How Do I Set Up Automatic Heart Rate Monitoring on My Reebok Kinetic?

Inas B. - 2026-11-26 - Health & Activity Tracking

Your Reebok Kinetic can measure your heart rate automatically, manually, or on a schedule. Automatic monitoring helps you follow changes in your heart rate throughout the day, including periods of rest and physical activity.

Configure heart rate monitoring

1. Open **Settings** on your watch.
2. Select **Health & Wellness**.
3. Open **Heart Rate & SpO_2**.
4. Find the heart rate monitoring options.
5. Choose the available monitoring mode:
    - **Automatic:** The watch takes readings automatically.
    - **Manual:** Take a reading when you open the Heart Rate app.
    - **Scheduled:** Set monitoring for selected periods, where supported.

View your heart rate

Open the **Heart Rate** app to view your current reading and available history. The app also provides heart rate trends and daily summaries.

Important information

Heart rate readings are estimates intended for general fitness and wellness tracking. They are not medical measurements and should not be used to diagnose a condition or make medical decisions.

For more consistent readings, wear your watch snugly and maintain good contact between the sensor and your skin.