

Reebok RICS1-CH-CA

Reebok Icon Smartwatch RICS1-CH-CA User Manual

Brand: Reebok

Model: RICS1-CH-CA

1. INTRODUCTION

Welcome to the Reebok Icon Smartwatch user manual. This document provides essential information for setting up, operating, and maintaining your new smartwatch. The Reebok Icon Smartwatch is designed to support an active lifestyle with features such as comprehensive health tracking, smart notifications, and a durable, water-resistant design.



Image: Reebok Icon Smartwatch, highlighting its refined performance and elevated design.

2. WHAT'S IN THE BOX

Please ensure all items are present in your product packaging:

- Reebok Icon Smartwatch
- Charging Cable
- User Manual (this document)
- Warranty Instructions
- Watch Band

3. SETUP

3.1. Initial Charging

Before first use, fully charge your Reebok Icon Smartwatch. Connect the provided magnetic charging cable to the charging pins on the back of the watch and to a USB power source. A full charge typically provides up to 10 days of battery life.

Video: Unboxing and charging process for a similar smartwatch, demonstrating how to connect the magnetic charger.

3.2. Pairing with Your Smartphone

The Reebok Icon Smartwatch is compatible with both iOS and Android devices. To pair your watch, download the 'Reebok Connect' app from your device's app store. Follow the in-app instructions to connect your smartwatch via Bluetooth 5.3.



Image: Screenshots of the Reebok Connect app, illustrating its user-friendly interface for managing smartwatch features.

4. OPERATING INSTRUCTIONS

4.1. Display and Navigation

The smartwatch features a 2.04-inch AMOLED touchscreen display. Swipe left, right, up, or down to navigate through menus, widgets, and notifications. Press the side button to return to the home screen or access the app list.



Image: The smartwatch display, emphasizing its high-definition AMOLED screen for clear visibility.

4.2. Health Tracking

The Reebok Icon Smartwatch offers comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Sleep Analysis:** Monitors sleep patterns, including deep sleep, light sleep, and awake times.
- **Step Counting:** Records your daily steps and distance traveled.
- **Workout Modes:** Supports over 15 workout modes, including running, walking, cycling, and more.

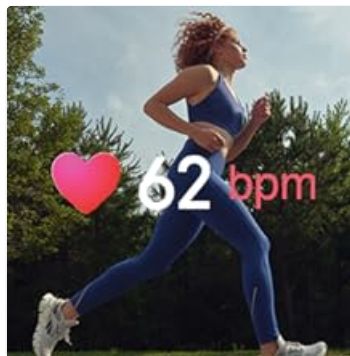


Image: Heart rate monitoring during physical activity.

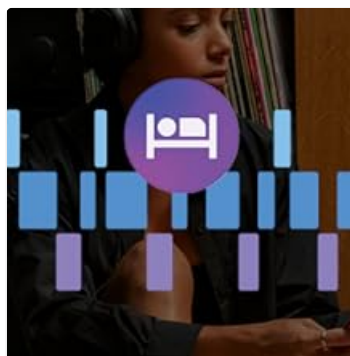


Image: Sleep tracking interface showing sleep duration and quality.



Image: Icons representing different sports and workout modes available on the smartwatch.



Image: Illustrates the professional-grade sensors for accurate health tracking, including heart rate and SpO2.

4.3. Smart Notifications and Bluetooth Calling

Stay connected with smart notifications for calls, messages, and app alerts directly on your wrist. The smartwatch supports Bluetooth calling, allowing you to make and receive calls when connected to your smartphone.

Video: Instructions on how to enable message notifications on a smartwatch, applicable for setting up notifications on the Reebok Icon Smartwatch.

5. MAINTENANCE

5.1. Cleaning and Care

To maintain the performance and appearance of your smartwatch, regularly clean the device and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

5.2. Water Resistance

The Reebok Icon Smartwatch is water and dust resistant, making it suitable for various activities. However, it is not recommended for deep diving or high-pressure water activities. Refer to the detailed specifications for water resistance ratings.



Image: The smartwatch being worn during an outdoor run, showcasing its all-weather durability.

6. SPECIFICATIONS

Feature	Detail
Brand	Reebok
Model	RICS1-CH-CA
Display	2.04 Inches AMOLED Touchscreen
Operating System	RTOS
Battery Life (Average)	10 days
Battery Capacity	300 Milliamp Hours (Lithium Ion)
Connectivity	Bluetooth 5.3
Material	Case: Zinc alloy, Backplate: PC+ABS, Strap: Silicone Rubber
Special Features	Accelerometer, Activity Tracker, Always On Display, Touchscreen, Heart Rate Monitor, Sleep Analysis, Step Counter, 15+ Workout Modes, Smart Notifications, Bluetooth Calling, Water & Dust Resistance

7. TROUBLESHOOTING

If you encounter issues with your Reebok Icon Smartwatch, please try the following common troubleshooting steps:

- **Connection Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both devices and the 'Reebok Connect' app.
- **Notifications Not Appearing:** Verify that notification permissions are granted to the 'Reebok Connect' app in your smartphone settings. Check that 'Share System Notifications' is enabled for the watch in your phone's Bluetooth settings.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist. Calibrate the device through the app if necessary.
- **Battery Drain:** Reduce screen brightness, disable unnecessary notifications, or turn off the 'Always On Display' feature to conserve battery.

8. WARRANTY AND SUPPORT

Your Reebok Icon Smartwatch comes with a manufacturer's warranty. Please refer to the 'Warranty Instructions' included in your product packaging for detailed terms and conditions.

For technical support or customer service, please contact:

Email: support.reebok@vitalist.ca OR support.reebok@vitalist.co