Reebok Stride Operating & Storage Temperature Guidelines

Inas B. - 2026-11-02 - Charging & Battery

Using or storing your Reebok Stride outside its recommended temperature range may affect battery performance and can potentially damage the device.

Operating Temperature

Use your Reebok Stride in ambient temperatures between **0°C and 45°C (32°F and 113°F)**.

For optimal operation, a temperature range of **5°C to 35°C (41°F to 95°F)** is recommended.

Storage Temperature

When the watch is not being used, store it in temperatures between **-20°C and 45°C (-4°F and 113°F)**.

Prolonged exposure to temperatures outside these limits can shorten battery life or damage internal hardware.

If the Watch Becomes Too Hot

If your Reebok Stride becomes uncomfortably hot:

1. Remove the watch immediately.
2. Turn it off.
3. Allow it to cool in a safe environment.
4. Contact support if the problem continues.

Do not continue wearing or charging the watch if it becomes unusually hot.