

Reebok RICS1-BK-US

Reebok Icon Smartwatch User Manual

Model: RICS1-BK-US



INTRODUCTION

The Reebok Icon Smartwatch is designed for active lifestyles, offering comprehensive health tracking, smart notifications, and a durable, waterproof design. This manual provides instructions for setting up, operating, and maintaining your device to ensure optimal performance and longevity.



Image: The Reebok Icon Smartwatch, showcasing its display with activity metrics.

WHAT'S IN THE BOX

Upon unboxing your Reebok Icon Smartwatch, verify that all the following items are included:

- Reebok Icon Smartwatch
- Sport Band
- Magnetic Charging Cable
- Quick Start Guide
- Screen Protector

WHAT'S IN THE BOX

2.04" AMOLED Icon watch, sweat-ready band, rapid magnetic charger, and QR-paired Quick Start Guide.

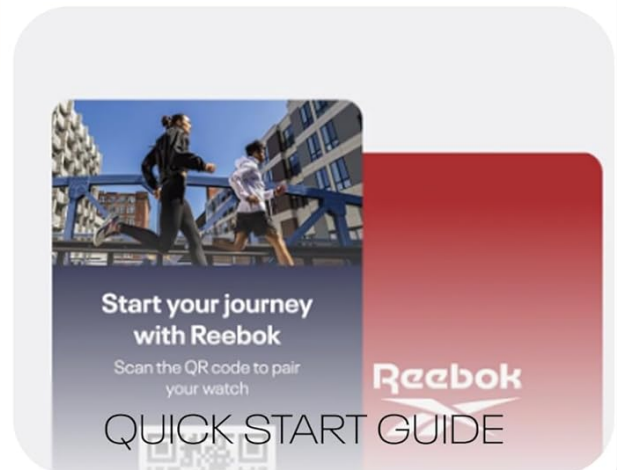


Image: A visual representation of the items included in the Reebok Icon Smartwatch packaging.

SETUP

Follow these steps to set up your Reebok Icon Smartwatch for first use:

- 1. Charge the Smartwatch:** Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. Ensure the watch is fully charged before initial use. A full charge typically takes approximately 2 hours.
- 2. Download the Reebok Connect App:**
 - Scan the QR code provided in the Quick Start Guide or search for "Reebok Connect" on the [Apple App Store](#) (for iPhone) or [Google Play Store](#) (for Android).
 - Install the app on your smartphone.
- 3. Pair with Your Smartphone:**
 - Open the Reebok Connect App and follow the on-screen instructions to create an account or log in.
 - Enable Bluetooth on your smartphone.
 - In the app, select "Add Device" or a similar option and choose "Reebok Icon" from the list of available devices.

- Confirm the pairing request on both your watch and smartphone.
4. **Complete Initial Setup:** Follow the app's prompts to set up your personal profile, preferences, and grant necessary permissions for full functionality, such as notification access and health data synchronization.



Image: The Reebok Connect app interface, demonstrating its user-friendly design and data synchronization capabilities.

OPERATING YOUR SMARTWATCH

Basic Navigation and Display

- **Touchscreen:** The Reebok Icon Smartwatch features a 2.04-inch AMOLED touchscreen for intuitive navigation. Swipe across the screen to access different functions and tap to select options.
- **Side Button/Dial:** Refer to your Quick Start Guide for specific functions of the physical button or rotating dial, which may include waking the screen, returning to the home screen, or navigating menus.
- **Customizing Watch Faces:** Choose from preloaded watch faces directly on the device or explore additional options within the Reebok Connect App to personalize your display.

HD DISPLAY

Crystal-clear visibility in any light – from dawn runs to midnight workouts.



Image: The smartwatch displaying its HD AMOLED screen with multiple watch face designs.

Health and Fitness Tracking

- **Activity Tracking:** The watch continuously tracks daily steps, calories burned, and distance covered. View your progress directly on the watch or in the Reebok Connect App.
- **Heart Rate Monitoring:** The built-in sensor monitors your heart rate throughout the day. Access real-time heart rate data on the watch and detailed historical data in the app.
- **SpO2 Tracking:** Monitor your blood oxygen saturation levels. This feature provides insights into your overall wellness.
- **Sleep Analysis:** Wear your watch to bed to track sleep patterns, including REM, deep, and light sleep stages, and awake times.
- **Workout Modes:** Select from over 80 sports modes to accurately track specific activities. The watch records metrics relevant to your chosen workout, such as duration, distance, and calories.

