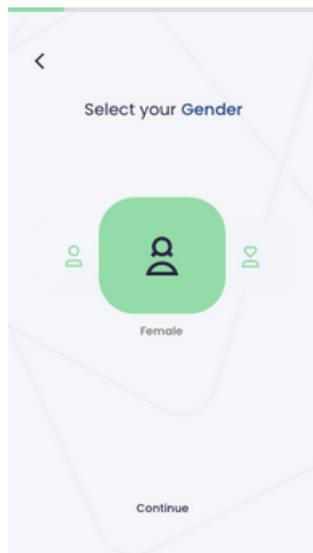
Setting Up Your Profile

Enter your name, weight, gender, birth date and other related details for profile creation.

The details must be correct and up-to-date for accurate measurement of activity-related metrics such as Distance Covered, Calories Burnt, etc.



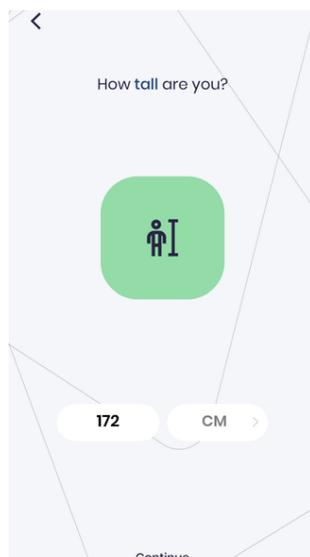
Enter your **Name**



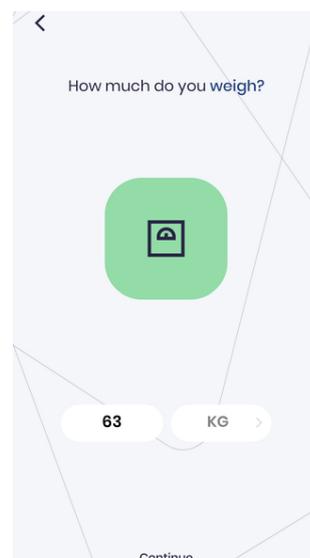
Select your **Gender**



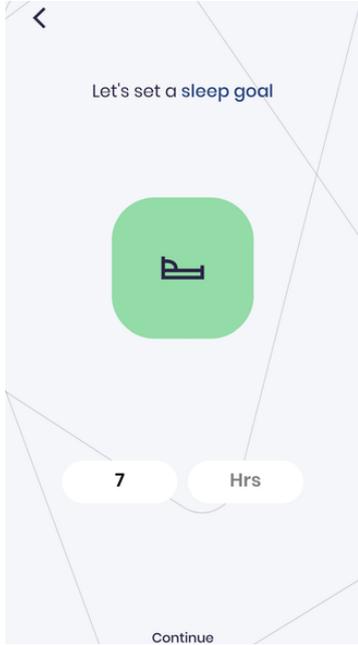
Enter your **DOB**



