



# User Manual

Version 1



# Table of Contents

<b>Table of Contents</b>	<b>2</b>	Display	11
<b>Navigation</b>	<b>3</b>	Sound & Vibration	11
Touch Screen Navigation	3	Do Not Disturb (DND)	11
Button Navigation	3	Theatre Mode	12
<b>Wrist Placement and Charging</b>	<b>3</b>	Down button:	12
Optimal Wear	3	Power Saving	12
Everyday	3	Date & Time	12
During Activity	3	Password	12
Charging	4	Sport Recognition	12
<b>Watch functions</b>	<b>4</b>	System	13
Change the watch face	4	QR Code	13
DND (Do Not Disturb) mode	5	About	13
<b>Pairing Your Reebok Stride</b>	<b>6</b>	<b>Activity Tracking</b>	<b>14</b>
<b>Notifications</b>	<b>7</b>	Choose Your Activities	14
Setting Up Notifications	7	Start a Workout	14
Viewing Notifications	7	Before You Begin	14
Clearing Notifications	7	During Your Workout	14
<b>Applications</b>	<b>8</b>	Activity History	15
Status: Your Daily Wellness Dashboard	8	<b>Google Fit</b>	<b>15</b>
Heart Rate: Understand Your Heart	8	<b>Care &amp; maintenance</b>	<b>16</b>
SpO2: Monitor Your Oxygen Levels	8	<b>Legal</b>	<b>17</b>
Sleep: Recharge and Recover	9	Copyright & Trademarks	17
Breath: Find Your Calm	9	Regulatory Information	18
Stress: Check Your Stress Levels	9	<b>Medical Precautions</b>	<b>19</b>
Weather: Your Forecast at a Glance	9	Medical Devices	19
Music Control: Your Remote Soundtrack	10	Battery Safety	19
Make and Receive Calls: Stay Connected	10	Operating Environment	20
Additional Functions: Stopwatch and Timer	10	<b>Limited Warranty</b>	<b>21</b>
<b>Settings</b>	<b>11</b>		

# Navigation

Your Reebok Stride uses a combination of touchscreen gestures and two side buttons for easy control.

## Touch Screen Navigation

- Watch face: Your starting point.
- Swipe down: Access battery status and quick settings.
- Swipe up: View your notifications.
- Swipe left: Open the quick menu.
- Swipe right: Cycle through app widgets (summary, heart rate, SpO2, stress, sleep, weather, music control).

## Button Navigation

Top button:

- Long press (3+ seconds) when off: Turn on the watch.
- Long press (3+ seconds) when on: Open the power menu (Restart, Power Off, SOS).
- Short press when screen off: Turn on the screen.
- Short press when screen on: Open the App List.
- Short press during activity: Pause your activity.

Bottom button:

- Short press: Opens Activity list (this can be customized in settings).

# Wrist Placement and Charging

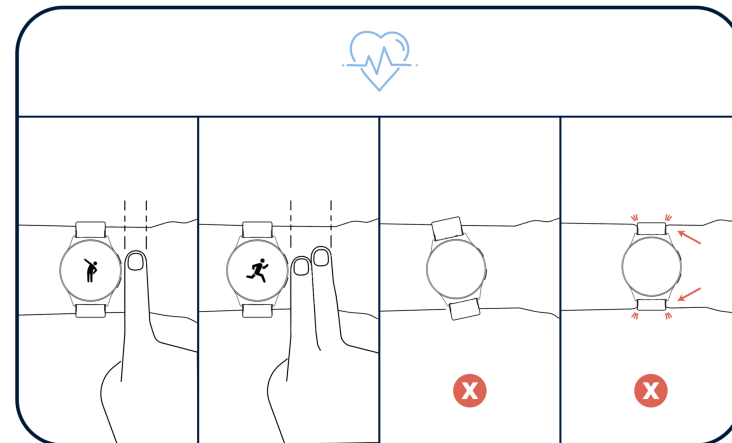
## Optimal Wear

### Everyday

Position the watch at least one finger-width below your wrist bone. Ensure a snug fit, with no light leaking from the sensor.

