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Water Resistance and Operating Conditions for Your Reebok Stride

Inas B. - 2026-09-23 - [Reebok Stride](#)

The Reebok Stride has an **IP68 rating**, providing protection against dust and limited water exposure.

Water Resistance

The watch is suitable for everyday exposure to water within its rated conditions.

Do **not** use the watch for:

- Diving
- High-impact water sports
- Hot showers
- Saunas

Excessive heat and steam can damage the watch's water-resistant seals.

Operating Temperature

For optimal performance, use the watch in temperatures between **5°C and 35°C**.

Important: Water resistance can decrease over time with normal wear and damage. Avoid exposing the watch to conditions beyond its intended use.