



Contents [[hide](#)]

- [1 Reflex Active 35 Series Activity Tracker](#)
- [2 Product Information](#)
- [3 POWER ON / OFF](#)
- [4 HOW TO CHARGE](#)
- [5 DOWNLOADING THE REFLEX ACTIVE BLUE App.](#)
- [6 COMPATIBILITY](#)
- [7 CONNECTING YOUR SMART WATCH TO YOUR MOBILE PHONE](#)
- [8 DISCONNECTING YOUR SMART WATCH & PHONE](#)
- [9 BUTTON OPERATIONS](#)
- [10 WATCH FACE](#)
- [11 CHOOSING ADDITIONAL DIALS](#)
- [12 WELLNESS FEATURES](#)
- [13 LIFESTYLE FEATURES](#)
- [14 SPECIFICATIONS](#)
- [15 HOW TO CARE FOR YOUR SMART WATCH](#)
- [16 GUARANTEE](#)
- [17 CONTACT US](#)
- [18 PRIVACY POLICY](#)
- [19 FAQ](#)
- [20 Documents / Resources](#)
 - [20.1 References](#)

REFLEX ACTIVE

Reflex Active 35 Series Activity Tracker



Product Information

Specifications

- Model: Series 35
- App: REFLEX ACTIVE BLUE
- Compatibility: Works with smartphones listed on the website

Please take a few minutes to read through these instructions, they will help ensure you get the best from your smartwatch. You can also visit our website or scan this QR code for lots of helpful information and video guides. And of course, if you have any questions, please get in touch, we're here to help!



- +44 (0)121 524 1400
- support@reflex-active.co.uk
- www.reflex-active.com/pages/support

POWER ON / OFF

- To switch on, press and hold the touch key until display illuminates.
- To switch off the watch, press the touch key repeatedly until 'more' icon shows on the display and then long-press to enter in 'Power off', long-press the touch key again.
- You can press the touch key, or turn on gesture control in advanced settings of REFLEX ACTIVE app. and raise your hand to illuminate the screen.

HOW TO CHARGE

1. Whilst holding the module, pull the bottom strap away to reveal the USB charging connection.
 2. Plug in the module to a USB power source. Once connected, a charging icon will appear on screen.
- Please charge the band when it displays low battery.
 - Charging usually takes 2.5-3 hours to fully charge your smartwatch, please take care not to over charge.

DOWNLOADING THE REFLEX ACTIVE BLUE App.



To download our app, search for REFLEX ACTIVE BLUE App. or scan the appropriate QR code with your smart phone camera.

COMPATIBILITY

The REFLEX ACTIVE BLUE app will work on the following smartphones:

- Android (version 9.0 and above)
- Apple IOS (version 12.0 and above)

CONNECTING YOUR SMART WATCH TO YOUR MOBILE PHONE

1. Enable wireless connection on your smartphone.
2. Open the REFLEX ACTIVE BLUE APP on your smartphone.
3. Set your preferences and follow the setup guide.
4. To connect your watch, open settings at the bottom of the app & select 'connect smart device' & select Series 35.

Allow permissions when prompted to gain full functionality of your watch.

DISCONNECTING YOUR SMART WATCH & PHONE

1. Open the REFLEX ACTIVE BLUE APP on your smartphone.
2. Tap settings in the bottom right corner & select forget device.

BUTTON OPERATIONS

Short pressing the touch button:

- Unlocks the screen
- Takes you through the menu

Long pressing the touch button:

- Changes the dial
- Select menu options

WATCH FACE

Your smartwatch has a number of our signature dials, to switch between them press & hold the touch button. Continue to do this until you have selected your dial & lift off to set.



CHOOSING ADDITIONAL DIALS

There are more dials you can set from your app dial directory.

- Tap the watch face settings on the bottom menu
- Select clockface
- Tap the dial you want to wear
- The dial will automatically transfer to your watch screen, this may take a minute , a loading screen will be displayed during transfer.
- Note: Your watch will store one additional dial at a time, as a new dial is downloaded, it will take the place of the previous download.

WELLNESS FEATURES

• DAILY ACTIVITY

The band will record your daily activity automatically. Press the touch key to switch between steps, calories & distance.



