Personalizing Your Reebok Pulse: Display, Home Screen, and Controls

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Your Reebok Pulse is designed to adapt to your lifestyle. In the **Settings** menu, you'll find a wide range of options to customize how your watch looks, feels, and responds throughout the day.

Display Settings

Watch Face
Choose from a variety of pre-loaded designs to match your personal style and information needs. Whether you prefer a minimal digital display or a data-rich analog layout, switching faces takes only a few taps.

Always-On Display (AOD)
Keep time visible at a glance even when the screen is idle.

- Choose between **Digital** or **Analog** styles
- Set an **on/off schedule** to save battery during inactive hours

Screen Behavior

- **Brightness:** Adjust screen brightness and set how long the display remains active before dimming.
- **Wake by Wrist Movement:** Turn on/off automatic wake when raising your wrist — useful for workouts or discreet use.
- **Theatre Mode:** Instantly dim the screen and disable wake gestures for distraction-free situations (e.g., cinema, meetings).

Home Screen & Controls

Favorites
Choose which widgets appear on your home screen and set the order. Prioritize your most used items, such as **heart rate**, **steps**, or **weather,** for faster access.

Quick Settings Controls
Customize the shortcuts shown when you swipe down from the home screen. Common options include **Do Not Disturb**, **Brightness**, and **Airplane Mode**.

Appearance & Motion

Theme Layouts
Select the layout style for your app list — pick the one that feels most intuitive when browsing.

Toggle Effects
Turn animated transitions on or off when swiping between widgets. These subtle effects can add polish and personality to your experience.

Your Reebok Pulse puts control where it belongs — in your hands. These settings allow you to shape your watch around your day, whether you're optimizing for performance, battery life or style.