How to Use the Stopwatch and Timer on Your Reebok Stride

Inas B. - 2026-11-02 - Product Features

Your Reebok Stride includes Stopwatch and Timer functions for workouts, activities, and everyday tasks.

Stopwatch

1. Open **Stopwatch**.
2. Tap to start timing.
3. Tap to pause when needed.
4. Tap to reset the stopwatch.

Timer

1. Open **Timer**.
2. Select a preset duration, such as **1 minute or 5 minutes**, or enter a custom duration.
3. Start the timer.

The watch will notify you when the countdown is complete.