• SPORTS

Long-press the touch screen button to enter more exercise functions. There are six sports options:

- Walking

- Cycling
- Running
- Hiking



- After your activity, the band will record your sports data. After your exercise, press the touch screen to stop & save your movement. If the activity lasts less than five minutes, the data will not record. Within the app you can set activity goals.

• HEART RATE

Your watch will detect your heart rate while it is on your wrist. Use the touch button to select the heart rate icon. Hold the touch button until the icon changes to BPM. If you want the feature to be active on selective times you select this within the REFLEX ACTIVE app.



• SLEEP

Sleep data is shown on the watch and via the app homepage. You can also set a sleep target within the app. Sleep detection starts from 10pm to 8am the next day.



- **BREATHING**

Long press the touch key to enter the breathing interface. During the breathing exercise, long pressing or short pressing the touch key will exit the breathing feature. Breathing exercises will auto exit after one minute of each cycle.



LIFESTYLE FEATURES

- **MESSAGES & NOTIFICATIONS**

Press & hold the touch button to enter the message view. The smartwatch will alert you to incoming calls, SMS, Whatsapp message notifications etc.



- **MUSIC CONTROL**

Open your phone's default music APP, long touch to enter in BT music, then click in this interface to control music: Play/Stop/Next song/Last song.



- **WEATHER**

After connecting with the REFLEX ACTIVE app, you can select city in settings of the app. and the weather of this city will be displayed on your smartwatch.



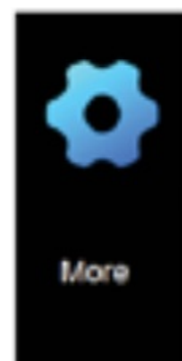
- **FIND YOUR PHONE OR SMARTWATCH**

When connected to the app, the find phone feature will be available within the app settings to help find your smartwatch. Alternatively, on your smartwatch within the find your phone option long press the touch key and your phone will sound a locator alarm.



- **MORE**

Long press the touch button to enter the function menu. There is an About, Power Off, Reset & Find Your Phone option.



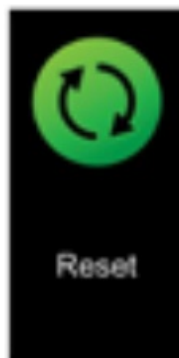
- **ABOUT**

Long-press the touch button, you can check your bands address, device name and system version.



- **RESET**

Long-press the touch key, your watch will be reset and restart.



- **POWER OFF**

Long-press the touch button to turn off your watch.



SPECIFICATIONS

- **RAM/ROM:** RAM 32K / 512K / 16MB
- **LCD Screen Size:** 0.96"
- **Bluetooth:** BT 5.2
- **Battery:** Built-in rechargeable lithium battery
- **Battery Capacity:** 90mAh
- **Battery with Bluetooth Connected:** Up to 4 days
- **Standby Time:** 10-15 days

- **Charge Time:** 2.5 – 3 hours
- **Water Resistant:** IP67

HOW TO CARE FOR YOUR SMART WATCH

Do not wear your smartwatch whilst applying sprays or creams. Do not allow contact with any corrosive agent e.g., paint, solvents or adhesives, as this may affect the finish of the smartwatch. Do not try to replace or disassemble the battery.

STRAP CARE

Environmental conditions can affect the durability of your strap. Please treat it with care and limit exposure to direct heat or sunlight. Keep your watch dry and away from wet surfaces. Do not use chemical cleaners on your strap and avoid contact with cosmetic products, such as fake tan or perfumes. Light soiling can be cleaned using a weak soapy water solution on a barely damp soft cloth. Please be aware light coloured straps i.e. whites, creams and pastel colours, are prone to attract colour transfer from other surface materials and cosmetic substances. Please take care whilst wearing these products as discoloration of straps is not covered within the guarantee.

SILICONE STRAP CARE

To keep your silicone strap looking good, clean it regularly with mild soap and water to remove any dirt, oils, lotions, etc., ensuring the case of your smartwatch does not get wet. When you are not wearing your smartwatch, we recommend you store it in the gift box received with purchase.

STEP COUNTER

Smartwatches use multiaxis inertial sensors called accelerometers. These detect wrist movement in order to measure steps. However, some wrist actions whilst standing or sitting can mimic the arm movement of a step and can therefore falsely record steps. The step count recorded each day should be used as a guide only.

