How to Use Breath, Weather, and Music Controls on Your Reebok Stride

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Your Reebok Stride includes Breath, Weather, and Music Control features.

Breath

Use the Breath feature for guided breathing exercises.

Choose from:

- **Fast**
- **Smooth**
- **Slow**

Sessions can be set for **1 to 5 minutes**.

Weather

The Weather feature displays current temperatures and forecasts.

To use Weather, your watch must:

- Be connected to your phone through Bluetooth.
- Be connected to a phone with an active internet connection.
- Have the required location permissions enabled.

Music Control

Use your watch to:

- Play or pause music.
- Skip tracks.

Music must already be playing on your connected phone.