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Charging Your Reebok Pulse Watch: Power Up with Confidence

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Keeping your Reebok Pulse charged and ready ensures you stay connected and track every step of your day. Here's how to charge your watch properly and maintain long-term battery health.

How to Charge Your Reebok Pulse

1. Connect the Charger

Plug the USB end of the charging cable into a powered USB port — a wall adapter, computer, or power bank all work.

Use the original Reebok charger for best results.

2. Prepare Your Watch

Make sure the back of the watch is clean and dry.

Sweat or moisture can interfere with the charging connection.

3. Align the Charger

Place the charger on the back of the watch, aligning the **POGO pins** (metal charging contacts).

The magnets will gently snap the charger into place.

4. Confirm Charging

The watch will **vibrate** and display the current battery level once charging has started.

Pro Tips for Better Charging & Battery Health

- **Keep it clean:** Wipe the back of the watch and charger pins regularly with a soft, dry cloth.
- **Use a flat surface:** Charging on a stable surface helps avoid accidental disconnections.
- **Charge smart:** For longer battery life, keep the battery between **40% and 80%** whenever possible.
- **Let it breathe:** After workouts, loosen the band or remove the watch while it cools down.
- **Avoid extreme temperatures:** Charge in a cool, dry place — not in direct sunlight or very cold environments.

How Long Does It Take?

- **~1 hour** to reach 80%
- **~2 hours** for a full charge
(Charging time may vary depending on the power source and whether the watch is being used during charging.)

Charging regularly and following these simple best practices will keep your Reebok Pulse powered up and ready to go — every day.

Need help? Our support team is always here for you.