



User manual

Product Introduction

Meet the Reebok Smart Ring:
your latest & best companion in digital wellness.



Activity
Tracking



Exercise
Mode



Heart
Rate



HRV



Stress



Sleep
Tracking



Skin Temperature
Trend



SpO2



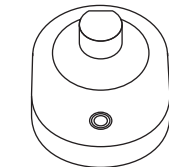
5ATM
Waterproof

Note: The smart ring is not a medical device and is not intended to diagnose or monitor any disease or medical condition.

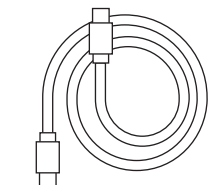
What's In The Box?



① Smart Ring & Silicone Cover



② Charging Dock



③ USB-C Charging Cable

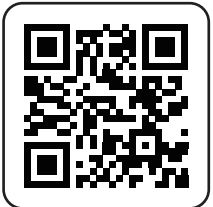


④ User Manual

Instruction

Download the App

Scan the QR code below or search Reebok Fitness App on iOS App or Google Play Store to download and get started.



Reebok Smart Ring

iOS compatibility: iOS 16 or higher
Android compatibility: Android OS 10.0 or higher
Bluetooth version: 4.2 or higher

With the purchase of the Reebok Smart Ring, you'll receive **1 year of full access** to the Reebok Fitness App, starting from the date you activate your offer - simply **create an account or log in** to begin.

By downloading the app, you agree to our Terms and Conditions, available at www.reebokfitness.app/terms.

Charge Before Use

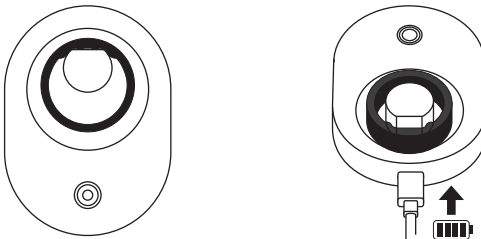
- **For first-time use**, please fully charge the smart ring until a steady green light shows on the inside of the ring, using the charging dock.
- If a **factory reset** has been performed in the app, ensure the device is charged and activated again by placing it on the charging dock before use.

Pairing With The App

1. Open the **Reebok Fitness App** and simply **create an account or log in**.
2. Tap the **"Ring"** icon in the navigation menu to select the option to connect and bind the device.

Note: During the pairing process, ensure that **Bluetooth** is enabled on your phone, and keep the **Smart Ring** close to the phone.

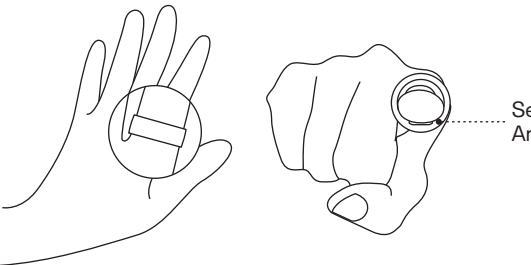
Charging Instructions



1. Connect the **charging dock** to a **USB-C cable**, then plug the other end into a **5V/1A power source**. A white light on the charging dock confirms it is connected to the power source.
2. Place the **ring on the charging dock**, ensuring it is properly positioned by matching the charging contacts on the ring with those on the charging dock.
 - A **blinking light** on the inner ring indicates that **charging is in progress**.
 - A **steady green light** on the inner ring means it's **fully charged**.

Note: The charging dock is **not water-resistant** and is intended for **indoor use only**.

Wearing Guidelines for Optimal Performance



1. For the best accuracy and performance, wear the ring on the **index finger** of your **non-dominant hand**. However, it can also be worn on any finger as long as it fits securely and comfortably.
2. Ensure the **ring sensor is positioned on the palm side** of your finger for optimal measurement accuracy.
3. When manually measuring **heart rate or blood oxygen**, remain still to achieve the most accurate readings.

Specifications

Product name: Reebok Smart Ring
Model: RBKSR-V1
Battery type: Rechargeable lithium polymer
Battery capacity: Rechargeable 12mAh / 16.5mAh depending on the ring size
Battery life: 5-7 days (based on specific usage conditions)
Charging time: < 2 hours
Charging dock rated input: 5V ---1A
Bluetooth version: Bluetooth 5.1
Data memory: 5-7 days
Waterproof grade: 5ATM
Activity time: Max 99h 59min
Calories burned: Max 9999.9kcal
Running & walking distance: Max 999.99km
Operating temperature range: -10°C to 52°C = 14°F to 125.6°F
Storage temperature range: -20°C to 55°C = -4°F to 131°F

These specifications are subject to change without notice.