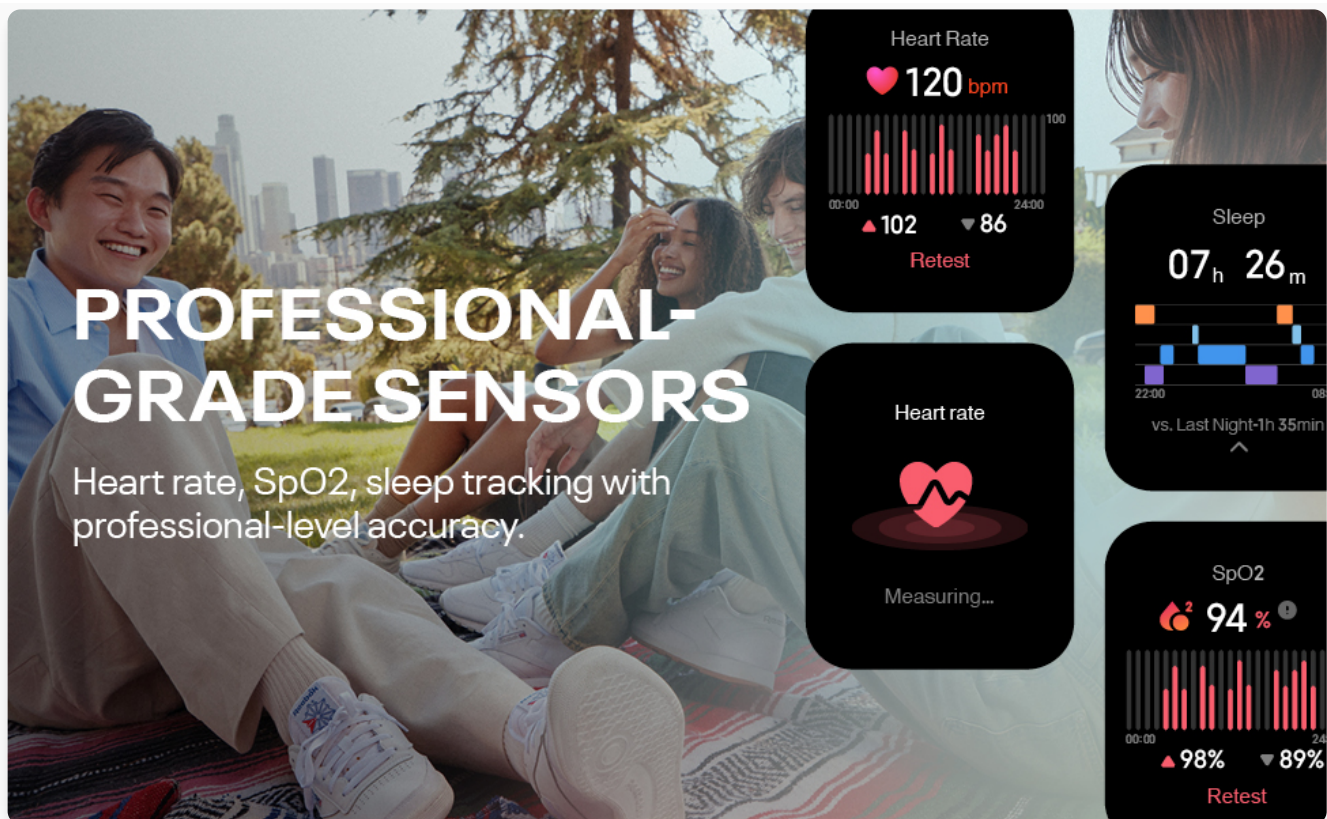


Image: The smartwatch's health tracking features, including heart rate, SpO2, and sleep analysis.

Smart Features

- **Smart Notifications:** Receive alerts for incoming calls, text messages, and app notifications directly on your wrist. Manage notification preferences through the Reebok Connect App.
- **Bluetooth Calling:** Utilize the watch for Bluetooth calling, allowing you to answer or make calls directly from your wrist when connected to your smartphone.
- **Battery Life:** The Reebok Icon Smartwatch offers up to 10 days of battery life on a single charge, depending on usage.

