# What Is Assisted GPS (A-GPS)?

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Assisted GPS, commonly called A-GPS, is a technology that helps a device acquire satellite positioning information more quickly.

A GPS receiver determines its location by receiving signals from navigation satellites. Acquiring these signals and calculating a position can take time, particularly when the receiver has limited or outdated satellite information.

A-GPS uses additional assistance data to help the receiver identify and acquire relevant satellite signals more efficiently.

**Is A-GPS a Separate Satellite Navigation System?**

No. A-GPS is not a satellite constellation or an alternative to GPS. It is an assistance technology that supports satellite positioning.

The Reebok Stride, Rush, Pulse, Icon and Kinetic all support A-GPS.

**What Is the Difference Between A-GPS and Built-in GPS?**

A-GPS helps a device acquire satellite positioning information. Built-in GPS refers to a GPS receiver within the device itself.

The Reebok Kinetic has built-in multi-system satellite positioning. It supports GPS, GLONASS, Galileo, BeiDou (BDS), QZSS and NavIC, in addition to using preloaded A-GPS data.

The other Reebok smartwatch models support A-GPS for their supported positioning features.

A-GPS availability does not mean that every watch has the same GPS hardware or positioning capabilities.