How Do I Sync My Reebok Kinetic with Strava, Apple Health, or Google Fit?

Inas B. - 2026-11-12 - Health & Activity Tracking

Your Reebok Kinetic supports connections with selected third-party platforms, allowing compatible workout and health information to be synchronized with other services.

Supported integrations include:

- **Strava**
- **Apple Health**
- **Google Fit**

Find the integration settings

1. Open **Settings** on your watch.
2. Select **Connectivity**.
3. Open **Third-party sync**.
4. Select the service you want to connect.
5. Follow the on-screen instructions to complete the connection.

You may be asked to authorize access to certain information or grant permissions through the relevant service.

What information can be synchronized?

Compatible activity and health data can be shared with connected services. The information available may differ depending on the platform, your phone's operating system, and the permissions you have granted.

If synchronization isn't working

If your information isn't appearing in the connected service:

- Check that your watch is connected to your phone.
- Confirm that the third-party service is still connected.
- Review the permissions granted to the relevant apps.
- Check that the information you expect to see is supported by that service.

If the problem continues, contact Reebok Support with the name of the service you're using and a description of the missing information.