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› Reebok Active Pack Smartwatch and Headphones User Manual RBK-BDST-P

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Reebok Active Pack Smartwatch and Headphones User Manual

Model: RBK-BDST-P

1. SETUP

1.1 Package Contents

Before beginning, ensure all items are present in the package:

- Reebok Active Pack Smartwatch
- True Wireless Headphones
- Charging Cable
- User Manual (this document)

1.2 Initial Charging

It is recommended to fully charge both the smartwatch and the headphone charging case before first use.

1. **Smartwatch:** Connect the charging cable to the smartwatch's charging port and a USB power source. The screen will indicate charging status.
2. **Headphones:** Place the headphones into their charging case. Connect the charging cable to the case and a USB power source. The case's display will show the charging level. The headphones can be charged up to two additional times using the fully charged case.

Charging time for both devices is approximately 30 minutes for a full charge.

1.3 Smartwatch Pairing with Smartphone

To utilize all features, pair your smartwatch with a compatible smartphone.

1. Ensure your smartphone runs Android 7.0 or higher, or iOS 11.0 or higher.
2. Download the official Reebok Active Pack application from your smartphone's app store.
3. Enable Bluetooth on your smartphone.
4. Open the Reebok Active Pack app and follow the on-screen instructions to search for and connect to your

smartwatch.

5. Confirm the pairing request on both your smartphone and smartwatch.

1.4 Headphone Pairing

The headphones can be paired with your smartwatch or directly with your smartphone.

1. **To pair with Smartwatch:** Ensure the smartwatch is paired with your phone. Access the Bluetooth settings on your smartwatch, put the headphones in pairing mode (refer to headphone specific instructions if needed, usually by opening the case or pressing a button), and select the headphones from the available devices list.
2. **To pair with Smartphone:** Open the charging case to activate the headphones. Go to your smartphone's Bluetooth settings, search for new devices, and select the Reebok headphones from the list.

2. OPERATING INSTRUCTIONS

2.1 Smartwatch Functions

The smartwatch features a 1.83-inch OLED touchscreen for navigation and interaction.

- **Navigation:** Swipe across the touchscreen to access different menus and functions. Tap to select.
- **Health Monitoring:** The smartwatch includes sensors for heart rate tracking, blood oxygen levels, and sleep monitoring. Access these features through the dedicated health app on the watch or the connected smartphone app.
- **Activity Tracking:** Track steps, distance, and calories burned. Activate specific workout modes for more detailed data.
- **Notifications:** Receive call alerts, text messages, and other app notifications directly on your wrist when connected to your smartphone.
- **Time Display:** The main screen displays the current time and date.
- **GPS:** The smartwatch utilizes your smartphone's GPS for location tracking during outdoor activities.



Front view of the Reebok Active Pack Smartwatch, displaying time and activity icons.



Rear view of the Reebok Active Pack Smartwatch, showing the integrated health sensors.

2.2 Headphone Functions

The True Wireless headphones offer touch controls for convenient operation.

- **Music Playback:** Use the touch controls on the headphones to play, pause, skip tracks, and adjust volume.
- **Call Management:** Answer or end calls with a simple tap on the headphones.
- **Battery Life:** The headphones provide approximately 4 hours of continuous music playback on a single charge. The charging case extends usage by providing up to two additional full charges.



Angled view of the Reebok Active Pack True Wireless Headphones within their charging case.



Top view of the Reebok Active Pack True Wireless Headphones in their charging case, showing the digital battery indicator.

3. MAINTENANCE

3.1 Cleaning

To maintain optimal performance and appearance, clean your devices regularly.

- Use a soft, dry, lint-free cloth to wipe the smartwatch screen and body.
- For the headphones and charging case, use a slightly damp cloth if necessary, then dry thoroughly.
- Avoid using abrasive cleaners, solvents, or harsh chemicals, as these can damage the plastic material and electronic components.

3.2 Battery Care

Proper battery care extends the lifespan of your devices.

- Avoid fully discharging the battery frequently.
- Do not expose the devices to extreme temperatures (hot or cold), as this can degrade battery performance.
- If storing the devices for an extended period, charge them to about 50% before storage.

3.3 Storage

When not in use, store the Reebok Active Pack in a cool, dry place away from direct sunlight and moisture.

4. TROUBLESHOOTING

If you encounter issues with your Reebok Active Pack, refer to the following common solutions:

Problem	Possible Cause	Solution
Smartwatch/Headphones not turning on	Low or depleted battery	Charge the device fully.
Cannot pair smartwatch with phone	Bluetooth off, app not installed, device out of range, compatibility issue	Ensure Bluetooth is on, app is installed, devices are close, and phone OS meets requirements (Android 7.0+/iOS 11.0+). Restart both devices.
Headphones not connecting	Not in pairing mode, already connected to another device	Ensure headphones are in pairing mode. Disconnect from other devices. Try re-pairing.
Inaccurate health data	Improper fit, sensor obstruction	Ensure smartwatch is worn snugly on the wrist. Clean the sensor area on the back of the watch.
Short battery life	Frequent use of power-intensive features, old battery	Reduce screen brightness, limit notifications, disable unnecessary features. Ensure proper charging habits.

If the problem persists after trying these solutions, please refer to the support section.

5. SPECIFICATIONS

Feature	Detail
Brand	Reebok
Model	RBK-BDST-P
Display	1.83-inch OLED Touchscreen
Operating System	Android Wear
Memory Storage	128 MB
Connectivity	Bluetooth (Wireless)
Compatible Devices	Smartphones (Android 7.0+ / iOS 11.0+)
Special Features	Phone calls, Text messaging, Touch screen, Activity tracker, Time display
Smartwatch Battery	150 Milliamp Hours (Lithium Ion)
Headphone Form Factor	True Wireless
Headphone Battery Life	Approx. 4 hours (continuous playback)
Charging Case Battery	240 mAh (provides up to 2 additional headphone charges)
Charging Time	Approx. 30 minutes
Material	Plastic

Feature	Detail
Dimensions	1.5 x 2 x 24 cm
Weight	45 g
Accessories Included	Charging Cable, Headphones

6. WARRANTY INFORMATION

For detailed warranty information regarding your Reebok Active Pack Smartwatch and Headphones, please refer to the warranty card included with your purchase or visit the official Reebok website. Warranty terms and conditions may vary by region and retailer.

7. SUPPORT

If you require further assistance or have questions not covered in this manual, please visit the official Reebok support website or contact their customer service department. Contact details can typically be found on the Reebok website or in your product packaging.

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