# What Is Auto-Lap on My Reebok Kinetic?

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

Auto-Lap is a workout setting that automatically records a new lap when you reach a specified distance during an activity.

For example, if you set an auto-lap distance of 1 kilometre, your watch records a new lap each time you complete another kilometre.

This can help you review how your performance changes throughout a workout, rather than looking only at the overall result.

You can configure the auto-lap distance in the activity settings before starting a workout.

Auto-Lap availability and settings may depend on the selected activity.