

Reflex Active 4f249ac2-224e-49ff-a154-620f64531b2f

Reflex Active Series 45 AMOLED Smart Watch User Manual

Model: 4f249ac2-224e-49ff-a154-620f64531b2f

INTRODUCTION

Welcome to the user manual for your new Reflex Active Series 45 AMOLED Smart Watch. This guide provides comprehensive instructions on setting up, operating, maintaining, and troubleshooting your device. Please read this manual carefully to ensure optimal performance and longevity of your smartwatch.



Image: Front view of the Reflex Active Series 45 Smart Watch showcasing its AMOLED display with GPS, maps, music storage, and calling features.

Key Features

The Reflex Active Series 45 Smart Watch is equipped with a range of advanced features designed to enhance your daily life and fitness activities:

- **Built-in GPS & Pre-loaded Maps:** Track your exercise routines with satellite navigation and access pre-loaded maps of the UK and Ireland, with the option to download maps for other countries.
- **ABC Functionality:** Features an Altimeter for elevation data, a Barometer for atmospheric pressure readings, and a Compass for navigation.
- **4G Music Storage:** Store and play MP3 files directly from your watch, allowing you to listen to music without your phone.
- **Always-On & Dual-Time Display:** Keep the time visible without needing to activate the screen, and view two time zones simultaneously.
- **Make & Receive Calls:** Handle phone calls directly from your wrist.
- **Extensive Sports Modes:** Choose from over 100 sports modes via the Reflex Active App, including running, hiking, cycling, and treadmill.
- **Dial Customisation:** Personalise your watch face with a variety of pre-set options or create your own using personal photos.
- **Health Monitoring:** Includes Heart Rate monitoring, Step Counter, and Sleep Monitor.
- **IP68 Water Resistant:** Designed to withstand dust and immersion in water up to 1.5 meters for 30 minutes.
- **Rotating Crown Navigation:** Easily navigate menus and functions using the physical rotating crown.

KEY FEATURES



**BUILT IN
GPS**



ALTIMETER



BAROMETER



COMPASS



**MAKE &
RECEIVE CALLS**



**FULL TOUCH
SCREEN**



**DUAL TIME
ZONES**



**IP68 WATER
RESISTANT**



**ALWAYS ON
DISPLAY**



**ROTATING CROWN
NAVIGATION**



**EXCEPTIONAL
BATTERY PERFORMANCE**



**MUSIC
STORAGE**



Image: An infographic detailing the primary features of the Reflex Active Series 45 Smart Watch.

SETUP GUIDE

1. Charging Your Smart Watch

Before first use, fully charge your Reflex Active Series 45 Smart Watch. Connect the provided USB charging cable to the charging points on the back of the watch and to a standard USB power adapter (not included). A full charge typically takes approximately 2 hours.

2. Downloading the Reflex Active Blue App

The Reflex Active Blue App is essential for unlocking the full functionality of your smartwatch. Download it from the Apple App Store (for iOS 12+ devices) or Google Play Store (for Android 9.0+ devices).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Reflex Active Blue App and follow the on-screen instructions to create an account or log in.
3. The app will search for nearby devices. Select your Reflex Active Series 45 from the list.
4. Confirm the pairing request on both your watch and smartphone.
5. Once paired, the watch will sync time and data with your phone.



Image: The retail box of the Reflex Active Series 45 Smart Watch, showing the watch, instruction manual, and USB charging cable.

OPERATING YOUR SMART WATCH

Navigation

The Series 45 features a full touch screen and a rotating crown for intuitive navigation:

- **Touch Screen:** Swipe left/right, up/down to browse menus and tap to select options.
- **Rotating Crown:** Rotate to scroll through lists and press to confirm selections or return to the home screen.

Making and Receiving Calls

Once paired with your phone, you can make and receive calls directly from your wrist:

- **To Make a Call:** Access the dialer or contacts list on your watch and select the desired contact.
- **To Receive a Call:** When a call comes in, you can answer or reject it directly from the watch screen.



Image: A man using the Reflex Active Smart Watch to make or receive a call, highlighting the convenience of wrist-based communication.

GPS and Maps

The built-in GPS and pre-loaded maps allow for precise tracking of outdoor activities:

- Activate a sports mode that uses GPS (e.g., running, hiking).
- The watch will acquire a GPS signal and display your route on the pre-loaded maps.
- You can download additional maps via the Reflex Active Blue App.



Image: A user interacting with the Reflex Active Smart Watch, displaying a map with a tracked route, demonstrating the built-in GPS functionality.

Music Playback

With 4GB of music storage, you can enjoy your favourite tunes directly from your watch:

- Transfer MP3 files to your watch using the Reflex Active Blue App.
- Access the music player on your watch to control playback (play, pause, skip tracks).

