USER MANUAL

CONTENTS

FEATURES

Unboxing the Watch

Packaging contains

- Fastrack Reflex Play Watch
- Magnetic Charging Cable
- Product Manual
- Quick Start Guide

Changing Watch Band

Connect the watch head and strap with the help of the quick release bar

Charging the Device
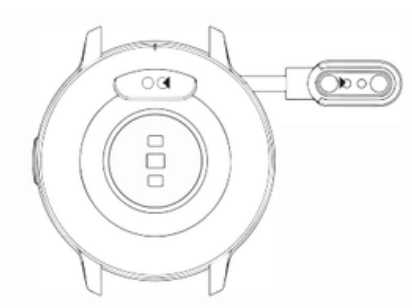
Attach the magnetic end of the charger to the back of the watch to start charging

Setup and Get Started

App Store

Google Play
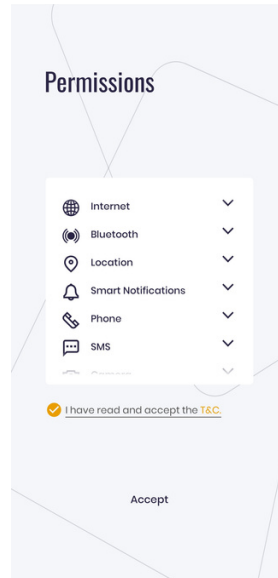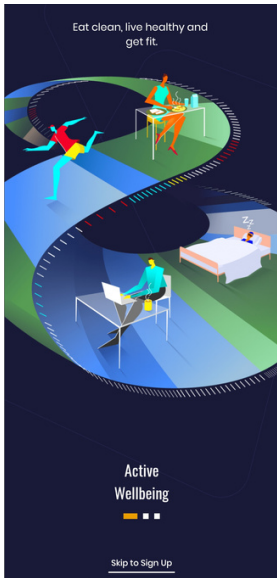
Install the app on your phone
Fastarck Reflex World App

Provide
Necessary Permissions

Enable/Disable
Battery Optimization
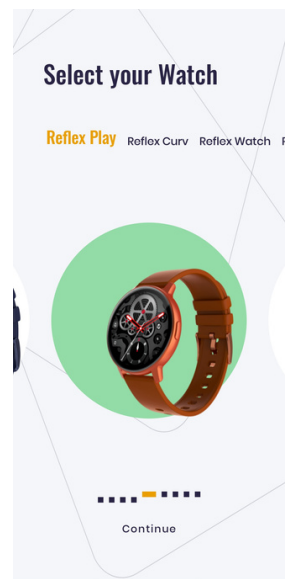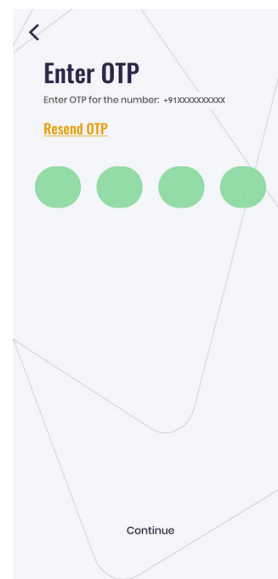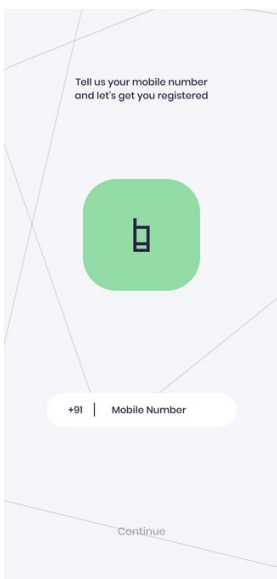
Enter **Mobile Number**

Enter **OTP**

Select your **Watch**

Connecting to Smartphone
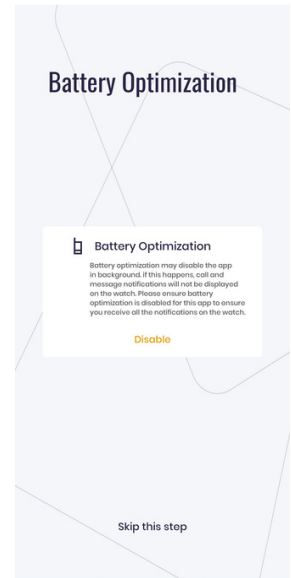
Follow the steps below to connect your watch to the Fastrack Reflex World app.
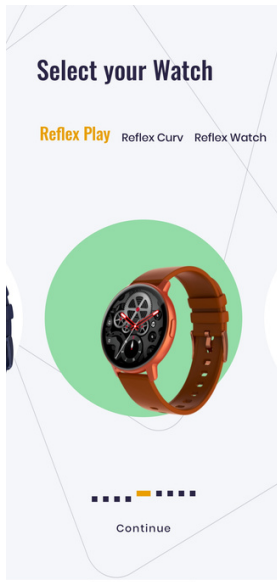
Select your **Watch**
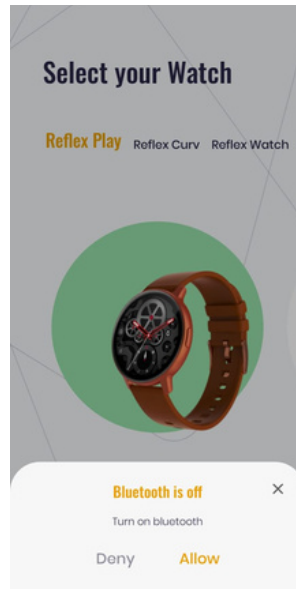
Turn On **Bluetooth**
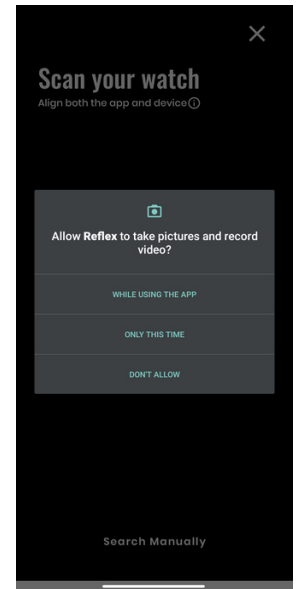
Give Necessary **Permissions**

Pairing is Complete

Scan your **Watch**
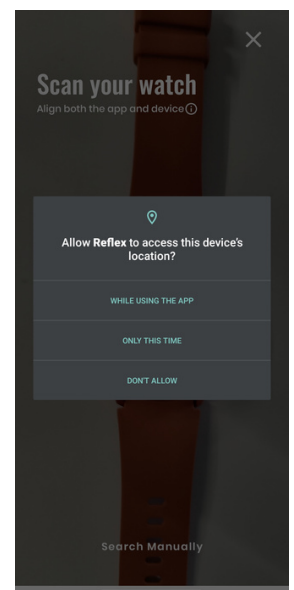
Allow Access to **Location**

Create Profile: Introduce Yourself

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

The details must be correct and up-to-date for accurate measurement of activity-related metrics such as Steps taken, Calories burnt, etc.
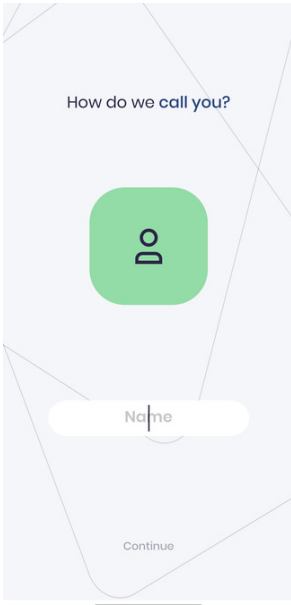
Select your **Name**
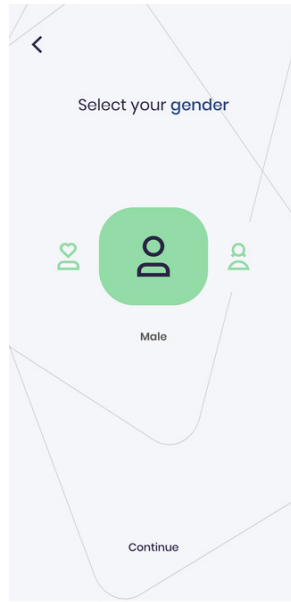
Select your **Gender**
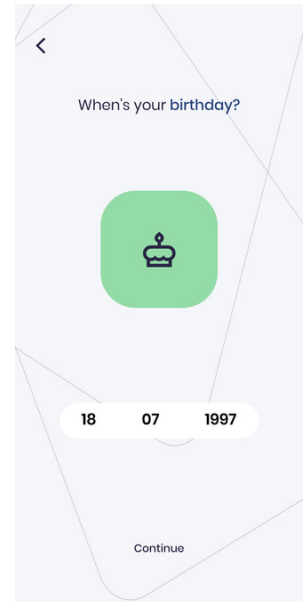
Enter your **DOB**
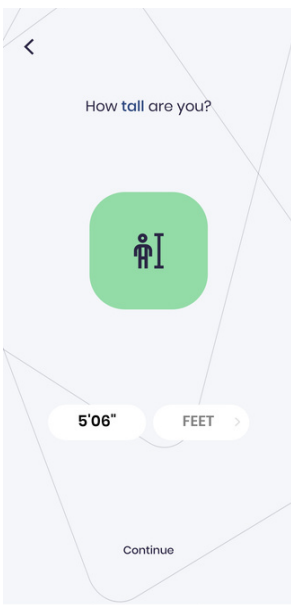
Input your **Height**
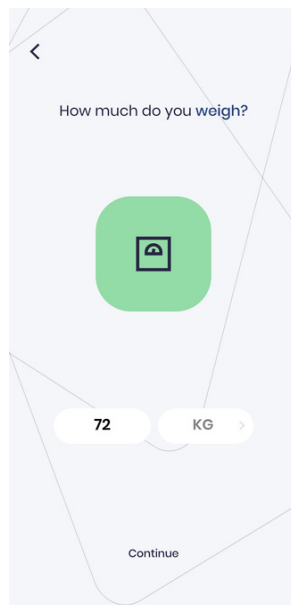
Enter your **Weight**
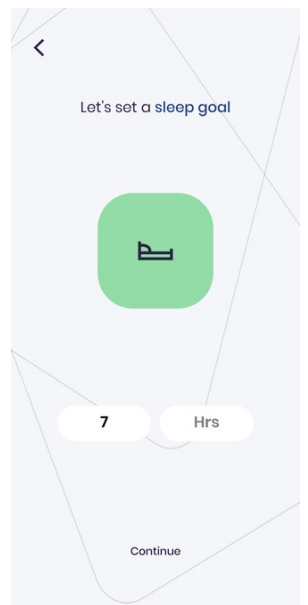
Set your **Sleep Goals**
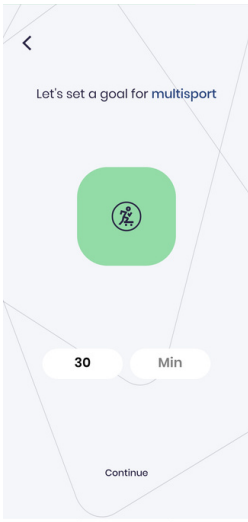
Select goal for **Multisport**
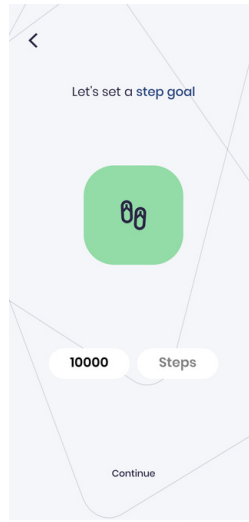
Select **Step Goal**
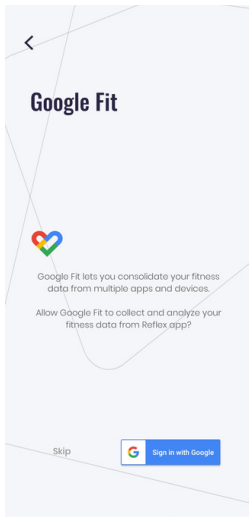
Sign into your
Google Fit Account
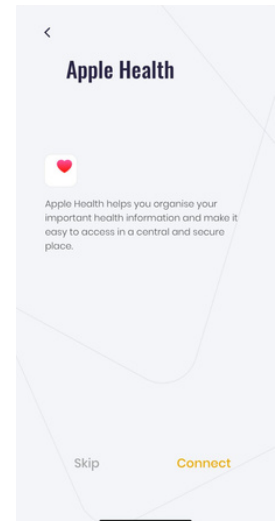
Apple users can
Sign in here
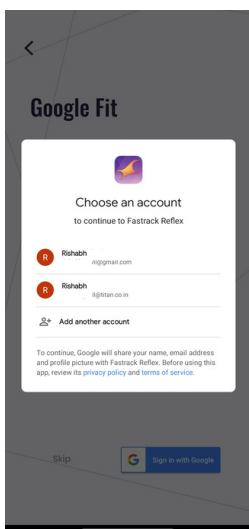
Select your **Account**
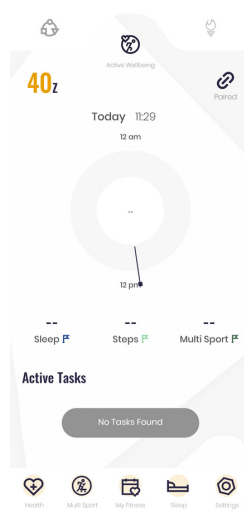
Your Dashboard
is ready
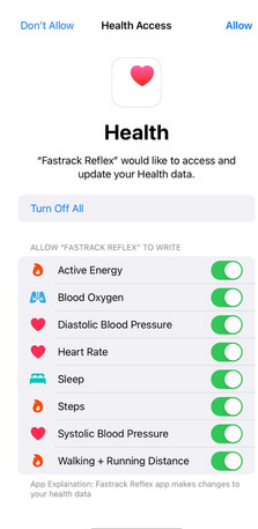
Slide toggle to
allow Health Access

