Physical Therapy Counter and Timer App

PT TIMER

USER GUIDE

version 3.3
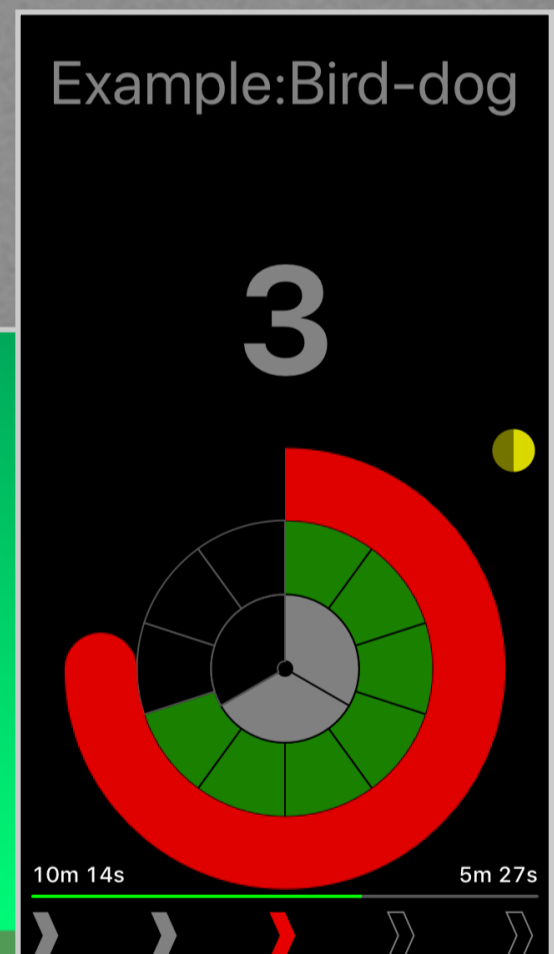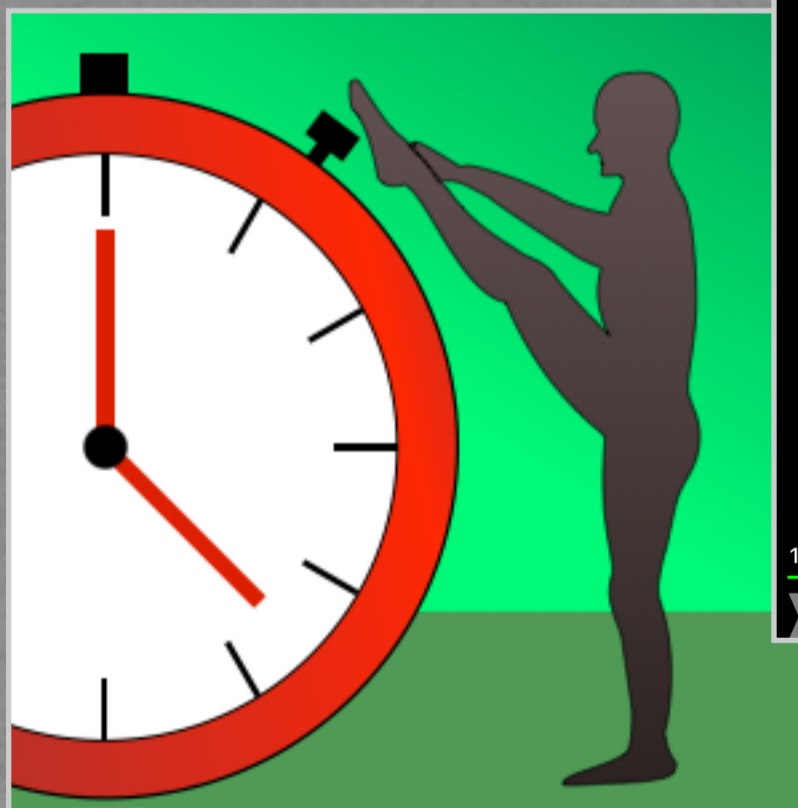
Example:Bird-dog

3

10m 14s   5m 27s

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INTRODUCTION

What Can PT Timer Do for You?

PT Timer is an iOS app available in Apple's App Store. The purpose of PT Timer is to make it easier for you to perform a regimen of physical therapy exercises. Some exercises can be hard to do, and the last thing you need is to be troubled by having to count seconds and repetitions at the same time as holding a difficult stretch.

Whether you are going through a brief rehab, or you are exercising regularly to stay in shape, PT Timer will help you in these way:

- Timing: As you perform the exercise you will hear and see cues that help you time each repetition (rep). Cues such as *Prepare*, *Start*, *Release*, *Rest*. Timing parameters can be fine-tuned down to the finest detail in order to match your pace exactly.

- Counting: You specify the number of reps and sets, and PT Timer keeps track while you just follow the cues.

- Scheduling: Assign a schedule to each exercise and PT Timer will remind you when it is due.

- Instructions: You can enter instructions for each of your exercises, by typing them into the exercise, and / or by adding photos to the exercise. You can choose to automatically show or speak the instructions as you start the exercise. You can also record audio of your own instructions, if you prefer that. Thus, PT Timer also serves as a convenient place to keep all your exercise instructions.

- Feedback to your physical therapist: When you finish an exercise you can mark the difficulty and make notes with questions or feedback to your therapist. You can generate a report that shows this information (PDF format) and email it to your therapist.

- <u>Workouts</u>: You can string multiple exercises together into workouts, which can play through your entire regimen automatically.

That's it. **What PT Timer does <u>not</u> do for you** is to provide any pre-defined exercises (other than a couple of examples). You enter each exercise according to your own needs or directions from a physiotherapist.

If you read only a small part of this user guide, read <u>Getting Started</u>, which explains key parts of the user interface, and read <u>Overview</u> which covers the most important concepts that will help you use PT Timer in the best way.

GETTING STARTED

Reading this chapter will give you the essential knowledge of how to operate PT Timer, but consider also reading the next chapter (Overview). After that, you can use this guide as a reference to look up topics as needed.

The Counting View

The most important view in PT Timer is the counting view, which is what you see (and hear) during your exercise. It provides the cues (tones, spoken, visual) that takes you through the exercise.

Exercise name — Example:Bird-dog

Rep duration count-down

Set counter

Rep duration progress indicator

Rep counter

Left / right side indicator

10m 14s   5m 27s

Workout duration indicator

Workout step indicator
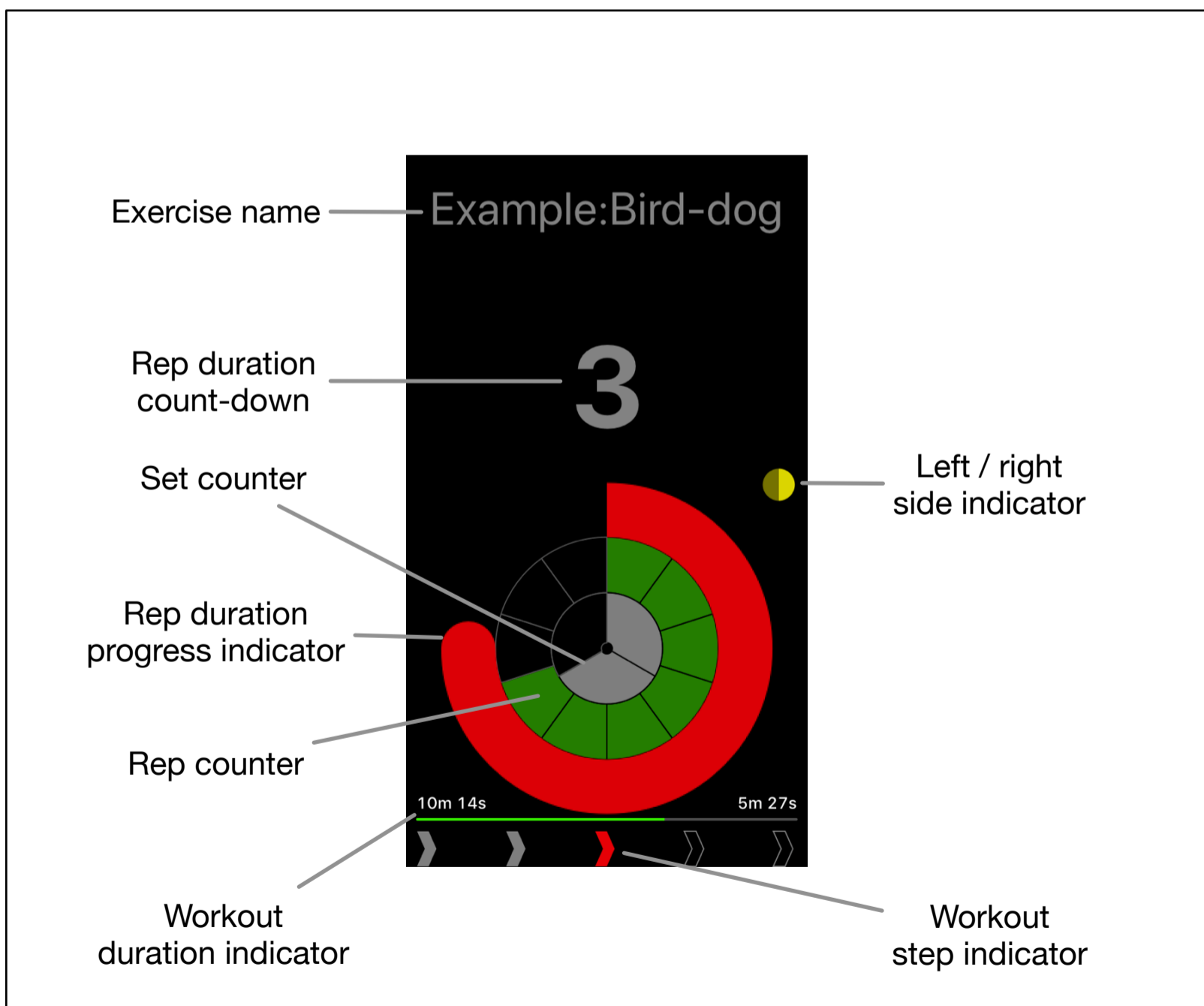
In this example, the view shows progress during an exercise named "Bird-dog". The *set counter* shows that two sets out of three have already been completed, while the *rep counter* indicates the number of completed repetitions. The *rep duration count-down* shows how much time remains of the current rep (in this case 3 seconds), and the *rep duration progress indicator* shows the same information graphically. The *left/right side indicator* shows that the current repetition is for the right body side. The *workout duration indicator* shows the time progressed and time remaining for the workout. The *workout step indicator* shows that this workout contains five exercise steps: two have already been completed (gray) and the third step (bird-dog) is currently active.

Operating the User Interface

The way you operate the user interface is similar to many of the standard apps you find on your iOS device.

