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## Managing System Settings on Your Reebok Pulse

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The **System** menu gives you full control over how your watch operates. From here, you can restart, power off, or fully reset your Reebok Pulse.

### Restart Your Watch

Select **Restart** to give your watch a quick refresh.

This is a safe way to resolve minor issues or improve performance — no data is deleted.

### Power Off

Choose **Power Off** to completely turn off the watch.

To turn it back on, press and hold the **top button** for at least 3 seconds.

### Reset Your Watch

Use **Reset** to erase all data and return the watch to its original factory settings.

**Important:** Resetting will delete all personal information and require you to pair the watch again with your phone.

Use this option only if:

- You're experiencing persistent issues that don't go away after a restart; or
- You're giving the watch to someone else.

### Tips

- Restart your watch occasionally if you notice lag or connection issues.
- Avoid resetting unless necessary — it erases all stored data.
- Back up any important activity information in the **Reebok Connect** app before performing a reset.