Application Dashboard

Leaderboard

Reflex Games Update

Total Zeta Points Earned

40z

Active Wellbeing

Pairing Status

Paired

Today 11:29

12 am

--

12 pm

Activity and Sleep Summary of the day

--
Sleep ⚑

--
Steps ⚑

--
Multi Sport ⚑

Active Tasks

Active Tasks

No Tasks Found

Health

Health

Multi Sport

My Fitness

Sleep

Settings

Settings

Multi sport

My Fitness

Sleep

Community

Global Rank

Global   Bengaluru

1
12365

2
12055

3
11945

11940

Rank	Name	Points
79408	You	170
79408	Avadh	170
79408	ganesh	170
79408	subhash	170
79408	SADASHIV	170
79408	Manjit	170
79408	Surendran B	170
79408	madhu	170

Check your rank and points

Leaderboard

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

You can select to view your global or city rank.

Profile

User Profile

Name

Edit Profile

Phone Number   +91XXXXXXXXXX   >

abcxyz@gmail.com   >   Email

DOB   18-7-1997   >

Male   >   Gender

Height   5'06" feet   >

72 kg   >   Weight

Location   Bengaluru   >

Save Changes
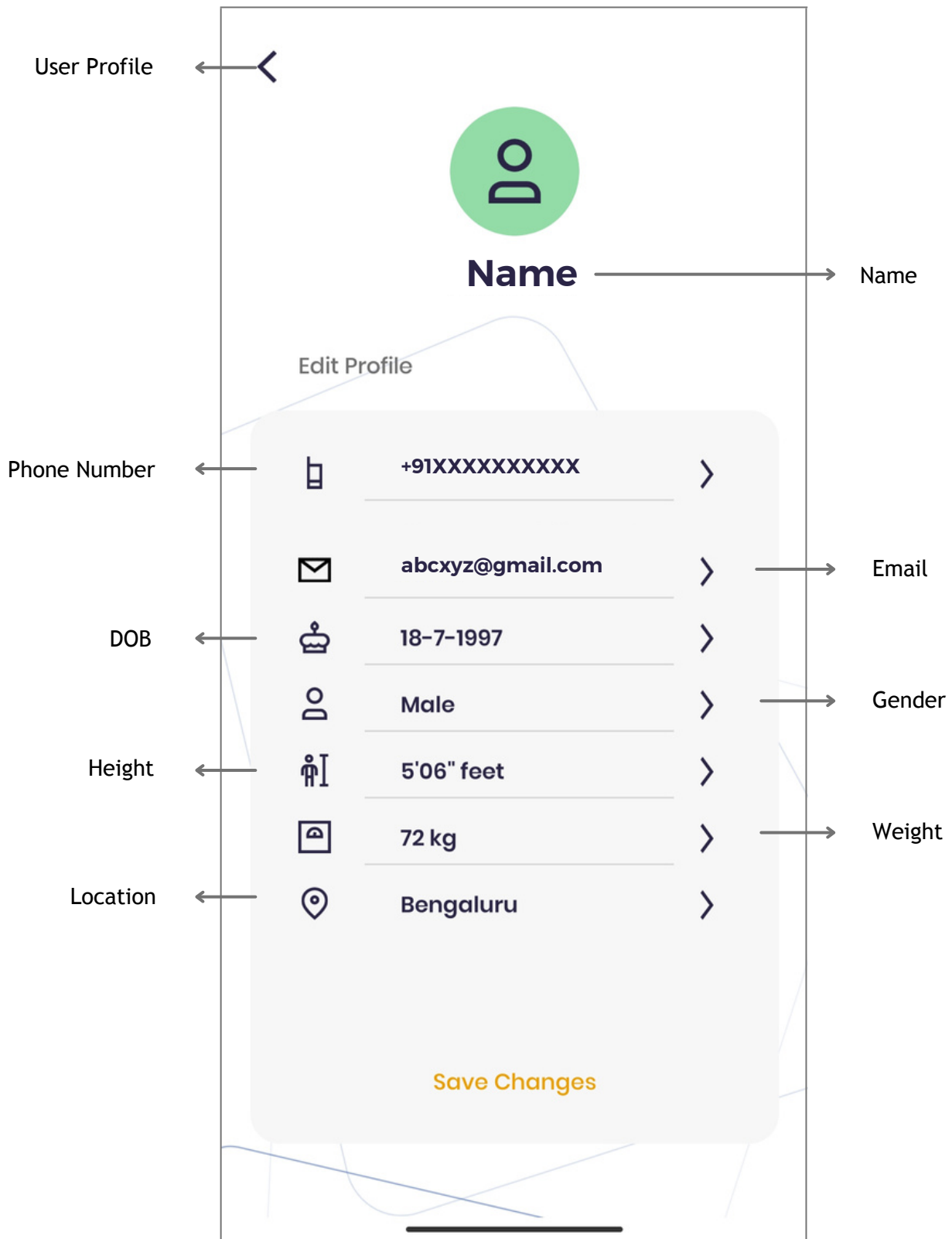
Notifications: Access & Customisation

Click on **"Turn on Notifications"** to provide Notification access to Reflex World App

Tap Here

Allow **Notifications access**

To enable/disable notifications for any individual app, use the toggle button next to it.

Notifications Panel

Turn notifications
on/off for all apps

Name
Bengaluru

Turn on notifications: This will enable alerts
on your watch

Turn Off Notifications   **All Apps**

Settings

All Apps   ✕

1) Call   → Call

2) Airtel

3) AJIO

4) Amazon

5) ApnaComplex

Save Changes
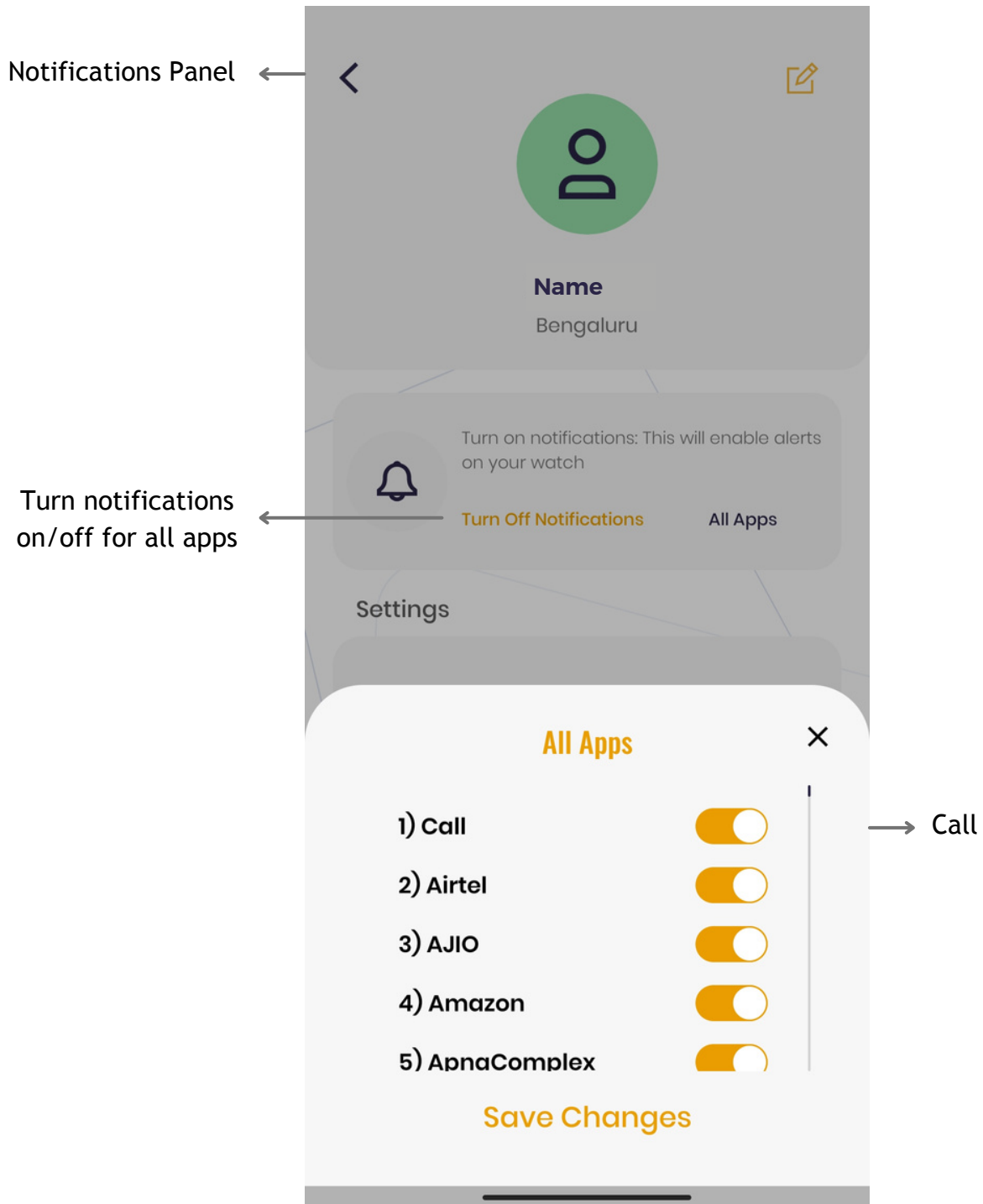
Access, Functionalities & Interface