Swiping left or right across an entry. When you want to perform an action on a certain entry in a list (e.g. renaming a workout) try to swipe either left or right across the entry. In most cases the swipe will open a menu of actions. **Anytime you see a list of entries within PT Timer, remember to swipe left and right across an entry in order to see the action menus.**
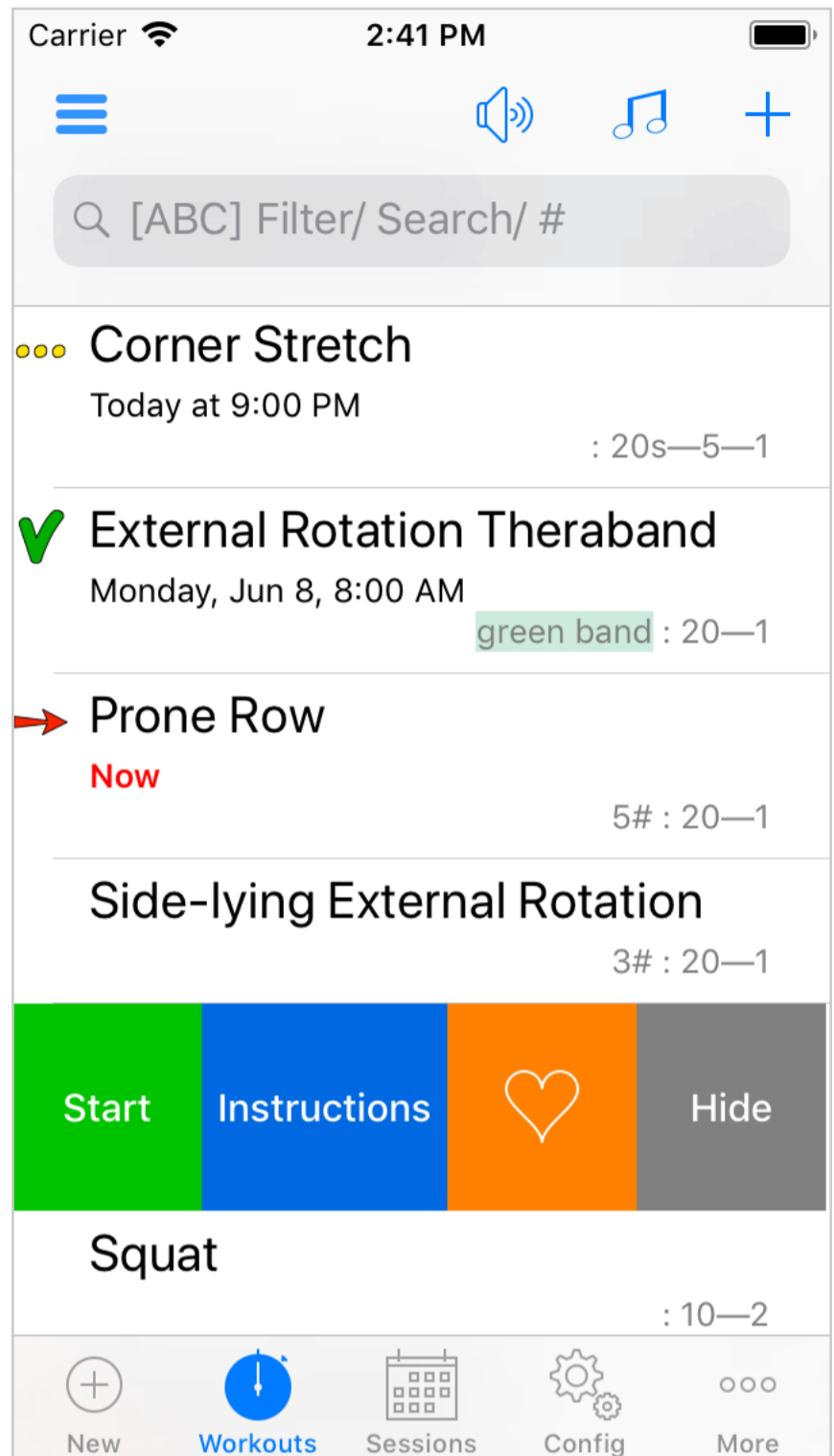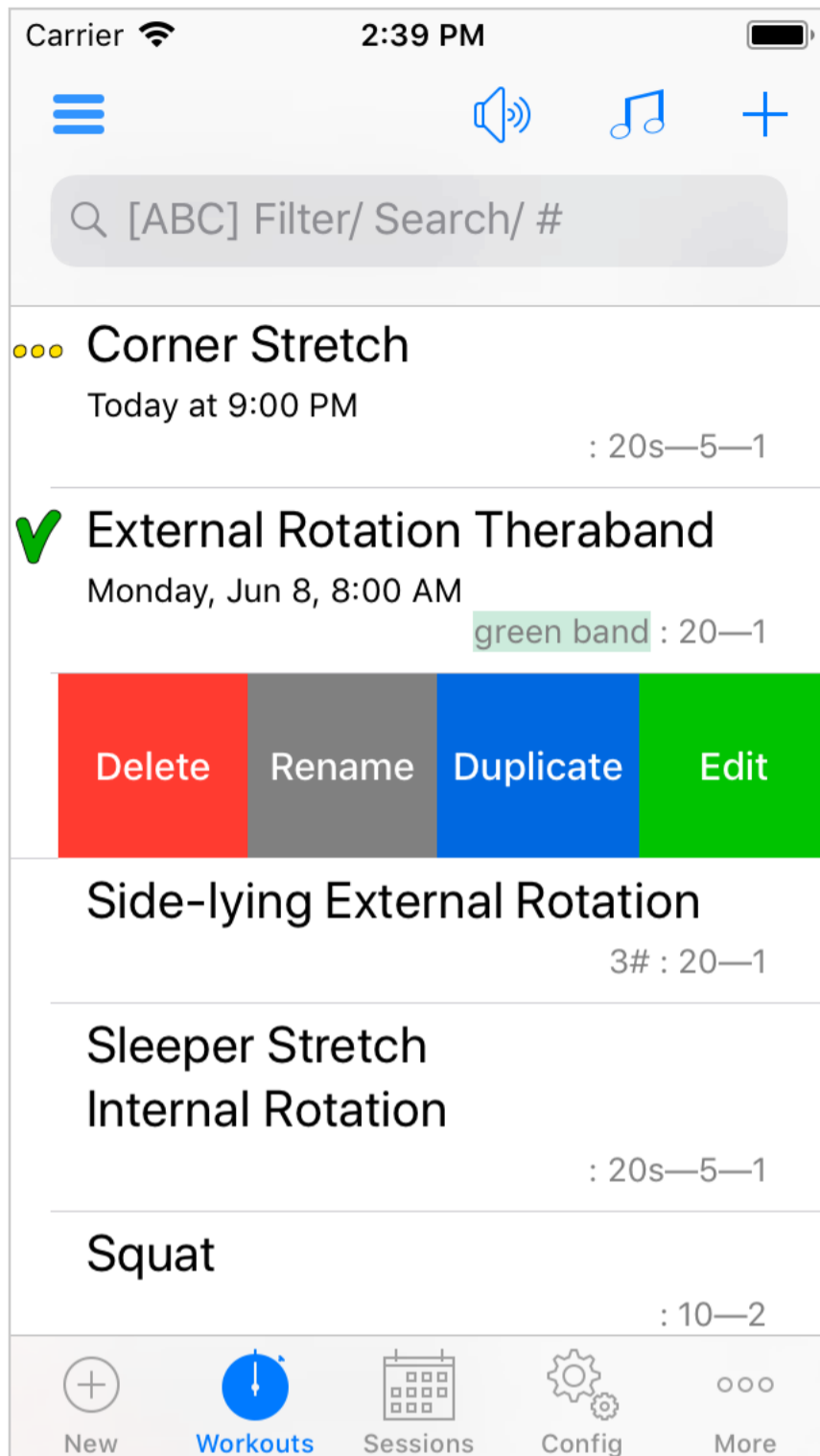
Long-press on a workout. This is used consistently within PT Timer to access the workout scheduling options. For example, on the Workouts tab, long-press on a workout, will make the scheduling options menu appear. (Long-press means that you tap-but-do-not-release on the entry; you hold the tap until something happens).

≡   🔊))   🎵   ✛

Corner Stretch

Cancel Tomorrow: at 8:00 AM Save

Edit Schedule...

Corner stretch

Reset schedule

| Repeat every | 1 day | − | + |

Mark completed...

| Days | Weeks | Months |

Skip today

| Once per day | − | + |

View log...

| Time of day | 8:00 AM |

Copy Schedule

Every 1 day — once a day.

Paste Schedule

| Schedule is now active | 🟢 |

Cancel

| Priority | Low | Medium | High | Critical |

New   Workouts   Sessions   Config   More

| Defer until | − |

Remove schedule

≡   **Menu buttons**. Tap the button to access various menu options.

⚙   **Configuration buttons**. The gears icon is used for buttons that allow you to configure various settings (durations, preparation times, rest times, and much more). There are many ways to configure exercises in PT Timer, and you can read more about this in Parameter Configurations.

Help is available.
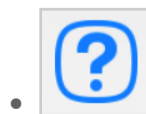
⁉   Where you see this icon, tap to read a brief explanation of the subject.

- A right-swipe on entries will often offer a *Help* option, which will explain about that specific entry.

TIMING

10s	To get ready for exercise
10s	To prepare for rep
0s	Rest between reps
15s	Rest between sets
Help *2s*.5	To get ready for nex

- Finally, don't hesitate to email questions. Go to the More tab, then scroll down and tap *Email questions or feedback*. We love to hear your feedback, and provide help via email. If the answer is not already in this guide, we'll make sure to update and clarify the guide.

Starting and Operating a Workout

From the *Workout* tab, just tap on the workout you want to start. Alternatively, swipe right and tap the *Start* button. With the default settings, you will hear an announcement of the exercises, and you will receive both visual and audible cues as the exercise progresses.

During the workout you can pause by double-tapping the screen. While paused, you can adjust some of the parameters, such as times for preparation and rest between repetitions; you can also move forward or backwards to another set or repetition, and you can review the exercise instructions. You may change how pause is triggered during a workout.

OVERVIEW

This chapter should give you a good understanding of the basic concepts, and the rest of this guide may serve as a reference as needed.

The Basic Concepts: Exercises, Workouts, and Sessions

It is important to understand these three concepts in order to use PT Timer well.

EXERCISES

An *exercise* in PT Timer holds this information an exercise:

• Instructions in the form of a textual description and photos.

• A name (which may be long) and optionally a nickname (which is hopefully short).

• It defines whether side-switch (left/right) is meaningful for the exercise.

• It defines one or more pieces of equipment or settings that can apply to the exercise (for example barbell, resistance band, speed and so forth).

Notice, that an exercise does not specify any parameters such as number of repetitions and sets, or the actual weight of a barbell. The reason is that the same exercise may be used for different purposes, with different parameter values. Therefore, such parameters are specified by the specific workout.

Usually, you only need to look at an exercise in the context of a workout (see below), but if you really want to see just the exercise by itself, you can do so from the *More* tab by selecting *Your exercises*.

