Managing System Settings on Your Reebok Pulse

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

The **System** menu gives you full control over how your watch operates. From here, you can restart, power off, or fully reset your Reebok Pulse.

Restart Your Watch
Select **Restart** to give your watch a quick refresh.
This is a safe way to resolve minor issues or improve performance — no data is deleted.

Power Off
Choose **Power Off** to completely turn off the watch.
To turn it back on, press and hold the **top button** for at least 3 seconds.

Reset Your Watch
Use **Reset** to erase all data and return the watch to its original factory settings.

> **Important:** Resetting will delete all personal information and require you to pair the watch again with your phone.

Use this option only if:

- You’re experiencing persistent issues that don’t go away after a restart; or
- You’re giving the watch to someone else.

Tips

- Restart your watch occasionally if you notice lag or connection issues.
- Avoid resetting unless necessary — it erases all stored data.
- Back up any important activity information in the **Reebok Connect** app before performing a reset.