Menu

| My Fitness |
| Sleep |
| Heart Rate |
| Multisports |
| Blood Pressure |
| SpO₂ |
| Weather |
| Notifications |
| Camera |
| Music |
| Breathe |
| Flashlight |
| Games |
| Settings |

Swipe Up

Rudder Menu

My Fitness

Swipe
Left to Right

02
59   20 DEC
23000 STEPS

Swipe
Right to Left

My Fitness

My Fitness
20000 Steps
▲2000 ▼20

2000 Cal
Calories

12.00 km
Distance

24 Hours Steps

00:00   12:00   00:00

Steps Goal:20000
20000

Last 7 Days Trend
09/23   09/24   09/25
12900   16000   16000
09/26   09/27   09/28
10000   6000   16000
09/29
20000

Swipe Down

100%
20 Dee Mon
25°C
Cloudy

Control Center

Swipe Down

Swipe down from the home screen to reach Control Center. This includes Battery, Music, Brightness, Settings, Flashlight, and Vibration status of watch.

Swipe Down

Control Center

Settings

Battery

Music

Flashlight

Brightness

Turn On/ Off Vibration
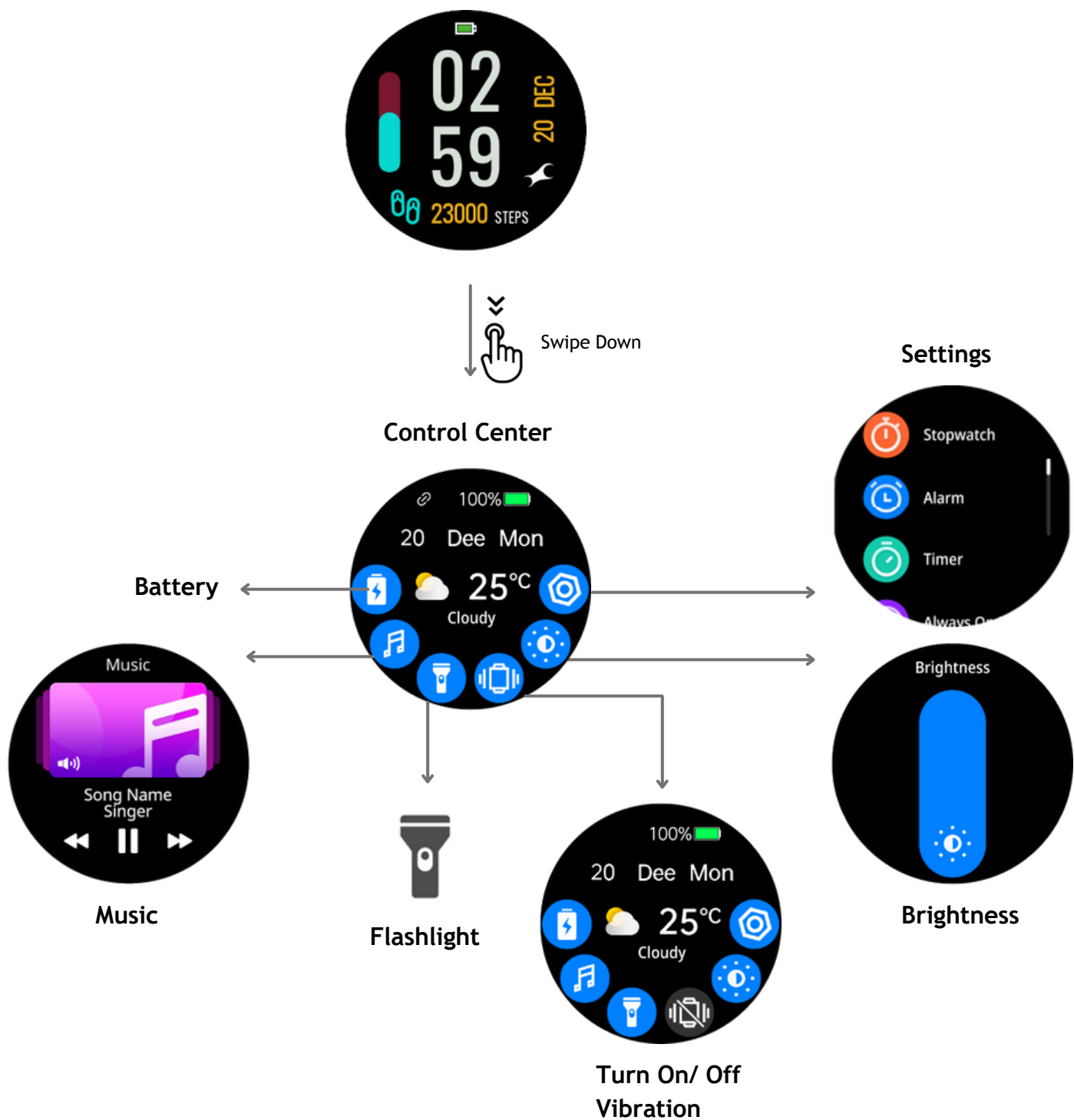
Swipe Up

Swipe Up from the Home screen to get to the Main Menu on your watch.

My Fitness

Sleep

Blood Pressure

SpO2

Heart Rate

Weather

Multisports

Notifications

Camera

Flashlight

Music

Games

Breathe

Settings

Main Menu:
- My Fitness
- Sleep
- Heart Rate
- Multisports
- Blood Pressure
- SpO2
- Weather
- Notifications
- Camera
- Music
- Breathe
- Flashlight
- Games
- Settings

Swipe Up
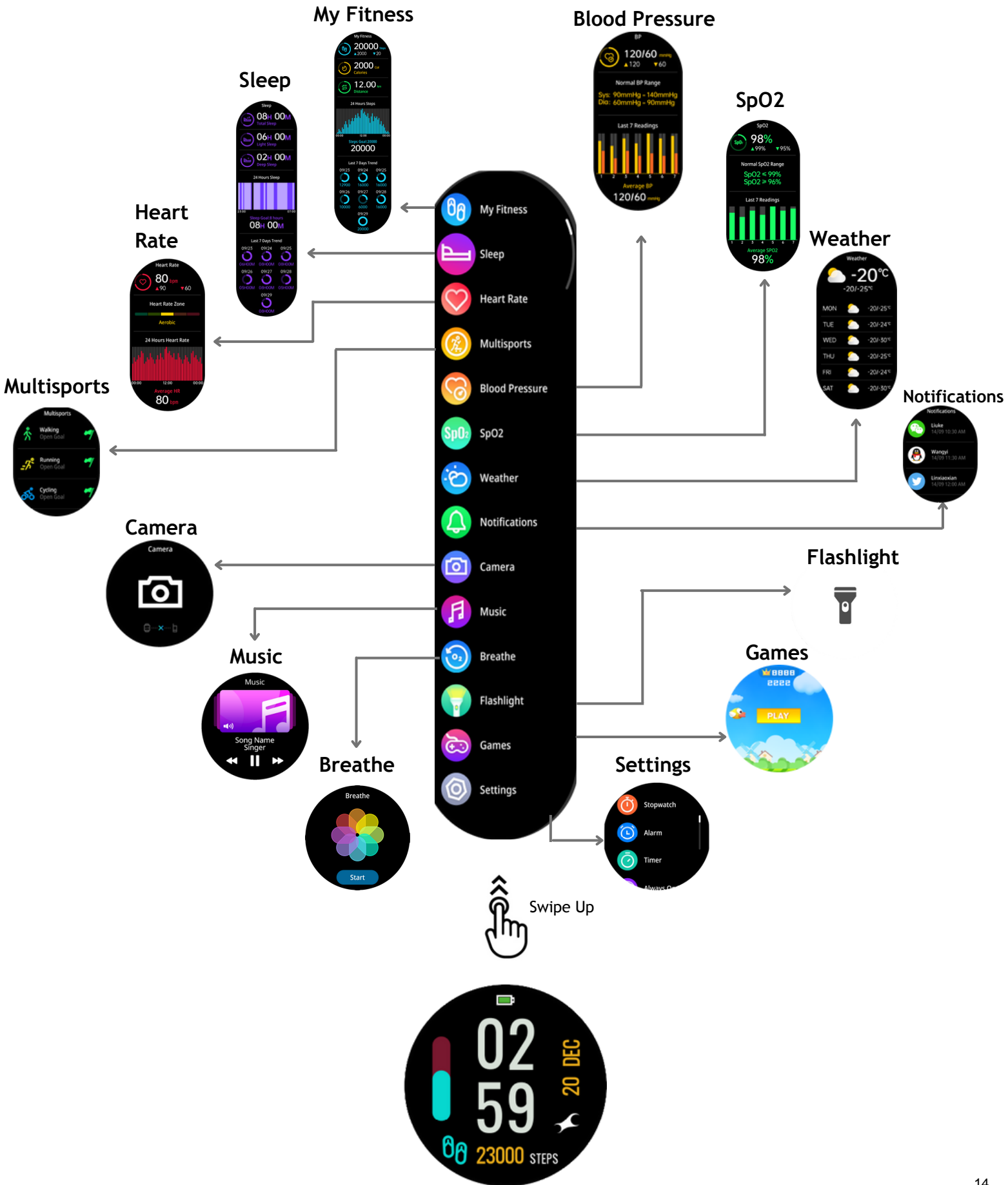
Swipe Right to Left

Successive right to left swipes from the Home screen will lead to My Fitness, Heart Rate, SpO2, Breathe and Music screens on your Fastrack Reflex Play watch.