WORKOUTS

In PT Timer, a *workout* contains one or more exercises and defines all the parameters about performing the exercises: the number of reps and sets, the duration, the speed, the weight, the color of the resistance band, and so forth. On the *Workouts* tab you don't see exercises, you see workouts! Often a workout contains only one

step with a single exercise, and then the name of the workout may be the same as the name of the exercise. Workouts can also contain a sequence of exercises, that should always be performed one after the other.

Sometimes we will refer to an exercise as a *raw exercise*, in order to clearly distinguish it from a workout that contains that single exercise. **When a workout contains only a single exercise, we may refer to the workout loosely as "an exercise"** or as a single-exercise-workout, but it is really different from the raw exercise because it holds all the parameters for this specific workout. When a workout contains a sequence of exercises we call it a *compound workout*, and it is marked by the symbol 》》》 (3 gray chevrons) on the workouts tab.

When you swipe across a workout and edit it, you will see the list of exercises that make up the workout. Read below about sessions, to understand when to use compound workouts and when to use sessions.

A COUPLE OF EXAMPLES

- Setting up multiple different stretch exercises. Lets say you want to setup 3 exercise: calf stretch, elbow stretch, and hamstring stretch. The best way to do this is to create each one, from the *New* tab. This will create 3 workouts, each containing one exercise. This way, you can add photos and typed instructions for each exercise as appropriate. Do not try to create just one generic "stretch" exercise.

- Setting up variations (different reps etc) of one and the same exercise. Let's say you need a hamstring stretch for two different purposes: sometimes three reps of 10 seconds each, and other times 2 reps of 30 seconds each. In this case, do as follows:

  1. From the *New* tab, create the hamstring stretch exercise only once (adding instructions and photos as needed) and set it up for three reps of 10 seconds hold. Name it *Hamstring stretch*.

  2. From the *Workouts* tab, swipe left across the workout and tap *Duplicate*, then select *Duplicate only workout*. This creates a workout called *Hamstring stretch copy*—swipe left across it and rename it to *Hamstring long stretch*.

  3. Swipe left across *Hamstring long stretch* and select *Edit*, then change the rep count to 2 and the hold period to 30 seconds.

You now have two workouts, one for each purpose of the hamstring stretch exercise, and they both refer to the same raw exercise: if you modify instructions or photos, the changes will be reflected by both workouts.

Sessions in PT Timer lets you make collections of workouts, such that you can easily access them and "play through" some or all of them. Let's say you have a bunch of exercises related to building strength with weights, and also a bunch of stretch exercises. You hold each of the exercises in its own workout (a single-exercise-workout). Let's say you perform all of the exercises on Mondays, Wednesdays, and Fridays, and you perform the stretch exercises every day of the week. In a scenario like this, you would create two sessions. One session called, for example, "Strength and Stretch" where you include all the workouts. Then another session called "Stretch only" where you include only the workouts with stretches.

Both sessions refer to the same stretch workouts, and if you change parameters (say, hold duration) for one of the stretches, the change will be seen in both sessions.

SHOULD I USE A COMPOUND WORKOUT OR A SESSION?

If you cannot decide whether to create a compound workout or a session, consider this.

Compound workouts and sessions are both collections. But an important difference is that a compound workout can contain the same exercise multiple times, for example in a sequence such as "Calf stretch—Run—Pushups—Calf stretch". A session can only contain each item once, without repeats.

The exercises in a compound workout will always have to be performed together in the given sequence. The compound workout can be marked completed only as a whole: either all its content was completed, or none of it. Furthermore, the parameters you setup for the exercises inside a compound workout, apply only inside that compound workout: for good and bad, they will not affect any other workouts that use the same exercise. A compound workout is convenient, if that is what you want.

When you use a session, the workouts of the session are not really tied together at all. Each time you use the session you can pick and choose which exercises you want to do, and then play through them in the selected order. Each one is marked completed independently of the rest. If you are doing the same exercise (same parameters) in different contexts, then having it in multiple sessions allows you to still treat it as the same exercise.

Scheduling: A compound workout can be scheduled, but since it is just one workout, there is just one schedule that governs the compound. Using sessions, the workouts included in the session are independent, and can have each their own schedule.

Configurations

What makes PT Timer really useful is that you can adjust the cues and their timing in great detail. Version 3 allows you to configure these parameters at several levels: the exercise, the workout, the application. For example, if you temporarily want to use tones rather than spoken cues, for all your workouts, you can do that with just one easy change: You tell the application to override to use tones. Just as easily, you can change the default values used by the app, or set default or override values for just a workout. Read more about this in [Parameter Configurations](#).

TUTORIALS

CREATE A SIMPLE EXERCISE

Please make to sure to have read the Overview.

MOVIE 4.1 Creating a new exercise
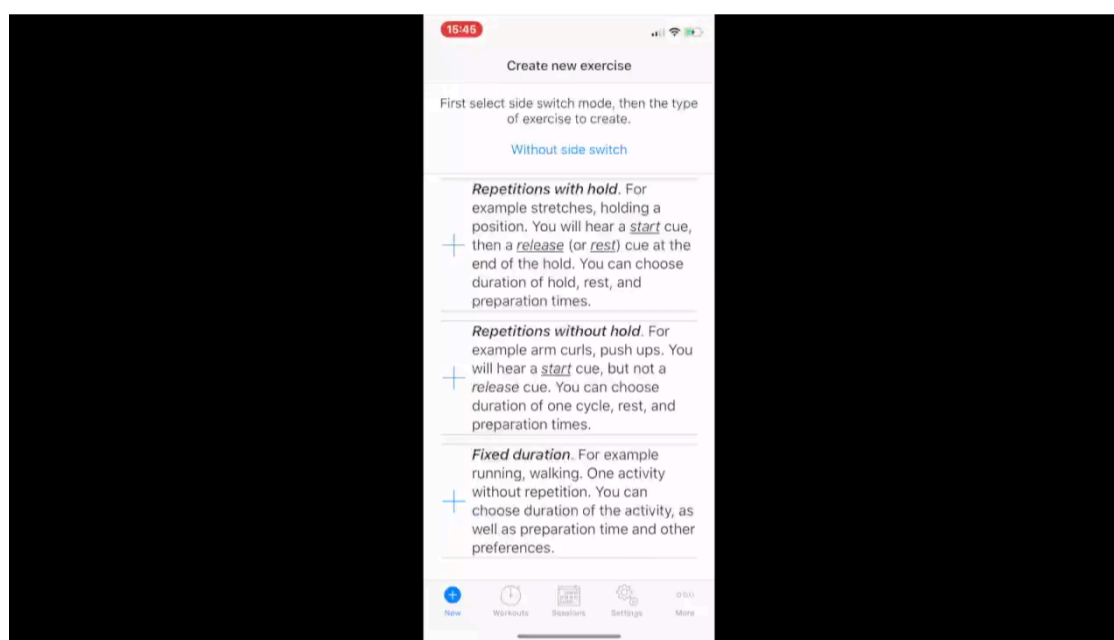
Tap to create a new exercise, adjust the number of reps and a few timing parameters, then start the exercise.

You create a new exercise from the *New* tab. Select the side switch option and then one of the three types of exercises. You can adjust parameters then either start the exercise right away, or you can save it for later.

Doing this will create both a raw exercise (without reps, sets, or any other parameters) as well as a workout that contains a single step with just that one exercise. You can see the new workout from the *Workouts* tab, and there you can also edit the workout, and in turn edit the exercise inside the workout. **Initially both the exercise and the workout will have the same name**. But you can change the name

of the workout (from the the workout tab, swipe across the workout to see the **_Re-name_** option).

EDITING THE WORKOUT: ADJUSTING REPS, SETS, TIMING AND SIDE SWITCH

When you first create a new exercise/workout, you can set many (but not all) of the parameters. At any time after you have created a new workout, you can adjust any and all of the parameters. To edit the workout, go to the **_Workout_** tab and <u>swipe left</u> across the workout, then tap the **_Edit_** button, and the _Workout detail view_ appears:
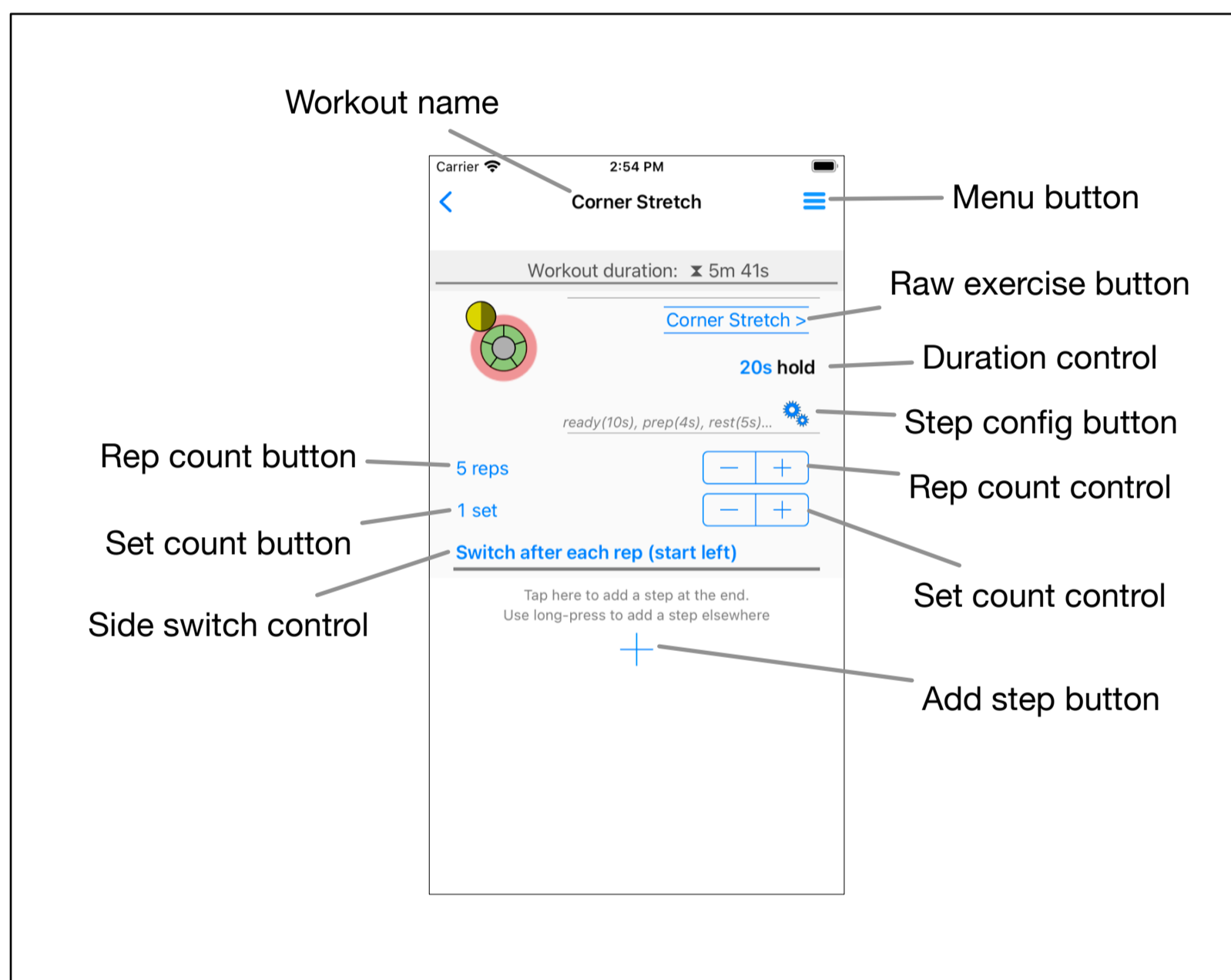
For a simple workout, there is only one step. From this place all the parameters that control the workout can be adjusted. The most important controls such as rep and set count, duration, and side switch are available directly on this view. Controls for the many preferences (e.g. rest time, cues scheme) are available via the _Step parameter button_.

