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How to Wear Your Reebok Rush for Accurate Tracking

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Proper watch placement can help improve tracking accuracy and ensure a comfortable fit.

Everyday Wear

Wear your Reebok Rush at least **one finger-width below your wrist bone**.

The watch should fit snugly against your skin. Make sure there is no visible light escaping from the sensor.

During Activities

For workouts and other physical activities, wear the watch approximately **two finger-widths below your wrist bone**.

The watch should be slightly tighter than during everyday wear, but it should never be so tight that it restricts blood flow or causes discomfort.