Home Screen

My Fitness

Swipe
Right to Left

Music

Heart Rate

Swipe
Right to Left

Breathe

Swipe
Right to Left

SpO2
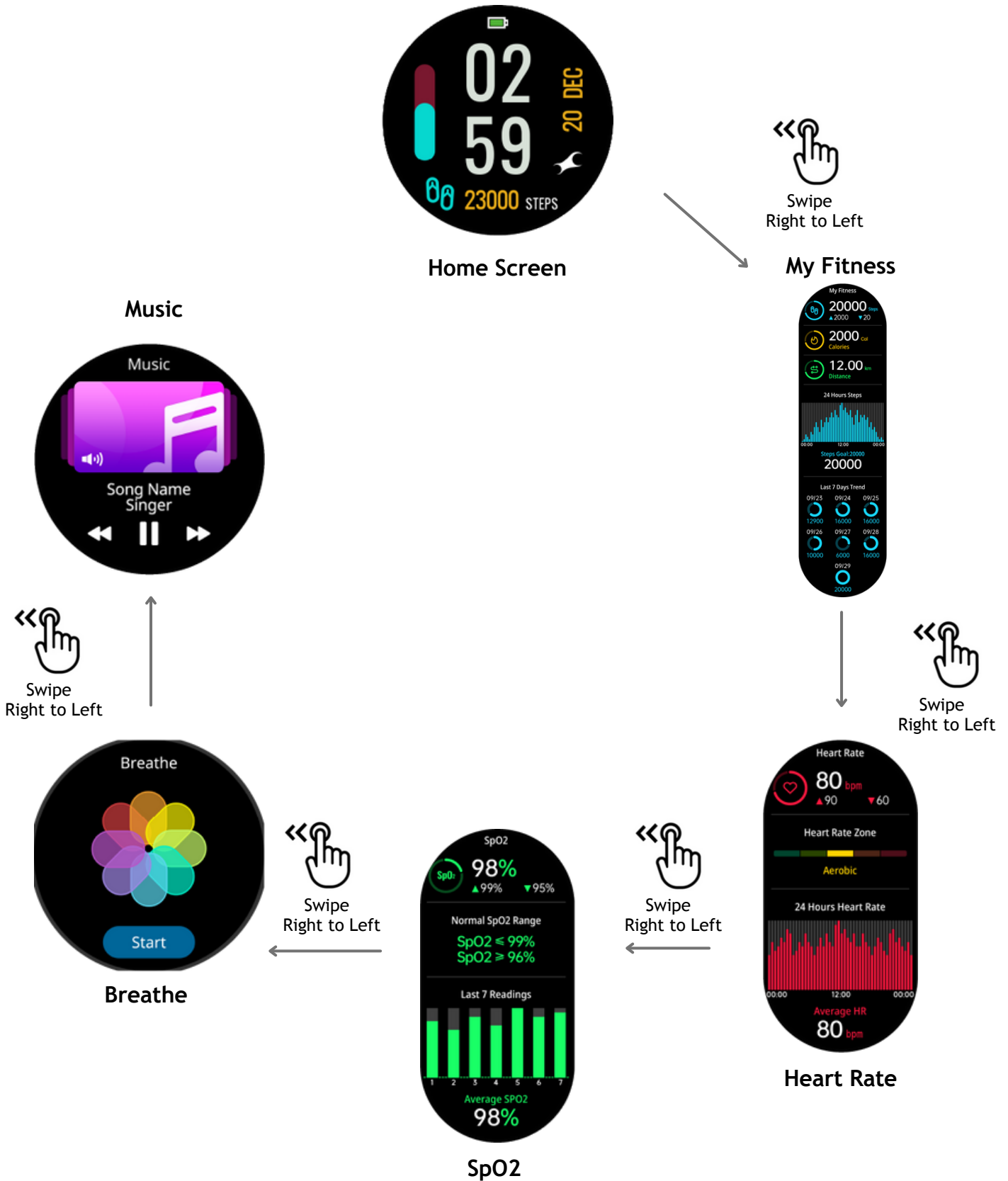
Swipe
Right to Left

Swipe Left to Right

Swipe left to right from the Home screen to get to the Rudder Menu.

Swipe
Left to Right

Weather	Notifications
SpO2	Camera
Blood Pressure	Music
Multisports	Game
Heart Rate	Settings
Sleep	My Fitness
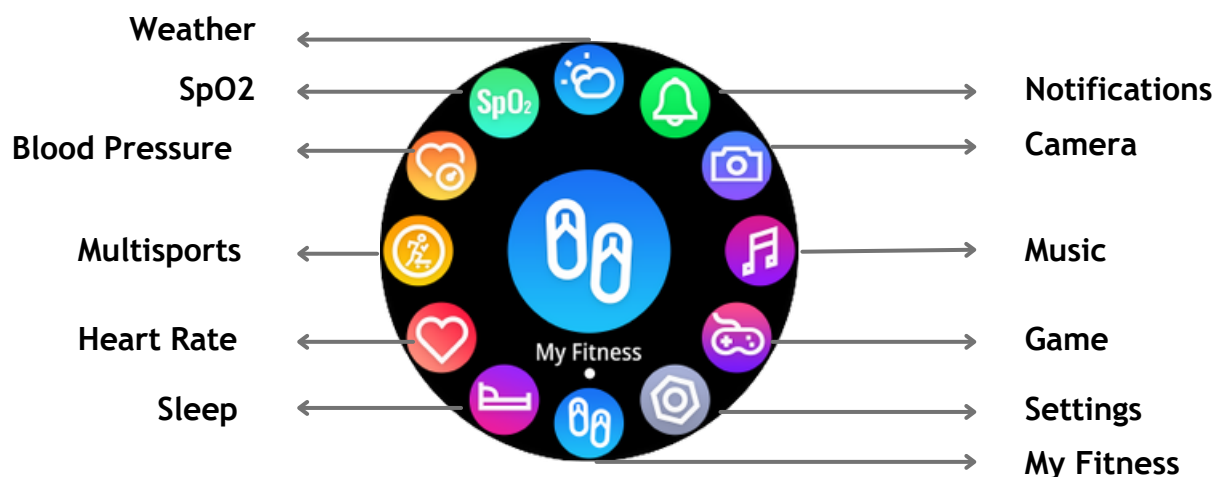
Rudder Menu

Fastrack Reflex Play: FEATURES

My Fitness

Swipe up from the Home Screen to reach the My Fitness option.
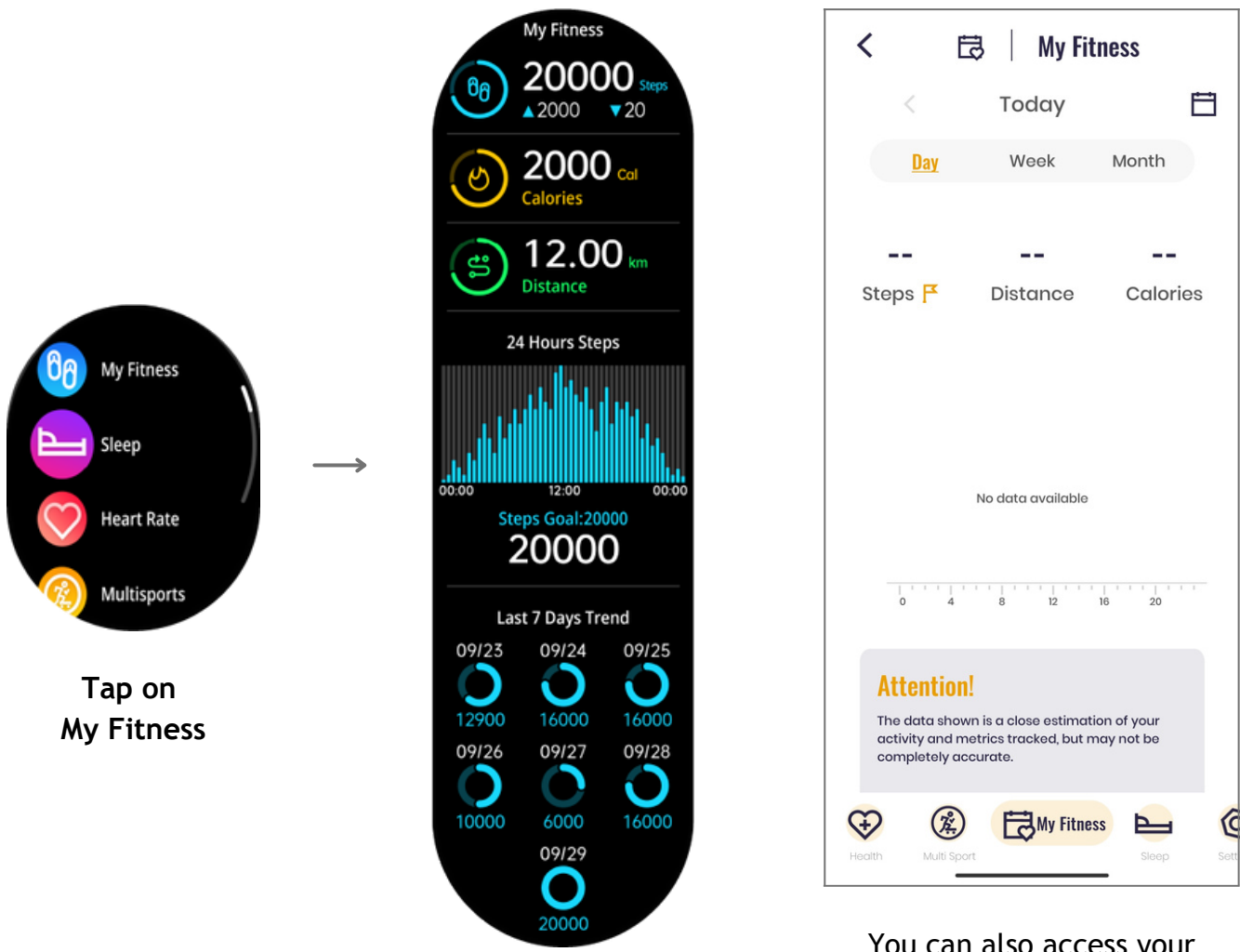
**Tap on
My Fitness**

**My Fitness
weekly summary**

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

You get a Goal Achieved Alert on your Watch after completing your Step Goals

Multi-Sports Tracking

Swipe up from the Home Screen, find the Multi-sports option from the Menu.

Multisports Menu
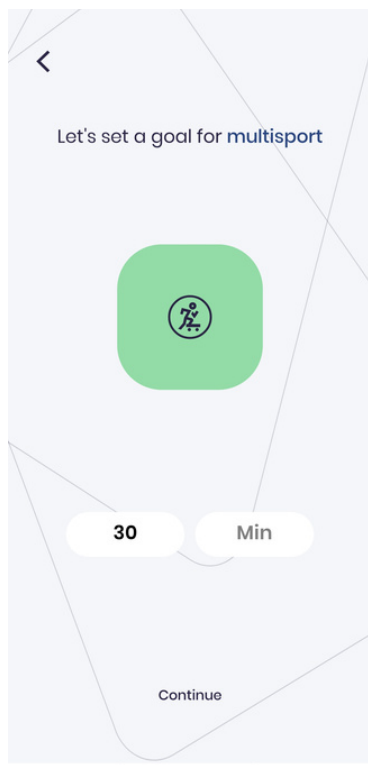
Set a goal for Multisport
while onboarding
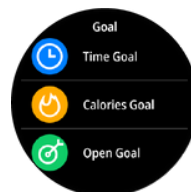
Tap on flag icon
corresponding to the
desired Multisport
and select your Time,
Calories or Open Goal
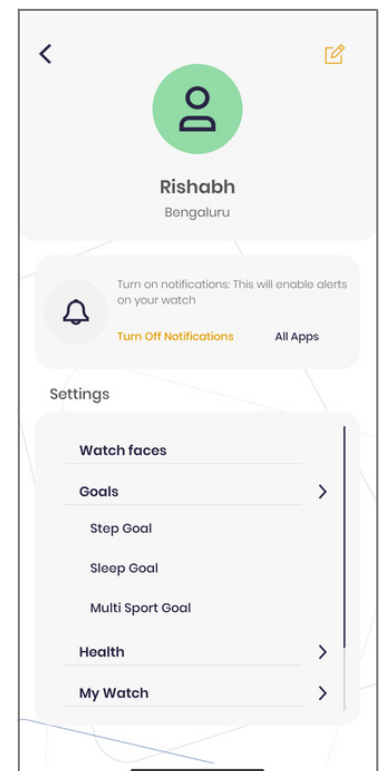
Set step, sleep, and
multisports goal

