

[manuals.plus](#) /› [Fastrack](#) /› [Fastrack Reflex Smartwatch Band SWD90059PP01 User Manual](#)

Fastrack SWD90059PP01

Fastrack Reflex Smartwatch Band SWD90059PP01 User Manual

Model: SWD90059PP01

INTRODUCTION

This manual provides essential instructions for the proper setup, operation, and maintenance of your Fastrack Reflex Smartwatch Band, model SWD90059PP01. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

The Fastrack Reflex Smartwatch Band is designed to track various fitness metrics and provide smart notifications, enhancing your daily activity and connectivity.

PRODUCT OVERVIEW

The Fastrack Reflex Smartwatch Band features a digital OLED display, a black dial, and a comfortable silicone band. It integrates fitness tracking capabilities with smartwatch functionalities.



Image 1: Front view of the Fastrack Reflex Smartwatch Band, displaying time and date on its digital screen.

Key Features:

- **Activity Tracking:** Steps, distance, and calorie tracking.
- **Sleep Tracking:** Monitors sleep patterns.
- **Notifications:** Call and SMS alerts.
- **Display:** OLED digital display.
- **Battery Life:** Up to 10 days power reserve (varies with usage).
- **Alerts:** Vibration alarm and sedentary reminder.
- **Charging:** Rechargeable unit with integrated USB port.
- **Water Resistance:** IPX6 rated.
- **Compatibility:** Compatible with both iOS and Android operating systems.

SETUP

1. Initial Charging

Before first use, fully charge the Fastrack Reflex Smartwatch Band. This ensures the device has sufficient power for initial setup and accurate performance.

1. Locate the integrated USB charging port on the device. This is typically found by detaching one

end of the band from the main tracker unit.

2. Insert the USB connector into a standard USB power adapter (not included) or a computer's USB port.
3. The display will indicate charging status. Charge until the battery icon shows full.



Image 2: The main unit of the Fastrack Reflex Smartwatch Band, showing the integrated USB charging port.

2. App Installation and Pairing

To unlock the full functionality of your Fastrack Reflex Smartwatch Band, you must install the Fastrack Reflex app on your smartphone and pair the device.

1. Download the official "Fastrack Reflex" app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the Fastrack Reflex app and follow the on-screen instructions to create an account or log in.
4. Within the app, navigate to the device pairing section. The app will search for nearby Fastrack Reflex devices.
5. Select your Fastrack Reflex Smartwatch Band from the list of discovered devices to initiate pairing.
6. Confirm the pairing request on both your smartphone and the band if prompted.

Note: Calling facilities are compatible with Android phones only. Ensure the app is updated to the latest version for optimal performance and bug fixes.

OPERATING INSTRUCTIONS

Basic Navigation

The Fastrack Reflex Smartwatch Band features a single touch-sensitive button or area on its display for navigation. Tap to cycle through different screens and functions.



Image 3: Close-up view of the Fastrack Reflex Smartwatch Band's digital display, showing time and date.

- **Time Display:** The default screen shows the current time and date.
- **Activity Data:** Tap to view steps taken, distance covered, and calories burned.
- **Notifications:** Alerts for calls and SMS will appear on the display.

Activity Tracking

The band automatically tracks your daily activities. Sync the band with the Fastrack Reflex app to view detailed statistics and historical data.

- **Steps:** Counts the number of steps taken throughout the day.
- **Distance:** Estimates the distance covered based on your steps.

- **Calories:** Calculates estimated calories burned.

Sleep Tracking

Wear the band while sleeping for automatic sleep pattern analysis. Data will be available in the Fastrack Reflex app after synchronization.

Notifications

Once paired with your smartphone, the band will vibrate and display alerts for incoming calls and SMS messages. Ensure the app has necessary permissions to access notifications on your phone.

Sedentary Reminder

Configure the sedentary reminder in the Fastrack Reflex app. The band will vibrate to remind you to move after periods of inactivity.

MAINTENANCE

- **Cleaning:** Wipe the band and display with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Water Resistance:** The device is IPX6 water resistant, meaning it can withstand powerful water jets. It is not suitable for swimming or prolonged submersion. Avoid exposing the charging port to moisture when not in use.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Battery Care:** To prolong battery life, avoid fully discharging the device frequently. Charge it regularly.

TROUBLESHOOTING

Device not turning on or charging:

Ensure the USB charging port is correctly inserted into a working USB power source. Verify the power source is active. Charge the device for at least 30 minutes.

Unable to pair with smartphone:

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the Fastrack Reflex app is installed and open.
- Bring the band close to your smartphone.
- Restart both your smartphone and the band (if possible, by draining battery or checking app for restart option).
- If previously paired, try unpairing the device from your phone's Bluetooth settings and the app, then attempt to pair again.

Inaccurate activity tracking:

Ensure the band is worn snugly on your wrist. Calibrate your stride length in the Fastrack Reflex app if available. Note that environmental factors and individual movement patterns can affect accuracy.

Notifications not appearing:

- Verify the band is successfully paired with your smartphone.

- Check notification settings within the Fastrack Reflex app to ensure alerts are enabled for desired applications.
- Ensure your smartphone's operating system grants the Fastrack Reflex app necessary notification permissions.
- Remember, calling facilities are compatible with Android phones only.

How to reset the device:

To reset the device, log into your Fastrack Reflex app account. Navigate to the device settings, click on the battery icon, and select "Un-Pair/Disconnect". This will effectively reset the connection and allow for re-pairing.

SPECIFICATIONS

Feature	Detail
Model Number	SWD90059PP01
Brand	Fastrack
Display Type	Digital OLED
Dial Color	Black
Band Material	Silicone
Water Resistance	IPX6
Battery Life	Up to 10 days (usage dependent)
Charging	Integrated USB port
Compatibility	iOS and Android (Android only for calling features)
Item Weight	110 g
Package Dimensions	11.3 x 9.2 x 3.4 cm



Image 4: Rear view of the Fastrack Reflex Smartwatch Band, displaying the model number SWD90059PP01 on the band.

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product packaging or visit the official Fastrack website. Keep your purchase receipt as proof of purchase.

For technical support, troubleshooting assistance beyond this manual, or service inquiries, please contact Fastrack customer support through their official channels. Contact details are typically available on the Fastrack website or in the product's packaging.



Image 5: The Fastrack Reflex Smartwatch Band shown with its retail packaging and accompanying instruction leaflets.