

Fastrack WFT38083PP06

Fastrack Reflex Charge Smartwatch User Manual

Model: WFT38083PP06

INTRODUCTION

This manual provides comprehensive instructions for the Fastrack Reflex Charge Smartwatch. It covers initial setup, operational guidance, maintenance tips, troubleshooting common issues, and detailed product specifications. Please read this manual thoroughly to ensure proper use and longevity of your device.

The Fastrack Reflex Charge features a 1.83-inch UltraVU Display with 500 nits brightness, SingleSync Bluetooth Calling, over 100 multi-sport modes, sleep monitoring including REM sleep, stress monitoring, 24/7 heart rate monitoring, SpO2 tracking, and IP68 water resistance. It offers up to 5 days of battery life.

SETUP GUIDE

1. Charging the Smartwatch

Before first use, fully charge your Fastrack Reflex Charge smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.



Image: Rear view of the Fastrack Reflex Charge Smartwatch, highlighting the magnetic charging pins and health sensors.

- Ensure the charging pins are clean and dry before connecting.
- A full charge typically takes approximately 2 hours.
- The watch display will indicate charging status.

2. Pairing with Your Smartphone

1. **Download the App:** Search for and download the official Fastrack Reflex app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the Fastrack Reflex app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** In the app, select "Add Device" or a similar option. The app will search for nearby Fastrack devices.
5. **Select Your Watch:** Choose "Fastrack Reflex Charge" from the list of discovered devices.
6. **Confirm Pairing:** A pairing request will appear on both your phone and the smartwatch. Confirm the pairing on both devices.

7. **Complete Setup:** Follow any remaining prompts in the app to complete your profile and synchronize data.

OPERATING INSTRUCTIONS

Basic Navigation



Image: Front view of the Fastrack Reflex Charge Smartwatch, showing the display with the Fastrack logo and a watch face.

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press the side button to wake the screen, return to the home screen, or access the app menu.

Key Features

The Fastrack Reflex Charge offers a variety of functions to enhance your daily life and fitness tracking.

1. **Bluetooth Calling (SingleSync):**

Once paired, you can make and receive calls directly from your smartwatch. Access the call log or dial pad from the watch interface.

2. Health Monitoring:

- **Heart Rate Monitor (HRM):** The watch continuously tracks your heart rate. View real-time data on the watch or detailed trends in the app.
- **SpO2 Monitor:** Measure your blood oxygen saturation levels. Ensure the watch is snug on your wrist for accurate readings.
- **Sleep Monitor:** Tracks your sleep patterns, including light, deep, and REM sleep. Review your sleep quality in the app.
- **Stress Monitor:** Provides insights into your stress levels throughout the day.

3. Multi-Sport Modes:

Select from over 100 sports modes to track your workouts. The watch records data such as duration, calories burned, and heart rate during exercise.



Image: The Fastrack Reflex Charge Smartwatch screen showing active workout tracking data.

4. Notifications:

Receive notifications for calls, messages, and app alerts directly on your wrist. Manage notification settings through

the Fastrack Reflex app.

5. **Watch Faces:**

Customize your watch face from a variety of options available on the watch or through the app.



Image: The Fastrack Reflex Charge Smartwatch displaying a colorful watch face with current time and date.

MAINTENANCE AND CARE

- **Cleaning:** Regularly clean your smartwatch and strap with a soft, dry, lint-free cloth. If necessary, use a slightly damp cloth with mild soap, then rinse and dry thoroughly.
- **Water Resistance:** The Fastrack Reflex Charge is IP68 water resistant. This means it is protected against dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use and light water activities, but not recommended for swimming or diving.
- **Avoid Chemicals:** Do not expose the watch to harsh chemicals, detergents, or solvents, as these can damage the materials and seals.
- **Temperature:** Avoid extreme temperatures, both hot and cold, as they can affect battery life and device performance.

- **Charging Contacts:** Keep the charging contacts on the back of the watch clean and free from debris to ensure proper charging.

TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is within range of your phone.• Restart both the watch and your phone.• Clear Bluetooth cache on your phone (Android).• Try unpairing and re-pairing through the app.
Inaccurate health data	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.• Clean the sensors on the back of the watch.• Avoid excessive movement during measurements.
Notifications not appearing	<ul style="list-style-type: none">• Check notification settings in the Fastrack Reflex app.• Ensure app permissions are granted on your phone.• Verify that the watch is connected via Bluetooth.
Short battery life	<ul style="list-style-type: none">• Reduce screen brightness.• Disable continuous heart rate monitoring if not needed.• Limit frequent use of Bluetooth calling.• Ensure background app refresh is optimized.

SPECIFICATIONS

Feature	Detail
Model Number	WFT38083PP06
Display	1.83-inch UltraVU Full Color Display, 500 nits Brightness
Connectivity	SingleSync Bluetooth Calling
Health Tracking	24/7 Heart Rate Monitor, SpO2, Sleep Monitor (with REM Sleep), Stress Monitor
Sports Modes	100+ Multi-Sport Modes
Water Resistance	IP68
Battery Life	Up to 5 days (typical usage)

Feature	Detail
Case Material	Polycarbonate
Band Material	Silicone
Dimensions (approx.)	50.8 x 37.9 x 10.6 mm
Weight (approx.)	1 kg

WARRANTY AND SUPPORT

Your Fastrack Reflex Charge Smartwatch comes with a**1-year manufacturer's warranty** from the date of purchase. This warranty covers manufacturing defects under normal use conditions.

For warranty claims, technical support, or service inquiries, please contact Fastrack customer service. You may find contact details on the official Fastrack website or through the Fastrack Reflex app.


Please retain your proof of purchase for warranty validation.




For more information, visit the official[Fastrack Store on Amazon](#).



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Related Documents - WFT38083PP06

<div><p>User Manual of Product 1:</p><p>Fastrack Reflex New Reflex Beat+ Smartwatch (1.69" Display) Display: 1.69" New High-Resolution Screen (320x460) Waterproof: IP68 (1.5m Depth/30min) Connectivity: Bluetooth 5.0, GPS, NFC</p><p>User Manual of Product 2:</p><p>Fastrack Reflex New Reflex Beat+ Smartwatch (1.69" Display) Display: 1.69" New High-Resolution Screen (320x460) Waterproof: IP68 (1.5m Depth/30min) Connectivity: Bluetooth 5.0, GPS, NFC</p></div>	<p>Fastrack Reflex Beat+ Smartwatch User Manual: Features, Pairing & Setup</p> <p>Comprehensive user manual for the Fastrack Reflex Beat+ Smartwatch. Learn about its features, app installation, watch pairing, health tracking, and technical specifications.</p>
<div><p>Fastrack Reflex VOX User Manual</p></div>	<p>Fastrack Reflex VOX User Manual</p> <p>User manual for the Fastrack Reflex VOX smartwatch, detailing features like Alexa, 1.69" display, 10-day battery life, 5ATM water resistance, multiple sports modes, and health tracking. Includes setup, app functions, specifications, and FAQs.</p>
<div><p>User Manual of Product 1:</p><p>Fastrack Reflex New Reflex Beat+ Smartwatch (1.69" Display) Display: 1.69" New High-Resolution Screen (320x460) Waterproof: IP68 (1.5m Depth/30min) Connectivity: Bluetooth 5.0, GPS, NFC</p><p>User Manual of Product 2:</p><p>Fastrack Reflex New Reflex Beat+ Smartwatch (1.69" Display) Display: 1.69" New High-Resolution Screen (320x460) Waterproof: IP68 (1.5m Depth/30min) Connectivity: Bluetooth 5.0, GPS, NFC</p></div>	<p>Fastrack Reflex Play Smartwatch User Manual: Setup, Features, and Troubleshooting</p> <p>Comprehensive user manual for the Fastrack Reflex Play smartwatch, covering setup, app connection, features like fitness tracking, heart rate monitoring, notifications, and troubleshooting guides.</p>

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