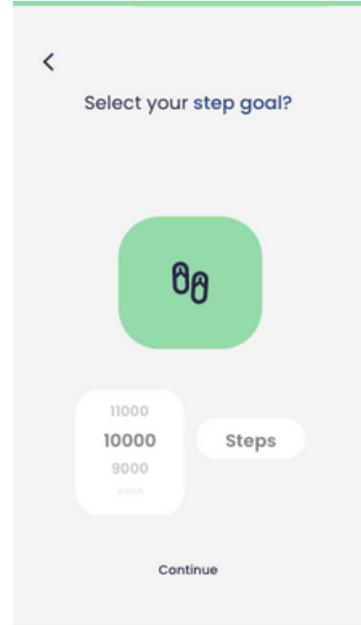
Input your **Height**



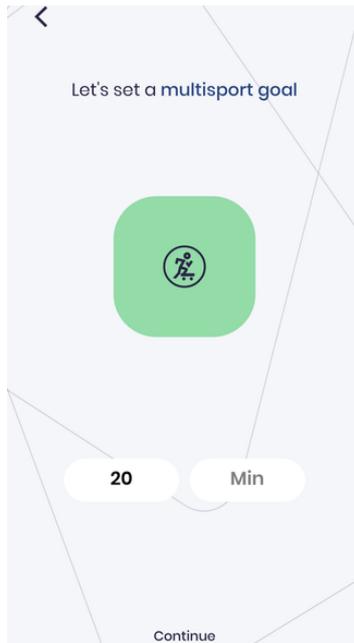
Input your **Weight**



Enter your **Sleep Goal**

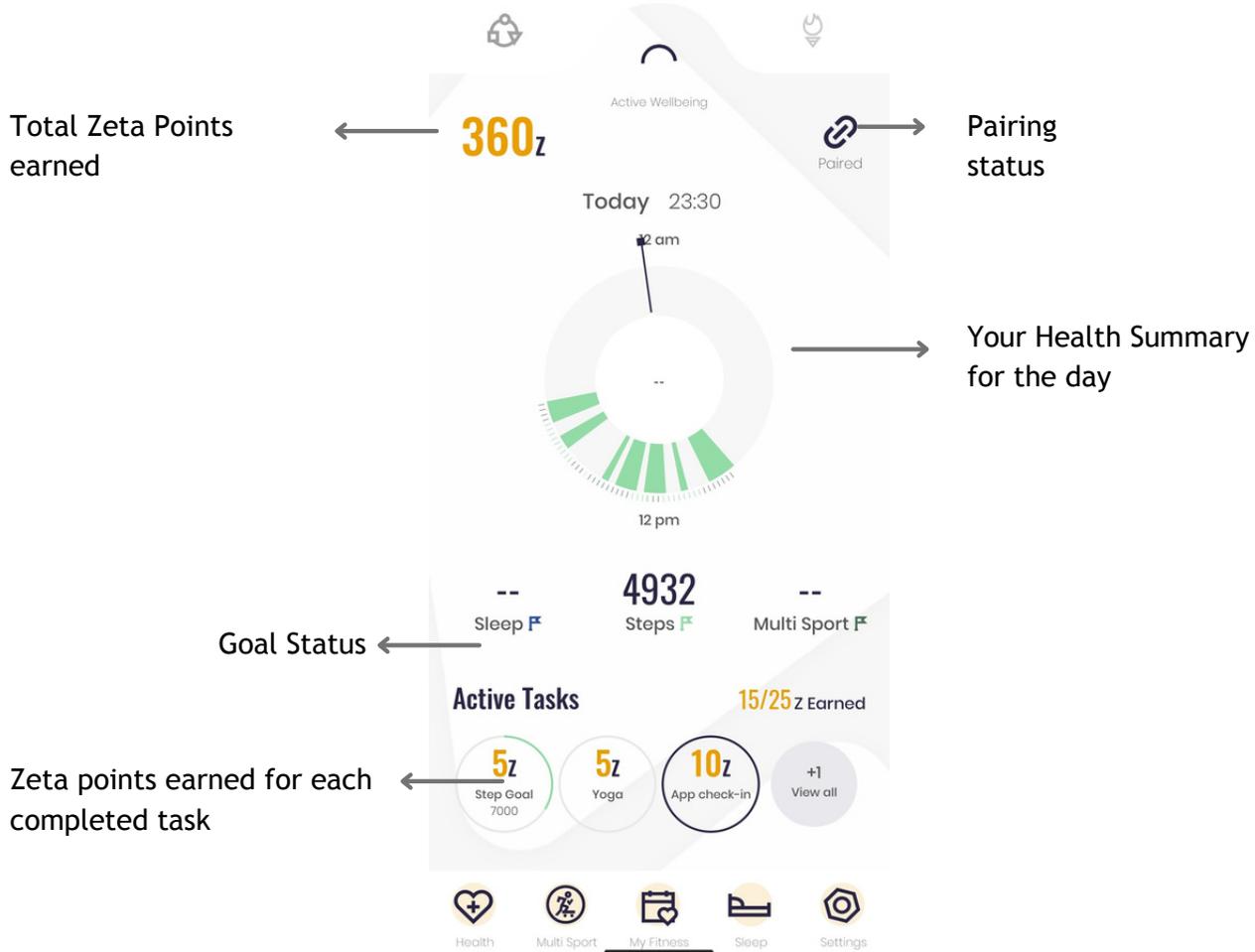


Enter your **Step Goal**

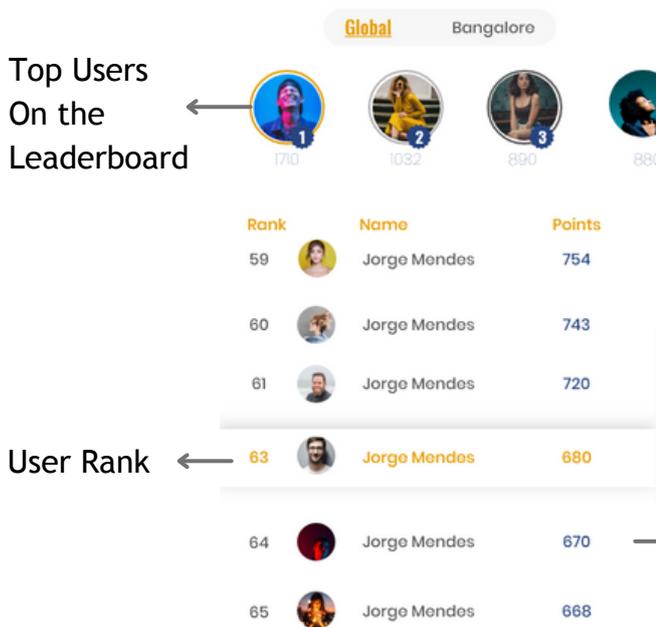


Enter your **Multisport Goal**

Application Dashboard



Leaderboard



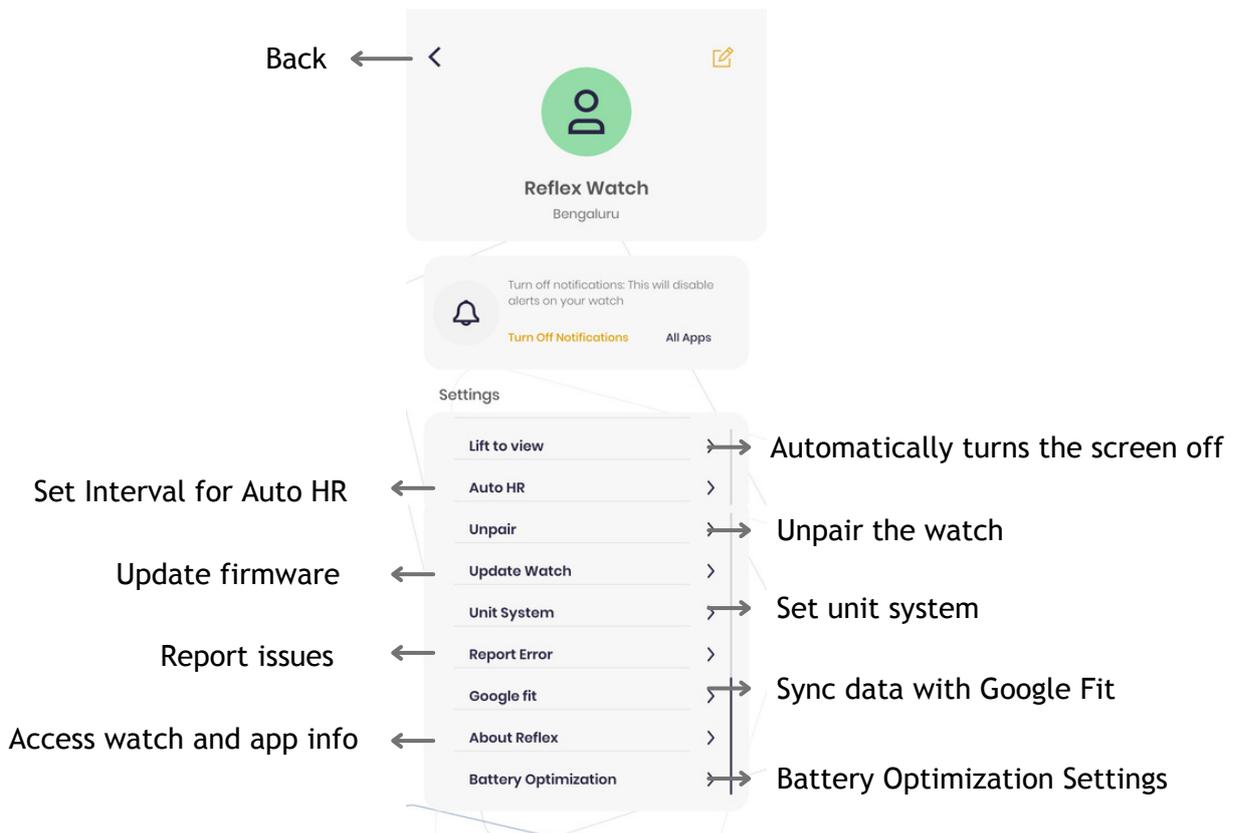
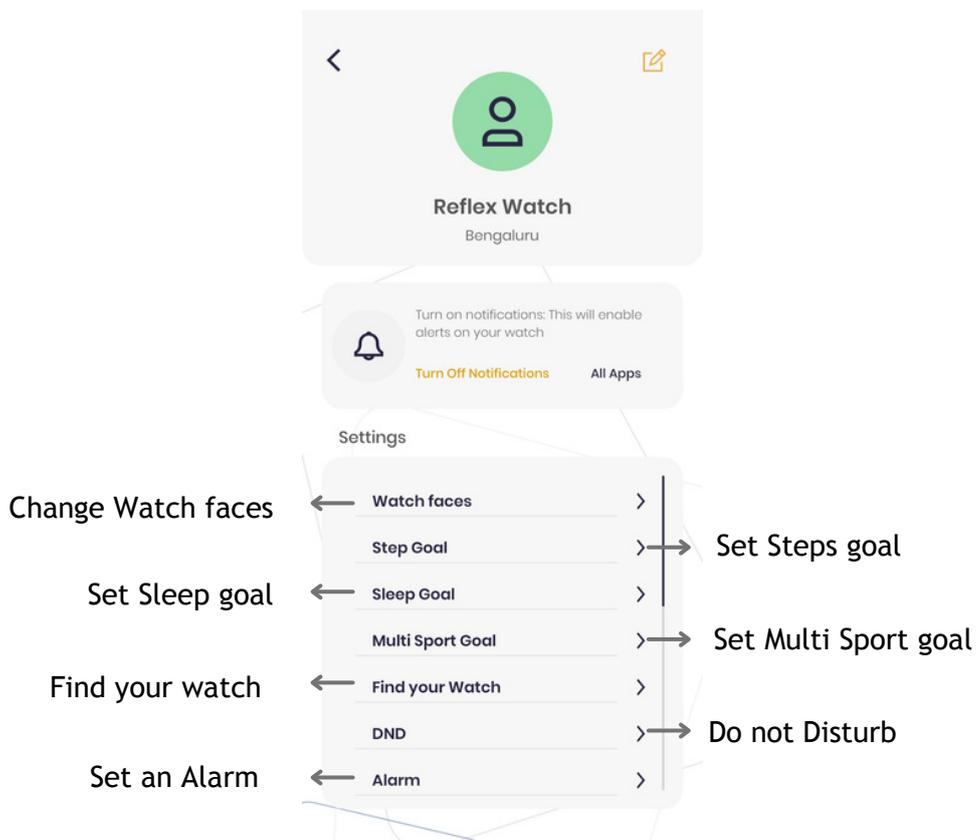
Leaderboard

The Fastrack Reflex watch ranks all its users based on the points earned by them.