WATER RESISTANCE IP67 – Your watch is certified water resistant for up to 30 minutes to a maximum depth of 1 Metre. We do recommend to limit water exposure of your watch and always keep dry.

GUARANTEE

- Quality and style are at the heart of what we do. REFLEX ACTIVE certifies this smartwatch is produced using premium materials and is fully tested before leaving our manufacturing centre.
- Your timepiece is guaranteed against any defective parts and construction for 2 years from the date of purchase. Your guarantee is only valid if you present your original receipt when returning the item. This guarantee provides you with rights in addition to
- your consumer statutory rights and therefore does not limit your statutory rights. Please note this guarantee does not cover lenses, bands, straps or bracelets, water penetration or batteries. Additionally, breakages caused by accident or maltreatment are not covered.
- All products should be returned to: PH Services, Precision House, Unit 4, Starley Way, Solihull, B37 7GN.
- Please contact us before sending in your product and we'll guide you through the process.

CONTACT US

If you require any further assistance using your REFLEX ACTIVE smartwatch or our REFLEX ACTIVE BLUE App, we are here to help!

You can also contact the REFLEX ACTIVE customer service team Monday to Friday, 9 AM to 4 PM on:

+44 (0) 121 524 1400

support@reflex-active.com

There is also lots of information on our website [reflex-active.com](https://www.reflex-active.com) that you may find helpful.

PRIVACY POLICY

Please check www.reflex-active.com/pages/privacy-policy to view our privacy policy.

Please remember to check for updates periodically.

IMPORTANT SAFETY INFORMATION~ BEFORE USING THE PRODUCT, PLEASE FAMILIARISE YOURSELF WITH ALL OF THE SAFETY INFORMATION AND

INSTRUCTIONS FOR USE!

BATTERY WARNINGS

- Do not attempt to replace the battery, open the device enclosure or disassemble your REFLEX ACTIVE product. Doing so can result in a safety hazard
- The integrated rechargeable battery cannot be removed or replaced
- Substances within REFLEX ACTIVE smartwatch battery may harm the environment or cause injury if handled or disposed of improperly. In the unlikely event of contact with battery acid, thoroughly flush the affected area with plenty of clean water and seek IMMEDIATE medical attention
- When the battery is fully charged disconnect from charger, DO NOT exceed 2 hour charge time.

DEVICE WARNINGS –

- This is a Class A product. In a domestic environment, this product may cause radio interference. In which case the user may be required to take adequate measures
- Ensure your smartwatch correctly engages with the charging contacts
- Before each use, please check the product for damage, do not use if the product is damaged
- This is not a toy, children should not play with this product
- Never attempt to open your smartwatch, this may result in danger
- Protect the product from strong impacts, vibrations, direct sunlight and dirt
- Do not place heavy objects on the product
- Do not exert pressure on the product
- Avoid strong magnetic fields e.g. loudspeakers
- Salt and thermal water can lead to the corrosion of metal parts. Remove the product before using saunas as the temperature difference can cause condensation
- Do not operate the product near heat sources e.g. radiators or other devices emitting heat. Do not cover the product during operation or charging
- Never use the product on aeroplanes, in hospitals, service rooms, or near medical electronic systems. The wireless signals transmitted could impact the functionality of sensitive electronics
- Do not use your REFLEX ACTIVE product if the display is cracked

- Do not expose your REFLEX ACTIVE product to extremely high or low temperatures
- Do not use abrasive cleaners to clean your REFLEX ACTIVE product
- Remove your REFLEX ACTIVE product immediately if it feels warm or hot
- Do not attempt to wear or operate your REFLEX ACTIVE product whilst charging
- Do not charge your REFLEX ACTIVE product if wet
- Do not check notifications or other applications on the products display while driving or in other situations where distractions could be hazardous. Always be aware of your surroundings when using REFLEX ACTIVE products and services
- Ensure your smartwatch is removed at regular intervals for gentle cleaning.

HEALTH WARNINGS – REFLEX ACTIVE smartwatches contain components that emit electromagnetic fields, with some of the models containing a magnetic charging dock, please be aware that these models contain magnets. These electromagnetic fields and magnets may interfere with medical devices, such as pacemakers and implanted defibrillators. Please consult your doctor and medical device manufacturer if you use any medical device before using a REFLEX ACTIVE smartwatch.

