What Is Built-in GPS?

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Built-in GPS is a satellite positioning technology that allows a device to determine its geographic location using signals received directly from navigation satellites.

GPS stands for Global Positioning System. A GPS receiver calculates its position by measuring the time it takes for signals from multiple satellites to reach it. By processing signals from several satellites, the receiver can estimate its location, speed and movement.

How Does Built-in GPS Work?

Navigation satellites continuously transmit signals containing information about their position and the time the signals were sent.

A GPS receiver uses these signals to calculate its distance from the satellites. By combining information from multiple satellites, it can determine its geographic position.

The receiver can then use successive position measurements to estimate movement, distance and speed.

Which Reebok Smartwatch Has Built-in GPS?

The Reebok Kinetic features built-in multi-system satellite positioning. It supports six satellite navigation systems:

- GPS
- GLONASS
- Galileo
- BeiDou (BDS)
- QZSS
- NavIC

Supporting multiple satellite systems allows the watch to receive positioning signals from different satellite networks.

The Kinetic also uses preloaded Assisted GPS (A-GPS) data to help speed up satellite acquisition.

What Can Affect GPS Accuracy?

GPS accuracy can vary depending on:

- Buildings and other structures that obstruct satellite signals.
- Dense tree cover.
- Indoor environments.

- Weather and atmospheric conditions.
- The availability and quality of satellite signals.

GPS positioning is intended to provide location information for supported activities. It should not be confused with turn-by-turn navigation or a dedicated vehicle navigation system.