What Do the Different Workout Metrics Mean on My Reebok Kinetic?

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During a workout, your Reebok Kinetic can display different metrics to help you follow your activity and performance. The information shown depends on the activity you select and the data fields available for that activity.

Here are some of the metrics you may encounter.

Time and distance

- **Workout Time:** How long your recorded workout has lasted.
- **Distance:** The total distance covered during an activity. This may be calculated using GPS or other available movement data, depending on the activity.
- **Pace:** The time it takes to cover a unit of distance, commonly shown as minutes per kilometre or mile. A lower pace value means you are covering the distance faster.
- **Speed:** How quickly you are moving, usually displayed in kilometres or miles per hour.

Heart rate and exercise intensity

- **Heart Rate:** The number of times your heart beats per minute (BPM).
- **Heart Rate Zones:** Ranges used to describe exercise intensity based on your heart rate. Zone systems and their calculations can vary.

Movement and performance

- **Cadence:** The rate of repeated movements during an activity. For example, running cadence usually refers to the number of steps taken per minute.
- **Elevation:** Your estimated height above a reference level, usually expressed in metres or feet. This may be used to show elevation changes during supported outdoor activities.
- **Compass:** Your direction of travel or heading, expressed using cardinal directions or degrees.

Understanding your workout data

Not every metric is available for every activity. For example, pace and distance are more relevant to running than to some strength-training activities, while cadence may only appear for activities where it can be measured or estimated.

You can customize your workout data pages to choose which available metrics appear on your watch. Kinetic supports up to six data pages, with up to five fields on each page.

The displayed values are intended for general fitness and activity tracking. They may be estimates and should

not be treated as medical measurements.