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› Reebok Pulse Smartwatch RPUS1-GG-CA Instruction Manual

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Reebok Pulse Smartwatch RPUS1-GG-CA Instruction Manual

Model: RPUS1-GG-CA

1. INTRODUCTION

This manual provides essential information for setting up, operating, and maintaining your Reebok Pulse Smartwatch. Designed for active lifestyles, this smartwatch offers comprehensive health tracking, diverse sport modes, and smart connectivity features to support your wellness journey.

2. WHAT'S IN THE BOX

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



Figure 2.1: Reebok Pulse Smartwatch. The watch features a round black display with a silver bezel and a black silicone band with blue accents.

3. SETUP

3.1 Charging the Smartwatch

Before initial use, fully charge your Reebok Pulse Smartwatch. Connect the provided charging cable to the magnetic charging points on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes approximately 2 hours and provides up to 10 days of active use or 30 days of standby time.

Video 3.1: Demonstration of connecting a magnetic charger to a smartwatch. This video illustrates the typical process for attaching a magnetic charging cable to the back of a smartwatch for power.

3.2 Pairing with Your Smartphone

1. Download the companion app from your smartphone's app store (compatible with Android 9.0+ and iOS 15.0+).

2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to search for and pair with your Reebok Pulse Smartwatch.
4. Confirm the pairing request on both your phone and the smartwatch.

4. OPERATING YOUR SMARTWATCH

4.1 Navigation

The Reebok Pulse Smartwatch features a curved HD touchscreen for intuitive navigation. Swipe left, right, up, or down to access different menus and features. Use the side buttons for quick access to specific functions or to return to the home screen.



Figure 4.1: The smartwatch display showing various metrics and the time.

4.2 Comprehensive Health Tracking

Your smartwatch continuously monitors key health metrics:

- **Heart Rate:** 24/7 monitoring to track your heart rate throughout the day and during workouts.

- **Blood Oxygen (SpO2):** Measures your blood oxygen levels, providing insights into your respiratory health.
- **Sleep Quality:** Analyzes your sleep patterns, including deep, light, and REM sleep, to help improve rest.
- **Stress Patterns:** Monitors stress levels to help you manage daily pressures.

