How to Start and Manage Workouts on Your Reebok Stride

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

The Reebok Stride supports more than **100 indoor and outdoor activities**.

Add Activities to Your Watch

You can customize the activities available on your watch through the Reebok Connect app.

1. Open the **Reebok Connect** app.
2. Open your watch's **Device Settings**.
3. Select **Sports Manager**.
4. Tap **Choose Sports**.
5. Add the activities you want to use.
6. You can add up to **20 activities** to your watch.

Start a Workout

- Press the **bottom button** to open the Activity list, or
- Press the **top button**, open the App List, and select **Workout**.

Select an activity to begin tracking.

Pause or Stop a Workout

- Swipe **left** on the screen, or
- Press the **top button**.

Follow the on-screen options to pause or end your workout.