How Do I Pause, Resume, or End a Workout on My Reebok Kinetic?

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You can control an active workout directly from your Reebok Kinetic using its physical buttons and touchscreen.

Pause or resume a workout

Press the **top button** during an activity to pause your workout. Press it again to resume.

End a workout

1. Press the top button to pause the activity.
2. From the paused screen, choose the option to end the workout.
3. Select **Save** to keep the recorded activity or **Discard** to delete it.

Record a lap

During a workout, press the **bottom button** to record a lap, where supported by the activity.

Once saved, your workout is available in Training History, where you can review its recorded information.