Setting Date & Time on Your Reebok Pulse

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

Your Reebok Pulse gives you flexible options to keep the date and time accurate — whether you want to sync automatically with your phone or adjust it manually.

Sync with Your Phone (Recommended)
By default, your watch will automatically sync its date and time with your paired smartphone via the Reebok Connect app.
This ensures:

- Instant updates when daylight saving time changes
- Automatic adjustments when you travel across time zones

24-Hour Clock Option
You can choose which time format you prefer:

- 12-hour (AM/PM)
- 24-hour (military time)

Switch between formats at any time in the watch settings.

Manual Date & Time Adjustment
If you prefer not to sync with your phone, you can manually set the date and time directly on the watch.

Tips

- For the most accurate time, keep your watch connected to the app on a regular basis.
- When traveling, simply syncing with your phone will automatically update the clock to the correct local time.