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How to Use the Stopwatch and Timer on Your Reebok Stride

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Your Reebok Stride includes Stopwatch and Timer functions for workouts, activities, and everyday tasks.

Stopwatch

1. Open **Stopwatch**.
2. Tap to start timing.
3. Tap to pause when needed.
4. Tap to reset the stopwatch.

Timer

1. Open **Timer**.
2. Select a preset duration, such as **1 minute** or **5 minutes**, or enter a custom duration.
3. Start the timer.

The watch will notify you when the countdown is complete.