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› [Reebok Liftraise Silver Men's Watch \(Model RD-LF2-G2-S1S1-1B\) Instruction Manual](#)

### Reebok RD-LF2-G2-S1S1-1B

# Reebok Liftraise Silver Men's Watch (Model RD-LF2-G2-S1S1-1B) Instruction Manual

## INTRODUCTION

This manual provides essential instructions for the proper setup, operation, and maintenance of your Reebok Liftraise Silver Men's Watch, Model RD-LF2-G2-S1S1-1B. Please read this manual thoroughly before using your watch to ensure optimal performance and longevity.

## PRODUCT OVERVIEW

The Reebok Liftraise watch features a 48mm stainless steel case, a silver/black dial, and a stainless steel strap. It is equipped with a Miyota 2036 movement and offers 3-hand functions. The watch is water-resistant up to 100 meters (330 feet).



**Image Description:** A side profile view of the Reebok Liftraise watch, highlighting the sleek design of its stainless steel case and the mesh-style stainless steel strap.



**Image Description:** A close-up of the watch's back, focusing on the stainless steel mesh strap and the clasp engraved with the Reebok logo.

## SETUP

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### 1. Unboxing

Carefully remove the watch from its packaging. Inspect the watch for any visible damage. The watch comes in a protective box.



**Image Description:** The black cube-shaped packaging box for the Reebok watch, with the Reebok logo prominently displayed.

## 2. Setting the Time

1. Pull the crown (the small knob on the side of the watch case) out to the first position.
2. Turn the crown clockwise or counter-clockwise to set the hour and minute hands to the correct time.
3. Once the time is set, push the crown back into its original position to start the watch movement.

## 3. Adjusting the Strap

The stainless steel mesh strap is adjustable. If you need to adjust the length, it is recommended to visit a professional jeweler or watch repair service to ensure proper fitting and avoid damage to the clasp or strap.

## 4. Battery Information

The watch is powered by 1 CR2 battery, which is included and pre-installed. The Miyota 2036 movement is designed for reliable timekeeping.

## OPERATING THE WATCH

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### Time Reading

The watch features an analog display with hour, minute, and second hands for clear time reading.

### Water Resistance

This watch is water-resistant to 100 meters (330 feet). This means it is suitable for swimming and snorkeling, but not for diving. **Do not operate the crown while the watch is wet or submerged in water.**

## MAINTENANCE

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## Cleaning

To clean your watch, wipe the case and strap with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by immediate drying. Avoid using harsh chemicals or abrasive materials.

## Battery Replacement

When the watch stops running, the battery needs to be replaced. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is maintained.

## Storage

When not in use, store your watch in a cool, dry place, away from direct sunlight and extreme temperatures. The original packaging can be used for storage.

## TROUBLESHOOTING

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- **Watch Not Running:** Check if the crown is pushed in completely. If it is, the battery may need replacement.
- **Incorrect Time:** Ensure the crown is fully pushed in after setting the time. If the time consistently runs fast or slow, the movement may require servicing.
- **Condensation Under Crystal:** This indicates a breach in the water resistance. Immediately take the watch to a professional for inspection and repair to prevent further damage.

## SPECIFICATIONS

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- **Model:** RD-LF2-G2-S1S1-1B
- **Case Diameter:** 48mm
- **Dial Color:** Silver/Black
- **Case Material:** Stainless Steel
- **Strap Material:** Stainless Steel
- **Movement:** Miyota 2036 (3H functions)
- **Water Resistance:** 100m (330ft)
- **Battery:** 1 CR2 (included)
- **Department:** Men's

## Medidas estandarizadas



**Image Description:** A diagram illustrating standardized watch measurements, showing different case diameters and strap widths for various watch sizes. This watch has a 48mm case diameter.

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or visit the official Reebok website. Keep your proof of purchase for warranty claims.