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Viewing your Activity History

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Your Reebok Pulse automatically saves your workout data so you can review and track your progress.

Summary on the Watch

Right after finishing an activity, the watch displays a summary with key stats such as duration, distance, calories, and average heart rate.

View Full Details

On the Watch

1. Press the top button to open the app list.
2. Select **“Workout Records”** to see a list of past activities and detailed results.

In the Reebok Connect App

All activity data is synced to the Reebok Connect app on your phone. Open the app to review past workouts, compare results over time, and track progress.