If you want to setup *side-switch*, first make sure that the raw exercise is already setup to support side switch (tap the *Raw exercise button*, then turn on **Side switch possible**).

CREATE COMPOUND WORKOUT WITH NEW EXERCISES

A compound workout contains multiple individual exercises to be performed one after the other. Let's say we want to create a compound workout, called STRETCH that consists of two exercises, S1 and S2, that you haven't yet created. We do this:

1. On the NEW tab, tap one of the options (say REPETITIONS WITH HOLD), configure as needed, tap SAVE and name the exercise S1, then tap SAVE.

2. Still on the NEW tab, repeat step (1), but name the exercise S2.

3. Select the WORKOUTS tab. Now you will see two new entries S1 and S2. This is where the confusion probably comes in: These new entries are *workouts*, but simple workouts that only contain a single exercise each.

At this point we have a choice: Do we only want to have a workout to perform both S1 and S2, or do we sometimes want to perform just S1 or S2 without the other? Let us assume we only want to have a workout to perform both S1 and S2, and to avoid clutter we don't want to see S1 and S2 as individual workouts in the list.Then we'll continue as follows.

4. On the WORKOUTS tab, swipe left across the S1 entry and select EDIT.

5. Tap the + button near the bottom (to add a step), then select ADD EXISTING EXERCISES.

6. From the list tap on S2 (you'll see WILL ADD in green text to indicate this will be added to the workout), then tap SAVE.

7. The workout (for now still named S1) now contains both exercises S1 and S2. Tap the back button at the top-left to get back to the WORKOUTS list.

8. On the WORKOUTS list, you'll see the workout we edited has been renamed to S1 COMBO. Swipe left across this entry, select RENAME, and give it the name STRETCH.

The STRETCH workout is now complete, but we need to clean up as promised, because we don't want to use S2 by itself. We have two options: either completely delete the S2 workout (not the exercise!) or just hide it.

9. Option A) Delete the S2 workout: From the WORKOUTS tab, swipe left across the S2 entry, then tap DELETE. The prompt will explain that the exercises used (that is, exercise S2) will not be deleted because it it used by other workouts (namely the STRETCH workout). So go ahead and confirm by tapping DELETE.

10. Option B) Alternatively, just hide the S2 workout entry: From the WORKOUTS tab, swipe right across the S2 entry and select HIDE.

All done. Your WORKOUTS list now has just the entry STRETCH containing the S1 and S2 exercises. If you chose option 9B to just hide the S2 workout, then you can tap in the filter box at the top of the WORKOUTS view and select HIDDEN to see a list of hidden workouts. You can find both S1 and S2 exercises from the MORE tab by selecting YOUR EXERCISES.

CREATE COMPOUND WORKOUT FOR CIRCUIT TRAINING

Let's say you need to do 5 different exercises, and for each exercise you must do 3 sets. If you always do the exercises one after the other, you can combine them into a compound workout: First 3 sets of exercise 1, then 3 sets of exercise 2, ..., 3 sets of exercise 5.

An alternative is to perform the exercises as a circuit: 1 set of exercise 1, then 1 set of exercise 2, ..., 1 set of exercise 5. And then perform 3 rounds of this circuit.

PT Timer allows you to easily setup a compound workout for such circuit training. Here are the steps:

1. Create workouts for each individual exercise.

2. On the Workouts tab, tap the + button at the top right. This shows the *Build new workout* view.

3. Select each of the individual workouts in the order you want to perform them, then tap *Save* and give the circuit workout a name.

4. Find the new workout and swipe left to edit it. The workout detail view shows each of the exercise steps in the order you selected order. Make sure each step is set to only 1 set.

5. Scroll to the bottom, and tap the + button, tap *Create circuit*, enter the number of rounds (3 for this example) and tap *Make circuit*.

That's it. The compound workout now contains repeated rounds of the individual exercises. The parameters for each step can be adjusted as needed.

PARAMETER CONFIGURATIONS

PT Timer strives to be able to give you cues exactly how and when you want them during a workout. To accomplish this, PT Timer defines many *parameters* that you can adjust; parameters that specify things such as durations, preparation time, rest time, the kind of verbal cues (voice, tones) and much more.

PT Timer allows you to configure most parameters at several levels: the exercise, the workout, and the application level. For example, if you temporarily want to use tones rather than spoken cues, <u>for all your workouts</u>, you can do that with just one easy change: You set the application to override to use tones. Just as easily, you can change the default values used by the app, or set default or override values for just a single workout.

What Is a Configuration

A *configuration* specifies values for some or all the parameters this app supports. Some typical parameters are:

• The time to get ready for an exercise

• Duration of rest between sets

• Whether to use spoken cues or tone cues (the *cue scheme*)

You can have multiple configurations: for a single exercise within a workout, for the workout as a whole, for the application as a whole. You can also have different types of configurations: for *default values* or for *override values*.

Why have so many configuration options? Because when it comes to doing exercises, people vary greatly in their needs and preferences. If you have only a couple of exercises to do, it is easy enough to manage setting them up. But when you have a dozen or more it can become very tedious to make changes to each one, without some powerful tools. PT Timer allows you to setup parameters in a simple, direct manner, but also gives you the powerful configuration tools in case you need them.

This chapter will explain how to use configurations.

The Application-Level Configurations: Default and Override Values

Throughout the app configurations are accessed via *config buttons* with the gears

icon: ⚙️ . The application configurations are at the "highest level" because they can influence every workout you have. From the main screen select the config icon in the tab bar, then select *Defaults* in the selector at the top.

Carrier 📶 3:08 PM 🔋	Carrier 📶 3:09 PM 🔋
? App config defaults	**? App config overrides**
App | **Defaults** | Overrides	App | Defaults | **Overrides**
The default values will be used in case you have not spefied a value directly.	Values you enter here will be used instead of values entered elsewhere.
TIMING	TIMING
5s To get ready for exercise	To get ready for exercise
4s To prepare for rep	To prepare for rep
5s Rest between reps	Rest between reps
1m 10s Rest between sets	**1m 10s** Rest between sets
2s.5 To get ready for next set	To get ready for next set
4s For switching side	For switching side
⊕ New · 🕐 Workouts · 📅 Sessions · ⚙️ **Config** · ∘∘∘ More	⊕ New · 🕐 Workouts · 📅 Sessions · ⚙️ **Config** · ∘∘∘ More

This shows all parameters. The values here will serve as defaults for all your workouts, so they will be used if no other value is specified.

Now select *Overrides*, and you will see the same parameters, but in this case many of them may have no value. On the figure above, you'll see that there is an override value of 1m10s for *Rest between sets*, this means that no matter what value has been specified elsewhere, the app will override and use 1m10s rest between sets. On *Defaults* you will see that the *Rest between sets* parameter is highlighted in red, which indicates that this parameter value has been overridden. If you tap on the parameter, you will see a message that explains where the parameter has been overridden.

If you want to remove the override value, just go to the *Overrides* view, tap on the parameter, and you will get an option to clear the override.

Workout-Level Configurations

When you use the application configuration you will affect all your workouts, but sometimes you want finer control than that. For example, let's say you just started a rehab program with several exercises that you are not yet familiar with, and you want instructions to be shown every time you start or pause an exercise. You could quickly make that happen by going to the app config overrides, and turning on the parameters *Show instructions at start* and *Show instructions when paused*, but if you did that, then you would see the instructions also for all your old exercises that you already know all too well. That's were you can use workout-level configurations.

When you edit an entry from the *Workouts* tab (swipe left, tap *Edit*), you will see the details of the workout, with one or more exercise steps that are part of the workout.
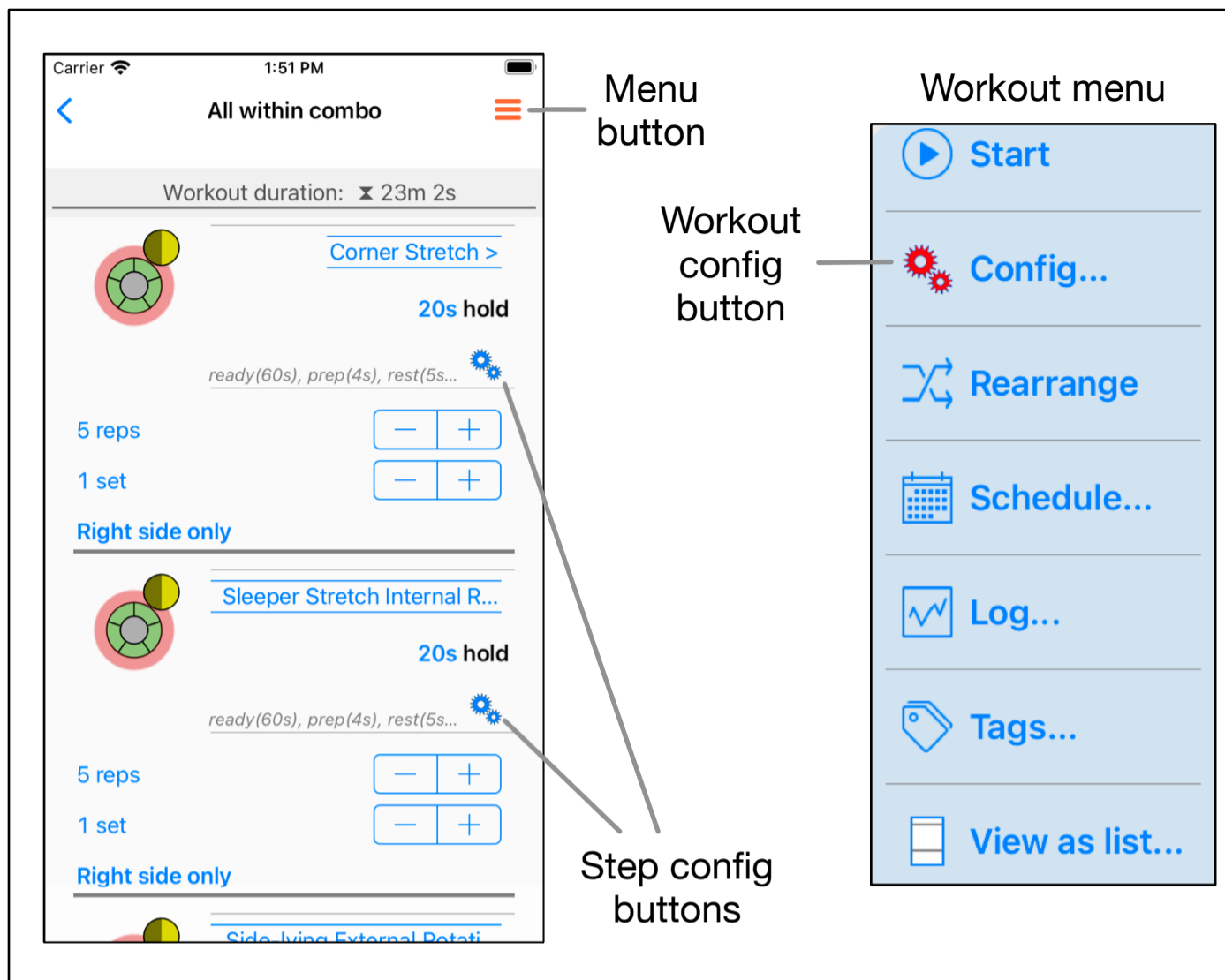
From the workout details view you can configure both the individual steps of the workout, as well as the overall workout.