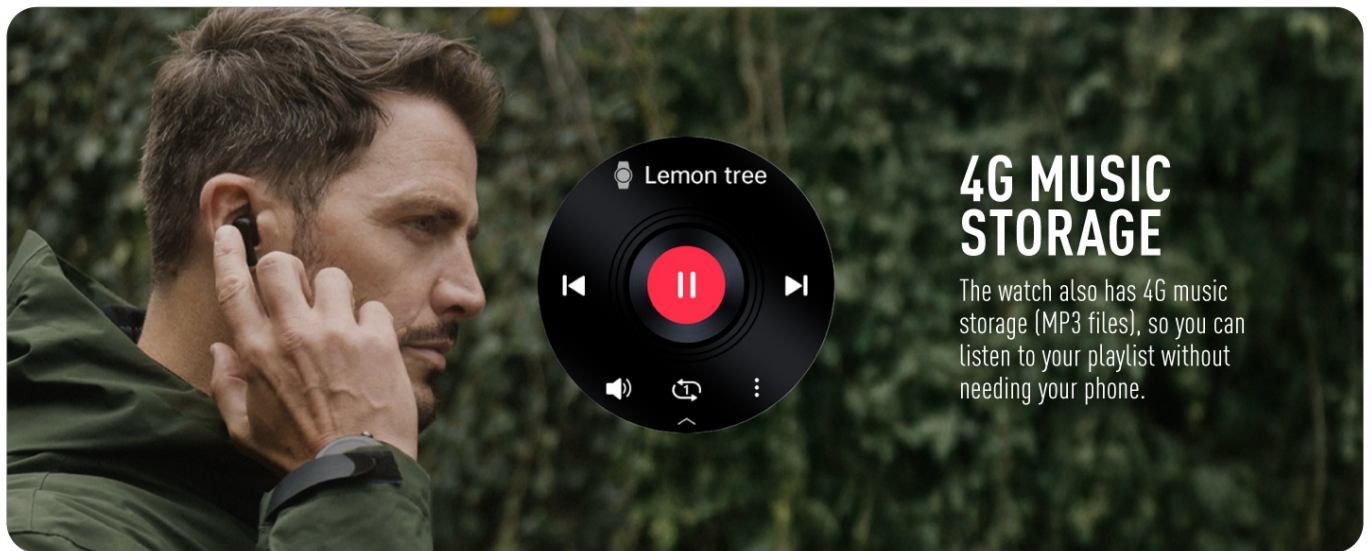


Image: A man wearing the Reflex Active Smart Watch, which shows music playback controls, illustrating the 4G music storage feature.

Health Monitoring

Monitor your health and fitness metrics throughout the day:

- **Heart Rate:** The watch continuously monitors your heart rate. View real-time data on the watch or detailed trends in the app.
- **Step Counter:** Tracks your daily steps, distance, and calories burned.
- **Sleep Monitor:** Wear the watch to bed to track your sleep patterns and quality.



Image: The back of the Reflex Active Smart Watch, highlighting the optical heart rate sensors with green LED lights.

HEART RATE

Keep an eye on your heart rate throughout the day with our integral heart rate monitor.



Image: The Reflex Active Smart Watch display showing a heart rate reading, illustrating the heart rate monitoring feature.

STEP COUNTER

Keep an eye on your steps at a glance with our built in step counter. Set your personal target to help achieve your goals!

