



Manuals.plus /

- › **Reebok /**
- › Reebok Pulse Smartwatch User Manual - Model RPUS1-CH-US

Reebok RPUS1-CH-US

Reebok Pulse Smartwatch User Manual

Model: RPUS1-CH-US

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Reebok Pulse Smartwatch. Please read this manual thoroughly before using your device to ensure proper function and longevity.



Image: The Reebok Pulse Smartwatch in Victory Gold, displaying its main interface with health metrics.

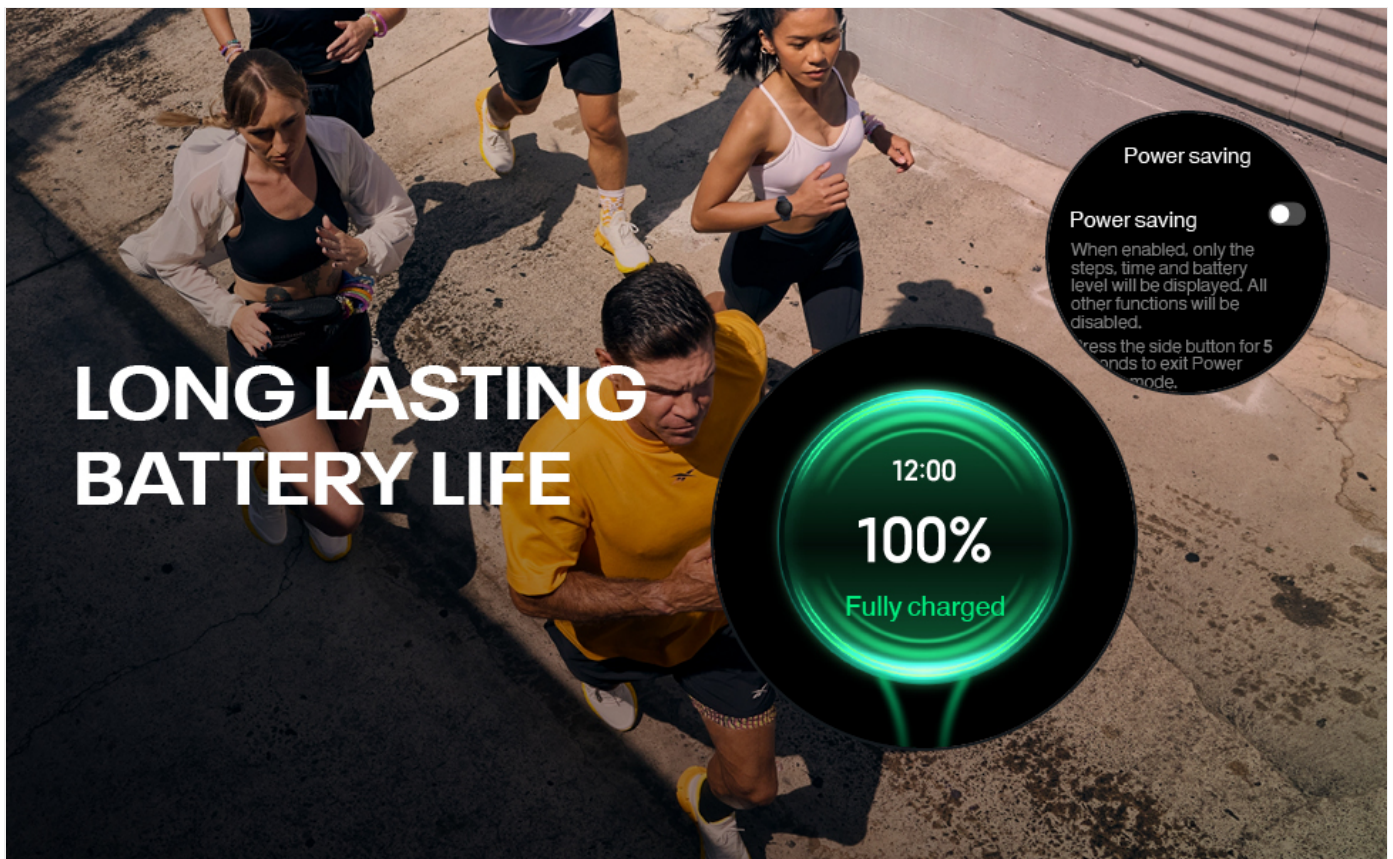


Image: The Reebok Pulse Smartwatch lineup, highlighting its core message.

What's in the Box

- Reebok Pulse Smartwatch
- Charging Cable
- User Manual (this document)
- Warranty Instructions

SETUP

Charging the Device

Before first use, fully charge your Reebok Pulse Smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours and provides up to 10 days of battery life.



