



[Base de conocimiento](#) > [Relojes Inteligentes](#) > [Solución de Problemas e Información - Reebok Rush](#) > [Sensores y Seguimiento](#) > [How to Choose and Start a Workout on Your Reebok Rush](#)

How to Choose and Start a Workout on Your Reebok Rush

Inas B. - 2026-10-03 - [Sensores y Seguimiento](#)

Your Reebok Rush supports tracking for more than **100 indoor and outdoor activities**.

Add Activities to Your Watch

You can select up to **20 activities** to appear on your watch.

1. Open the **Reebok Connect** app.
2. Go to your device settings.
3. Tap **Sports Manager**.
4. Add the activities you want to track on your watch.

Start a Workout

For quick access, press the **bottom physical button** on your watch.

You can also:

1. Press the **top physical button** to open the App List.
2. Select **Workout**.
3. Choose the activity you want to track.
4. Start your workout.