### During Activity

Wear the watch two finger-widths below your wrist bone. It should be slightly tighter than normal, but not so tight as to restrict blood flow.

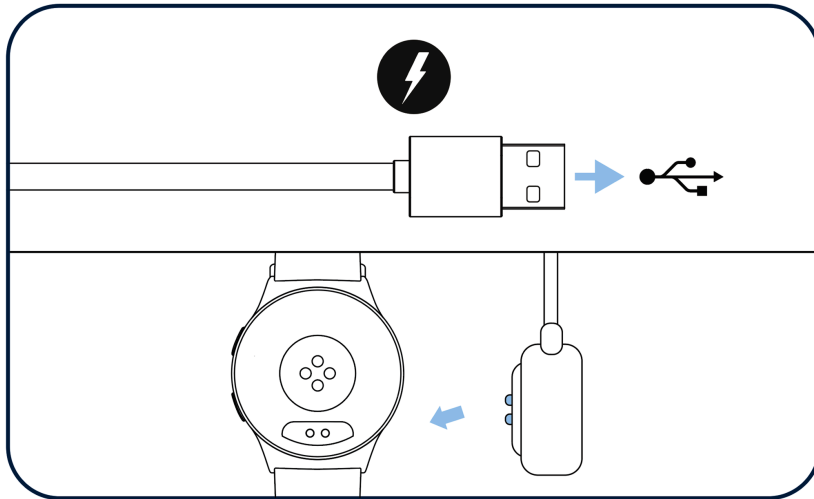


## Charging

1. Connect the USB end of the charger to a computer or charging brick.
2. Make sure the back of your Reebok Stride is dry and clean.
3. Align the charger's POGO pins with the metal pins on your watch. Magnets will guide it into place.
4. Your watch will vibrate and display the charging level.

### Tips:

- Regularly wipe clean the back of your watch and the charger pins to ensure good contact.
- Consider a looser fit after workouts to allow your skin to breathe.



## Watch functions

### Change the watch face

**Touch and hold:** Press and hold the current watch face. Swipe left or right to choose a new style, then tap to select.

### Settings:

1. Swipe down from the watch face to access quick settings.
2. Tap the settings icon.
3. Select "Display" then "Watch face."
4. Swipe to browse, tap to apply.



## DND (Do Not Disturb) mode

### Enable:

1. Swipe down from the watch face for quick settings.
2. Tap the DND icon (it will turn light blue).

### Customize:

1. Swipe down to quick settings.
2. Tap the settings icon.
3. Select "Do not disturb" for these options:
  - **All day:** Manual on/off.
  - **Schedule:** Set automatic start/end times.
  - **AOD:** Control if Always On Display stays on during DND.

# Pairing Your Reebok Stride

## 1. Install the App

- Download the "Reebok Connect" app on your Android or iOS phone. You can find it in your app store or scan the provided QR code.

## 2. Enable Bluetooth

- Make sure Bluetooth is turned on in your phone's settings.

## 3. Connect in the App

- Open the Reebok Connect app.
- Tap "Add watch" and select "Reebok Stride."
- Choose the watch with the ID matching your watch's MAC address. To find this:
  - On your watch, swipe up on the QR Code screen.
  - The last four digits of the MAC address are your watch's ID.

## 4. Follow the Prompts

- The app will guide you through the rest of the pairing process.
- You'll see a "Pairing success" message when complete.

### Tips:

- Ensure your watch is nearby and has sufficient battery.
- If you have trouble pairing, try restarting both your watch and phone.



# Notifications

## Setting Up Notifications

1. **Enable Bluetooth:** Make sure Bluetooth is on in your phone's settings.
2. **Open the Reebok Connect app:** Go to the "Home" tab and select your watch.
3. **Tap "Phone notification settings".** You might be prompted to grant the app notification access – choose "Turn on now."
4. **Allow notifications:** Enable the "Reebok Connect" toggle and select "Allow."
5. **Choose your notifications:** In the app, turn on the toggles for the types of notifications you want to see on your watch.

