How Do I Start and Record a Workout on My Reebok Kinetic?

Inas B. - 2026-11-20 - Health & Activity Tracking

Your Reebok Kinetic can track a wide range of activities, from walking and running to cycling, strength training, and team sports.

To start a workout:

1. Open the App List by swiping right from the watch face or pressing the top button.
2. Open **Training**.
3. Browse the activity list and select the activity you want to record. You can also choose from your recent activities.
4. For outdoor activities, check the GPS signal on the pre-workout screen and wait for a GPS lock before starting.
5. Review the available activity settings, if needed.
6. Tap **Start** to begin recording.

During your workout, swipe up or down to move between your configured data pages and view live activity information.

When you're finished, pause the workout and follow the on-screen options to end and save or discard the recording.

Note: GPS availability and the metrics recorded depend on the selected activity.