

Fastrack Limitless Glide X

Fastrack Limitless Glide X Smart Watch Instruction Manual

Model: Limitless Glide X (38100PP09K)

1. INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your Fastrack Limitless Glide X Smart Watch. Please read this guide thoroughly before using your device to ensure optimal performance and longevity.

The Fastrack Limitless Glide X Smart Watch features a 1.83-inch Ultra UV HD Display, Bluetooth calling, comprehensive health tracking, and over 100 sports modes. It is designed for both men and women seeking a versatile and durable smartwatch.

2. PACKAGE CONTENTS

Upon opening your Fastrack Limitless Glide X Smart Watch package, verify that all the following items are present:

- Fastrack Limitless Glide X Smart Watch
- Magnetic Charging Cable
- Quick Start Guide
- Warranty Card

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included). The watch display will indicate charging status. A full charge typically takes approximately 2 hours.

3.2 Powering On/Off

- **To Power On:** Press and hold the side button until the Fastrack logo appears.
- **To Power Off:** From the watch face, swipe down to access quick settings, then tap the power icon, and confirm power off. Alternatively, navigate to Settings > System > Power Off.

3.3 App Installation and Pairing

To unlock all features and synchronize data, download the **Fastrack Reflex World App** on your smartphone.

1. Scan the QR code in the Quick Start Guide or search for "Fastrack Reflex World" in your phone's app store (Android or iOS).
2. Install and open the app, then create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, follow the on-screen instructions to add a new device. Select "Fastrack Limitless Glide X" from the list of available devices.
5. Confirm the pairing request on both your phone and the smartwatch.

Once paired, your watch will synchronize time, date, and other settings with your phone.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The watch features a 1.83-inch Ultra UV HD display with touch functionality and a single side button.

- **Swipe Down:** Access quick settings (e.g., brightness, DND, battery saver).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through widgets (e.g., activity, heart rate, weather).
- **Press Side Button:** Return to the watch face or access the main menu.

Explore your Limits with

Advanced UltraVU HD Display



Bright Pixel
Resolution



Unmatched
Brightness



Image: The Fastrack Limitless Glide X Smart Watch display, illustrating its clear interface.

4.2 Bluetooth Calling

With single-sync Bluetooth calling, you can manage calls directly from your wrist.

- **Answering Calls:** When a call comes in, tap the green answer icon on the watch screen.
- **Muting Calls:** Tap the mute icon during a call.
- **Making Calls:** Access the dial pad or contacts through the watch menu to initiate a call.

Advanced Chipset for Seamless Call Experience



Latest
BT v5.3



One-Step
Synchronisation



Image: The smartwatch displaying an incoming call, highlighting its Bluetooth calling capability.

4.3 Smart Controls

The watch offers convenient controls for various smartphone functions:

- **Music Control:** Play, pause, skip tracks, and adjust volume for music playing on your phone.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Find Phone:** Activate an alarm on your phone to locate it if misplaced.
- **Alarm & Calculator:** Set alarms and perform basic calculations directly on the watch.
- **AI Voice Assistant:** Access Google Assistant or Siri through your watch for voice commands.

5. HEALTH MONITORING FEATURES

Your Fastrack Limitless Glide X Smart Watch provides comprehensive health tracking capabilities.

Comprehensive 24x7 Health Suite

Be an Expert at health



Image: Icons representing the 24x7 HRM, Auto Stress, SpO2, Sleep Monitoring, Breathing Exercise, and Women's Health features.

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day. View real-time data on the watch or in the app.
- **SpO2 Monitoring:** Measures your blood oxygen saturation levels. Ensure the watch is worn snugly for accurate readings.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times. Access detailed analysis in the Fastrack Reflex World App.
- **Stress Tracking:** Provides insights into your stress levels and offers breathing exercises to help manage stress.
- **Breathing Exercises:** Guided breathing sessions to promote relaxation.
- **Hydration & Sedentary Alerts:** Reminders to drink water and move after periods of inactivity.
- **Women's Health:** Track menstrual cycles and predict ovulation periods (requires setup in the app).

Note: This device is not a medical device. Health data is for reference only and should not be used for medical diagnosis or treatment.

6. SPORTS MODES

The Fastrack Limitless Glide X supports over 100 sports modes to track your physical activities.