## Viewing Notifications

- Your Reebok Watch will vibrate and display new notifications automatically.
- To dismiss a notification temporarily, swipe it away, press a button, or wait for it to time out.
- To see saved notifications (up to 10): Swipe up from the watch face.
- Tap a notification for full details.

## Clearing Notifications

- Your watch automatically deletes old notifications once the limit is reached.
- To manually clear notifications, swipe up to your notification list and tap the delete icon at the bottom.

# Applications

## Status: Your Daily Wellness Dashboard

- **Page 1:** Get the essentials at a glance:
  - **Steps:** The total number of steps you've taken throughout the day.
  - **Calories:** See how many calories you've burned, both from activity and simply by living.
  - **Distance:** Track how far you've traveled in your preferred units (miles or kilometers).
- **Page 2:** Dive into your step data with a detailed hourly breakdown.
- **Page 3:** Visualize your weekly progress with a handy step trend graph.

## Heart Rate: Understand Your Heart

- **Continuous Monitoring:** Your Reebok Stride keeps an eye on your heart rate all day long, even when you're resting or sleeping.
- **Heart Rate Widget:** See your heart's activity in real-time:
  - **Graph:** Visualize how your heart rate changes throughout the day.
  - **Current Rate:** Your heartbeats per minute at that moment.
  - **High/Low:** See the highest and lowest readings for the day.

## SpO2: Monitor Your Oxygen Levels

- **SpO2 Explained:** This stands for blood oxygen saturation, a measure of how much oxygen your red blood cells are carrying. Healthy levels are typically between 95-100%.
- **Automatic Sleep Tracking:** You can enable your watch to check your SpO2 while you sleep from within the Reebok Connect app. To enable this feature go into Device Settings in the app and enable the automatic setting under “Blood Oxygen Settings”.
- **Manual Readings:** Get a spot-check anytime:
  - **Proper Fit:** Make sure the watch is snug for the best results.

- **Be Still:** Readings take up to 2 minutes, so stay relaxed.

## Sleep: Recharge and Recover

- **Automatic Tracking:** No buttons to press – just wear your watch to bed!
- **Sleep Stages:** See how much time you spend in light, deep, and REM sleep. These stages are crucial for proper rest.
- **Naps Count Too:** Catching a midday snooze? Your watch will track that as well.

### Tips:

- Sleep sessions and naps may take up to 1 hour to populate

## Breath: Find Your Calm

- **Guided Relaxation:** Choose from Fast, Smooth, or Slow breathing modes to reduce stress and find focus.
- **Customizable Duration:** Practice for anywhere from 1 to 5 minutes.

## Stress: Check Your Stress Levels

- **How it Works:** Your Reebok Stride analyzes changes in your heart rate to gauge your stress levels. You can enable automatic readings from within the app and determine how often readings are made.
- **Manage Stress:** Use breathing exercises or other stress-reducing techniques when your levels are high.

## Weather: Your Forecast at a Glance

- **Current Conditions:** See the temperature, weather description (sunny, cloudy, etc.), and feels-like temperature for your location.
- **Location Matters:** Your Reebok Watch needs a few things to bring you the weather:
  - **Connected Phone:** The watch gets weather data from your phone.
  - **Internet:** Your phone needs an internet connection to fetch the forecast.

- **Permissions:** Make sure the Reebok Connect app has permission to access your location.

## Music Control: Your Remote Soundtrack

- **Play, Pause, Skip:** Control music apps on your phone right from your wrist.
- **No Music, No Controls:** If you don't see the music widget:
  - Make sure music is playing on your phone.
  - Check that Bluetooth is enabled on your phone.