In the figure above you see a menu button (it is red, and we'll get back to that shortly). With this button you access the workout menu (also shown in the figure), and by selecting *Config...* from the menu you access the *workout configuration*. In the figure above, <u>the icons that lead to the workout configuration are red, which indicates that in this example the workout configuration has overridden one or more parameter values</u>. The config buttons further down are used to access configurations for <u>each step</u> of the workout. When you tap the workout-config-button, you will see a view very similar to the one we talked about under the application-level configuration, but this view pertains to this workout only: The configuration affects only the exercise steps contained within this workout.

On—using value set here
Off—using value set here
On—overridden elsewhere
Off—overridden elsewhere
On—default from elsewhere
Off—default from elsewhere
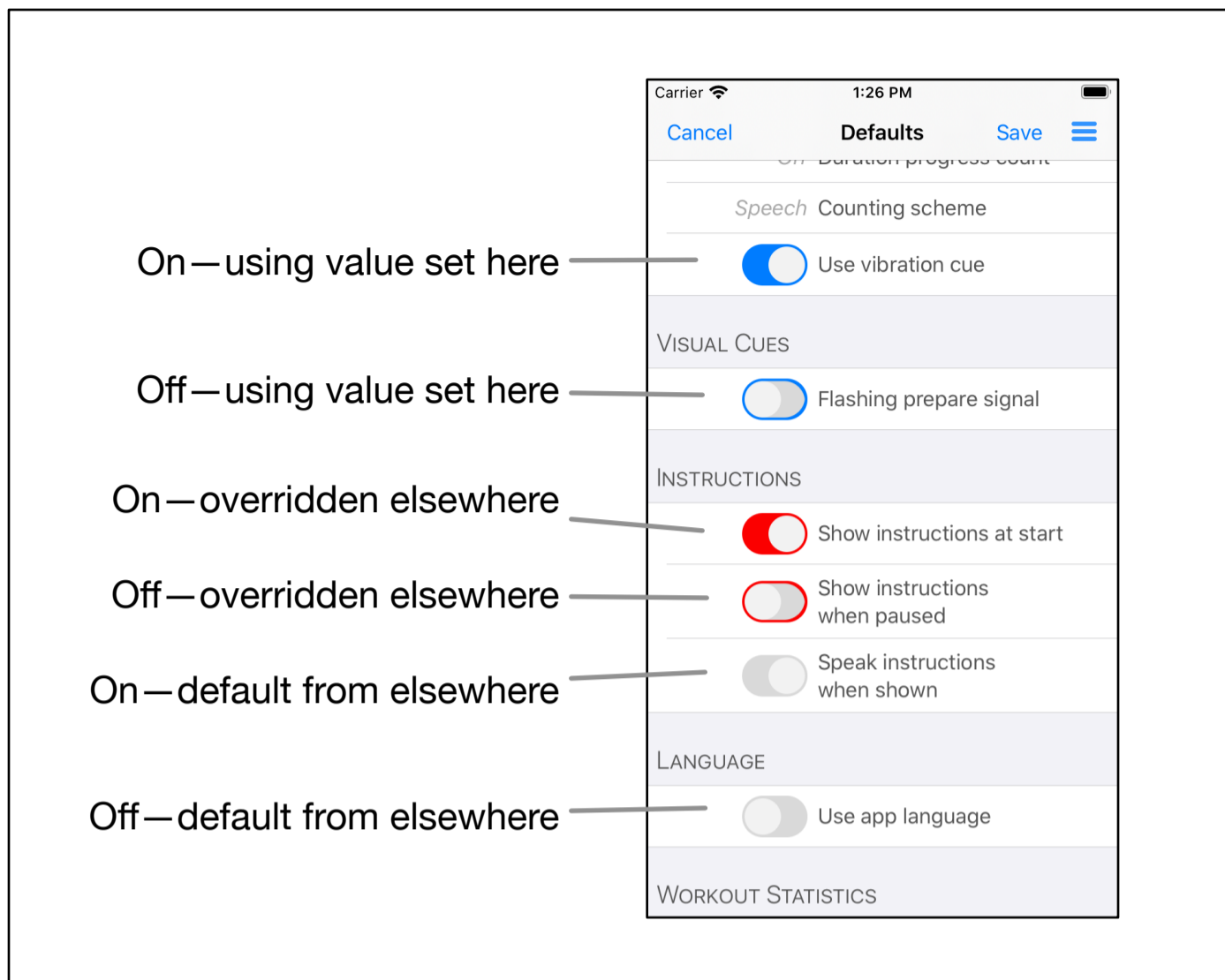
This example shows the appearance of toggle buttons from the workout defaults config. The blue color indicates that the on/off value has been set right here. Red color indicates the on/off values are set via an override elsewhere (in this case from the app config). And the gray color indicates the on/off values are given by default values (in this case from the app config).

Exercise Step-Level Configurations

At the lowest level of the configurations hierarchy are the *step configurations*. Within the workout detail view you see one or more exercise steps in the workout. Each step has settings for rep and set counts, possibly side switch options, and duration. Here you also see the step config button. Tapping that button shows the familiar view of all the relevant parameters.

Cancel   **Config**   Save ≡

TIMING

15s	To get ready for exercise
4s	To prepare for rep
5s	Rest between reps
1m 10s	Rest between sets
2s.5	To get ready for next set

4s	For switching side

AUDIO CUES

⬜	Verbal announcement
Automatic	Cue scheme
	Beat (after start)
	Beat (relative, 0.0–1.0)

In this example most of the values are italic gray, indicating they are using a default value (from the workout or from the application). Only the *To get ready for exercise* parameter has a blue value (15s), indicating this value is set directly here and will be used. The *Rest between sets* parameter shows the override value that is in effect; you would have to go to the application (or workout) configuration to remove the override.

EDITING YOUR EXERCISES

The Exercise Details View

The exercise details view can be access in two ways:

• Swipe left on a workout on the *Workouts* tab, tap *Edit*, then tap on the name of the exercise you wish to edit.

• Select the *More* tab, then scroll down to the *Your Library* section and select *Your exercises*. Then select the exercise you wish to edit.

Recall, that a workout is composed of one or more exercises, and one and the same exercise may be used in multiple workouts. So when you edit an exercise, it will affect all the workouts that use the exercise.

Exercise name and *nickname*. Please see the section [Renaming workouts and exercises. Nicknames](#) for details about how this works.

Spoken name. If you have chosen to have the exercise announced, then here you can control exactly how it is announced. By default the exercise name (or nickname if one is given) will be read. However, you can record a different announcement here.

Purpose. You can optionally type a purpose for the exercise.

Side switch possible. Some exercises are suitable for side switch (for example a side bridge) while other are not (for example running forward). Here you indicate if the exercise could allow side switch—however, that does not mean it has to be used with side switch. When the exercise is used in a workout, you set the parameters to specify whether the exercise should be used only on one side or the other, or on both.

Edit instructions. See below for details on this. The instructions (text, photos, etc) will optionally be visible before the exercise start and/or when pausing the exercise.

Setup equipment and parameters. Here you can set **default** values for the timing parameters for the exercise. Each workout that uses the exercise can override the parameters as necessary. You can also select one or more special parameters/equipment that apply to the exercise (e.g. an inclination for running, or a barbell)—the workout will then allow you to specify values for these parameters.

Exercise Instructions

From the *Exercise details* view select *Edit instructions*, which brings you to the exercise instructions view as shown below. (If your workout contains only a single exercise, you can access the instructions directly from the *Workouts* tab: swipe right across the workout, the select *Instructions*). Several options are available for adding different types of instructions:
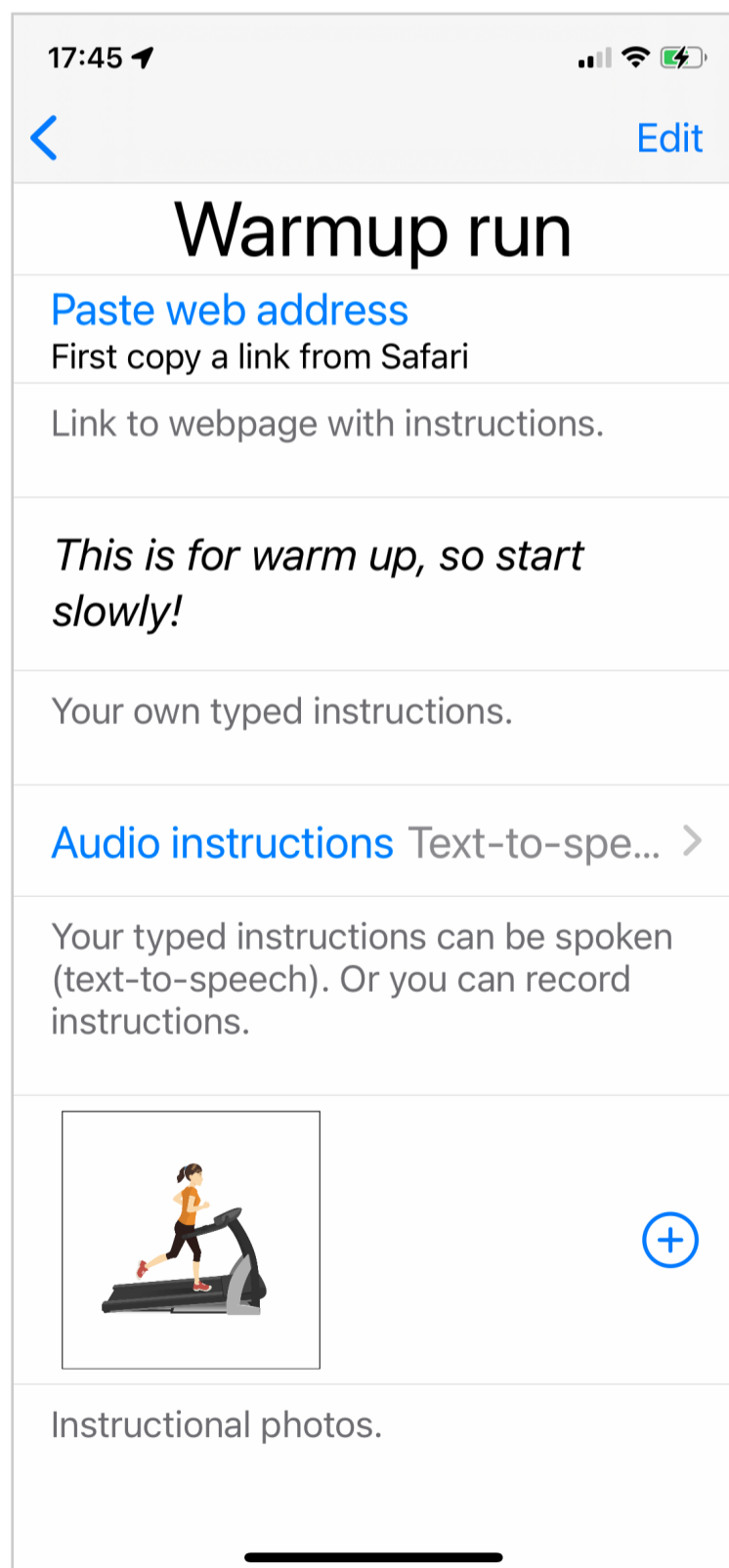
• With *Paste web link* you can add easy access to a web page or even for example a YouTube movie that shows the exercise. First copy the link from another app, say from Safari, then tap here to paste and save the link. When you later on view your instructions, you will see of preview of the page.