You have the option to check your global rank or city rank.

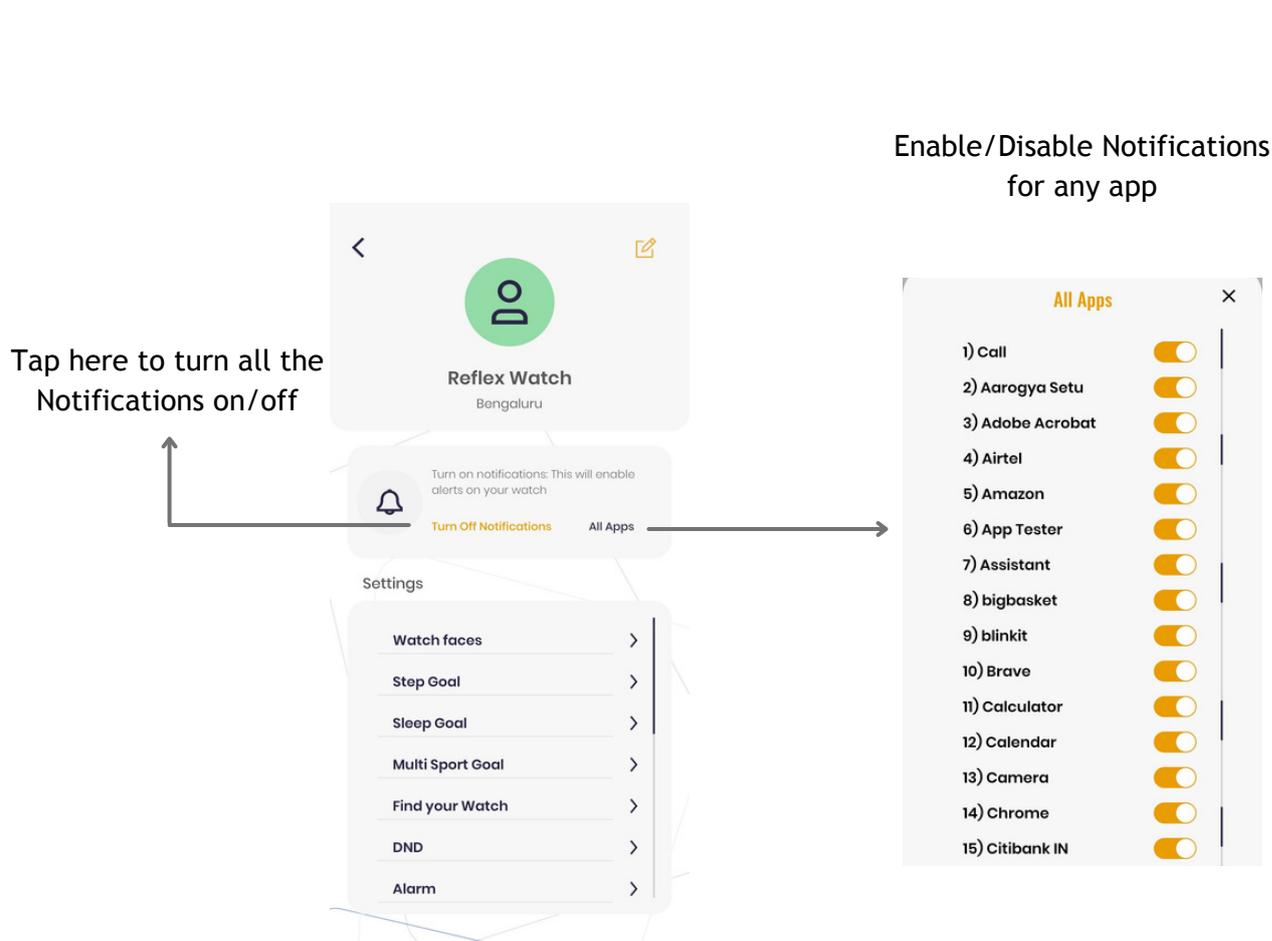
Points Earned

Application Settings



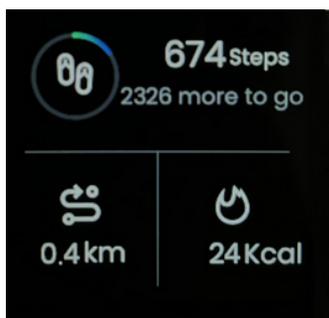
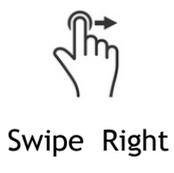
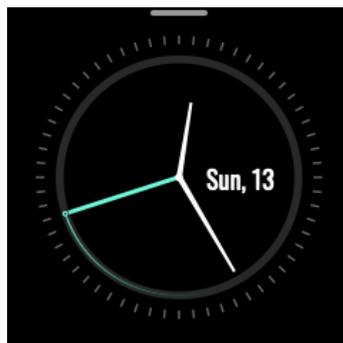
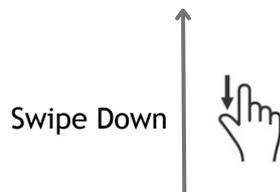
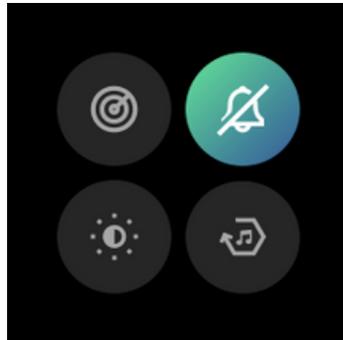
Notifications: Access & Customisation

Go to Settings and turn all the Notifications on or off. To enable/disable notifications for any individual app, use the toggle button next to it.

