How to Wear Your Reebok Stride

Inas B. - 2026-11-02 - Sensors & Tracking

Wearing your Reebok Stride correctly helps improve tracking accuracy and keeps the watch comfortable.

For Everyday Wear

- Wear the watch at least **one finger-width below your wrist bone**.
- Fasten the band securely, but comfortably.
- The sensor should maintain consistent contact with your skin without leaving excessive gaps.

During Exercise

- Wear the watch about **two finger-widths below your wrist bone**.
- Tighten the band slightly compared with everyday wear.
- Do not wear the watch so tightly that it restricts blood flow or causes discomfort.

After Exercise

Loosen the band slightly to allow your skin to breathe, and clean and dry the watch and your wrist as needed.