Troubleshooting

If the ring doesn't pair with your smartphone:

1. Ensure your ring is charged.
2. Check that Bluetooth permissions are enabled in the app settings.
3. Verify that Bluetooth is enabled on your smartphone.
4. Restart the app and try pairing the ring again.

If the ring isn't measuring any data:

Please contact our support team for assistance.

If the ring's battery is draining too quickly:

1. Make sure you are fully charging the ring until it reaches 100%.
2. If the issue persists, contact our support team.

For other issues not listed above:

Please reach out to our support team with a detailed description of the problem via our Help Center -

[help.reebokfitness.app](#)

Safety Notices

Failure to follow these safety instructions may result in fire, electric shock, injury, or damage to the device or property. Read all safety information before using the device.

Non-Medical Device Disclaimer

This product is not a medical device and is not intended for professional medical diagnosis, treatment, or disease prevention. Do not use it to self-diagnose or make medical decisions. Always consult a healthcare provider before making health-related decisions.

Child Safety Warning

This product is not a toy and is not intended for children.

It may contain small parts that could pose a choking hazard if swallowed. Keep it out of children's reach. If ingestion is suspected, seek immediate medical attention.

Precautions for Wearing

- Remove the ring periodically to allow your skin to breathe.
- Keep the ring clean and dry to prevent skin irritation.
- If you experience redness, inflammation, or an allergic reaction, stop use and consult a doctor.

- Avoid impacts or collisions with hard objects during strength training, as well as abrasive activities that may cause the ring to scratch. It is recommended to wear the silicone cover during such activities to help protect the ring.

Operating & Storage Conditions

- Use within -10°C to 52°C (14°F to 125.6°F).
- Store within -20°C to 55°C (-4°F to 131°F).
- Extreme temperatures may affect device performance or battery function.

Environmental Precautions

- Keep the device away from direct sunlight (e.g., car dashboards, windowsills).
- Do not place it near heat sources such as heaters, stoves, or open flames.
- The device is rated **5ATM water-resistant**—suitable for showers, pools, and shallow water but **not** for deep-sea diving or hot springs.
- Avoid exposure to strong magnetic fields, as they may cause circuit malfunctions.
- Do not use the device during thunderstorms to prevent failure or electric shock.
- Keep the device away from magnetic-striped cards (e.g., bank or phone cards) to prevent data loss.

Radio Safety Warning

- In medical facilities or locations where wireless devices are restricted, follow local regulations and remove the ring from your finger.
- Radio waves from the device may interfere with implanted medical devices (e.g., pacemakers, cochlear implants, hearing aids). Consult your medical device manufacturer for guidance before use.

Battery Safety

- Do not disassemble, modify, burn, insert foreign objects, or immerse the battery in liquids.
- Avoid dropping, compressing, or puncturing the battery, as external pressure can cause overheating and short circuits.
- The battery is **non-removable**—do not attempt to replace it.
- Dispose of batteries according to local regulations. Do not mix with household waste.

Charging Safety

- Keep the charging dock and device dry while charging.
- Do not touch the charging dock or power source with wet hands, as this may cause electric shock.

Maintenance & Care

- Clean the device with a soft, dry cloth.
- Do not use microwaves, hair dryers, or external heat sources to dry it.

- Avoid harsh chemicals or corrosive cleaners that may damage the product.
- Before cleaning, stop using the device, close applications, and disconnect all connections or cables.

Warranty

This product is covered by a limited warranty. For full details, including coverage, duration, and how to make a claim, please visit our Help Center - [help.reebokfitness.app](#)

If you believe your product is faulty or not performing as expected, please refer to the warranty guidelines before contacting our support team.



FCC Requirement

FCC-ID: 2BQUQ-RBKS-R-V1

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's right to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no

guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC RF Exposure Statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

The user manual may be updated periodically. For the latest version, please visit: [reeboksmartring.com/user-manual](#)
For regulatory and compliance information, please visit: [reeboksmartring.com/regulatory-info](#)