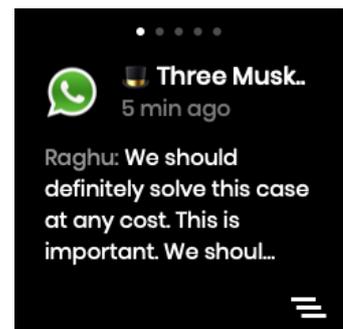
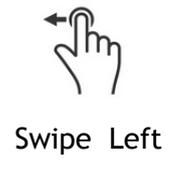


Access, Functionalities & Interface

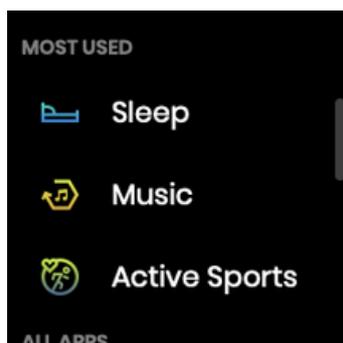
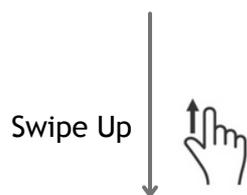
Control Center



Activity Dashboard



Notifications

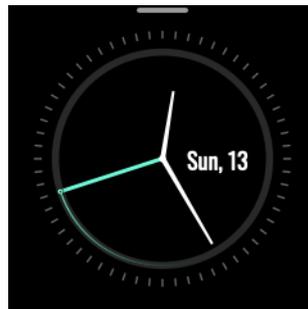


Apps Menu

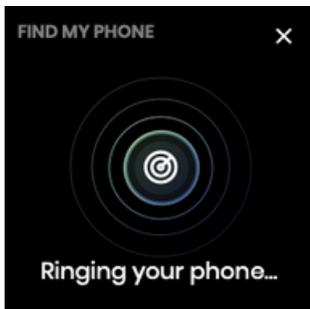
Swipe Down

Swipe down from the home screen to reach the Control Centre and access the Find my phone and Music options, and control your watch's brightness and turn notifications on/off.

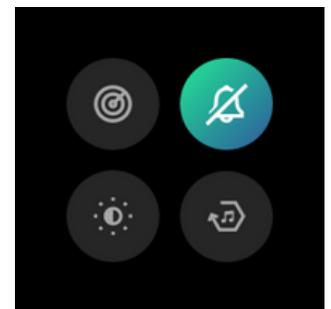
Home Screen



Find My Phone



Notifications

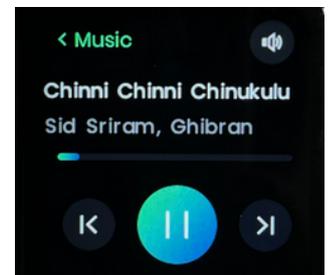


< Brightness



Brightness

< Music

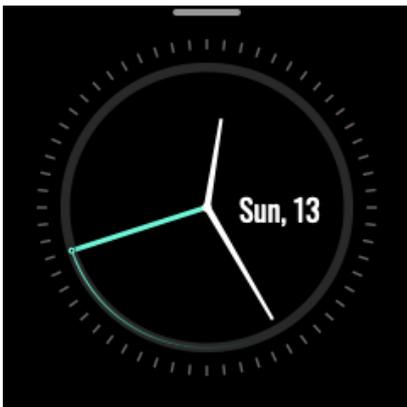


Music

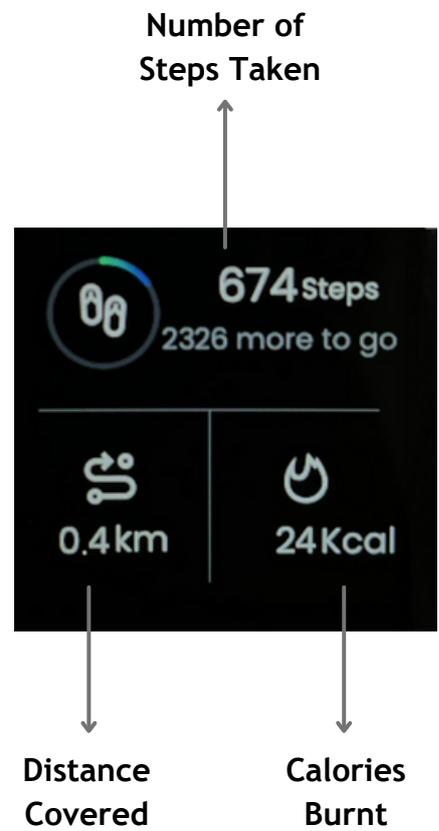
Swipe Left to Right

Swipe right to access the Activity Dashboard and view your Steps for the day, Distance covered and Calories burnt.

Home Screen



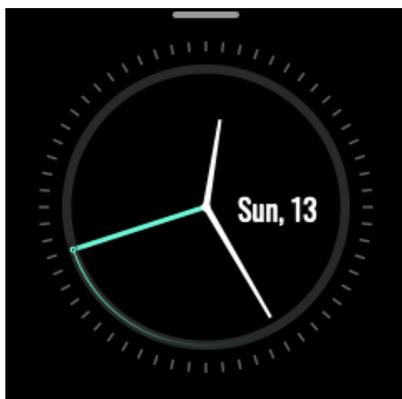
Swipe Right for
Activity Dashboard



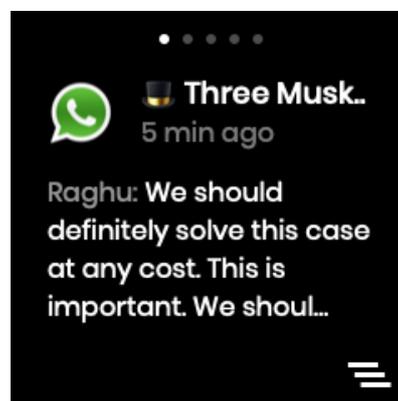
Swipe Right to Left

Swipe left from the Home screen to view your System and App Notifications.

