How to Restart, Power Off, or Reset Your Reebok Stride

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

You can restart, power off, or reset your Reebok Stride from the System menu.

Restart Your Watch

Select **Restart** to reboot the watch without deleting your data.

Power Off Your Watch

Select **Power Off** to turn the watch off completely.

Reset Your Watch

Select **Reset** to restore the watch to its factory settings.

Important: A factory reset permanently erases user data from the watch. After a reset, you will need to pair the watch with your smartphone again.