Countdown to 3 seconds

Workout Summary   **End exercise**   **Pause/Stop Workout**   **Workout in Progress**

Swipe Left to Right

Swipe Right to Left
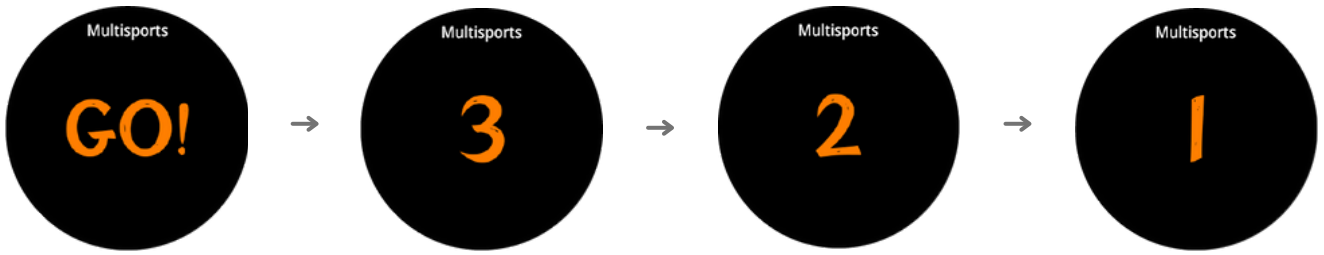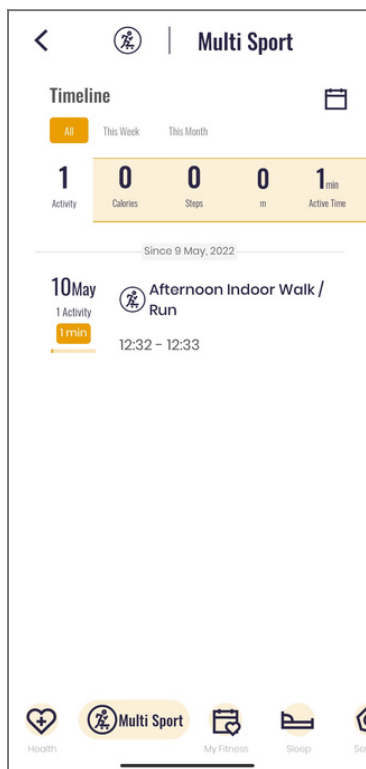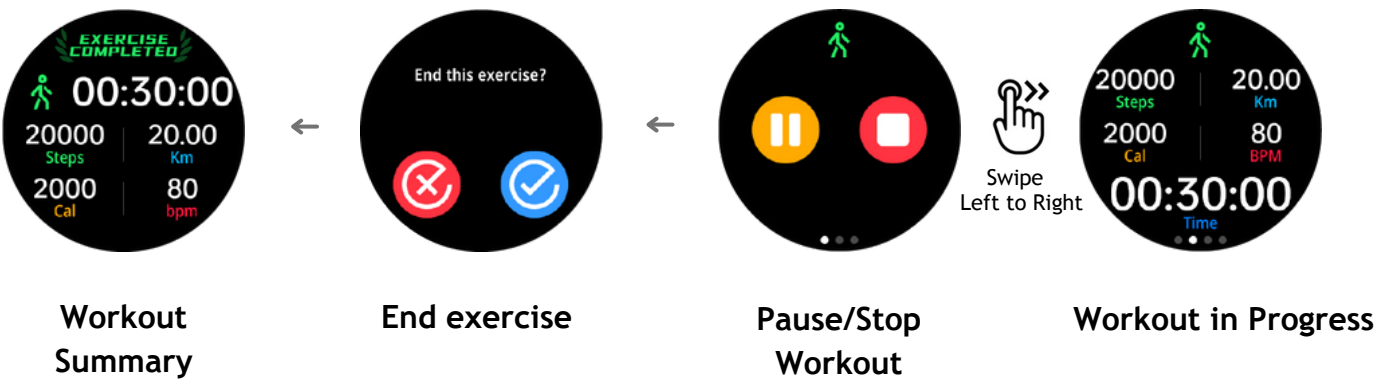
Heart Rate

Access detailed Multisports data in the Fastrack Reflex World App

Heart Rate

Swipe up from the Home Screen and tap on Heart Rate to measure your Heart Rate.
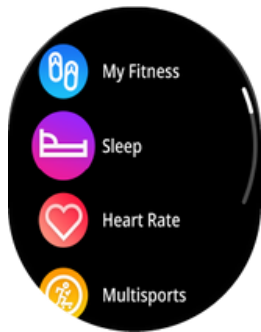
Tap on Heart Rate
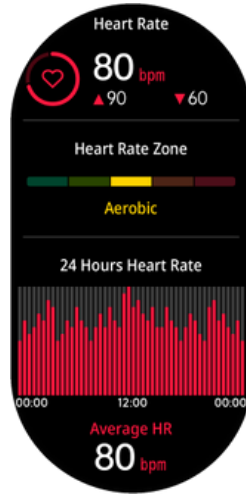
Summary of Heart Rate Readings
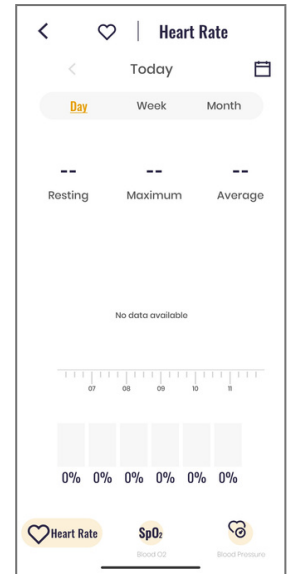
Go to Health from your Home Screen dashboard and select Heart Rate to view detailed summary and access daily/weekly/monthly HR data

Auto Heart Rate
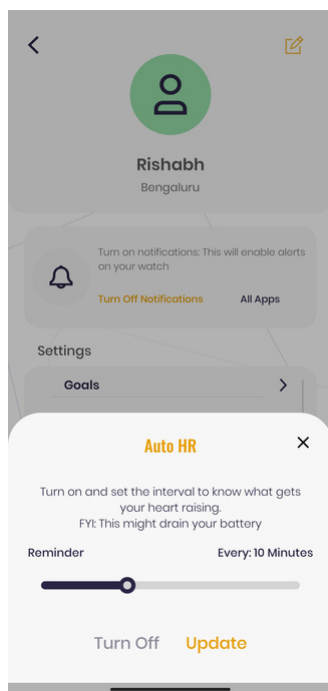
Set a time interval for auto Heart Rate reading from the watch
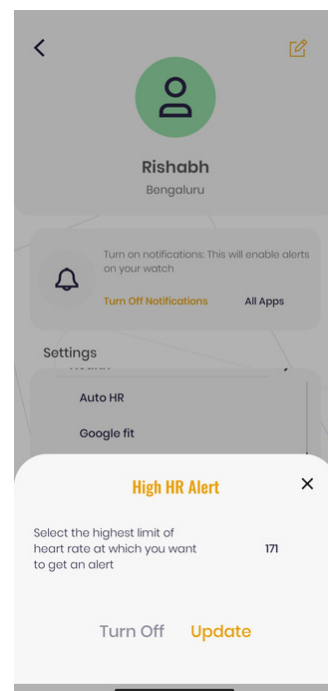
Set the highest Heart Rate value for which you want to get an alert

Sleep

Keep a track on your sleep goals with the Sleep feature.
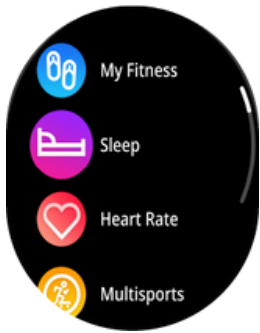
Tap on Sleep
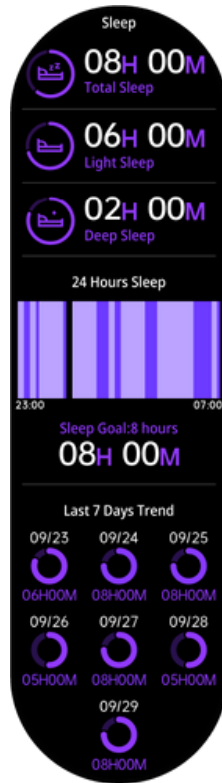
**Summary of
Sleep Data**

Select Sleep from your Home Screen dashboard to view detailed summary and access daily/weekly/monthly Sleep data

Blood Pressure

Swipe up from the Home Screen and tap on Blood Pressure (BP).

Tap on Blood Pressure
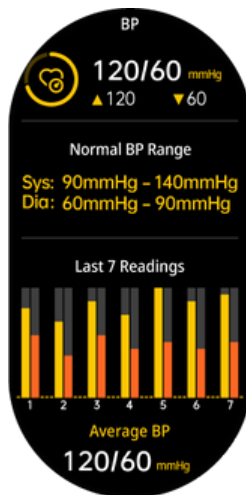
**Summary of
Blood Pressure
Readings**
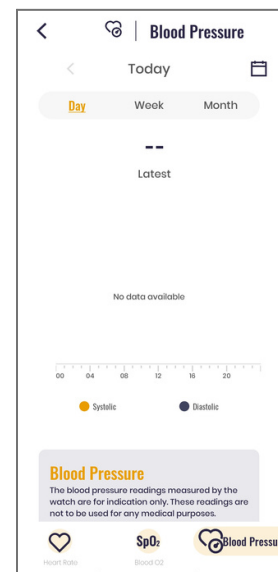
Go to Health from your Home Screen dashboard and select Blood Pressure to view detailed summary and access daily/weekly/monthly BP data

SpO2

Check your oxygen saturation level with the SpO2 feature which can be found under the Menu section by swiping up from the Home Screen.