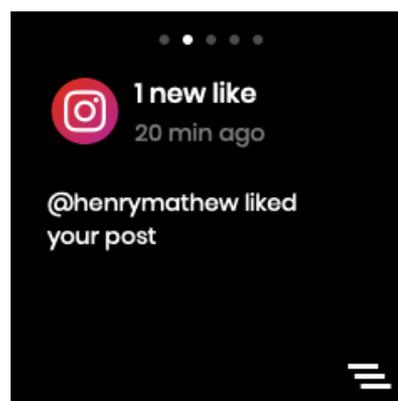
Home Screen



Swipe Left

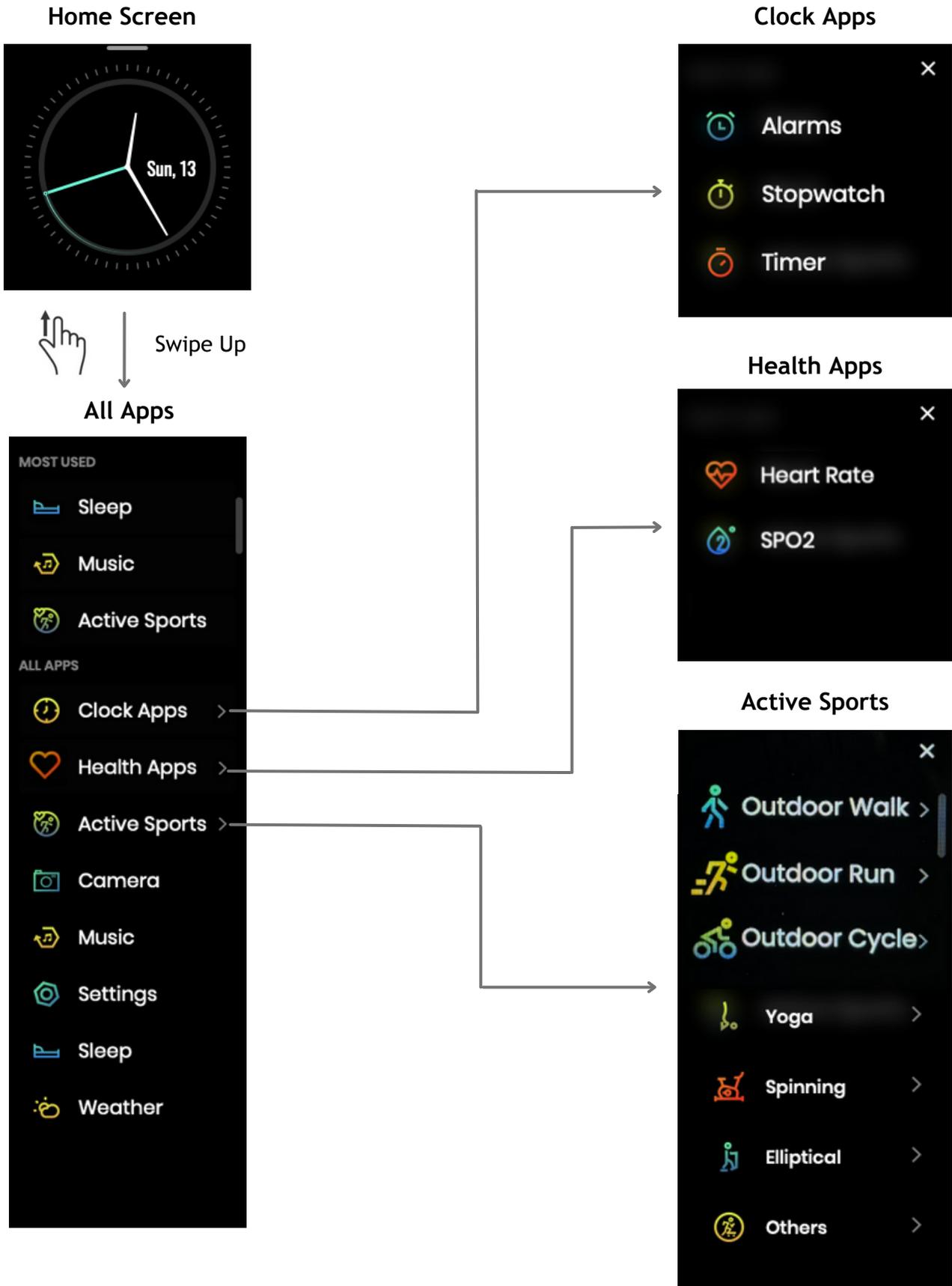


System and App Notifications



Swipe Up

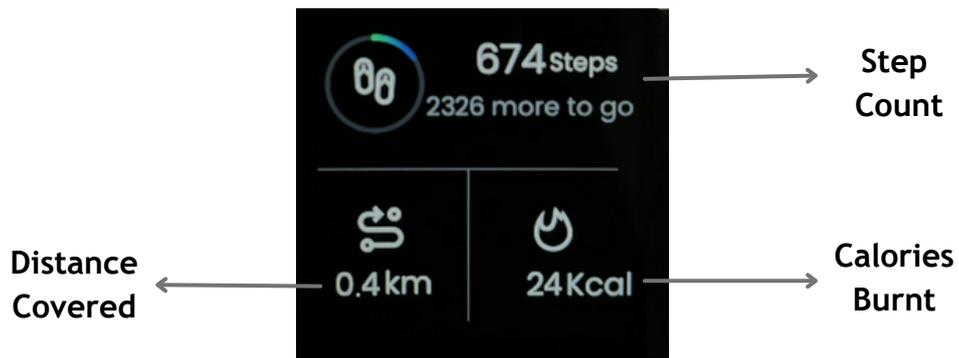
Swipe Up from the Home screen to view all the Apps on your Fastrack Reflex watch.



FEATURES

My Fitness

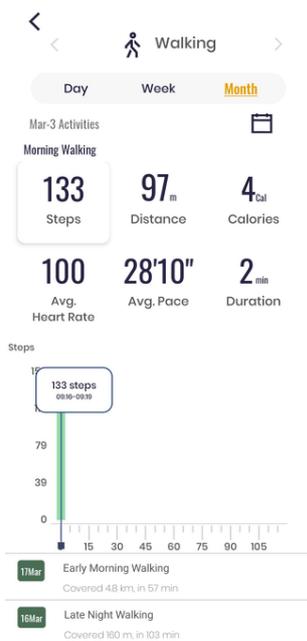
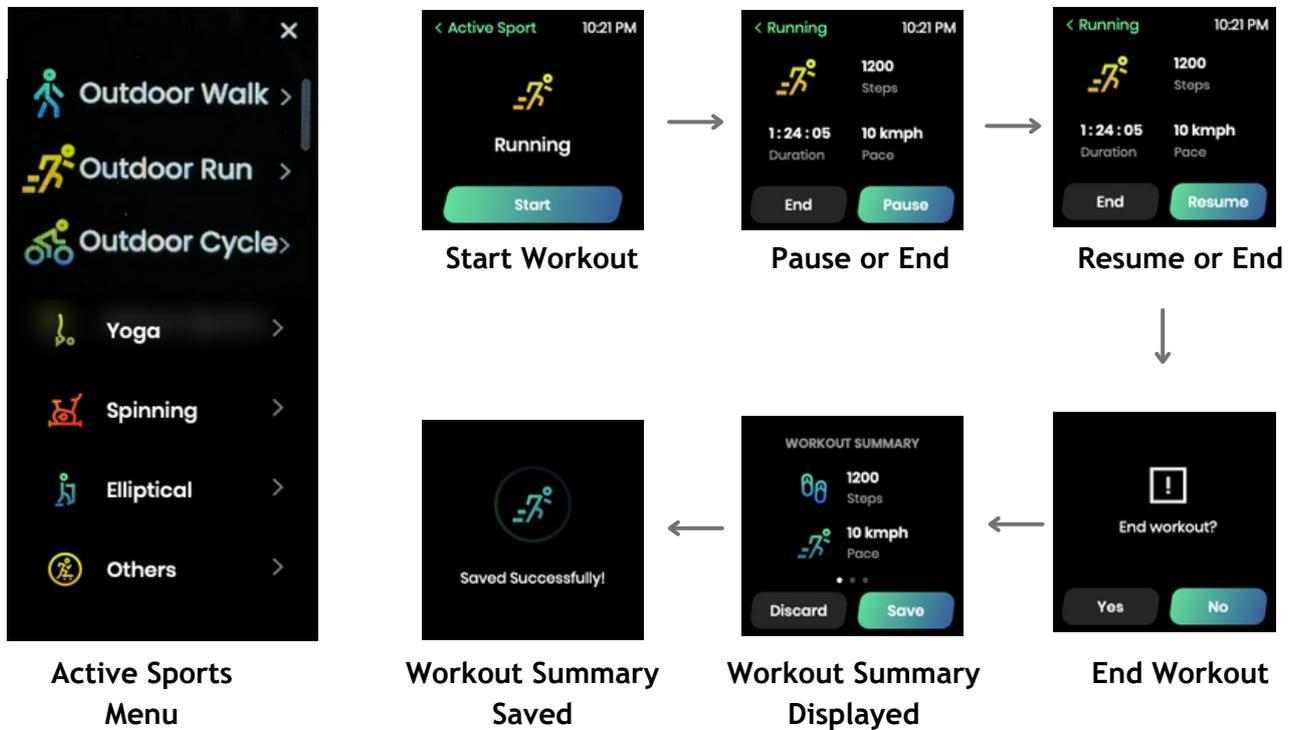
Go to Home Screen and swipe right to view your Steps taken, Calories burnt, and Distance covered.