## Make and Receive Calls: Stay Connected

- **Bluetooth Calling:** Your watch uses Bluetooth to connect to your phone for calls. Your watch supports making and receiving cellular calls using its default dialer. The watch does not support internet calls with 3rd party apps.
- **Sync Your Contacts:** Use the Reebok Connect app to choose which contacts to sync for easy dialing.
- **Adjust Volume:** Control call volume directly on your watch for convenience.

## Additional Functions: Stopwatch and Timer

- **Stopwatch:** Perfect for timing workouts, cooking, or anything else!
  - **Start/Pause:** Control the stopwatch with a tap.
  - **Reset:** Clear the timer and start fresh.
- **Timer:** Set it and forget it!
  - **Presets:** Choose from common time intervals (1 minute, 5 minutes, etc.).
  - **Custom Timers:** Set any duration you need.

# Settings

Customize your Reebok Stride to work exactly the way you want it.

## Display

- **Watch face:** Choose your favorite style and information layout.
- **AOD (Always On Display):** Keep the time visible even when the screen is inactive.
  - Select digital or analog AOD clock.
  - Set a schedule to conserve battery.
- **Favorites:** Decide which widgets appear on your home screen and in what order.
- **Controls:** Customize what options you see when swiping down for quick settings.
- **Brightness:** Adjust how bright the screen gets, and how long it stays on before dimming.
- **Wake by wrist up:** Enable or disable raising your wrist to turn on the screen.
- **Theme:** Choose different layouts for viewing your app list.
- **Toggle effect:** Select fun animations when switching between home screen widgets.

## Sound & Vibration

- **Ringtone Volume:** Set how loud your watch rings for incoming calls.
- **Vibration:** Control the intensity of vibration alerts (off, weak, strong).
- **Mute:** Silence calls and notifications, but keep alarms active.

## Do Not Disturb (DND)

- **All day:** Manual on/off for DND mode.
- **Schedule:** Have DND automatically turn on and off at set times.
- **AOD:** Control whether the Always On Display remains active during DND.

## Theatre Mode

- Instantly dim the screen and disable wake gestures for distraction-free settings.

## Down button:

- Choose what action the bottom button performs (open Activity list, etc.)

## Power Saving

- Conserve battery by displaying only steps, time, and battery level.
- Hold the top button (5 seconds) to exit Power Saving mode.

## Date & Time

- **Sync the app:** Have your watch automatically match your phone's date and time settings.
- **24-hour clock:** Switch between 12-hour (AM/PM) and 24-hour time display.
- **Date/Time:** Manually set the date and time if not syncing with your phone.

## Password

- **Password Switch:** Enable a 6-digit PIN to lock your watch when it's off your wrist.
- **Change Password:** Modify your existing PIN.

**Important:** Losing your password requires 5 incorrect attempts, then a factory reset.

## Sport Recognition

- **Automatic Reminders:** Get a nudge when your Reebok Stride senses you've started (or stopped) activities like walking, running, cycling, using an elliptical, or rowing.

## System

- **Restart:** Give your watch a fresh start.
- **Power Off:** Turn your watch off. To turn it back on, press and hold the top button for more than 3 seconds.
- **Reset:** Erase all data and restore the watch to how it was when new. This also requires you to re-pair the watch to your phone.

## QR Code

- Scan this code to easily download the Reebok Connect app.

## About

- **Device Name:** See your watch's name and tap to view regulatory information.
- **Firmware Version:** Find the current software version running on your watch.
- **MAC Address:** This is your watch's unique identifier.

# Activity Tracking

Your Reebok Stride supports tracking over 100 indoor and outdoor activities. Let's get moving!

## Choose Your Activities

- Reebok Connect App:
  1. Open the app and select your watch on the "Home" tab.
  2. Go to device settings and tap "Sports Manager."
  3. Under "My Sports," remove any activities using the red delete icon.
  4. In the "Choose Sports" section, add activities to your watch (up to 20).

