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Factory Reset Your Reebok Pulse

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If your Reebok Pulse is unresponsive, experiencing issues, or you want to start fresh, you can perform a factory reset. This restores the device to its original settings.

Important:

- A factory reset will erase all personal data, including paired devices, settings, and saved workouts.
- Make sure to back up any important data through the Reebok Connect app before proceeding.

Option 1: Using the Watch Settings

1. Open **Settings** on your watch.
2. Scroll to **System**.
3. Select **Factory Reset**.
4. Confirm your choice. The watch will reset and restart automatically.

Option 2: Using the Hardware Button

1. Press and hold the **top button** for **10 seconds**.
2. When the menu appears, select **Reset**.
3. Confirm your choice. The watch will reset and restart.

After the Reset:

- You'll need to pair your watch again with the Reebok Connect app.
- Reconfigure settings, watch faces, and preferences as desired.

Tip:

Performing a factory reset can often resolve connectivity issues, unexpected errors, or performance problems.