# Pairing Your Reebok Pulse: A Step-by-Step Guide

Inas B. - 2025-08-20 - Setup & Pairing

Pairing your Reebok Pulse is the first step to making it truly yours. Follow these steps to get connected and ready to go.

**1. Download the App**
Go to the App Store (iOS) or Google Play (Android) and download **Reebok Connect** — this is where you'll manage your watch, track activity, and see your stats. You can also scan the QR code on the box or manual for a shortcut.

**Why it matters:** The app does more than pair your watch. It tracks your health, workouts, notifications and gives you control over settings.

**2. Turn on Bluetooth**
Go to your phone's settings and enable Bluetooth.

**Why it matters:** Bluetooth is how your watch and phone communicate. No Bluetooth, no connection.

**3. Connect in the App**

- Open the **Reebok Connect** app.
- Tap **"Add Watch"** and select **Reebok Pulse**.
- When prompted, match the ID on the screen with the MAC address on your watch (swipe up on the QR code screen — the last 4 digits are your unique ID).

**Tip:** If multiple watches appear nearby, the MAC address ensures you're connecting to your own watch.

**4. Follow the Prompts**
The app will guide you through the rest. When you see **"Pairing Success"**, your Pulse is ready to use.

**Smart Sync Tips**

- Keep your watch charged (at least 30%) during pairing.
- Keep your watch close to your phone — a few feet is best.
- If pairing fails:
  - Restart your watch and phone
  - Turn Bluetooth off and on again
  - Force-close and reopen the app
  - Reinstall the app if needed

**After Pairing**

Once paired, your Reebok Pulse can:

- Track steps, heart rate, workouts, and sleep in real time
- Deliver notifications — calls, texts, and alerts — straight to your wrist
- Sync with your goals so you can track progress and stay motivated

**Still Having Trouble?**
Check our Troubleshooting Guides or contact support. We’re here to help.