Tap on SpO2
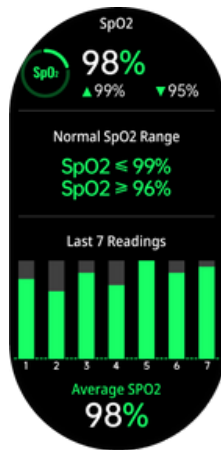
Summary of SpO2 Readings
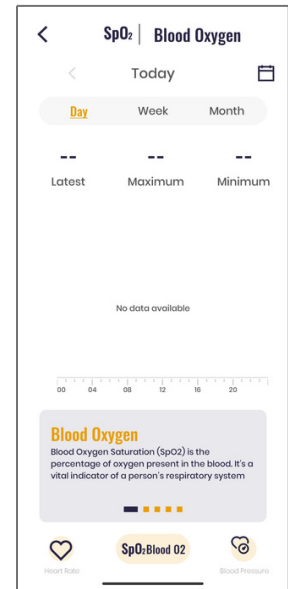
Go to Health from your Home Screen Dashboard and select SpO2 to view detailed Summary and access daily/ weekly/ monthly SpO2 data

Camera

Tap on Camera from the Main Menu to capture images using your watch.
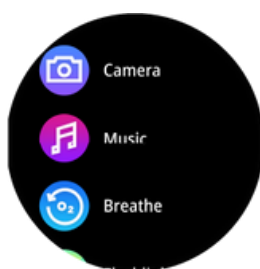
Tap on Camera

Image captured

Time Features

Timer

Set a Timer

Timer
00:20:00
00:30:00
00:40:00
Start

Pause/End Timer

Timer
00:30:00

Timer End

00:30:00
Time's Up!
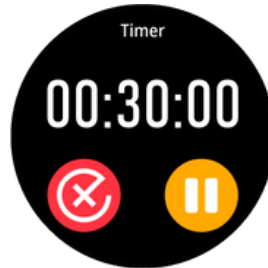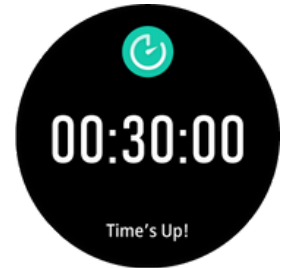
Stopwatch

Start/Stop the Stopwatch

Stopwatch
00:08.00
LAP 8   00:08.00
LAP 7   00:07.45
AP 6   00:06
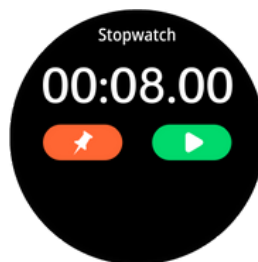
Pin/Start the Stopwatch

Stopwatch
00:08.00

End/Start the Stopwatch

Stopwatch
00:08.00
LAP 8   00:08.00
LAP 7   00:07.45

Alarm

Alarm
08:00 AM
S M T W T F S
10:00 AM
S M T W T F S
10:00 PM
S M T W T F S

You can slide the bar to turn ON/OFF the alarm from the watch

08:30
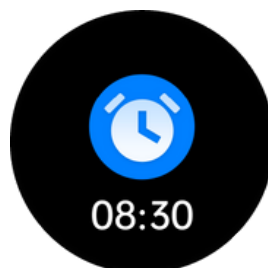
Alarm goes off at the set time

Rishabh
Bengaluru

Turn on notifications: This will enable alerts on your watch
Turn Off Notifications   All Apps

Settings
Unit System

Alarm   ✕
10 : 48
11 : 49
12 : 50

Repeat
Su   Mo   Tu   **We**   Th   Fr   Sa   All

Turn On
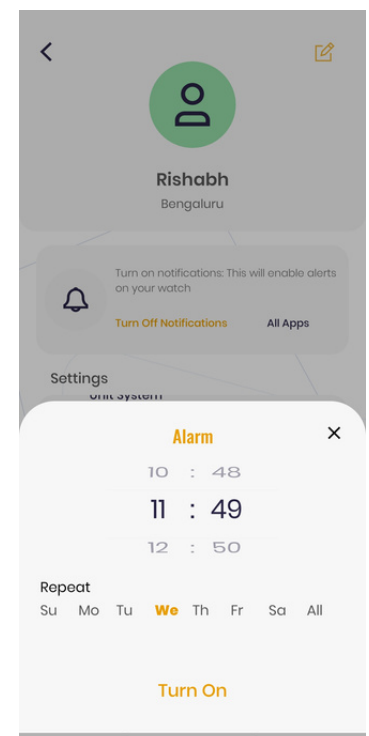
You can set up to 3 alarms using Reflex World App

Music

From the main menu, select the Music feature to play/pause music.
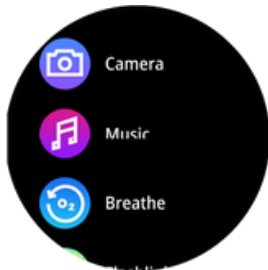
Go to Music
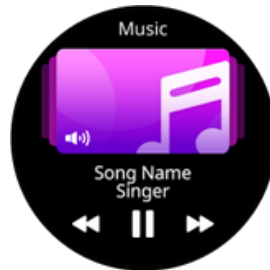
Pause/Play Music
Go to Next/Previous song

Increase/decrease volume

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

Weather

Tap on weather from the Main menu to check the current weather conditions on your watch.
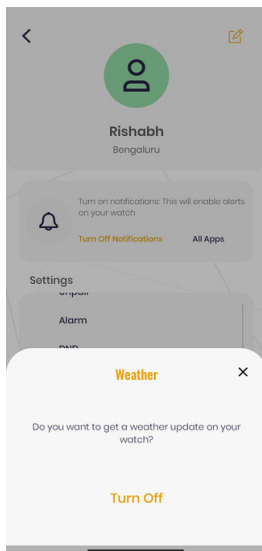
Turn on/off weather updates
from the Reflex World App

Tap on Weather
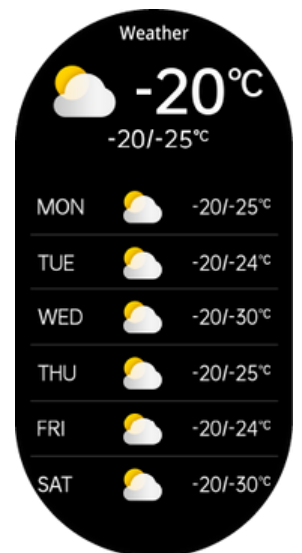
Weather info for
the next 7 days

Note: Location services and Internet connectivity is needed for accurate weather information. The App uses an open weather API to gather Weather information.

Breathe

Sit back, relax and focus on your breath.

Start	Inhale and exhale	Completed
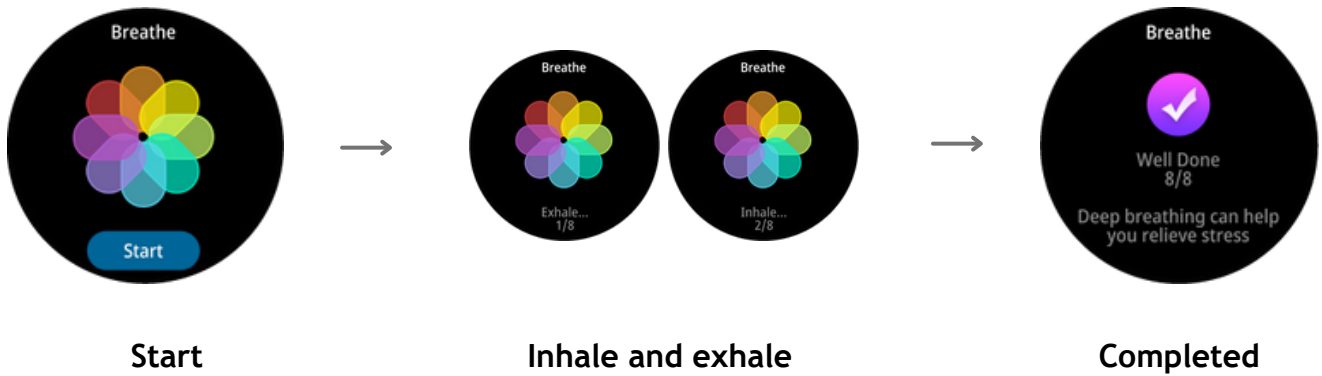
Game

From the main menu, select Games to play games on your watch.

Select Games	Play Games	Game in progress	Game Over

Start Game	Pause/Play Game	Restart Game	Exit
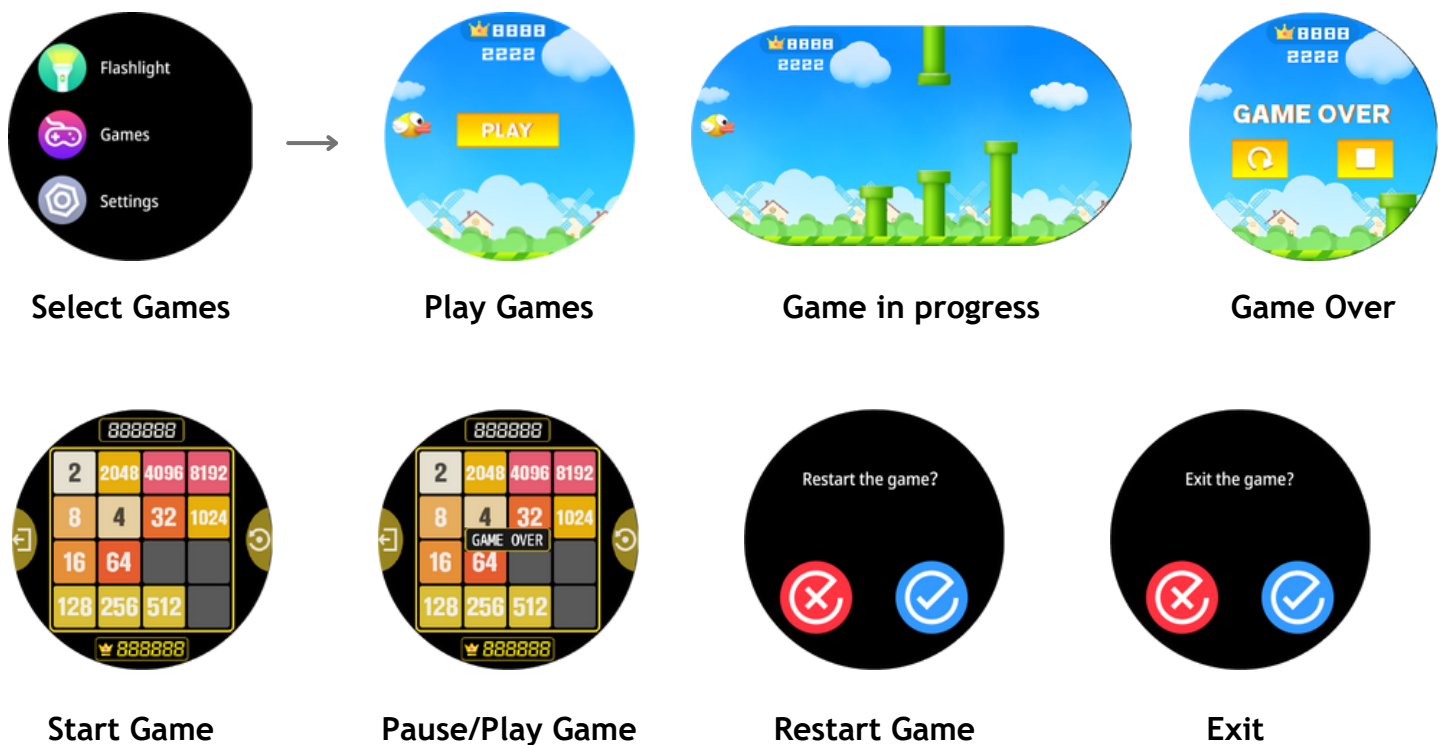
Note: Internet connectivity is needed to play games on your watch

Find My Phone

Swipe down from the home screen to get to the Control Center and tap on the Find My Phone option. Your phone will produce a buzzing sound and a phone ring.
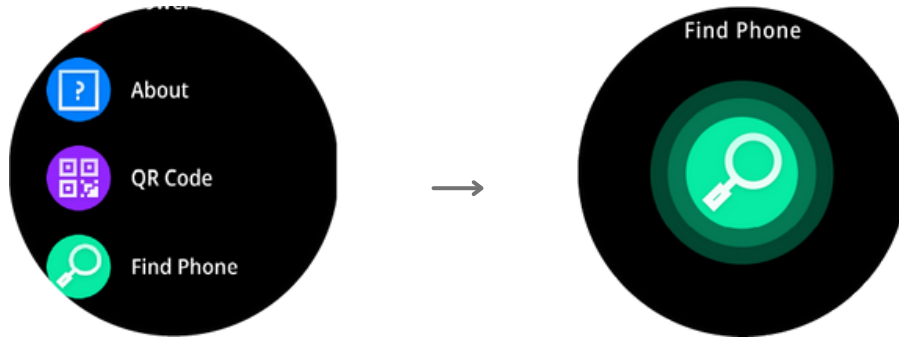
Note: You can turn off the phone ring by tapping on the notification from the Fastrack Reflex World App in your phone.