## Start a Workout

- Quick Start: Press the bottom physical button (if you haven't changed this setting).
- App List:
  1. Press the top physical button to view the app list.
  2. Select "Workout".

## Before You Begin

- Set Goals (optional): Tap the 3-dot menu on an activity card and choose a goal (Time, Calories, Distance, or No Goal).
- Get Ready: Tap the activity card. See your heart rate and check the activity type, then tap "Go" to start.

## During Your Workout

- Key Stats: See time, duration, distance, pace, heart rate, and heart rate zone.
- Music Control: Swipe right to manage music playing on your phone.
- Pause/Stop:
  - Swipe left on the screen.
  - Press the top button.

## Activity History

- Summary: Your watch shows key stats right after you finish.
- Detailed View:
  - On the watch: Open the app list and select "Workout records."
  - In the app: View synced activity data in the Reebok Connect app.

## Google Fit

Sync your Reebok Stride with Google Fit for a complete picture of your health!

### How to Connect:

1. Open the Reebok Connect app.
2. Go to the "Account" tab.
3. Scroll to "Data Sharing" and tap "Google Fit."
4. Select "Connect" and choose the Google account you use with Fit.

**What Syncs:** Your watch will now send these stats to both Google Fit and the Reebok Connect app:

- Steps
- Heart Rate
- Sleep Data
- Calories Burned

## Care & maintenance

- Please clean the watch and strap periodically with clean water and then use a dry soft cloth to dry up the watch.
- Please DO NOT use shampoo, soaps and other chemicals to wipe the dirt in avoidance of irritating skin or corrosion of the watch.
- Please wipe your wrist and watch with a dry cloth or tissue after workout. Sweat may interfere and cause inaccuracy.
- Remove the watch when taking a hot shower or trip to the sauna, since too much steam can affect the seal and impact future water resistance.

# Legal

## Copyright & Trademarks

Copyright & trademarks Reebokrola Mobility LLC  
222 W. Merchandise Mart Plaza  
16th Floor  
Chicago, IL 60654  
USA

[www.Reebokwatch.com](http://www.Reebokwatch.com)

Certain features, services and applications are network-dependent and may not be available in all areas; additional terms, conditions and/or charges may apply. Contact your service provider for details.

All features, functionality and other product specifications, as well as the information contained in this guide, are based upon the latest available information and believed to be accurate at the time of printing. Reebokrola reserves the right to change or modify any information or specifications without notice or obligation.

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Caution: Reebokrola does not take responsibility for changes/modification to the transceiver.

Product ID: Reebok Stride

## Regulatory Information

### Electronic Label

Your watch uses an electronic label that provides some regulatory information about the device. To see the electronic label, tap the watch screen, press the top physical button, go to “Settings”, “About”

### Radio Frequency (RF) Energy

**Exposure to RF Energy & Device Operation** Your watch contains a transmitter and receiver of RF energy. It is designed to comply with regulatory requirements concerning human RF exposure. For optimal device performance, and to stay within the RF exposure guidelines, wear your watch as indicated in your user’s guide.

**Follow Instructions to Avoid Interference Problems** Turn off your watch in any location where posted notices instruct you to do so, such as hospitals or health care facilities. In an aircraft, turn off your watch whenever instructed to do so by airline staff. If your watch offers an airplane mode or similar feature, consult airline staff about using it in flight.

## Medical Precautions

### Medical Devices

If you use an implantable pacemaker or defibrillator, or another medical device, consult your healthcare provider and the device manufacturer's directions before using this watch.

Persons with a pacemaker or defibrillator should observe the following precautions:

- ALWAYS keep the watch more than 20 centimeters (8 inches) from the pacemaker or defibrillator when the watch is turned ON.
- Turn OFF the watch immediately if you have any reason to suspect that interference is taking place.

### Battery Safety

The battery is not intended for user replacement, do not replace the battery by yourself. Battery related operations must be performed by the manufacturer or the manufacturer's authorized service provider.

Do not place the battery or the device under direct sunlight, close to open flames, heat, microwave ovens, ovens, etc.

