How Does GPS and Sensor Tracking Work on My Reebok Kinetic?

Inas B. - 2026-11-19 - Health & Activity Tracking

The Reebok Kinetic uses GPS and built-in sensors to support outdoor activity tracking and provide information about your surroundings. Here's what these features do and how to get the most accurate readings.

GPS Tracking for Outdoor Activities

The Reebok Kinetic uses satellite positioning to record location information during supported outdoor activities, such as walking, running and cycling.

GPS tracking can help record:

- Your route and location
- Distance travelled
- Pace during supported activities

For the best results, start your outdoor activity in an open area with a clear view of the sky.

Which Satellite Systems Does the Reebok Kinetic Support?

The Kinetic supports multiple satellite positioning systems:

- GPS (United States)
- GLONASS (Russia)
- Galileo (European Union)
- BeiDou (China)
- QZSS (Japan)
- NavIC (India)

It uses single-band L1 positioning and Assisted GPS (AGPS) to help acquire satellite signals.

Can I View My Route on the Watch?

During supported outdoor activities, the Kinetic can display a map page showing your recorded route, provided a GPS signal is available.

GPS tracking is intended for supported fitness activities. The watch does not provide driving navigation, turn-by-turn directions or Google Maps routing.

How to Improve GPS Signal Reception

If your watch is taking longer than expected to acquire a GPS signal, try the following:

1. **Move outdoors:** Go to an open area with a clear view of the sky. Tall buildings, dense trees and other obstructions can affect satellite reception.

2. **Allow time for positioning:** Wait for the GPS signal to establish before starting your activity.

3. **Keep your phone nearby:** If assisted positioning is being used, keeping your phone close may help.

4. **Check your phone settings:** Make sure location services and the necessary Reebok Connect permissions are enabled if your setup uses phone-assisted positioning.

5. **Try again:** If the watch still cannot acquire a signal, restart it and try again outdoors.

If GPS reception continues to be unreliable, contact our support team at **support.reebok@vitalist.ca**.