Find Your Watch

Go to settings on Reflex World App and tap on Find Your Watch. Your watch will start to buzz.
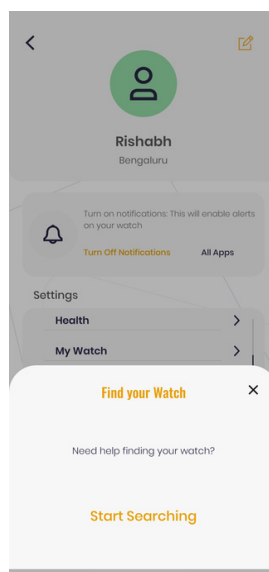
Tap on Start Searching from the
Fastrack Reflex World App

Always on Display

The Always on Display feature ensures your watch screen is always active. You can choose analog or digital mode for AOD.

Swipe down from the Home Screen to reach the Control Center. Tap on Always on Display.

Lift to View

Lift to View feature helps you activate the watch screen without actually manually pressing the button.

Note: You need to enable the Lift to View feature from your Fastrack Reflex World app.
Go to Settings > My Watch> Lift to View.
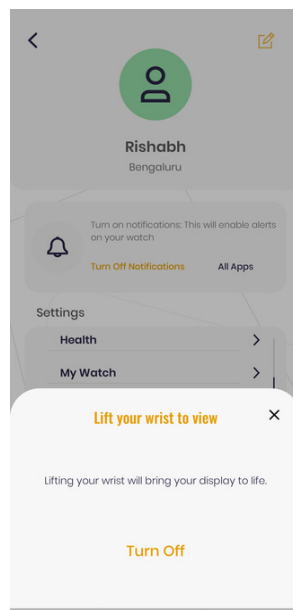
Turn on/off Lift to View from
the Fastrack Reflex World App

Hydration & Sedentary Alerts

Set a time interval of your choice for Hydration and Sedentary alerts.
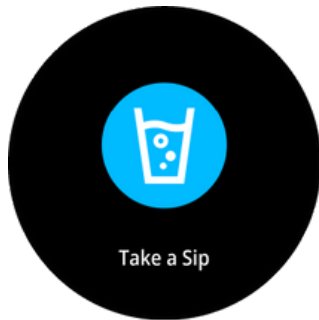
**Reminder to drink water
at regular intervals**
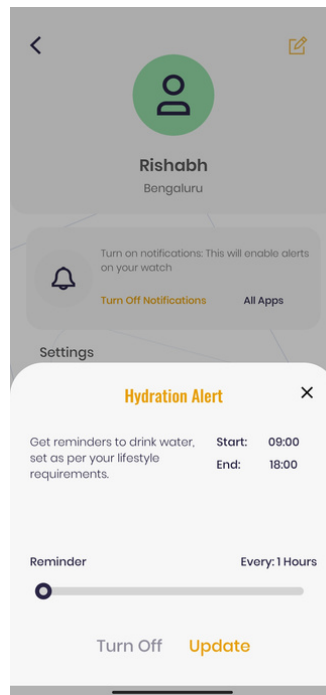
Set a time interval to get a
Hydration Alert
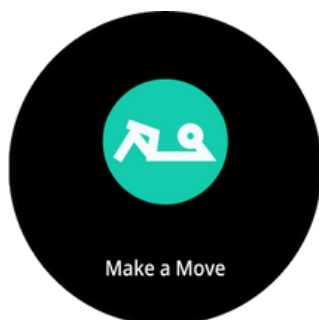
**Reminder to move
after a set interval**
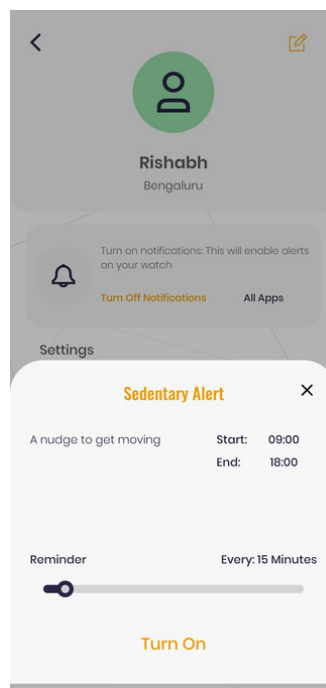
Set a time interval for
Sedentary Alerts

DND

You can turn on/off DND from the watch and set time intervals for the watch to be in DND mode as needed.

Tap on DND

Turn DND On/Off
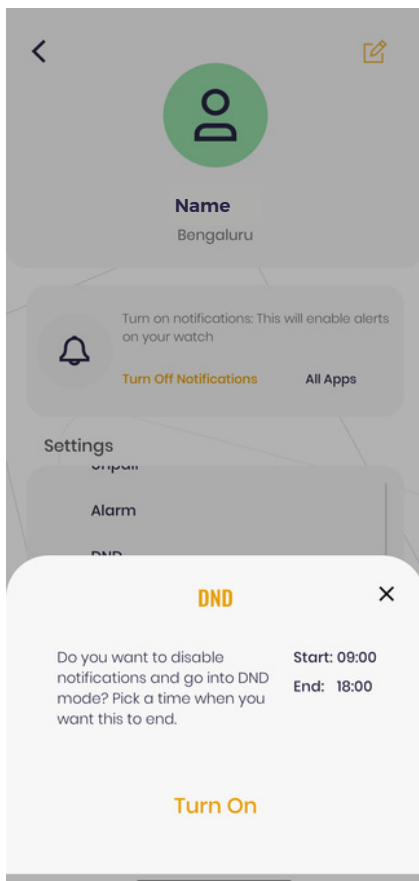
Set a time interval for the watch to automatically go into DND mode

Women's Health

Female users can get women's health alerts on their Fastrack Reflex Play watch.
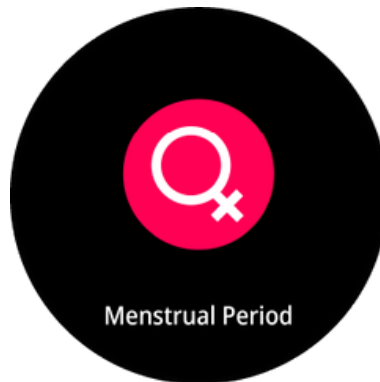
Women's Health Alert

Note: You have to register as a female at the time of creating profile to use this feature. You would be able to view, add your health data into the App and get notifications accordingly.

Notifications

Your will get the following notifications on your Fastrack Reflex Play watch.

Incoming Calls
Reject/Mute the Call from the watch
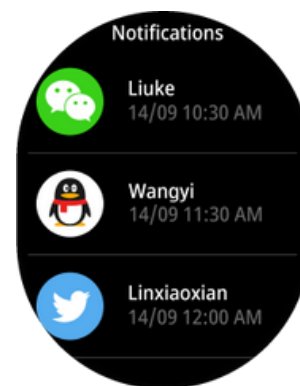
Message Notifications
Check notifications from the watch

Watchfaces

The Fastrack Reflex Play watch has 9 default watchfaces and 1 from the App. Users can choose from 100+ watchfaces available on the Fastrack Reflex World App.
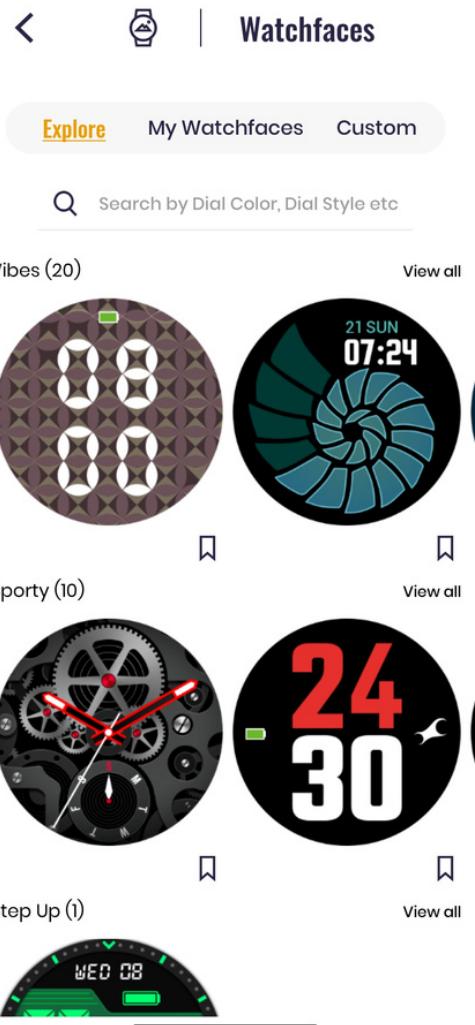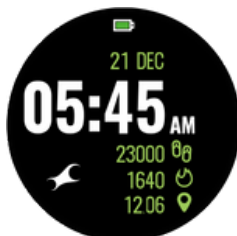
To change the watchface using your Watch: Long press Home Screen and swipe through the watchfaces to select the desired watchface

To change the watchface using the App: Go to Settings, click on watchfaces and install the watchface you like.

Watch Settings

Menu

Stopwatch

Stopwatch

00:08.00

Settings

Stopwatch

Alarm

Timer

Always O...

Alarm

Alarm

08:00 AM
S M T W T F S

10:00 AM
S M T W T F S

10:00 PM
S M T W T F S

Stopwatch

Stopwatch

00:08.00

Timer

Timer

00:20:00
00:30:00
00:40:00

Start

Pause/End Stopwatch

Stopwatch

00:08.00

LAP 8   00:08.00
LAP 7   00:07.45
AP 6   00:06.

