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How to Monitor Heart Rate and SpO2 on Your Reebok Rush

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Your Reebok Rush includes heart rate and blood oxygen (SpO2) monitoring features.

Heart Rate Monitoring

The watch can continuously monitor your heart rate throughout the day, including during periods of rest and sleep.

Automatic SpO2 Sleep Tracking

To enable automatic blood oxygen tracking during sleep:

1. Open the **Reebok Connect** app.
2. Go to **Blood Oxygen Settings**.
3. Enable automatic SpO2 sleep tracking.

Manual SpO2 Measurements

For a manual blood oxygen measurement:

1. Make sure the watch fits snugly against your wrist.
2. Keep your arm still.
3. Remain relaxed while the measurement is being taken.

A manual SpO2 measurement can take up to **2 minutes** to complete.

About SpO2 Readings

Blood oxygen saturation levels are typically between **95% and 100%** in healthy individuals. SpO2 readings from a smartwatch are for general wellness information and are not intended to diagnose or treat medical conditions.