Image: Visual representation of the smartwatch's battery life, indicating up to 10 days of use across various activities.

App Installation and Pairing

1. **Download the App:** Scan the QR code provided in the watch packaging or search for the official Reebok Pulse app in the Apple App Store (for iOS 15.0+ devices) or Google Play Store (for Android 9.0+ devices).
2. **Create Account:** Open the app and follow the on-screen instructions to create your user profile.
3. **Pair Device:** Ensure Bluetooth is enabled on your smartphone. In the app, navigate to the device pairing section and select "Reebok Pulse" from the list of available devices. Confirm the pairing request on both your phone and the smartwatch.
4. **Sync Data:** Once paired, the watch will automatically sync data with the app. You can also manually initiate a sync from the app.



Image: Screenshots illustrating the Reebok Pulse smartphone application, displaying health metrics and activity tracking.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and widgets. Tap to select an option.
- **Side Button:** Press the side button to return to the watch face or to access the main menu. A long press may activate specific functions (e.g., power on/off, emergency call, depending on settings).
- **Watch Face:** Customize your watch face through the app or directly on the watch by long-pressing the current watch face and swiping to select a new one.

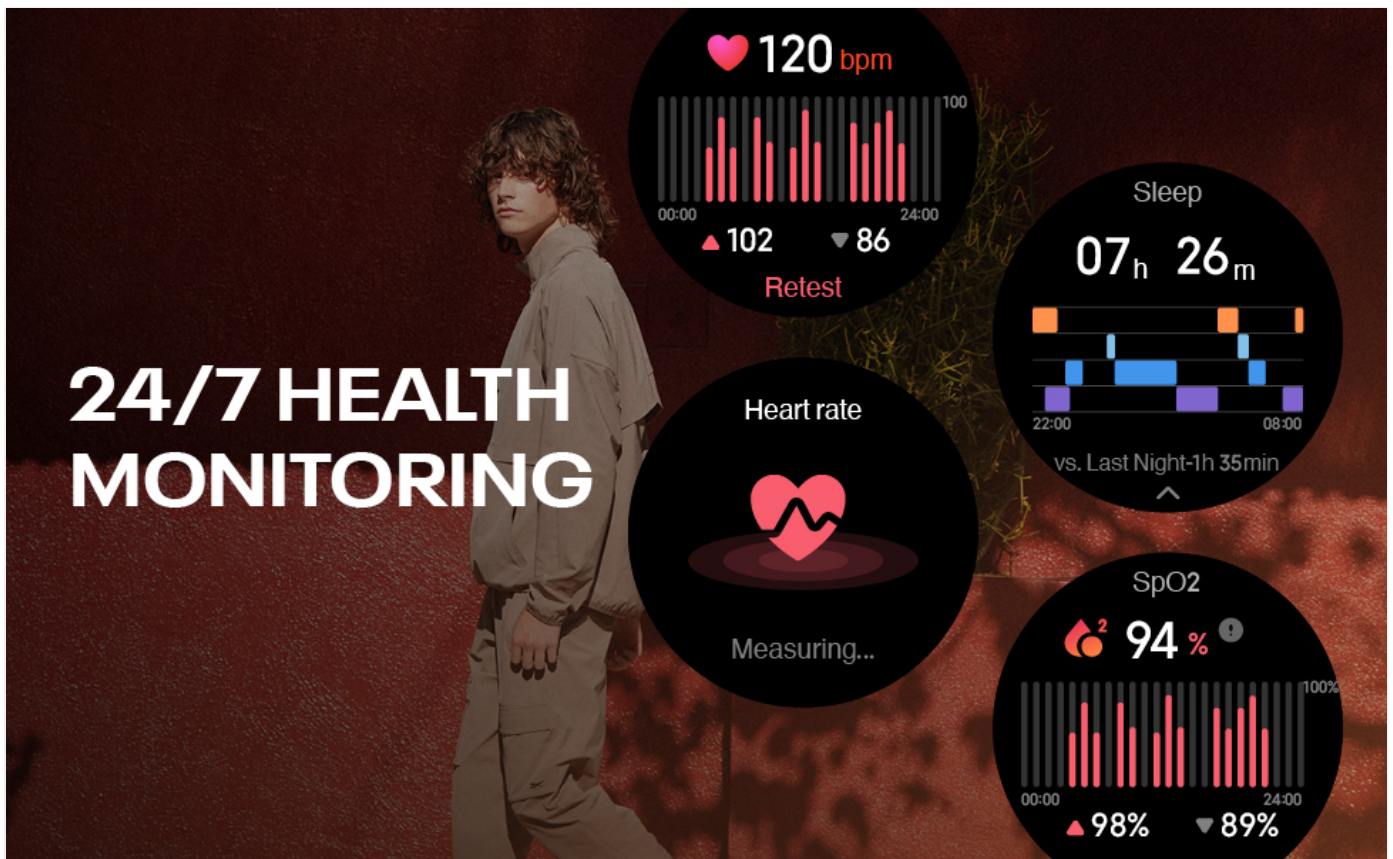


Image: The smartwatch display showcasing motivational metrics and customizable watch faces.