Pause/End Timer

Timer

00:30:00

Always On Display

Always On Display

Turn Off ✓

Digital Clock ○

Analog Clock ○

Settings

Always On Display

Brightness

Vibration: On

Brigntness

Brightness

DND

DND

This mode Turns Off the Vibration and Turns down the Brightness

Settings

DND

Reset

Power Off

Vibration On/Off

Reset

Date will be lose.
Are you Sure?
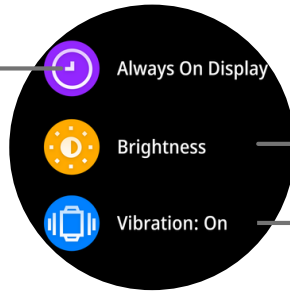
Power Off
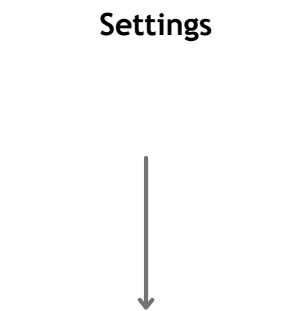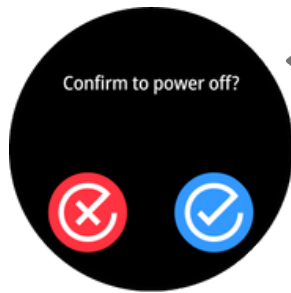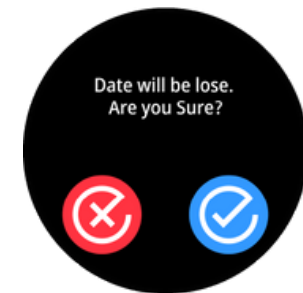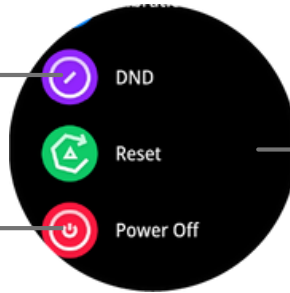
Confirm to power off?

Settings

About

QR Code

Find Phone

About

FT_PLAY_6C80
QIG5-2.0.7

MAC ADDRESS
CF:00:20:5E:00:7A

fastrack

QR Code

Scan to pair
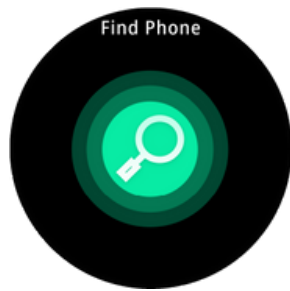
Find Phone

Find Phone

Device Specifications

S.NO	DESCRIPTION	FASTRACK REFLEX PLAY
1	Model No.	38074
2	Weight of the watch (With/without strap)	45.05 g/39.63g
3	Display Type	AMOLED
4	Display Size (inches)	1.3"
5	Pixel Density (sharpness)	392 PPI
6	Screen Resolution (pixels)	360*360
7	Thickness of Watch Head	10.8 mm
8	Dimensions for the Case (Watch Head)	44.5*44.5*10.8mm
9	Case Material	Aluminium Case + ABS back cover
10	Band/Strap Material	Silicone
11	Mode of Operation	Touch screen + Push Button (3H)
12	Accelerometer	3 axis
13	Battery Capacity	200 mAh
14	Battery Life (Average)	Up to 7 days (With AOD only up to 24 Hrs)
15	Compatibility (Android / iOS)	Android 8 & above, iOS 12.1 & above
16	Bluetooth version	Version 5.0
17	Water Resistance	IP 68

Trouble Shooting

For common problems 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 dealer.

FAQs

Hardware related FAQs

Q: I am unable to switch on the smartwatch. What should I do?

Scenario 1 : Scenario 1: If the smartwatch is just out of the box, then you need to charge it until 100% charge is achieved.

Scenario 2 : If you have switched off the watch from the settings option then you need to connect it to the charger to switch on the watch.

Scenario 3 : The watch charging cable might have an issue because of which it's not charging the watch. Hence, you may need to change your charger.

After trying the above scenarios, if the issue still persists, please reach out to 18002660123 or send a mail to smartdesk@titan.co.in

Q: I have misplaced my charging cable. Where can I get that?

A: You need to visit the nearest service center and purchase it from there. This will be based on the availability of the charger/cable at that service center.

Q: Do I get an additional strap with the watch?

A: No, you don't get an additional strap with the watch.

Q: How long should I charge the watch to be 100%?

A: Watch gets fully charged in about 2 hours.

Q: What is the specification required for smartphones to connect with Reflex Play?

A: Android 8.0 + and IOS 12.1 +

Q: Are the charger and strap covered under warranty?

A: No, the charger and strap are not covered under warranty.

Application related FAQs

Q: Which application should I download to connect my watch to the smartphone?

A: The application that needs to be downloaded is "Fastrack Reflex World". It is available both on Google Play Store & App Store.

Q: My smartwatch is not getting paired? How do I pair?

A: You can easily pair your Fastrack Reflex Play by following the below process - Download the Fastrack Reflex World App from Google Playstore/ Apple Appstore

Mobile Registration:

Enter your mobile number and select the checkbox to accept the terms and conditions. On the next screen, enter the OTP received to complete the registration.

Permissions & Access:

Provide necessary permissions to enable various features available on the Fastrack Reflex Play Smartwatch.

Pairing:

The next step is to pair the watch with the phone through the Fastrack Reflex World app.

To do this,

Tap on the "Scan" button on the app to open the camera.

Scan the QR code shown on the watch. In case you have paired the watch earlier and you are on the watch home screen, Navigate to the "About" screen by clicking on settings in the watch. Once you reach the "About" screen, you will find the QR code there.

Once the QR code is scanned, pairing would be successful.

The next step is to create a user profile in the application. Enter the details like Name, Gender, Birthday, Height, Weight, Sleep Duration Target, Multisport Target, and Steps Target.

The application will be ready for you to use and you will be able to experience the new journey in the Fastrack Reflex World.

Q: I am unable to receive the OTP for registering myself on the Fastrack Reflex World application. What can be done?

A: Please make sure that you have entered the correct and active mobile number for registration where you will receive the OTP via SMS.
If you still do not receive the OTP, please contact the toll-free number 18002660123 or can write to us at smartdesk@titan.co.in.

Q: I have purchased a new Fastrack Reflex Play and while I have completed my pairing with the application Fastrack Reflex World, it is asking for a Firmware Update. Is it mandatory to do so?

A: Yes, it's mandatory to update the firmware in order to experience the best version of the watch.

Q: My Fastrack Reflex World crashes every time I open the application. What needs to be done?

A: Kindly uninstall and reinstall the application. If the issue still persists, please contact the toll-free number 18002660123 or can write to us at smartdesk@titan.co.in.

Q: I am not located in India and my contact number comes with a different country code. How do I register myself in the application?

A: Even though you are not in India, the registration process for the application remains the same. Enter your mobile number and select the checkbox to accept
the terms and conditions. On the next screen, enter the OTP to complete registration.
The list of countries where you will receive the OTP is as follows:
Singapore, Australia, New Zealand, Fiji, Philippines, Nepal, Bhutan, Bangladesh, Qatar, Bahrain, UAE, Kuwait, Oman and Japan.

Q: What should be done to sync the smartwatch with the application?

A: On opening the application on your smartphone, the smartwatch data will be automatically synced. If you find that the watch is not synced or the data on the app is not changed you can swipe from top to bottom on the main page of the app and it will automatically sync with the watch.

Q: I am unable to adjust the brightness of my watch screen. Please help.

A: Go to settings of the watch and then tap on "Brightness" or you can also adjust the brightness by swiping down from the watch home screen. You can just tap on the "Brightness" icon to increase or decrease the brightness accordingly.

Q: What do I need to do to get the notifications on the smartwatch?

A: Notification access must be provided for the Fastrack Reflex World application from the phone settings.

On the app click on Settings > Turn On Notifications

You can select which app notification you would like to see on your watch.

Q: How do I change my Watchface?

A: There are two ways in which you will be able to change your watchface:
1. Long press on the watch home screen, swipe through the saved watchfaces and select your desired watchface.
2. Open the Fastrack Reflex World application and in the Settings menu, you will get watch faces. Select from a wide range of watch faces.

Q: Can I customize my own watch face?

A: Yes you will be able to customize your own watchface from the application under Settings > Watchfaces. You can choose any image from your gallery or click a picture from your phone camera and use the image as your watchface.

Q: Every time I do a multisport activity, after completion I see the watch saying "Workout was too short to be recorded". Why so?

A: A multisport activity should be done for more than 2 mins. for the watch to capture data. Each multisport activity has different threshold duration, after which only the activity is recorded.

Q: How to start a multisport activity?

A: To start a multisport activity, make sure your watch is well worn on your wrist, go to "Multisports" on your watch from the watch menu by swiping from bottom to top from your watch home screen. Select the multisport activity you are interested in and you are good to go.

Q: How to activate the women's health tracker?

A: The women's health tracker would be available only for female users. So make sure while onboarding in the Fastrack Reflex World app, you register as a female gender.

In the registration process, you will need to enter your details.

Q: Will I be able to check weather updates for other cities?

A: The Fastrack Reflex Play will be able to show the weather updates of your current city only. Your current city will get detected based on the phone's actual location. You can view 7 days of weather by scrolling in the "Weather" screen in the watch.

Q: Will I be able to receive calls through the Fastrack Reflex Play?

A: The Fastrack Reflex Play will provide you with incoming call alerts and will provide you with an option of rejecting the call or silent the call.

Q: How will I be able to change the screen timeout in Fastrack Reflex Play?

A: You can't change the screen timeout in Fastrack Reflex Play.

Q: I am unable to connect the watch straps to the watch head. Please help.

A: There is a quick-release pin that needs to be aligned in the hole provided on the watch head lug. You need to align the pin properly between the lug holes and connect the strap to the watch head.

Q: How can I check SpO2 in my watch?

A: You need to go to the watch menu options and tap on "SpO2". The watch automatically starts recording a value once you land on the SpO2 screen. Please ensure that your wrist is still while your SpO2 is measured by the watch.
You can also view the average SpO2 and the last 7 recordings in the watch by scrolling down in the watch screen.

Q: How can I check the Heart Rate in my watch?

A: You need to go to the watch menu options and tap on "Heart Rate". The watch automatically starts recording a value once you land on the heart rate screen. Please ensure that your wrist is still while your heart rate is measured by the watch.
You can also view your heart rate zone based on your heart rate and the average HRM and 24 x 7 heart rate readings.

Q: How can I check Blood Pressure in my watch?

A: You need to go to the Watch Menu options and tap on "Blood Pressure". The watch automatically starts recording a value once you land on the Blood Pressure screen. Please ensure that your wrist is still while your BP is measured by the watch.
You can also view the average BP and the last 7 recordings in the watch by scrolling down in the watch screen.

Q: How can I change the units of measurement in my watch?

A: You can change the units of measurement in your watch by going to App > Settings > My Watch and toggling between Imperial/ Metric format for temperature formats and other data displays.

Q: How do I use camera control and where is the image saved in the phone?

A: Open the "Camera" from the watch menu. This will open a camera icon on your watch. Tap the icon to open the In-App Camera on your phone. Tap again to click a photo which will be saved in your phone's gallery.

Note: The app needs to be opened first, then only the In-App Camera would open when you click on camera from the watch.

Q: My phone is continuously ringing even after I have gone back to some other screen in the watch or pressed the power button in my phone. How do I stop the ringing after I have found my phone?

A: Tapping on "Find Phone" from the Fastrack Reflex Play raises a notification on the phone apart from the ringing in the phone. Just tap on the notification from the Fastrack Reflex World app and the phone would stop ringing.

In case there are major issues being faced that are not being resolved by any of the above answers mentioned, especially with respect to the hardware of the watch, like the screen blanking out or the watch not charging, request you to please issue a replacement to the customer.

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 Play 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 Play 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.