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How to Navigate Your Reebok Rush

Inas B. - 2026-09-21 - [Setup & Pairing](#)

Use the touchscreen and physical buttons to navigate your Reebok Rush.

Touchscreen Gestures

- **Swipe down:** Open Quick Settings.
- **Swipe up:** View notifications.
- **Swipe left:** Open the Quick Menu.
- **Swipe right:** View app widgets.

Top Button

Long press for 3 seconds or more:

- Turn on the watch.
- Open the power menu when the watch is already on.

Short press:

- Turn on the screen.
- Open the App List.
- Pause an active workout.

Bottom Button

Press the bottom physical button to quickly open the workout selection screen.