Health Tracking

The Reebok Pulse Smartwatch continuously monitors various health metrics to help you stay informed about your well-being.

- **Heart Rate Monitoring:** The watch tracks your heart rate 24/7. View real-time data on the watch face or in the app for detailed historical trends.
- **SpO2 (Blood Oxygen) Monitoring:** Measure your blood oxygen levels on demand or set up continuous monitoring through the app.
- **Sleep Tracking:** The watch automatically detects your sleep patterns, including deep sleep, light sleep, and awake times. Review your sleep quality in the app.
- **Stress Monitoring:** Monitor your stress levels throughout the day. The app provides insights and suggestions for managing stress.



REEBOK PULSE

EVERY BEAT COUNTS. EVERY STEP MATTERS.

Image: Icons representing 24/7 health monitoring features including heart rate, calorie burn, and sleep tracking.

Sport Modes and GPS

The smartwatch supports over 80 sport modes, allowing you to track a wide range of physical activities. It features built-in GPS for accurate outdoor activity tracking.

1. **Select a Sport Mode:** Swipe to the "Workout" or "Sport Modes" menu on your watch. Select your desired activity (e.g., running, cycling, yoga, swimming).
2. **Start Workout:** Tap to start the activity. The watch will begin recording metrics such as duration, distance, calories burned, and heart rate.
3. **GPS Tracking:** For outdoor activities, ensure GPS is enabled. The watch will use its built-in GPS to map your route and provide precise distance data.
4. **End Workout:** Swipe right or press the side button to pause or end the workout. Confirm to save the data.



Image: A visual representation of the smartwatch's capability to track over 80 sports modes, including running, cycling, and swimming.

Notifications and Smart Features

- **Call & Text Notifications:** Receive incoming call alerts, text messages, and app notifications directly on your wrist when connected to your smartphone via Bluetooth.
- **App Compatibility:** Sync your fitness data seamlessly with Google Fit, Apple Health, and Strava through the Reebok Pulse app.

MAINTENANCE

Water Resistance (IP68)

The Reebok Pulse Smartwatch has an IP68 rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, including hand washing, rain, and swimming. However, it is not recommended for diving, high-pressure water activities, or prolonged submersion.

- After exposure to water, especially saltwater, gently wipe the watch dry with a soft cloth.
- Do not operate the buttons underwater.

Cleaning

Regularly clean your smartwatch and watch band to prevent skin irritation and maintain device performance.

- Wipe the watch screen and body with a soft, damp, lint-free cloth.
- For the watch band, use mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.

TROUBLESHOOTING

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes. If it still doesn't turn on, perform a hard reset by pressing and holding the side button for 10-15 seconds.
Unable to pair with smartphone	<ul style="list-style-type: none"> • Ensure Bluetooth is enabled on your phone and the watch is in pairing mode. • Check if your phone's operating system meets the minimum requirements (iOS 15.0+ or Android 9.0+). • Restart both your phone and the watch. • Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate health data	<ul style="list-style-type: none"> • Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. • Clean the sensor on the back of the watch. • Avoid excessive movement during measurements (e.g., SpO2).
Short battery life	<ul style="list-style-type: none"> • Reduce screen brightness and screen-on time. • Disable continuous heart rate or SpO2 monitoring if not needed 24/7. • Limit the number of app notifications. • Frequent GPS use will consume more battery.

SPECIFICATIONS

Feature	Detail
Model Number	RPUS1-CH-US
Screen Size	1.43 Inches
Operating System	RTOS
Connectivity	Bluetooth 5.0
GPS	Phone Assisted
Water Resistance	IP68
Battery Life	Up to 10 days (typical usage)
Battery Capacity	300 Milliamp Hours
Charging Time	Approximately 2 hours
Memory Storage	128 MB
Item Weight	6 ounces
Compatible OS	iOS 15.0+ / Android 9.0+

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the "Warranty Instructions" included in your product packaging. For

technical support, product inquiries, or service requests, please visit the official Reebok support website or contact customer service through the contact information provided in your warranty documentation.

You can also visit the Reebok Store on Amazon for additional product information and accessories.

