



[Knowledgebase](#) > [Smartwatches](#) > [Reebok Icon Troubleshooting and Information](#) > [Sensors & Tracking](#) > [Breath - Find Your Calm](#)

Breath - Find Your Calm

Inas Laghzaoui - 2025-08-20 - [Comments \(0\)](#) - [Sensors & Tracking](#)

Your reset button, anytime. Anywhere.

In a world that never stops, even a minute of intentional breathing can make a difference. The Reebok Icon's Breath feature gives you simple, effective breathing exercises to help you reset, recharge, and refocus.

Guided Relaxation

Choose your pace based on your mood or needs:

- **Fast** – Quick resets for when you're on the go.
- **Smooth** – A balanced breathing rhythm for focus and clarity.
- **Slow** – Deeper, longer breaths for winding down or easing stress.

Each session includes a subtle vibration and on-screen animation to guide your inhale and exhale, no guesswork, just flow.

Customizable Duration

Short on time? Set your own pace:

- Choose from 1 to 5 minutes
- Perfect for a desk break, pre-workout reset, or a pre-sleep wind-down
- Whether it's 60 seconds or a full five, your breath session adapts to your schedule.

Pro Tips for Better Breathing Sessions

- Want to get the most from your Breath mode? Here's how:
- Be still and present; even 60 seconds of focus can lower heart rate and boost clarity.
- Use headphones if you're in a busy environment for fewer distractions.
- Pair with sleep or workout routines; Breath mode makes a great start or finish to your day.
- Try it before high-stress moments, presentations, meetings, or after intense workouts.

Breath is free. Your focus is priceless.