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› Reebok Pulse Smartwatch User Manual - GPS Fitness Tracker with Heart Rate Monitor

Reebok RPUS1-GG-US

Reebok Pulse Smartwatch User Manual

Model: RPUS1-GG-US

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1. INTRODUCTION

This manual provides instructions for the Reebok Pulse Smartwatch, a GPS fitness tracker designed to monitor various health metrics and support diverse sports activities. It is compatible with both iPhone and Android devices.



Image: The Reebok Pulse Smartwatch, showcasing its round display and black and blue strap.

2. WHAT'S IN THE BOX

The Reebok Pulse Smartwatch package includes the following items:

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

3. SETUP

3.1 Initial Charging

Before first use, fully charge your Reebok Pulse Smartwatch. Connect the provided charging cable to the watch and a USB power source. A full charge typically takes approximately 2 hours and provides up to 10 days of continuous use.

Note: To prolong battery life, it is recommended to avoid letting the battery drop below 20% or charge above 80% regularly.



Image: The smartwatch screen displaying "100% Fully charged" with a green glow, indicating the charging status.

3.2 App Installation and Pairing

1. **Download the App:** Scan the QR code provided in the watch's packaging with your smartphone camera, or search for the official Reebok Pulse app in the Apple App Store (for iOS 15.0+) or Google Play Store (for Android 9.0+).
2. **Enable Bluetooth and Location:** On your smartphone, ensure Bluetooth and location services are enabled.
3. **Open the App and Pair:** Open the Reebok Pulse app. Follow the on-screen instructions to create an account and pair your smartwatch. The app will guide you through the pairing process.
4. **Initial Sync:** After successful pairing, the watch will sync with the app. This may take a few moments.



Image: Multiple smartphone screens displaying the user-friendly Reebok Pulse app interface, showing health metrics, activity logs, and GPS tracking.

4. OPERATION

4.1 Basic Navigation

The Reebok Pulse Smartwatch features a curved HD touchscreen and side buttons for navigation.

- **Touchscreen:** Swipe left, right, up, or down to access different menus and features. Tap to select items.
- **Side Button:** Typically used to return to the home screen, access the app list, or power the device on/off (long press).

4.2 Health Monitoring

The smartwatch continuously monitors several health metrics:

- **Heart Rate:** Real-time heart rate tracking.
- **SpO2 (Pulse Oximeter):** Measures blood oxygen levels.
- **Sleep Quality:** Tracks sleep patterns and provides insights into sleep stages.
- **Stress Patterns:** Monitors stress levels throughout the day.

Access these metrics by swiping through the watch interface or viewing detailed reports in the companion app.