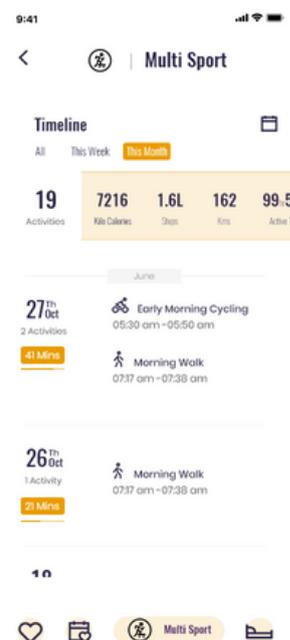
You can also access your daily/weekly/monthly data on the Fastrack Reflex World App

Multi-Sports Tracking

Swipe up from the Home screen, choose Active Sports and pick from twelve different types of indoor and outdoor activities.



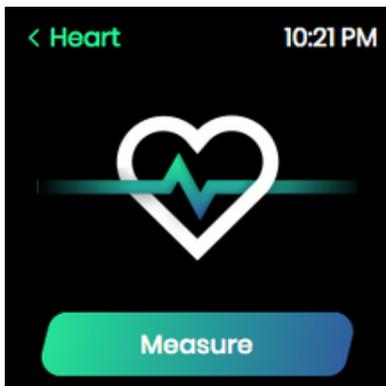
Once the workout is over, the Fastrack Reflex World app shows your workout summary



The app also shows daily/weekly/monthly data for your overall Multisport Summary

Heart Rate

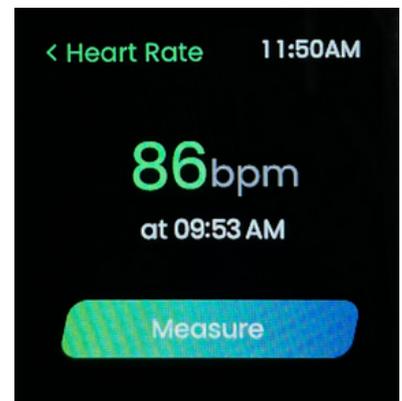
From your Home Screen, swipe up to find Health Apps and tap on Heart Rate.



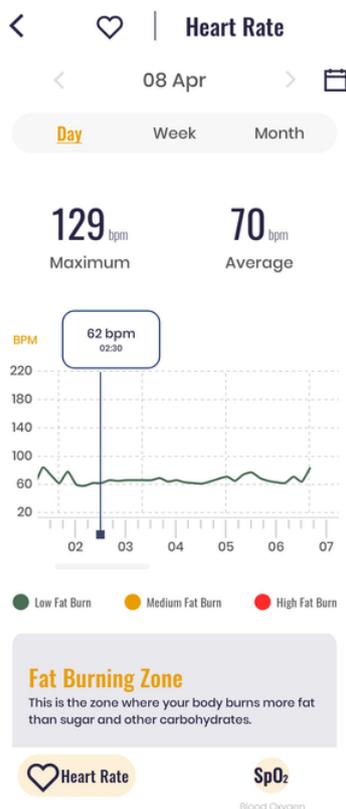
Tap on Measure



HR Measuring in Progress



HR Result Display

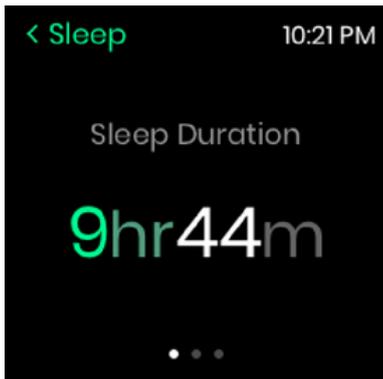


The daily/weekly/monthly trends of your Heart Rate are available on the Reflex World app.

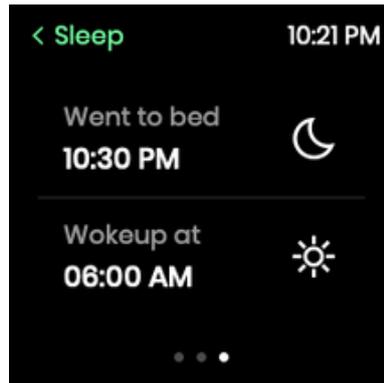
Heart Rate is categorized into 3 buckets - Low Fat Burn, Medium Fat Burn, and High Fat Burn.

Sleep Monitor

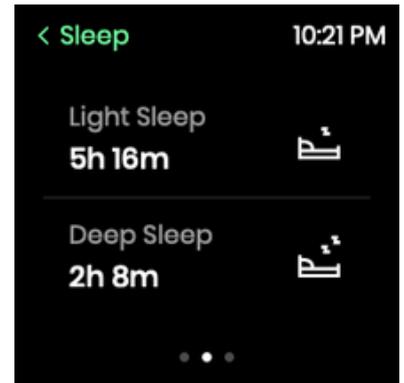
The watch automatically records the duration of your sleep and buckets it into categories like Light Sleep and and Deep Sleep.



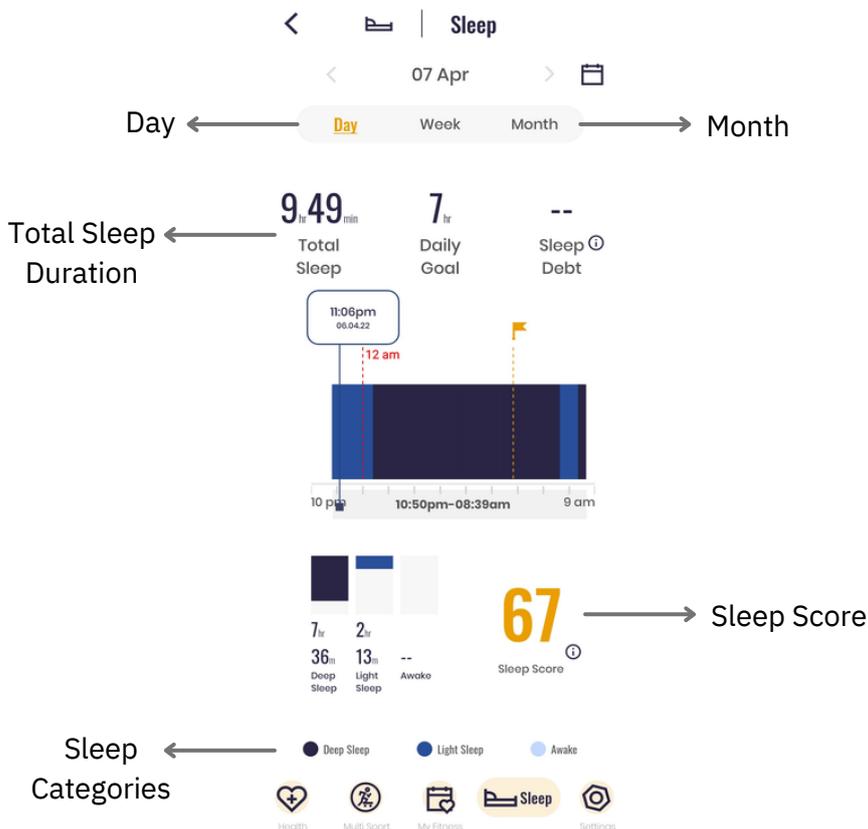
Sleep Duration



Sleep Start and End Time



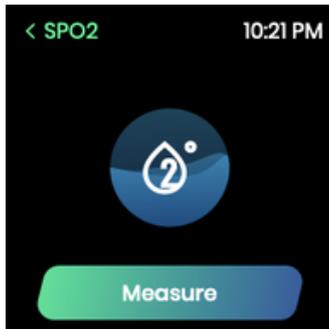
Sleep Categories



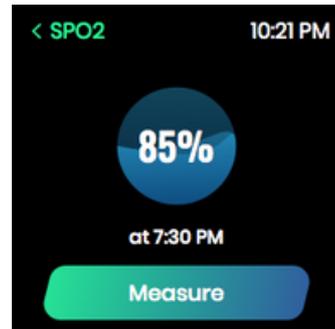
You can access your daily/weekly/monthly sleep data on the Fastrack Reflex World App.