Avoid dropping or piercing the device or battery as such damage can cause battery leakage, overheating, igniting or exploding.

If the battery leaks, prevent your skin or eyes from the leakage. If your skin or eyes have been exposed to the leakage, rinse immediately with clean water and go to the hospital for medical treatment.

Please use the manufacturer's approved charging accessories for charging. Using incompatible accessories may cause fire, explosion or scalding.

Keep the charger, charging cable and device in a dry environment while charging.

Do not touch the charger or device with wet hands, and ensure that the charger is not exposed to rain or liquid. A wet environment can cause an electric shock or short circuit, which may lead to dangerous fire, explosion or scald

Whenever the device becomes extremely hot, immediately remove the watch, turn off the power, and contact the manufacturer's after-sales service personnel for assistance to prevent scald or battery explosion.

## Operating Environment

The Maximum operating temperature of the device is between 0° C and 45° C, but it is recommended that the user's suitable operation temperature is between 5 ° C and 35 ° C to ensure the best user experience.

The device should be stored between -20 ° C and 45 ° C. If the storage temperature or operating temperature is beyond the range, the watch may be damaged and the battery life will be shortened.

Do not use or store this device near flammable or explosive equipment.

A cautionary note on water resistance:

The Reebok Stride is IP68 Water Resistant. This means the watch is complete protection against dust over extended time and protection against contact with objects greater than 1mm in diameter, such as a wire or a small tool. At the same time, the watch is also protected against short periods of immersion in water while under pressure between 15cm and 1m. The watch is not intended for high-impact water sports, diving, or extreme water pressure. Please note that components such as the touch screen may not function correctly when exposed to water, especially when in contact for prolonged periods of time. Likewise, leather bands should be kept dry at most times to prevent structural damage and deformation. Before charging, always ensure the watch is dry. If the watch has been in contact with saltwater or sweat, rinse it thoroughly and dry to avoid damage.

## Limited Warranty

The Warranty Period for Reebok watches purchased from Reebokrola is 1 year from the date of purchase.

To obtain service or information, please email to [support@Reebokwatch.com](mailto:support@Reebokwatch.com)

You will receive instructions on how to ship the Products or Accessories at your expense and risk, to a CE Brands Authorized Repair Center.

To obtain service, you must include:

1. The Product or Accessory;
2. The original proof of purchase (receipt) which includes the date, place and seller of the Product;
3. If a warranty card was included in your box, a completed warranty card showing the serial number of the Product;
4. A written description of the problem; and, most importantly; your address and telephone number.

These Terms and Conditions constitute the complete warranty agreement between you and CE Brands regarding the Products or Accessories purchased by you, and supersede any prior agreement or representations, including representations made in any literature publications or promotional materials issued by CE Brands or representations made by any agent employee or staff of CE Brands, that may have been made in connection with the said purchase.

## **FCC Statement**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any

interference received, including interference that may cause undesired operation.

## **FCC RF Exposure Warning Statement:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment can be used in portable exposure conditions.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

## IC Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux normes CNR exemptes de licence d'Innovation, Sciences et Développement économique Canada. Son fonctionnement est assujéti aux deux conditions suivantes :

(1) Cet appareil ne doit pas causer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris celles qui peuvent entraîner un fonctionnement indésirable de l'appareil.

ISED Radio Frequency Exposure Statement:

This equipment complies with ISED exposure limits set forth for an uncontrolled environment. This equipment can be used in portable exposure conditions.

Déclaration d'ISDE sur l'exposition aux radiofréquences :

Cet équipement est conforme aux limites d'exposition d'ISDE établies pour un environnement non contrôlé. Il peut être utilisé dans des conditions d'exposition portable.

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. This equipment should be

installed and operated with minimum distance 20cm between the radiator & your body

Cet équipement est conforme aux limites d'exposition aux rayonnements d'ISDE établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé à une distance minimale de 20 cm du corps.