How to Set the Date and Time on Your Reebok Stride

Inas B. - 2026-11-04 - Product Features

Your Reebok Stride can automatically sync its date and time with your connected smartphone.

Automatic Setup

When the watch is connected to your phone, the date and time will synchronize automatically.

Manual Setup

You can also adjust the date and time manually through the watch's settings.

You can choose between:

- **12-hour format** (AM/PM)
- **24-hour format**