Wrist Placement for Accurate Tracking and Comfort

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

Proper wrist placement is essential to get accurate health data and a comfortable fit from your Reebok Pulse. Whether you're wearing it all day or during a workout, here's how to position your watch for the best results.

Everyday Wear: Comfort and Accuracy

- **Position:** Place the watch about one finger-width below your wrist bone (the bony ridge on top of your wrist).
- **Fit:** The band should feel snug but not tight, with no gaps where light can leak under the sensor.
- **Why:** This placement provides a balance of comfort and sensor contact, ensuring reliable heart rate monitoring and sleep tracking throughout the day.

During Physical Activity: Stability Matters

- **Position:** Move the watch down about two finger-widths below your wrist bone, closer to your forearm.
- **Fit:** The band should be tighter than usual to prevent movement, but avoid restricting blood flow or causing discomfort.
- **Why:** This reduces motion artifacts and gives more accurate heart rate and SpO_2 readings during exercise.

Quick Tips

- Adjust your watch depending on your activity for the best results.
- Keep a snug fit without cutting off circulation.
- Avoid wearing the watch too high (on the wrist bone) or too low (near the hand).

Position your Reebok Pulse correctly, and it will track your performance and health with precision every step of the way.