Go Extreme with 100+ sports modes



AI Coach to cross your boundaries



Auto Multisport Recognition

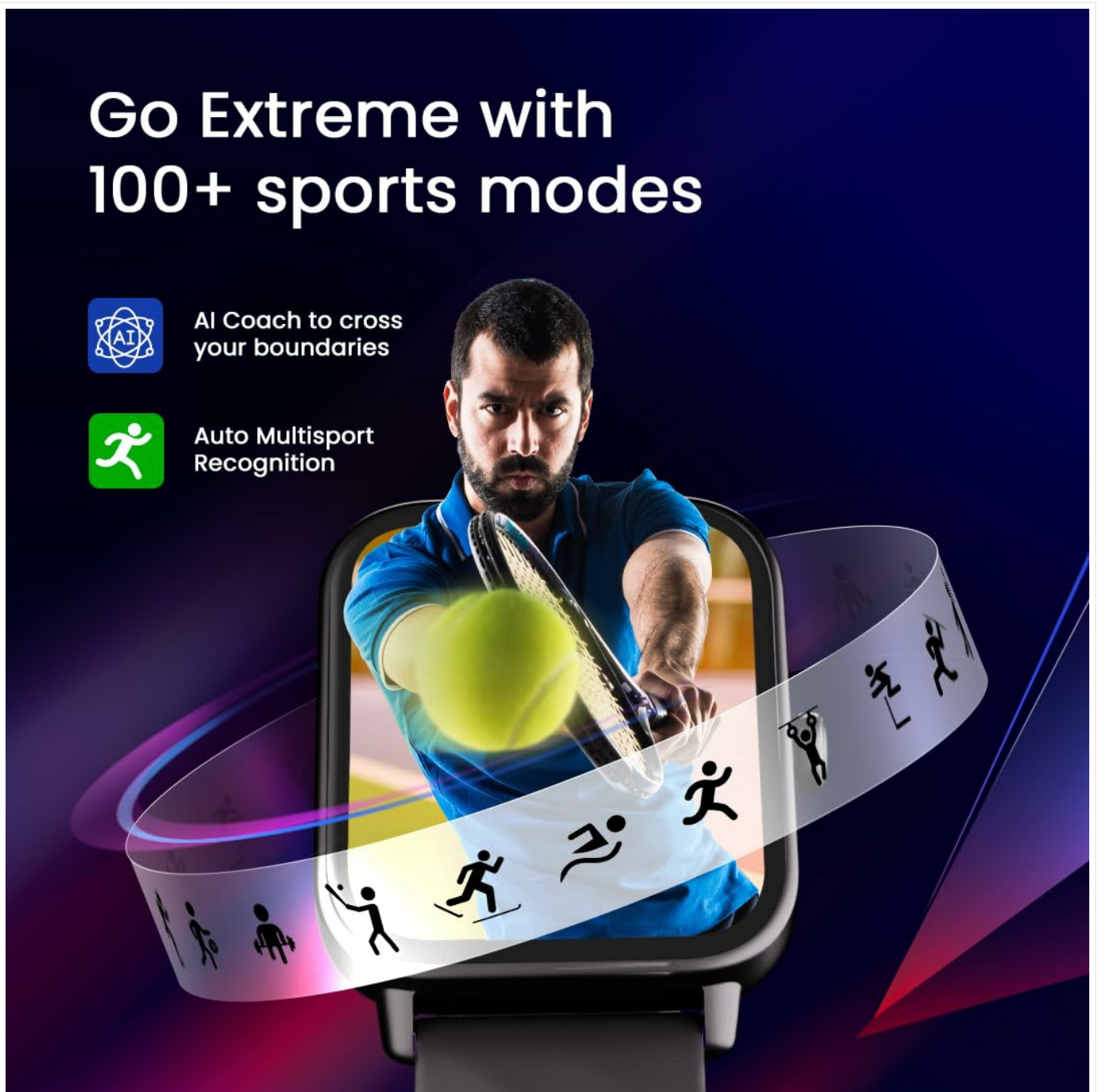


Image: The smartwatch highlighting its extensive range of 100+ sports modes, including AI Coach and Auto Multisport Recognition.

- **Activity Tracking:** Records steps, distance, calories burned, and active minutes.
- **Specific Modes:** Includes modes for walking, running, cycling, yoga, badminton, basketball, and many more.
- **AI Coach:** Provides guidance to help you optimize your workouts.
- **Auto Multisport Recognition:** Automatically detects and records certain activities.

