How Do I Set Workout Goals and Alerts on My Reebok Kinetic?

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Your Reebok Kinetic lets you configure workout goals and alerts to help you monitor your activity while exercising.

Set a workout goal

1. Open **Training** from the App List.
2. Select the activity you want to record.
3. Open the activity settings from the pre-workout screen.
4. Find the workout goal options.
5. Choose and configure the goal available for that activity.

Configure workout alerts

Depending on the selected activity, you can configure alerts for:

- **Heart rate:** Receive an alert when your heart rate reaches a configured threshold.
- **Pace:** Set alerts based on your workout pace.
- **Distance:** Receive an alert when you reach a specified distance.
- **Distance reminders:** Set recurring distance-based reminders during your workout.

The available goals and alerts may vary by activity. Check the activity settings before starting your workout to review the options available.