• There is a text field where you can **type your own instructions**.

• *Audio instructions* can be setup in two ways: By default, your typed instructions will be read. Alternatively, you can record your instructions.

• Finally, use the *Add photos* or the *plus button* to add one or more photos. In order to delete photos, first tap the *Edit* button (top-right), then tap the small button at the top-right of the photo you wish to delete. While in edit mode, you can also rearrange the order of the photos. When finished, tap *Done*.

ORGANIZING YOUR WORKOUTS

Renaming Workouts and Exercises. Nicknames

Some considerations before renaming:

• A raw exercise may be used in multiple workouts.

• A workout may contain one or more exercises.

Therefore, in some cases it useful to keep the workout name and the exercise name synchronized, while in other cases you would want to be able to change the names independently.

Synchronized workout and exercise names. If an exercise is used in only one workout, and if that workout contains only one exercise, then the exercise and its workout are practically speaking the same thing. In this case, PT Timer will help keep the names synchronized, unless you select otherwise. If you rename such a workout, a prompt will ask whether you want to rename only the workout or the exercise as well.

Renaming from the workouts tab. Swipe left across the entry, then select *Rename*. Depending on the situation (described above) a prompt will give you different options for renaming the workout.

Renaming from the exercise details view. Access the *Exercise details* in one of two ways: (1) swipe left across the workout, then select *Edit*, then tap on the exercise name; or (2) from the *More* tab, scroll to the *Your Library* section and select *Your exercises*, then select the exercise you want to rename. Now just tap and edit the *Exercise name*. If the exercise name is synchronized with a workout name, then the workout name will automatically be changed as well.

Exercise nicknames. You can optionally give an exercise a nickname. This can be useful if the exercise has a precise, long, clinical name, that you do not want to see or hear every time you use the exercise (yet, you want to retain the precise name). If you give a nickname to an exercise, then that will be the name that is potentially synchronized with the workout name.

Searching, Filtering and Ordering on the Workouts Tab
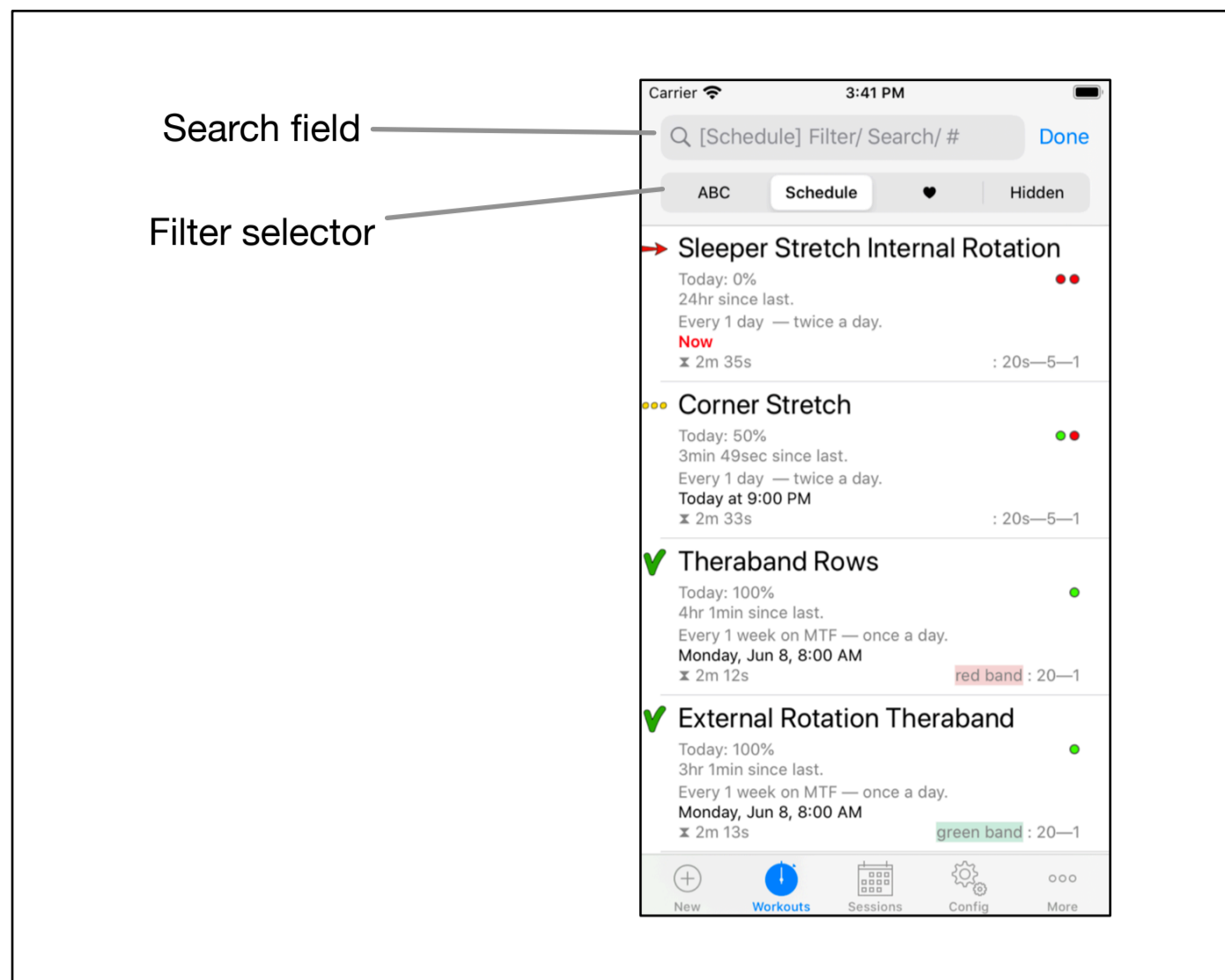
At the top of the **Workouts** tab is the *search field*. When you tap in the search field, the *filter selector* appears, see the figure above. As you type text into the search field, the list of workouts will be limited to those that match the search text. The list of workouts will also be influenced by the filter you have selected:

- **ABC** or **123**: This will show all the workouts that match the search text—except those that are hidden—either in alphabetic (**ABC**) order, or in custom (**123**) order. Custom order is explained below.

- **Schedule**: Only those workouts that have been assigned a schedule are shown. They are shown in order of when they are next due.

- Heart[**Favorite**]: Only your favorite workouts are listed (swipe right across a workout to mark it as a favorite).

- **Hidden**: Only those workouts you have marked "hidden" are listed. Swipe right across a workout to hide or un-hide it. *Hiding workouts* can be useful if you have many workouts that you no longer use, but you still want to keep them.

You can switch between alphabetic or custom order from the menu, selecting either *Use custom order* or *Use alphabetic order*. After you select to use custom order, select *Set custom order* from the menu, then drag the workouts into the desired order.

Organizing With Tags

You can attach one or more *tags* to each workout. For example, you could tag workouts by the muscle groups they affect, and also tag them according to a level of difficulty. To add a tag, edit the workout, then select *Tags* from the menu:
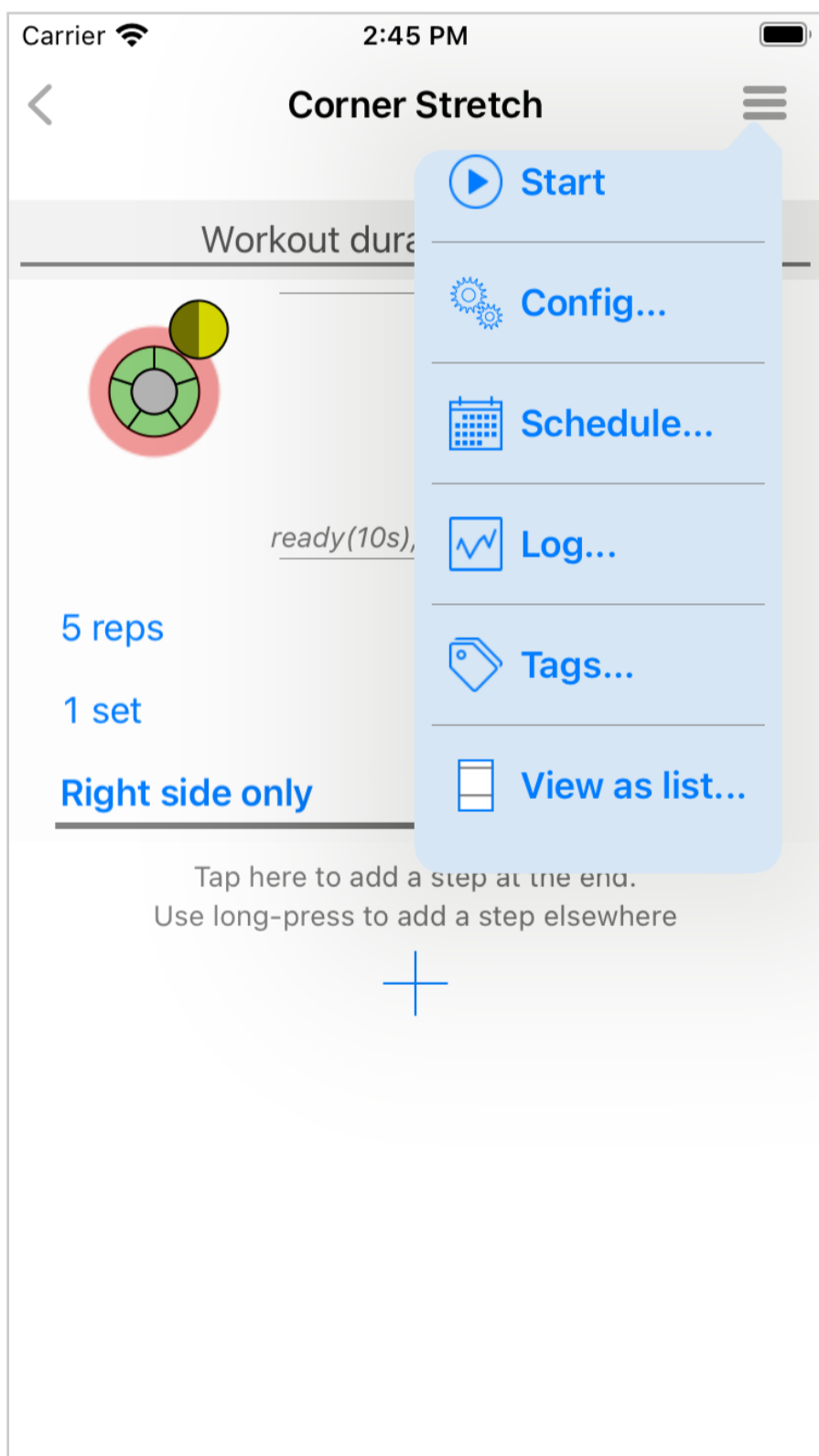
When you type into the search field on the workouts tab, any matching tags will be listed above the keyboard (type '#' to list all tags):

