How to Navigate Your Reebok Stride

Inas B. - 2026-11-02 - Product Features

Use the touchscreen and physical buttons to navigate your Reebok Stride.

Touchscreen Gestures

- **Swipe down:** Open Quick Settings
- **Swipe up:** View notifications
- **Swipe left:** Open the Quick Menu
- **Swipe right:** Browse app widgets

Top Button

- **Short press:** Wake the screen or open the App List
- **Press and hold for 3+ seconds:** Turn the watch on or open the Power Menu

The Power Menu includes:

- Restart
- Power Off
- SOS

Bottom Button

- **Short press:** Open the Activity list

The bottom button's function can be customized in the watch settings.