Interface Controls: How to Navigate Your Reebok Pulse Watch

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The Reebok Pulse is built for movement, including how you navigate it. With a powerful combo of touchscreen gestures, buttons, and the rotating crown, you stay in full control. Here's a quick guide to mastering every part of the interface with ease.

Touchscreen Gestures

Start at the watch face, your home base. From there, swipe to access everything you need:

- Swipe Down ⬇ — Check battery level and quick settings
- Swipe Up ⬆ — View notifications
- Swipe Right ➡ — Open the quick menu
- Swipe Left ⬅ — Cycle through app widgets like:
  - Daily Summary
  - Heart Rate
  - SpO_2
  - Stress
  - Sleep
  - Weather
  - Music Control
  - Button Controls

Top Button (Rotating Crown):

- Long press (3+ seconds) when off — Power ON
- Long press (3+ seconds) when on — Open Power Menu (Restart, Power Off, SOS)
- Short press (screen off) — Wake the screen

- Short press (screen on) — Open App List
- Short press (during workout) — Pause activity

Bottom Button:

- Short press — Opens Activity List (You can customize this shortcut in Settings.)

Rotating Crown

Turn the crown to scroll smoothly through menus and lists; it’s just like swiping up and down, but with precision built for motion.