How to Check Heart Rate and Blood Oxygen on Your Reebok Stride

Inas B. - 2026-11-04 - Sensors & Tracking

Your Reebok Stride can monitor heart rate and blood oxygen (SpO_2) levels.

Heart Rate

The watch can monitor your heart rate and display:

- Your current heart rate in beats per minute (BPM)
- A heart rate graph
- Daily high and low readings

Blood Oxygen (SpO_2)

The watch can measure blood oxygen levels and can be configured to take automatic readings during sleep.

To enable automatic readings:

1. Open the **Reebok Connect** app.
2. Open your watch's settings.
3. Go to **Blood Oxygen Settings**.
4. Enable automatic tracking.

For a manual reading:

1. Wear the watch snugly against your skin.
2. Keep your arm still.
3. Remain still while the measurement is taken. This can take up to **2 minutes**.

Important: SpO_2 and heart rate measurements are intended for wellness and fitness purposes and are not intended to diagnose, treat, or monitor medical conditions. If you have concerns about your readings, consult a healthcare professional.