Type #
to see all tags

Tag filter
(tap to remove)

Remove all
tags from filter

Tap to add
tag to filter
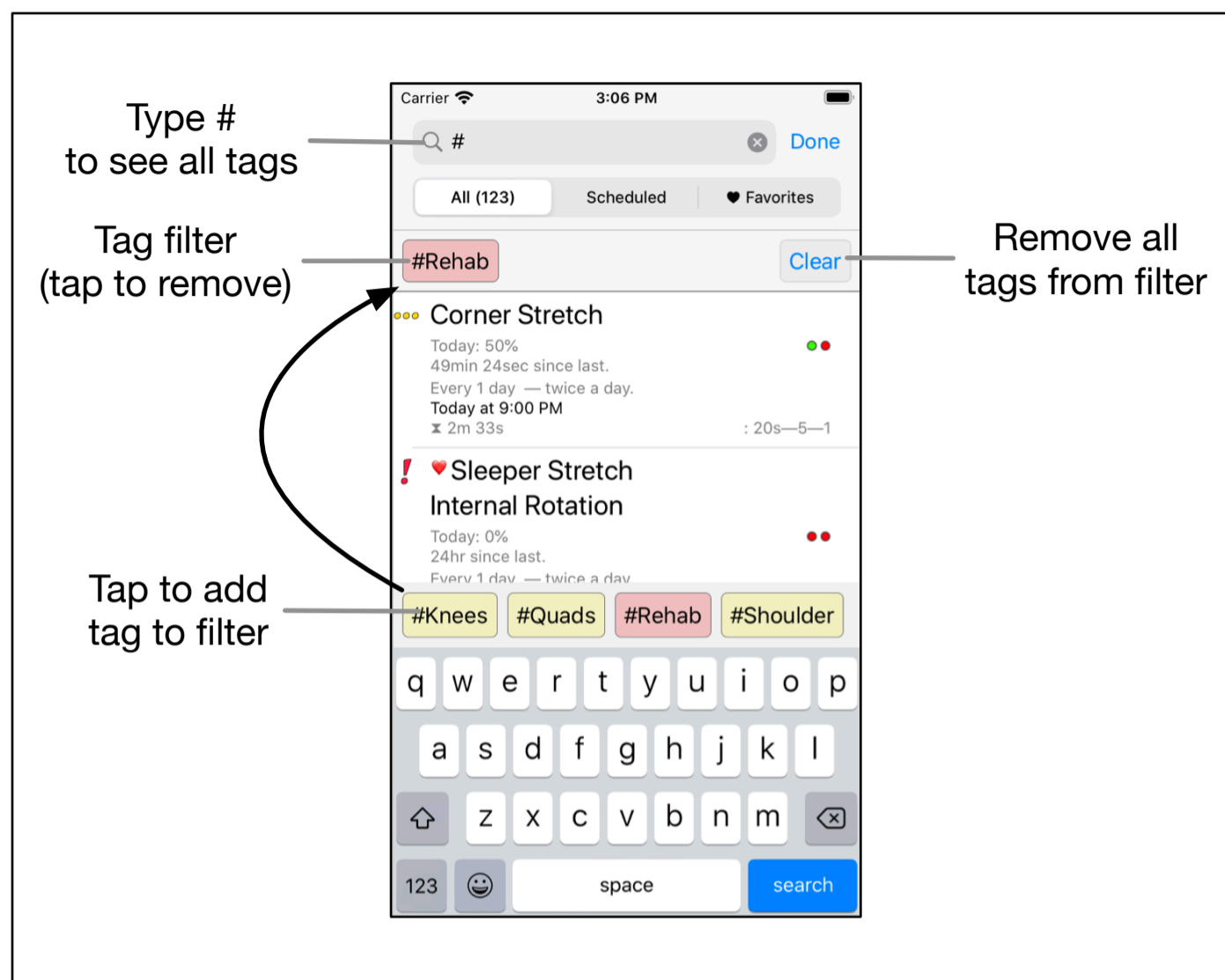
As you tap to add a tag to the filter, only workouts with **all** the filter tags are listed.

The tag filter remains active after you tap *Done*. You can remove an individual tag from the filter just by tapping on it, and you can clear the tag filter with the *Clear* button.

Organizing With Sessions

Sessions were described in the Overview chapter, but should be mentioned here because they offer another way to organize your workouts. A session is simply a collection of workouts—typically workouts that you tend to perform one after another. You create a session from the Session tab, and when editing a session you see the *session detail view*:

Skip completion prompt toggle

Session menu

Start button

Selection summary

Selector

Equipment list

Selection status

Rest control

Carrier 12:12 PM

‹ Sessions Gym

Skip completion prompts

Start session

All | None | Due | Due today

4 workouts — 10m 51s

Dumbbell:5#

Sleeper Stretch Internal Rotation 1
Schedule not active.
2m 34s   : 20s—5—1
Rest afterwards: 1m

Corner Stretch 2
Today at 9:00 PM
2m 34s   : 20s—5—1
No rest afterwards

Prone Row 3
Schedule not active.
2m 12s   5# : 20—1

When you enter a session, you'll see the view above. From the *session menu* you can add additional workouts to the session, you can rearrange the workouts into the order you prefer, and you can create a compound workout from the workouts in the session.

You can select one or more of the workouts within the session. You can do this either with the selector (***All***, ***None***, ***Due***, or ***Due today***) or by manually tapping on a workout. The *selection status* shows whether the workout is selected and in which order it will appear when you start the session with the ***Start session*** button.

In case you want to selected workouts to be "played through" without any interruption, you can turn on the ***Skip completion prompts*** toggle. When on, you will not be asked to rate the difficulty at the end of each workout, even if the workout is normally setup to do that.

After having selected one or more workouts, the *selection summary* shows how many workouts are selected as well as the total duration for all the workouts. The *equipment list* shows all the equipment needed for the selected workouts.

The *rest control* allows you to specify the duration of rest after completion of a workout.

APPLE HEALTH INTEGRATION

Features and Limitations

1. The integration with the Apple Health app is available only on devices that support the Health App (iPhone, iPod) and which run iOS version 12 or higher. The Apple Health app is not available on iPad.

2. PT Timer can share information about the type and duration of exercises to Apple Health. This means Apple Health will give you "credit" for the time spent doing these exercises. This information will then be part of the workout statistics provided by the Apple Health app.

3. PT Timer by itself is not able to provide other information such as calories spent during workouts. (A future version of PT Timer may provide support for Apple Watch, in which case such information may be provided.)

Setting Up the Share With Apple Health

You enable or disable data sharing with Apple Health from the *Config* tab. Here select *App*, and then use the *Share with Health app* toggle. First time you enable Health sharing you will see two prompts:

- You will be prompted by the iOS system to give permission for PT Timer to share data with the Health app. This can later be changed via the Settings app under Privacy, Health.

- You will be prompted to select the default activity type. This is the activity type that PT Timer will record by default; however, different types can be assigned for each individual workout. The available activity types are described below.

You can choose not to share a workout with the Health app: Edit the workout, select the workout config, select *Activity type (Health app)* and select *Off*.

Available Activity Types

The activity type is like any other parameter in PT Timer, and can be controlled directly by each workout, and by App defaults and overrides. The available types, and the way they are mapped to the Health app activities are listed in the table.

PT Timer activity type	Apple Health description
Off	Not shared to Apple Health (Use this if workout is recorded by other means, e.g. by an Apple Watch)
Other	A workout that does not match any of the other workout activity types
Stretching	Warm-up, cool down, and therapeutic activities like foam rolling and stretching
Functional strength	Strength training, primarily with free weights and body weight
Strength training	Strength training exercises primarily using machines or free weights
Flexibility	Flexibility workout
Core training	Core training
Walking	Walking
Running / jogging	Running and jogging
Cycling	Cycling
Elliptical	Workouts on an elliptical machine
Cross training	Exercise that includes any mixture of cardio, strength, and/or flexibility training
Mixed cardio	Workouts that mix a variety of cardio exercise machines or modalities
HIIT	High intensity interval training
Jumping rope	Jumping rope
Swimming	Swimming
Yoga	Practicing yoga
Pilates	Pilates workout
Mind & body	Activities like walking meditation, Gyrotonic exercise, and Qigong

TRANSFER DATA TO ANOTHER DEVICE

Transfer of Data From One Device to Another for the Same Apple Account

If you own two iOS devices, say an iPhone and an iPad, you may want to use PT Timer on both. However, synchronization of data between devices is not supported by version 3.1. Version 3.1 does provide features to allow transfer of data from one device to another via iCloud Drive, with the following limitations:

- The devices must use the same Apple account, so that both devices share the save iCloud data. iCloud Drive must be enabled on both devices.

- When you import data on the second device, all the previous PT Timer data on that device will be deleted, including any log of exercises previously performed.

Step-by-Step Guide to Data Transfer

Let's says you want to transfer PT Timer data from device A to device B. PT Timer should already be installed on both devices, and you understand the data you have on device B will be deleted.