Select your desired sport mode from the watch menu before starting an activity for accurate tracking. Review your workout summaries in the Fastrack Reflex World App.

7. CUSTOMIZATION AND APP FEATURES

7.1 Watch Faces

Personalize your watch with over 100 customizable watch faces available through the Fastrack Reflex World App.

7.2 Fastrack Reflex World App

The companion app is central to managing your smartwatch and viewing detailed data.

Fastrack Reflex World App & Customer Support

Everything at you fingertips with Fastrack Reflex World App



Image: Multiple smartphone screens displaying the Fastrack Reflex World App interface, showing activity timelines and heart rate graphs.

- **Data Synchronization:** Syncs all your health and activity data from the watch to your phone.
- **Detailed Analytics:** Provides in-depth analysis of your workouts, sleep, heart rate, and more.
- **Settings Management:** Configure watch settings, notifications, and alarms.
- **Firmware Updates:** Receive and install software updates for your watch.

8. MAINTENANCE

8.1 Cleaning

Regularly clean your watch and strap to prevent skin irritation and maintain functionality.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For silicone straps, wash with mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials.

8.2 Water Resistance

The Fastrack Limitless Glide X has an IP67 water resistance rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as hand washing or light rain. It is not recommended for swimming, diving, or high-pressure water activities.

8.3 Battery Life

The watch offers up to 5 days of battery life on a single charge under typical usage. Battery performance may vary based on usage patterns, enabled features (e.g., continuous heart rate monitoring, frequent calls), and environmental factors.

9. TROUBLESHOOTING

If you encounter issues with your Fastrack Limitless Glide X Smart Watch, refer to the following common solutions:

Issue	Possible Solution
Watch not powering on	Ensure the watch is fully charged. Connect to the magnetic charger and wait a few minutes before attempting to power on again.
Charging issues (magnetic charger not aligning)	Ensure the charging pins on the cable and watch are clean and free of debris. Verify the magnetic connection is secure. Try a different USB power source. If the issue persists, contact customer support.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch. Make sure the watch is within range. Restart both the watch and your phone. Try unpairing and re-pairing through the Fastrack Reflex World App.
Inaccurate health sensor readings (e.g., heart rate, SpO2, sleep)	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area on the back of the watch. Avoid excessive movement during readings. Note that environmental factors and individual physiology can affect accuracy. For sleep tracking, ensure the watch is worn throughout the night.
Notifications not appearing	Check notification settings in the Fastrack Reflex World App and on your phone. Ensure the app has necessary permissions. Verify the watch is connected via Bluetooth.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring, limit frequent use of Bluetooth calling, and ensure the watch is not constantly searching for a Bluetooth connection. Enable low power mode if available.

If these steps do not resolve your issue, please contact Fastrack customer support.

10. SPECIFICATIONS

Feature	Detail
Model Name	Fastrack Glide X
Model Number	38100PP09K
Display Size	1.83 inches
Resolution	240x286 pixels
Maximum Display Brightness	450 Nits

Feature	Detail
Connectivity	Bluetooth
Battery Capacity	280 mAh
Typical Battery Life	Up to 5 days (7 days average life listed in specs)
Water Resistance Rating	IP67 (Water Resistant, 1.5 Metres depth)
Sensors	Heart Rate Monitor, Blood Oxygen Monitor, Sleep Duration
Special Features	Activity Tracker, Multisport Tracker, Phone Call, Stress Tracking
Compatible Devices	Android Devices, iOS Devices
Band Material	Silicon
Case Material	Polycarbonate
Item Weight	48 Grams
Dimensions (D x W x H)	12D x 40W x 48H Millimeters

11. WARRANTY AND SUPPORT

11.1 Warranty Information

Your Fastrack Limitless Glide X Smart Watch comes with a **1 Year Manufacturer Warranty** from the date of purchase. Please retain your purchase receipt and the warranty card for any warranty claims. The warranty covers manufacturing defects but does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear.

11.2 Customer Support

For any queries, technical assistance, or warranty claims, please contact Fastrack customer care:

- **Phone:** 1800-266-0123
- **Email:** customercare@titan.co.in
- **Manufacturer/Importer:** Titan Company Limited, 3 Sipcot Industries complex, Hosur- 635126

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question