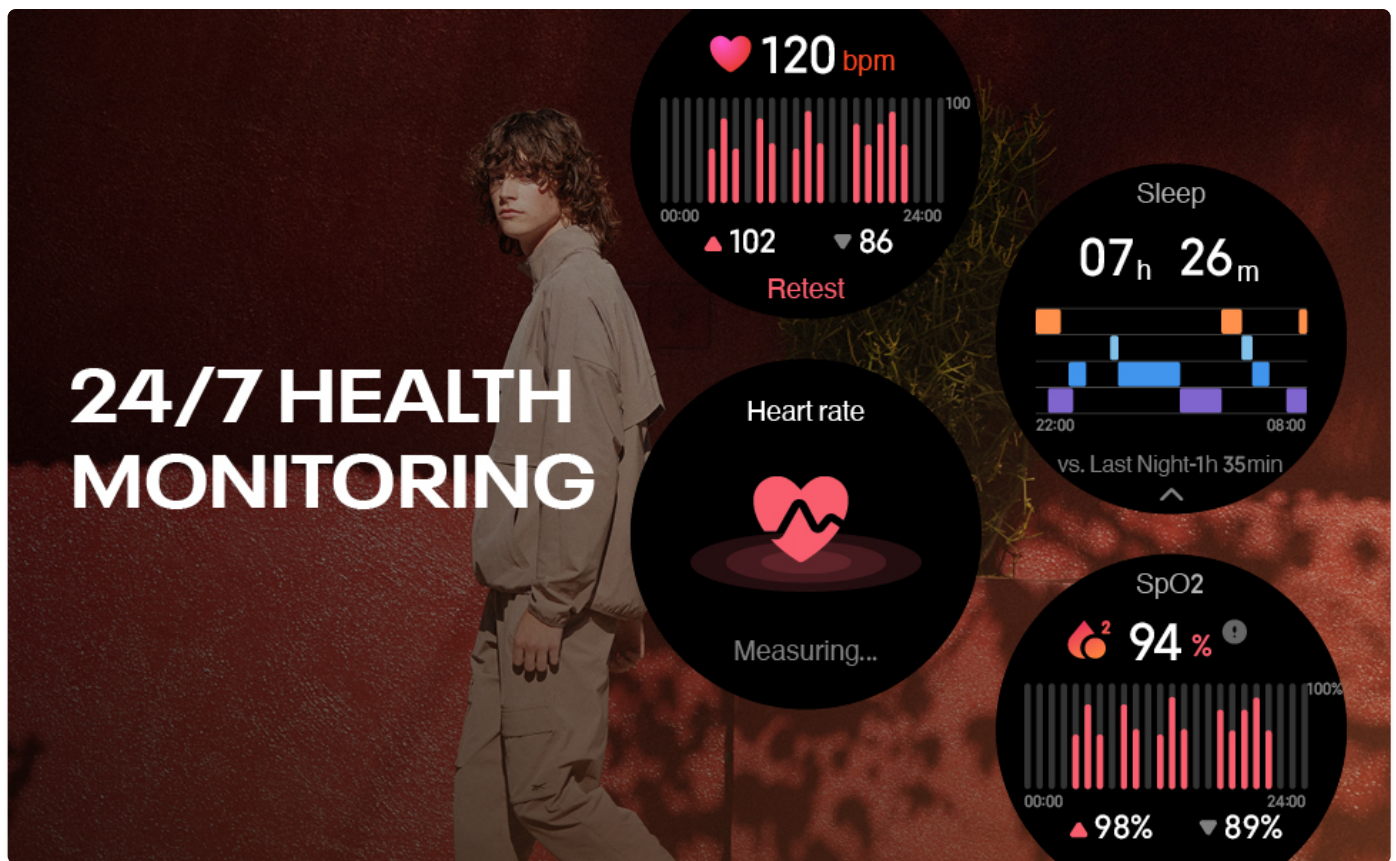


Image: A visual representation of the smartwatch's 24/7 health monitoring capabilities, showing detailed graphs for heart rate, sleep, and SpO2.

4.3 Sport Modes and GPS Tracking

The Reebok Pulse Smartwatch supports over 80 sport modes, including running, cycling, yoga, and swimming.

- **Selecting a Sport Mode:** Swipe on the watch face to find the "Workout" or "Sport Modes" option. Select your desired activity to begin tracking.
- **GPS:** The watch has built-in GPS to track your location and route during outdoor activities. Ensure GPS is enabled for accurate tracking.
- **Data Sync:** Activity data automatically syncs with the app and can be integrated with Google Fit, Apple Health, and Strava.



Image: The smartwatch display showing a selection menu for over 80 sports modes, including outdoor running, indoor running, and cycling.

4.4 Notifications and Connectivity

Pair your smartwatch with your smartphone via Bluetooth 5.0 to receive call, text, and app notifications directly on your wrist.

- **Receiving Notifications:** Notifications will appear on the watch screen. Swipe to dismiss or interact if supported by the app.
- **Find My Phone/Watch:** Use the companion app to locate your watch, or use the watch to locate your phone.

4.5 Customizing Watch Faces

The Reebok Pulse Smartwatch offers over 150 watch face designs. You can customize these through the companion app or directly on the watch.

- **On-Watch Customization:** From the watch face, swipe down to access settings (gear icon), then navigate to "Display" and "Brightness" to adjust screen time (up to 15 seconds).
- **App Customization:** The app provides a wider selection of watch faces and customization options.



Image: A detailed view of the Reebok Pulse Smartwatch face, highlighting its clear digital display and various data points.

5. MAINTENANCE

5.1 Water Resistance

The Reebok Pulse Smartwatch has an IP68 rating, meaning it is resistant to sweat, rain, and splashes. It is suitable for activities like swimming. However, it is not fully waterproof for prolonged submersion or high-pressure water activities. Avoid wearing it in hot showers or saunas.

5.2 Cleaning

To clean your smartwatch, gently wipe the screen and strap with a soft, damp, lint-free cloth. Avoid using harsh chemicals or abrasive materials.

5.3 Battery Care

To maximize battery longevity, avoid completely draining the battery or consistently charging it to 100%. Aim to keep the charge level between 20% and 80% when possible.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Watch not pairing with phone	Bluetooth or location services off; app not installed; watch not discoverable.	Ensure Bluetooth and location are enabled on your phone. Install the official app. Restart both watch and phone. Try scanning the QR code for pairing.
Screen unresponsive or frozen	Temporary software glitch.	Perform a soft reset by holding down the side button until the watch restarts. If the issue persists, a factory reset via the app might be necessary (note: this will erase data).
Data not syncing with app	Bluetooth connection lost; app not running in background; temporary sync error.	Check Bluetooth connection. Ensure the app is open or running in the background. Manually initiate a sync from within the app. Restart both devices.
Short battery life	Frequent GPS use; high screen brightness; excessive notifications; aging battery.	Reduce screen brightness. Limit background app refresh. Disable unnecessary notifications. Follow recommended battery care practices.

7. SPECIFICATIONS

Feature	Detail
Model Number	RPUS1-GG-US
Screen Size	1.43 Inches (Visible screen diagonal: 2" / 4 cm)
Operating System	RTOS
Connectivity	Bluetooth 5.0

Feature	Detail
GPS	Phone Assisted
Water Resistance	IP68
Battery Life	Up to 10 days (typical use)
Battery Capacity	300 Milliamp Hours
Memory Storage Capacity	128 MB
Item Weight	0.17 Kilograms (approx. 6 ounces)
Special Features	Accelerometer, Activity Tracker, Always On Display, Touchscreen
Compatibility	Android 9.0+ / iOS 15.0+

8. WARRANTY AND SUPPORT

Your Reebok Pulse Smartwatch comes with a limited warranty. Please refer to the "Warranty instructions" included in your product packaging for detailed information regarding warranty coverage, terms, and conditions.

For technical support or further assistance, please visit the official Reebok support website or contact their customer service department. Contact information can typically be found in the warranty documentation or on the brand's official website.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question