



[Base de connaissances](#) > [Montres Connectées](#) > [Dépannage et Informations – Reebok Rush](#) > [Fonctionnalités du Produit](#) > [How to Use the Stopwatch and Timer on Your Reebok Rush](#)

How to Use the Stopwatch and Timer on Your Reebok Rush

Inas B. - 2026-10-22 - [Fonctionnalités du Produit](#)

Use the Stopwatch and Timer features to track elapsed time or set a countdown.

Stopwatch

Open the Stopwatch and use the on-screen controls to start, pause, or reset the stopwatch.

Select **Reset** to clear the current stopwatch time and start again from zero.

Timer

Choose from preset countdown intervals, such as **1 minute** or **5 minutes**, or set a custom duration.

Select the duration you need and start the countdown.

Use the on-screen controls to manage the timer while it is running.