



[Knowledgebase](#) > [Smartwatches](#) > [Reebok Pulse Troubleshooting and Information](#) > [Sensors & Tracking](#) > [Crush Your Workout: Activity Tracking Guide](#)

# Crush Your Workout: Activity Tracking Guide

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

Your Reebok Pulse can track more than 100 indoor and outdoor activities, making it easy to stay motivated and follow your progress. Here's how to set things up and start training.

## Choose Your Activities (up to 20)

Using the Reebok Connect app:

1. Open the app and tap your watch in the Home tab.
2. Go to Device Settings and select "Sports Manager."
3. Under "My Sports," remove any activities you don't need by tapping the red delete icon.
4. In the "Choose Sports" section, select and add up to 20 activities to your watch.

## Start a Workout

### Quick Start:

Press the bottom physical button (unless you've changed the shortcut).

### From the App List:

1. Press the top physical button.
2. Select "Workout."

## Before You Begin

- To set a goal (time, calories, distance, or no goal), tap the three-dot menu on an activity card and select the option you want.
- Tap the activity card to preview your heart rate and activity type. When you're ready, tap "Go."

## During Your Workout

- Real-time stats include time, duration, distance, pace, heart rate and heart rate zone.
- Swipe right to control music playing on your phone.
- To pause or stop, swipe left or press the top button.