# How to Pair Your Reebok Stride

Inas B. - 2026-11-04 - Setup & Pairing

Pair your Reebok Stride with the Reebok Connect app to access your watch's features and sync your data.

### Before You Start

- Make sure your phone's Bluetooth is turned on.
- Keep your watch and phone close together.
- Download the **Reebok Connect** app from the App Store or Google Play, or scan the QR code in your watch manual.

### Pair Your Watch

1. Open the **Reebok Connect** app.
2. Tap **Add Watch**.
3. Select **Reebok Stride**.
4. On your watch, open the QR code screen.
5. Swipe up to view the watch's **MAC address**.
6. In the app, select the device with an ID matching the **last four digits of the MAC address**.
7. Follow the on-screen instructions to complete pairing.

**Tip:** If you do not see your watch, make sure Bluetooth is enabled and the watch is close to your phone.