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How to Use Theatre Mode on Your Reebok Stride

Inas B. - 2026-09-18 - [Product Features](#)

Theatre Mode reduces screen activity when you do not want the watch to light up or respond to wrist movements.

When Theatre Mode is enabled:

- The screen is dimmed.
- **Wake by Wrist Up** is disabled.

This feature is useful in dark or quiet environments where you want to minimize screen distractions.

To return to normal operation, disable Theatre Mode.