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Pairing Your Reebok Pulse: A Step-by-Step Guide

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Pairing your Reebok Pulse is the first step to making it truly yours. Follow these steps to get connected and ready to go.

1. Download the App

Go to the App Store (iOS) or Google Play (Android) and download **Reebok Connect** — this is where you'll manage your watch, track activity, and see your stats. You can also scan the QR code on the box or manual for a shortcut.

Why it matters: The app does more than pair your watch. It tracks your health, workouts, notifications and gives you control over settings.

2. Turn on Bluetooth

Go to your phone's settings and enable Bluetooth.

Why it matters: Bluetooth is how your watch and phone communicate. No Bluetooth, no connection.

3. Connect in the App

- Open the **Reebok Connect** app.
- Tap “**Add Watch**” and select **Reebok Pulse**.
- When prompted, match the ID on the screen with the MAC address on your watch (swipe up on the QR code screen — the last 4 digits are your unique ID).

Tip: If multiple watches appear nearby, the MAC address ensures you're connecting to your own watch.

4. Follow the Prompts

The app will guide you through the rest. When you see “**Pairing Success**”, your Pulse is ready to use.

Smart Sync Tips

- Keep your watch charged (at least 30%) during pairing.
- Keep your watch close to your phone — a few feet is best.
- If pairing fails:
 - Restart your watch and phone
 - Turn Bluetooth off and on again
 - Force-close and reopen the app
 - Reinstall the app if needed

After Pairing

Once paired, your Reebok Pulse can:

- Track steps, heart rate, workouts, and sleep in real time
- Deliver notifications — calls, texts, and alerts — straight to your wrist
- Sync with your goals so you can track progress and stay motivated

Still Having Trouble?

Check our Troubleshooting Guides or contact support. We're here to help.