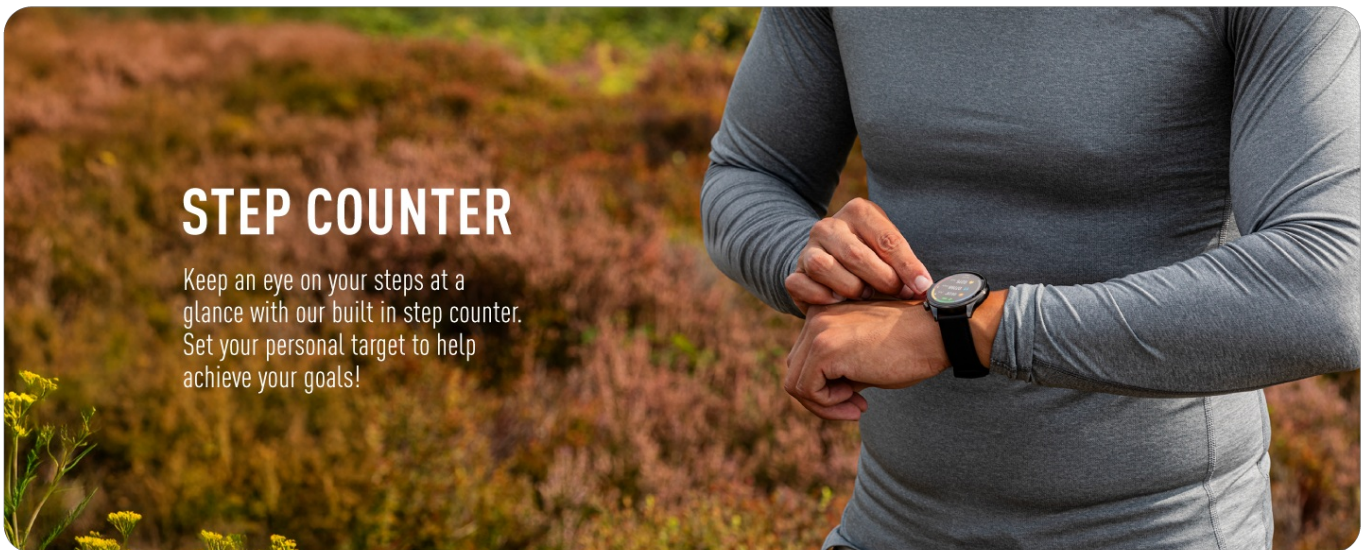


Image: A person adjusting their Reflex Active Smart Watch, emphasizing the step counter feature.

Sports Modes

Track a wide variety of activities with dedicated sports modes:

- Select your desired sport from the watch's menu.
- The watch will record relevant metrics such as duration, distance, calories, and heart rate.
- Sync with the app to view detailed workout summaries.

MULTI SPORT TRACKING

Whatever sport you enjoy, keep motivated & track it with our multiple activity modes including walking, running, swimming...and more!



Image: Three individuals demonstrating various sports activities, highlighting the multi-sport tracking capabilities of the Reflex Active Smart Watch.

Watch Face Customisation

Personalise your watch with a variety of watch faces:

- Browse the extensive dial library within the Reflex Active Blue App.
- Upload your own photos to create unique watch faces.



Image: The Reflex Active Smart Watch alongside a smartphone screen showing multiple watch dial designs, demonstrating the customisation options.

ULTRA HIGH DEFINITION

Experience Reflex Active in high definition with our AMOLED smart watches. Enjoy our amazing collection of exclusive dials on a generous 1.43" AMOLED display with exceptional clarity & colour reproduction.



Image: A collage of different high-definition AMOLED watch faces available for the Reflex Active Smart Watch, showcasing the ultra-high definition display.

MAINTENANCE

Cleaning Your Watch

Regularly clean your watch to maintain its appearance and functionality:

- Wipe the screen and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch regularly, but avoid leaving it fully discharged for extended periods.

Water Resistance

The watch is IP68 water resistant, meaning it can withstand splashes, rain, and brief immersion. However, it is not suitable for diving, hot showers, or prolonged submersion. Always dry the watch thoroughly after exposure to water.

TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on/charging	Ensure the charging cable is securely connected and the power source is working. Clean the charging contacts on the watch and cable. Allow the watch to charge for at least 30 minutes before attempting to turn it on.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone. Check if the Reflex Active Blue App is updated to the latest version. Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate health data (steps, heart rate)	Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. Avoid excessive movement during heart rate readings. Calibrate step tracking in the app if available.
GPS not acquiring signal	Ensure you are in an open outdoor area with a clear view of the sky. Wait a few minutes for the watch to acquire a signal. Update watch firmware via the app if available.
Notifications not appearing	Check notification settings in the Reflex Active Blue App and your phone's system settings. Ensure the app has necessary permissions to display notifications. Keep the watch connected via Bluetooth.

SPECIFICATIONS

Feature	Detail
Model Number	4f249ac2-224e-49ff-a154-620f64531b2f
Screen Size	1.43 Inches (AMOLED)
Battery Type	1 Lithium Polymer (included)
Connectivity	Bluetooth
Operating System Compatibility	Android 9.0+ and iOS 12+
Water Resistance Rating	IP68
Internal Storage	4GB (for music files)
Sensors	Built-in GPS, Altimeter, Barometer, Compass, Heart Rate Monitor
Package Dimensions	16.1 x 8.5 x 2.2 cm
Weight	60 g

WARRANTY AND SUPPORT

Your Reflex Active Series 45 Smart Watch comes with a **2-year guarantee** from the date of purchase. Please retain your proof of purchase for warranty claims.

For additional support, FAQs, and product information, please visit the official Reflex Active website:

- [Reflex Active AMOLED Product Page](#)
- [Reflex Active Support Page](#)