SPO2

From the Home Screen, swipe up and click on the Health Apps option and choose SPO2 from the list.



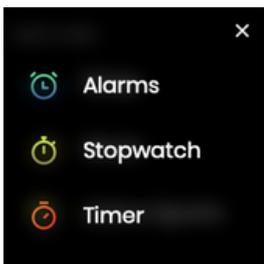
Tap Measure



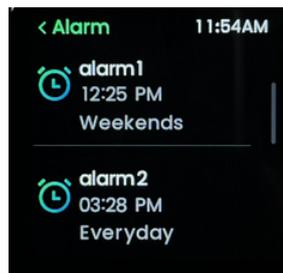
SPO2 Result Display

Clock Apps

Clock Apps

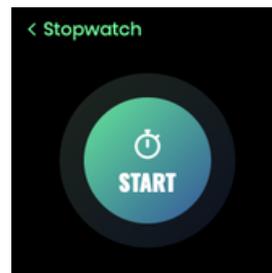


Alarm



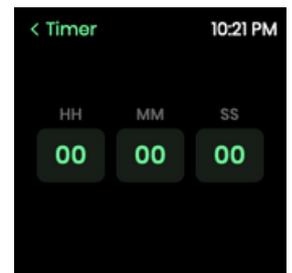
Get notified by an alarm vibration at your desired time

Stopwatch



Tap to start the Stopwatch

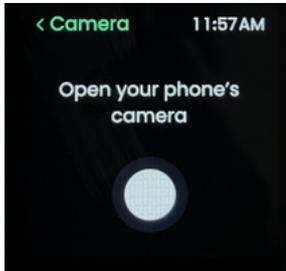
Timer



Set a timer for the duration of time of your choice

Camera

Swipe up from the Home Screen to reach the All Apps option and tap on Camera.



Click a Photo

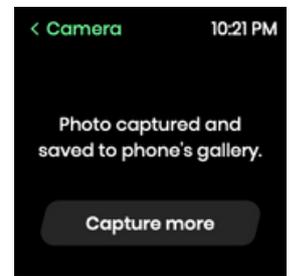
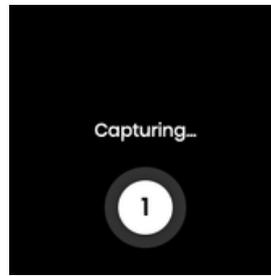
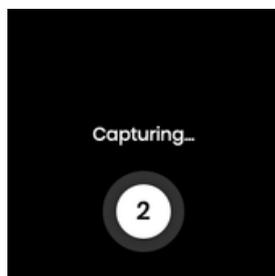
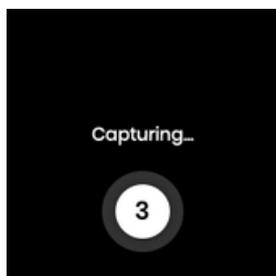
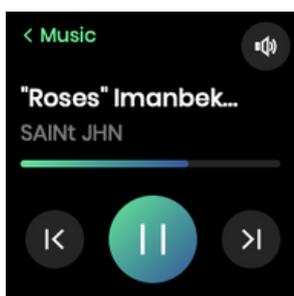


Photo saved to
Phone Gallery

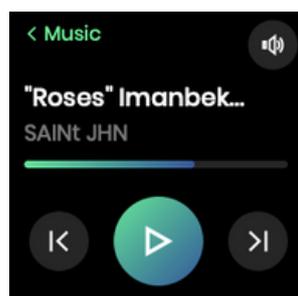
Note: You have to first open the Reflex World app on your phone and then click on the camera control on the watch to take a picture.

Music

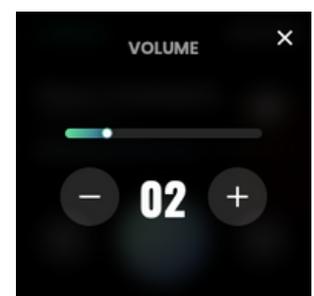
Swipe down from the Home Screen to reach the All Apps option and choose Music.



Pause Music



Play Again



Increase/Decrease
the Volume

Note: The music feature on your watch works with the default music app on your phone.

Weather

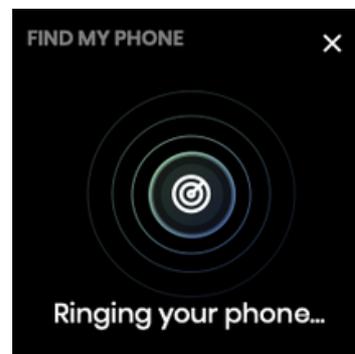
Tap on weather from the All Apps menu to check the current weather conditions on your watch.



Note: Location services and Internet connectivity are needed for accurate weather information. All data is collated from the Open Weather online service.

Find My Phone

Swipe down from the home screen to get to the Control Center and tap on Find My Phone option.



Phone starts ringing

Note: You need an active connection between your phone and the watch to use this feature.

Lift to View

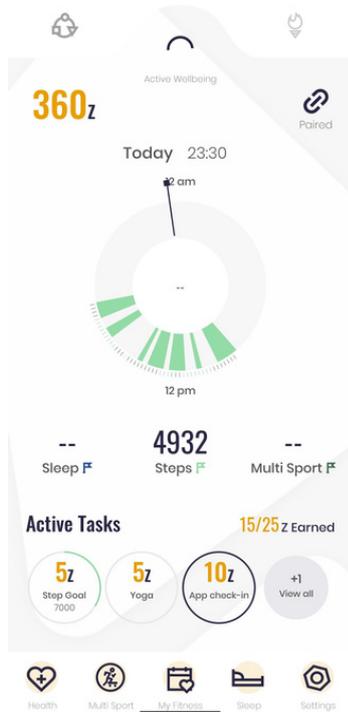
To save battery, the watch screen turns off if you haven't been using it for a while. When you raise your hand, the Lift to View feature switches on the screen automatically.

Watch Faces

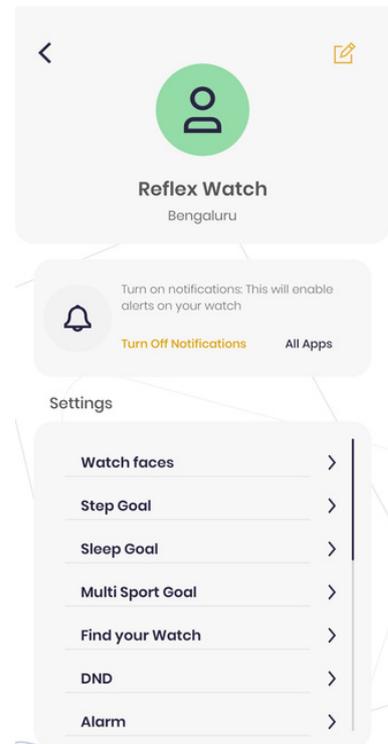
The Fastrack Reflex watch has 3 default watch faces and 1 cloud watch face. Users can choose from 25+ watch faces available on the Fastrack Reflex World app.