MAINTENANCE

Proper care and maintenance will extend the life of your Reebok Icon Smartwatch:

- **Cleaning:** Regularly clean your smartwatch and strap with a soft, damp cloth. Avoid harsh chemicals, abrasive materials, or strong detergents. Ensure the charging contacts are clean and dry before charging.
- **Water Resistance:** The Reebok Icon Smartwatch is IP68 water and dust resistant. This rating indicates protection against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for activities like swimming in shallow water but is not recommended for diving, snorkeling, or high-pressure water activities (e.g., showering with hot water, saunas, steam rooms). Always dry the watch thoroughly after exposure to water.
- **Strap Care:** The silicone rubber strap is designed for comfort and durability. Clean it regularly to prevent skin irritation and maintain hygiene. If you experience skin irritation, discontinue use and consult a physician.
- **Charging:** Use only the provided magnetic charging cable. Avoid exposing the charging contacts to moisture or foreign objects. Do not attempt to charge a wet watch.



Image: The smartwatch highlighting its IP68 water and dust resistance.

TROUBLESHOOTING

If you encounter issues with your Reebok Icon Smartwatch, refer to the following common solutions:

- **Device Not Turning On:** Ensure the watch is fully charged. If it still doesn't turn on, try connecting it to a different USB power source.
- **Pairing Issues:**
 - Ensure Bluetooth is enabled on your smartphone and the watch is within close range.
 - Restart both your smartphone and the smartwatch.
 - Try unpairing the device from your phone's Bluetooth settings and then re-pairing through the Reebok Connect App.
- **Inaccurate Tracking:**
 - Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
 - Keep the sensors on the back of the watch clean and free from debris.

- Ensure your personal information (height, weight, age) is accurately entered in the Reebok Connect App.
- **Notifications Not Appearing:**
 - Check notification settings in the Reebok Connect App and your smartphone's system settings to ensure all necessary permissions are granted.
 - Ensure the watch is actively connected to your smartphone via Bluetooth.
- **Short Battery Life:**
 - Reduce screen brightness or set a shorter screen timeout.
 - Limit continuous heart rate monitoring or turn off features you don't use frequently.
 - Ensure the watch is fully charged using the provided cable.

SPECIFICATIONS

Feature	Specification
Brand	Reebok
Model	RICS1-BK-US
Manufacturer	CE Brands International Inc
Operating System	RTOS
Display Type	AMOLED
Screen Size	2.04 Inches
Memory Storage Capacity	128 MB
Special Features	Accelerometer, Activity Tracker, Always On Display, Touchscreen
Battery Average Life	10 days
Battery Capacity	300 Milliamp Hours
Battery Cell Composition	Lithium Ion
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Human Interface Input	Touchscreen
Material Type (Case)	Zinc alloy
Material Type (Backplate)	PC+ABS
Material Type (Strap)	Silicone Rubber
GPS	Phone Assisted
Shape	Rectangular

Feature	Specification
Water Resistance	IP68


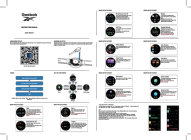
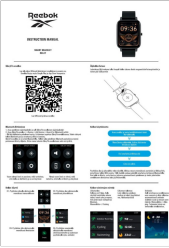

WARRANTY AND SUPPORT

For detailed warranty information, product registration, and technical support, please refer to the Quick Start Guide included with your Reebok Icon Smartwatch. You may also visit the official Reebok support website for the most up-to-date information and assistance.



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Related Documents - RICS1-BK-US

	<p>Reebok Smart Ring User Manual and Specifications</p> <p>Comprehensive user manual and technical specifications for the Reebok Smart Ring, covering setup, features, troubleshooting, safety, and warranty information.</p>
	<p>Reebok Smart Bracelet Instruction Manual</p> <p>Comprehensive instruction manual for the Reebok Smart Bracelet, detailing setup, features like sleep tracking, SpO2, blood pressure monitoring, sports modes, app integration, and specifications.</p>
	<p>Reebok Relay Smart Bracelet Instruction Manual</p> <p>Comprehensive instruction manual for the Reebok Relay Smart Bracelet, covering setup, features, sports modes, app usage, and care instructions.</p>
	<p>Reebok T3.2 Treadmill User Manual and Operation Guide</p> <p>Comprehensive guide for the Reebok T3.2 treadmill, covering assembly, operation, safety precautions, maintenance, and workout programs. Learn how to use the console, select programs, and optimize your fitness routine.</p>



[Reebok Watch User Manual: Operation, Features, and Warranty](#)

Comprehensive guide to operating your Reebok watch, including setting the date and time, using the alarm and INDIGLO® night-light, understanding water resistance, adjusting the bracelet, and warranty information.



[Reebok SL8.0 Bike User Manual](#)

This document provides comprehensive instructions and safety warnings for the Reebok SL8.0 Bike, covering button functions, operation procedures, various workout modes, heart rate control, recovery testing, and MP3 connectivity. It also includes assembly and disassembly instructions, parts lists, and information on product registration and support.