Fastrack Ryz

Fastrack Ryz Smart Watch User Manual

Model: Ryz (68062PP03K)

1. Introduction

This manual provides essential information for the safe and efficient use of your Fastrack Ryz Smart Watch. Please read it thoroughly before using the device and retain it for future reference.

2. What's in the Box

- Fastrack Ryz Smart Watch
- Magnetic Charging Cable with Type-C connector
- Quick Start Guide
- Warranty Card

3. Setup

3.1. Charging the Smart Watch

Before initial use, fully charge your Fastrack Ryz Smart Watch. Use the provided Magnetic Charging Cable with a Type-C connector.

1. Connect the Type-C end of the charging cable to a compatible power adapter (not included) or a USB port.
2. Attach the magnetic end of the cable to the charging points on the back of your smart watch. Ensure a secure connection.
3. The watch display will indicate charging status. A full charge typically takes approximately 2 hours.



Image: The Fastrack Ryz Smart Watch connected to its magnetic Type-C charging cable, illustrating the NitroFast charging feature.

3.2. Pairing with Your Smartphone

To unlock all features, pair your Fastrack Ryz Smart Watch with your smartphone using the Fastrack Smart World App.

1. Download the **Fastrack Smart World App** from your smartphone's app store (compatible with Android and iOS devices).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Fastrack Smart World App and follow the on-screen instructions to create an account or log in.
4. Select "Add Device" or a similar option within the app.
5. The app will search for your Fastrack Ryz Smart Watch. Select your watch from the list of available devices.
6. Confirm the pairing request on both your watch and smartphone.



Image: A user interacting with the Fastrack Smart World App on a smartphone, with the Fastrack Ryz Smart Watch visible on their wrist, demonstrating the app's interface for activity tracking.

4. Operating Instructions

4.1. Display and Navigation

The Fastrack Ryz Smart Watch features a 1.72-inch Super Ultra VU Display with a 60Hz refresh rate for smooth interaction. Navigation is primarily done via the touchscreen and the functional crown.

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Functional Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the home screen or confirm selections.
- **Menu Styles:** The watch supports multiple quick-change menu styles. Customize your preferred layout through the watch settings or the Fastrack Smart World App.



Image: The Fastrack Ryz Smart Watch on a wrist, showcasing its 1.72-inch UltraVU™ Display with a vibrant image, highlighting its visual clarity.



Image: A detailed view of the Fastrack Ryz Smart Watch's functional crown and a display showing various application icons arranged in different menu styles.

4.2. Bluetooth Calling and AI Voice Assistance

Once paired with your smartphone, you can manage calls and use voice commands directly from your watch.

- **Bluetooth Calling:** Answer, reject, or make calls using the integrated microphone and speaker on your watch.
- **AI Voice Assistance:** Activate the AI voice assistant (e.g., Siri, Google Assistant) on your connected phone through your watch to perform tasks hands-free.

4.3. Health Monitoring

The 24/7 Health Suite provides comprehensive tracking of your well-being.

- **Heart Rate Monitoring (HRM):** Continuously tracks your heart rate throughout the day.
- **SpO_2 Tracking:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **Stress Tracking:** Monitors your stress levels.
- **Activity Tracker:** Records steps, distance, and calories burned.

- **Multisport Tracker:** Supports various sports modes like cycling, running, and walking.



Image: The Fastrack Ryz Smart Watch on a user's wrist, with the screen showing a dashboard of health metrics including heart rate, sleep duration, SpO2 levels, and stress tracking.

4.4. Smart Utilities

Access various convenient tools directly from your wrist:

- Calculator
- Calendar
- Alarm
- Stopwatch
- Timer
- Weather updates with smart nudges

5. Maintenance

5.1. Cleaning Your Smart Watch

To maintain the appearance and functionality of your watch:

- Wipe the watch and strap regularly with a soft, dry, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts on the back of the watch are clean and dry before charging.

5.2. Water Resistance

The Fastrack Ryz Smart Watch has a 1ATM water resistance rating, meaning it can withstand splashes, rain, and brief immersion up to 1.5 meters. It is suitable for daily use and activities like swimming in shallow water.

- Do not use the watch in hot water, saunas, or steam rooms, as this can compromise the water seals.
- Avoid pressing buttons or operating the touchscreen underwater.
- Dry the watch thoroughly after exposure to water, especially before charging.



Image: A Fastrack Ryz Smart Watch on a user's wrist, with the hand partially submerged in water, illustrating its 1 ATM water resistance.

6. Troubleshooting

6.1. Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the functional crown for several seconds to attempt a forced restart.

6.2. Unable to Pair with Smartphone

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your smartphone and the Fastrack Ryz Smart Watch.
- Clear the Bluetooth cache on your smartphone (if applicable) and try pairing again.
- Ensure the Fastrack Smart World App is updated to the latest version.

6.3. Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
- Keep the sensor on the back of the watch clean and free from debris.
- Environmental factors and individual physiology can affect sensor accuracy.

6.4. Short Battery Life

- Reduce screen brightness and screen-on time.
- Disable continuous heart rate monitoring or other features if not needed constantly.
- Close background apps on the watch (if applicable).
- Ensure the watch is fully charged before use.

7. Specifications

Feature	Detail
Model Name	Fastrack Ryz
Model Number	68062PP03K
Display	1.72-inch Super Ultra VU Display, 60Hz Refresh Rate
Connectivity	Bluetooth
Battery Type	Lithium Polymer
Battery Life (Average)	Up to 5 Days
Charging Time	Approximately 2 Hours
Water Resistance	1ATM (up to 1.5 meters)
Sensors	Heart Rate Monitor, SpO2 Sensor, Activity Tracker
Human Interface Input	Microphone, Touchscreen, Functional Crown
Case Material	Polycarbonate (PC)
Band Material	Silicone
Weight	43 Grams
Manufacturer	Titan Company Limited

Country of Origin	India

8. Warranty Information

Your Fastrack Ryz Smart Watch comes with a**1 Year Manufacturer Warranty** from the date of purchase. Please refer to the included Warranty Card for detailed terms and conditions. Retain your proof of purchase for warranty claims.
For warranty service, contact Fastrack customer support or visit an authorized service center.

9. Support

For further assistance, technical support, or frequently asked questions, please visit the official Fastrack website or contact their customer service department.
Manufacturer: Titan Company Limited, 3 Sipcot Industries complex, Hosur- 635126, India.
Note: Product features and specifications are subject to change without prior notice.