- The REFLEX ACTIVE heart rate monitor is designed for recreational use only, it is not intended for any medical use such as diagnosing or monitoring any medical conditions
- The REFLEX ACTIVE heart rate monitor periodically emits flashing lights, please consult your doctor before use if you have epilepsy or similar conditions.
- The REFLEX ACTIVE heart rate monitor usually provides an accurate estimate of your heart rate, but the reading can be affected by factors such as fit of the smartwatch, the physical characteristics of the wearer and the intensity of the activity
- Your REFLEX ACTIVE smartwatch will help calculate distances covered and calories burned during training. Please consult a doctor before starting new exercise regimes
- REFLEX ACTIVE smartwatches contain sensors to track your movement to closely estimate your activity, sleep, calories used etc. These close estimations are not always fully accurate
- Some wearers may suffer skin irritation if the smartwatch is worn for prolonged periods. Sensitive skin, skin allergies and medication could contribute to the irritation incurred and should be considered before use. If you notice any irritation you should remove your smartwatch. To help prevent any irritation please ensure the smartwatch is removed regularly for cleaning & do not over-tighten on your wrist

- We recommend you remove your smartwatch each day for gentle cleaning
- If your watch features cycle tracking, please note the menstrual cycle tracking feature should be used for your personal records only. It is not intended to be used to assist in, or prevent conception. Always consult your doctor should you notice anything unusual.
- In the case of material damage or personal injury caused by incorrect handling or non-compliance with the safety instructions, no liability can be accepted by REFLEX ACTIVE. If you have any questions or concerns, please contact us, you'll find our contact details on this leaflet.

Manufactured by: Peers Hardy UK Ltd, Precision House, Starley Way, Birmingham Business Park, Bickenhill Lane, Solihull, B37 7GN, UK.

EU Address, Peers Hardy UK LTD, C/O Global E-commerce Experts, Rijnlanderweg 766, Unit H, 2132 NM, Hoofddorp, Netherlands.

Made in China

DECLARATION OF CONFORMITY

The original UK and EU declaration of conformity may be found at : <https://www.reflex-active.com/pages/declaration-of-conformity-certification>.

DISPOSAL OF GOODS ~ The crossed out wheelie bin symbol is to remind you that waste electrical products, batteries and accumulators should not be disposed of in household waste. If you are unable to reuse or recycle your article it should be disposed of at a civic amenity site or a local authority recycling facility.

- Do not dispose of your REFLEX ACTIVE product within household waste.
- Disposal of your REFLEX ACTIVE packaging and product should be done in accordance with local regulations.
- Batteries are not to be disposed of in municipal waste & require separate collection.



Bluetooth™ is a trademark on a registered trademark of Bluetooth SIG Inc.

FAQ


- **Q: How do I check my heart rate?**

A: Use the touch button to select the heart rate icon and hold until it displays BPM.
Ensure to set monitoring preferences in the REFLEX ACTIVE app.

- **Q: How can I track my daily activity?**

A: Press the touch key to switch between steps, calories, and distance for automatic recording of daily activity.

Documents / Resources

	Reflex Active 35 Series Activity Tracker [pdf] User Guide Series 35, 35 Series Activity Tracker, 35 Series, Activity Tracker, Tracker
---	--

References

- [Find & Register for Races, Local Events & Things to Do](#)
- [Shop Smartwatches, Audio and Tech Accessories at Reflex-Active](#)
- [Support Centre](#)
- [User Manual](#)

REFLEX
ACTIVE

35 Series, 35 Series Activity Tracker, Activity Tracker, REFLEX ACTIVE, Series 35,
Tracker

—Previous Post

REFLEX ACTIVE 22 Series Smart Watch User Guide

Next Post—

REFLEX ACTIVE Series 41 Stone Set Rose Gold App Instruction Manual

Leave a comment

Your email address will not be published. Required fields are marked *

Comment *

Name

Email

Website

☐ Save my name, email, and website in this browser for the next time I comment.

Post Comment

Manuals+, Privacy Policy | @manuals.plus | YouTube

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.