What Is Automatic Sport Recognition on My Reebok Smartwatch?

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

Automatic sport recognition is a feature that identifies movement patterns associated with certain physical activities.

Rather than requiring the user to manually select an activity before every workout, the watch analyzes movement data to recognize patterns that may correspond to supported sports.

How Does Automatic Sport Recognition Work?

The watch uses its accelerometer to detect movement and changes in acceleration. Software algorithms analyze these patterns to identify activity types that the device is designed to recognize.

When a supported activity is detected, the watch may display a notification or prompt related to that activity.

Recognition can also depend on how long the activity continues and whether the movement pattern matches the expected characteristics of the selected sport.

Which Activities Can Be Recognized?

Supported activity types depend on the watch model and its software.

The Reebok Stride, Rush and Pulse manuals describe automatic recognition for activities including:

- Walking.
- Running.
- Cycling.
- Elliptical workouts.
- Rowing.

Is Automatic Recognition the Same as Manually Starting a Workout?

No. Automatic sport recognition identifies movement patterns that may indicate an activity is taking place.

Manually starting a workout allows the user to select an activity and begin recording it directly.

Automatic recognition may not identify every activity, and its results can vary depending on movement patterns and other conditions.