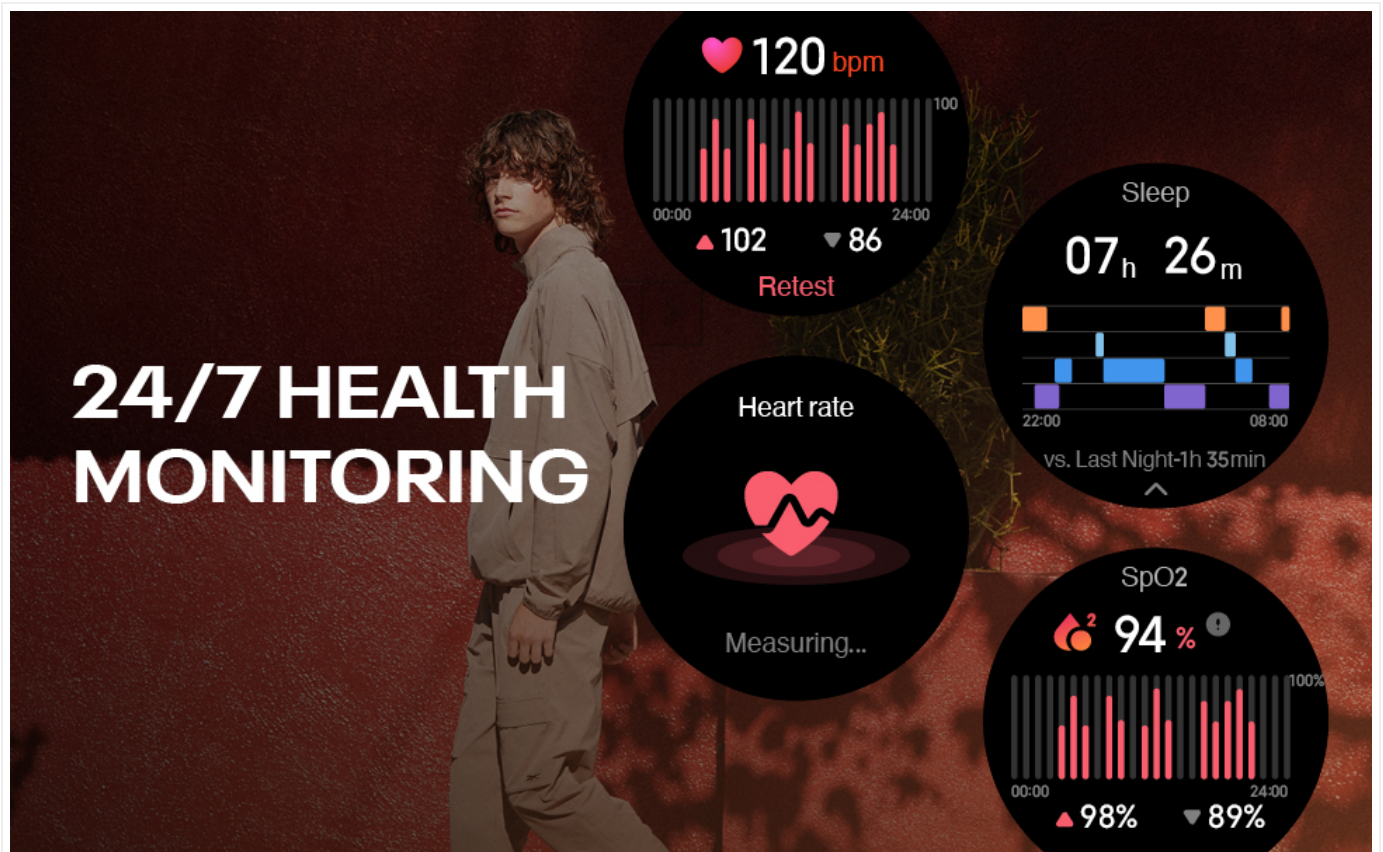


Figure 4.2: Visual display of continuous health monitoring data.

4.3 80+ Sport Modes & Fitness Tracking

Select from over 80 sport modes to accurately track your activities. The built-in GPS records distance, pace, and routes for outdoor exercises. The watch also counts steps and calories burned, syncing seamlessly with Google Fit, Apple Health Kit, and Strava.



Figure 4.3: A selection of icons illustrating the wide range of sports modes available.

4.4 Smart Connectivity

Stay connected by receiving calls, texts, and app notifications directly on your wrist. Ensure your smartwatch is properly paired with your phone via Bluetooth 5.0 for optimal performance.

Video 4.1: Guide on enabling message notifications for a smartwatch on iOS. This video demonstrates how to configure notification settings on an iPhone to ensure messages are displayed on your smartwatch.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The Reebok Pulse Smartwatch is IP68 water and dust resistant, protecting it from sweat, rain, and everyday splashes. It is suitable for swimming in shallow water but not recommended for diving or high-pressure water activities.

5.2 Cleaning

To maintain your smartwatch, regularly clean the device and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the finish or sensors.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Cannot pair with phone:** Check that Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again. Ensure the companion app is installed and updated.
- **Notifications not appearing:** Verify that notification permissions are enabled for the companion app and individual apps in your phone's settings. Also, check the notification settings within the smartwatch app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, but not too tight. Clean the sensors regularly.

7. SPECIFICATIONS

Brand	Reebok
Model Number	RPUS1-GG-CA
Operating System	RTOS
Memory Storage Capacity	128 MB
Special Features	Accelerometer, Activity Tracker, Always On Display, Touchscreen
Standing Screen Display Size	1.43 Inches
Display Type	AMOLED
Battery Average Life	10 days
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth 5.3
GPS	Phone Assisted
Water Resistance	IP68

8. WARRANTY AND SUPPORT

Your Reebok Pulse Smartwatch comes with warranty instructions included in the packaging. For any support inquiries, please refer to the contact information provided in your warranty documentation or contact the manufacturer directly.
Manufacturer Support Email: support.reebok@vitalist.ca OR support.reebok@vitalist.co

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