To change the watch face using the app: Go to settings, click on watch faces and install the watch face you like.

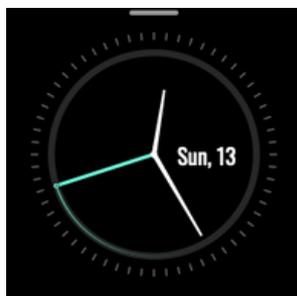


Click on Settings



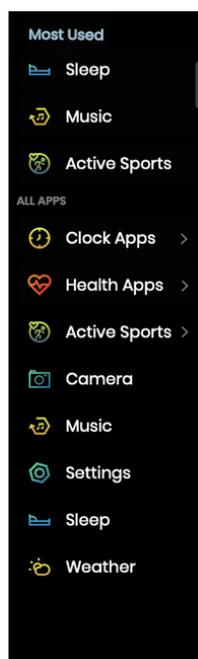
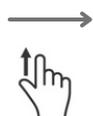
Install Watch Face

To change the watch face using your watch: Go to settings, tap watch faces and select the watch face of your choice.

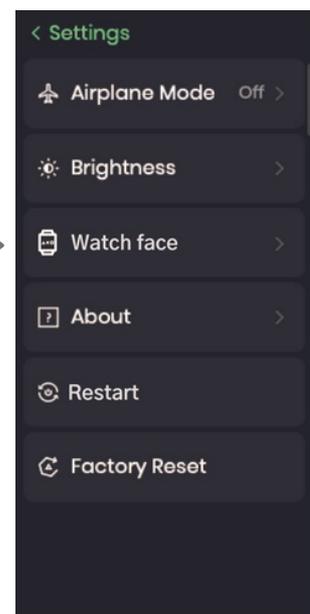


Home Screen

Swipe Up



Tap Settings

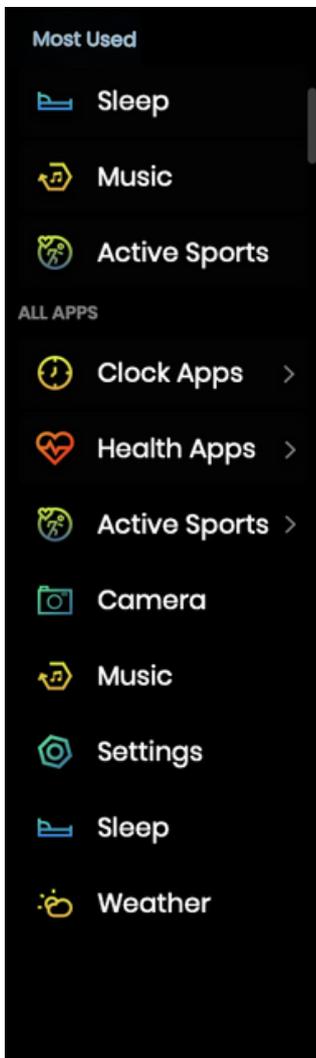


Choose watch face of your choice

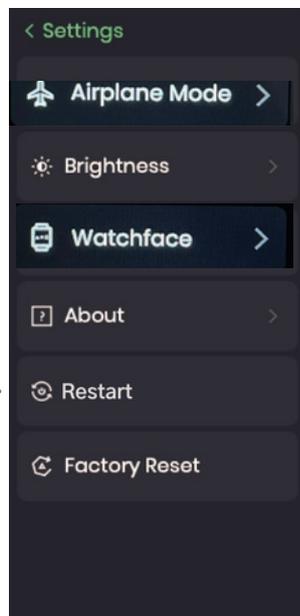
Watch Settings



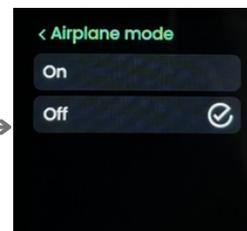
Home Screen



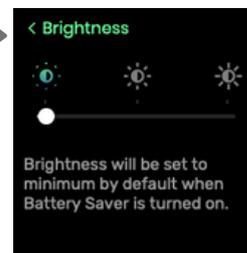
All Apps



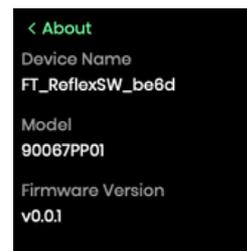
Settings



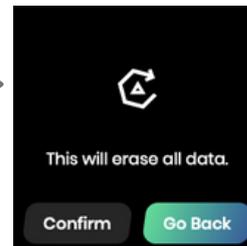
Airplane Mode



Adjust the brightness of your screen



Details about the watch



Reset your Smartwatch

Device Specifications

S.NO	DESCRIPTION	FASTRACK REFLEX WATCH
1	Model No.	68024
2	Weight of the watch (With/Without strap)	35.5g /20g
3	Display Type	TFT-LCD ("UltraVu")
4	Display Size (inches)	1.4"
5	Pixel Density (sharpness)	242 PPI
6	Screen Resolution (pixels)	240*240
7	Thickness of Watch Head	12 mm
8	Dimensions for the Case (Watch Head)	40*35*12 mm
9	Case Material	Aluminium Case + PC Back cover
10	Band/Strap Material	Silicone
11	Mode of Operation	Touch screen + Push Buttons
12	Accelerometer	3 axis
13	Battery Capacity	200 mAh
14	Battery Life (Average)	7 Days
15	Compatibility (Android / iOS)	Android 6.0 & above, iOS 12.1 & above
16	Bluetooth version	Version 5.0

Trouble Shooting

For common issues related to the watch, please follow the instructions below:

Unable to Switch on the Watch

Long press the push button for 3 seconds. If it still doesn't start, please charge the watch.

Automatic Shutdown

In case of low battery power, please charge the watch. If the problem persists, please contact our authorized dealers.

FAQs

Q: How many activities does the Fastrack Reflex watch support?

A: The watch supports 12 activities including Outdoor Walk, Outdoor Run, Outdoor Cycle, Indoor Walk, Indoor Run, HIIT, Yoga, Elliptical, Spinning, Hiking, Rowing, and Others.

Q: What does the Lift to View feature do?

A: This feature helps to conserve the battery of your watch. The smartwatch screen automatically turns off after you haven't used it for a while. Once you move your hand, it automatically turns on again.

Q: How many watch faces does the Fastrack Reflex watch offer?

A: The smartwatch comes with 3 pre-loaded watch faces. One more can be downloaded from the cloud from the 25+ available watch face options.

Q: How does the watch measure sleep quality?

A: The Fastrack Reflex watch categorizes your sleep in buckets like Deep Sleep and Light Sleep. Based on the number of hours recorded in each bucket, you also get an overall Sleep Score.

Q: Can I use my smartwatch to find my phone?

A: Yes. In such a case, you can swipe down from the home screen of your watch and tap "Find my Phone". Your phone starts beeping.

FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna. Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Disclaimer

Note on the accuracy of Fitness

Fitness Watches like the Fastrack Reflex watch are intended to be tools to provide you with information on your lifestyle and training performance and to encourage an active and healthy lifestyle. The watch relies on sensors that track your movement, sleep, and other metrics.

The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including the steps, distance, calories, etc.

P.S - Accurate user data (height, weight, gender, and age) information improves the accuracy of the algorithms that process the activity data. The Fastrack Reflex watch is not a medical device and the data should not be used for medical purposes like diagnosis, treatment, cure, or prevention of any physiological conditions.

We recommend you consult your doctor before engaging in any exercise routine.