How Does My Reebok Kinetic Track Floors Climbed?

Inas B. - 2026-11-26 - Monitorização da saúde e atividade

Your Reebok Kinetic includes floors climbed as part of its daily activity tracking. This metric provides an estimate of how many floors you have ascended throughout the day.

Unlike step counting, which tracks individual steps, floors climbed focuses on changes in elevation as you move between different levels.

How Is It Measured?

The watch uses elevation-related information to estimate when you have climbed between floors. The resulting count may be affected by changes in elevation, sensor readings, and the environment.

For this reason, the displayed total may not always match the number of floors you physically climbed.

Floors climbed is an estimated activity metric intended for general fitness tracking.