How Do I Use Guided Breathing on My Reebok Kinetic?

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

Your Reebok Kinetic includes guided breathing exercises to help you take a short, structured breathing break during the day.

The feature provides an on-screen breathing guide that you can follow at your own pace.

Open the breathing exercise

1. Open **Settings** on your watch.
2. Go to **Health & Wellness**.
3. Find the **Reminders** section.
4. Select the guided breathing option, if available.

Follow the on-screen prompts during the exercise.

Guided breathing is a general wellness feature. It is not intended to diagnose or treat anxiety, breathing conditions, or other medical concerns. If an exercise makes you feel uncomfortable or lightheaded, stop and return to your normal breathing.