ON BOTH DEVICES

Enable iCloud Drive (if not already enabled): Open the device *Settings* app, tap on your account, then select *iCloud*, find *iCloud Drive* and turn it on.

ON DEVICE A (DEVICE YOU ARE TRANSFERRING FROM)

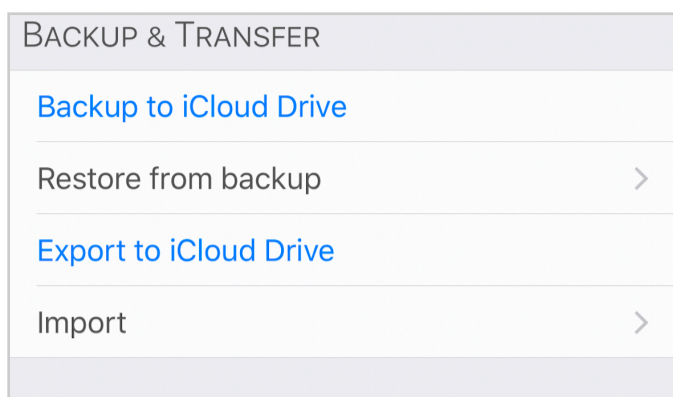In PT Timer, go to the *More* tab and tap *Export to iCloud Drive*, then confirm to export, and wait until you see a message that the export has completed.
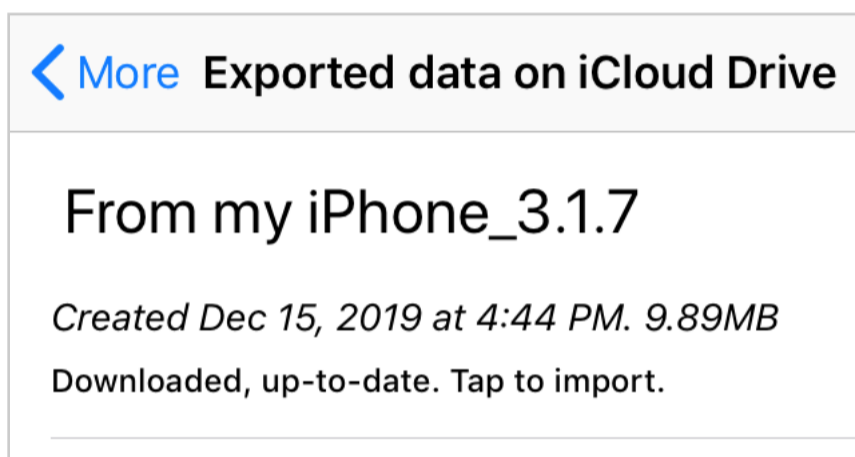
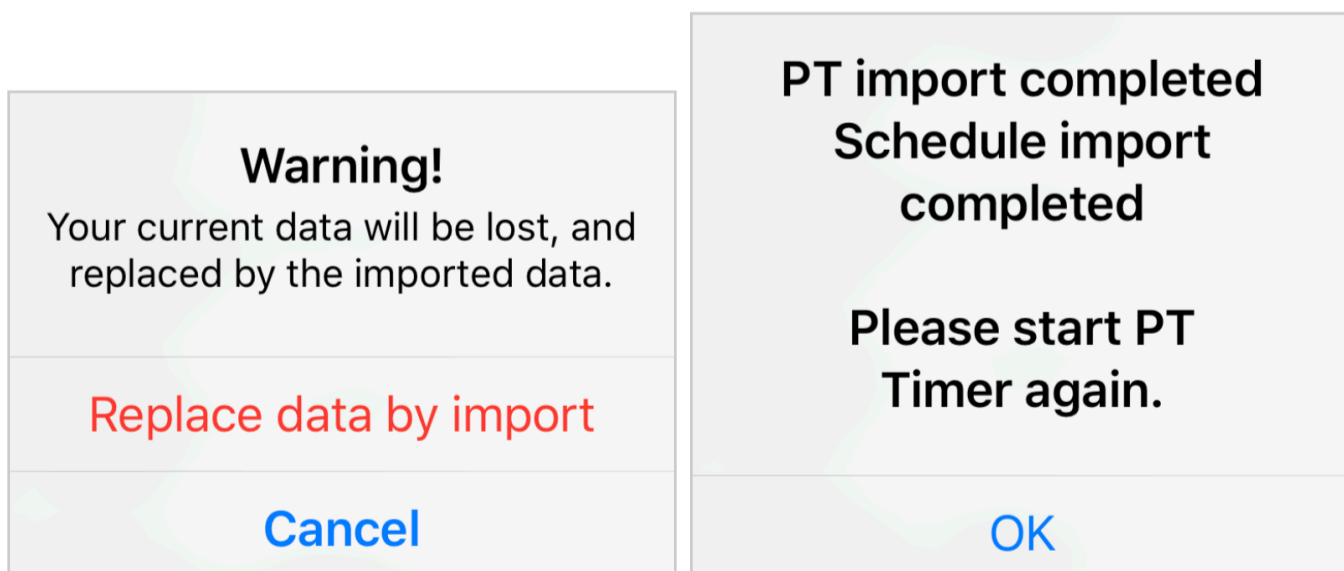### ON DEVICE B (DEVICE WHERE PREVIOUS DATA WILL BE DELETED)

Open PT Timer and go to the *More* tab. In the section *Backup and Transfer* tap *Import*.

BACKUP & TRANSFER

Backup to iCloud Drive

Restore from backup   >

Export to iCloud Drive

Import   >

You will see a list of PT Timer data that has been exported to your iCloud Drive. If there are more than one entry listed, find the one that you exported from device A.

‹ More **Exported data on iCloud Drive**

From my iPhone_3.1.7

Created Dec 15, 2019 at 4:44 PM. 9.89MB

Downloaded, up-to-date. Tap to import.

Tap the entry to start the import (it is possible the data has not yet been downloaded from the cloud to device, in which case the download will happen first). You will see a warning about data on device B being deleted, and once the import has completed you will see a message to restart PT Timer.

Warning!
Your current data will be lost, and replaced by the imported data.

Replace data by import

Cancel

PT import completed
Schedule import completed

Please start PT Timer again.

OK

Once you restart PT Timer, the transfer of data to device B will be complete.

FREQUENTLY ASKED QUESTIONS

FAQ#1How Can I Make a Backup of my Exercise Regimen?

Backing up your data is very important! We recommend you use one or more of the methods described here to create backups, whenever you have made significant changes that your exercises.

To use these methods, first make sure you have enabled Apple's iCloud Drive on your device.

<u>Saving as a PDF document</u>.

To do this, select *Save as PDF* from the *More* tab. This is probably the safest way to create a human-readable copy of your data, including photos and instructions. A PDF file is a standard format, independent of PT Timer. It is human-readable, but <u>cannot be used for import into PT Timer</u> (you would have to manually enter all the data from the PDF into PT Timer). Once you have saved the PDF to your iCloud Drive, you can leave it there, or copy it to another place on your device or another computer for safe keeping.

<u>Backup the complete PT Timer data store to your iCloud Drive</u>.

To do this, select the *More* tab and then select *Backup to iCloud Drive*. Enter a name for the backup and tap *Start backup*. Wait until you see a message that the backup has completed. This makes an exact copy of the database where PT Timer stores all your data. With this you can restore your PT Timer data to the same or to another iOS device should you need to do that. The advantage of this method is that everything is copied exactly; but the disadvantage is that as new versions of PT Timer are developed, <u>it cannot be guaranteed that old backups can be used by all future new versions</u>.

You can find the backup your iOS device and on macOS devices that are synced with your iCloud:

- On iPhone or iPad launch Apple's *Files* app, select the *Browse* tab, select *iCloud Drive*, then find and select the *PT Timer* folder. Inside the PT Timer folder tap on the *backups* folder. There you will find a file with the name you gave and ending on ".bundle". That is the backup file.

- On macOS use Finder to open the *iCloud Drive* folder, from there find the *PT Timer* folder, and proceed as explained above.

Export to your iCloud Drive.

To do this, select *Export to iCloud Drive* from the *More* tab. This exports your exercises, workouts, sessions, workout history (log), tags, and their settings. It uses a format (JSON) which likely can be imported by future versions of PT Timer, even after major updates.

FAQ#2: How Do I Turn On / off the Prompt To Rate the Difficulty (Completion Prompt)?

When you complete a workout, you may see a prompt asking you to rate the difficulty of the workout. We call this the *completion prompt*.

Short answer

Option 1. Edit the workout; tap the menu button (at the top) and select ***Config…***; find ***Show completion prompt*** and turn it on or off. This works <u>unless</u> you have forced a value with the app config override (see next option).

Option 2. On the ***Config*** <u>tab</u> select ***Overrides*** at the top; scroll down to find ***Show completion prompt*** and turn it on or off. Note that this will affect <u>all</u> your workouts.

Full answer

In addition to the short answer, there are several other points to notice. In the workout config (see option 1 above), look at the ***Show completion prompt*** toggle:

- If the toggle is all gray (<u>no color at all</u>) it means that the default value (from the ***Config*** tab) is being used (on if the toggle's "thumb" is to the right side, off if it is to the left side).

- If the toggle has blue color, it means you have set a value specifically for this workout. (You can tap on the text to use the default value instead).

- If the toggle has red color, it means you have set an override value, and to select a different value you must change or remove the override (from the ***Config*** tab).

<u>Sessions</u>: There is one situation where the completion prompt will not be shown, regardless of the settings described above. If you use "session play-through", where a series of workouts are strung together one after the other, it is often not desirable to be interrupted by the completion prompt. Therefore, before you select ***Start session***, you can use the ***Skip completion prompts*** toggle to prevent the prompts.

REFERENCE

PARAMETERS

This section is not yet complete. It will explain all the parameters that can be set from the configuration views. Remember, that within the app you can **swipe right across a parameter to access its help information**.

	0s To prepare for rep
Help	5s Rest between reps
	0s Rest between sets
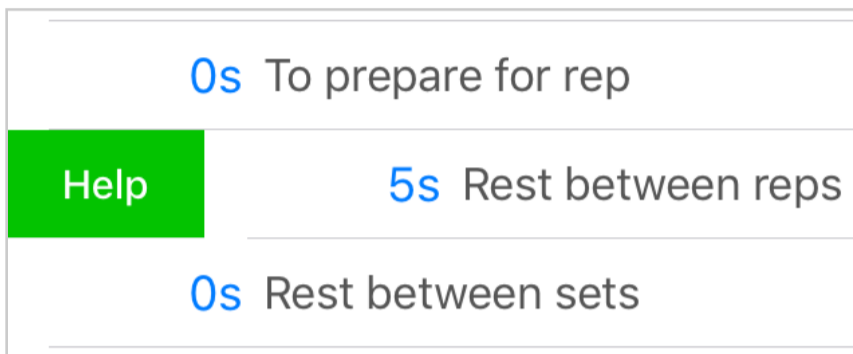
Parameters allow you to customize so many aspects of how PT Timer works. You can access the parameters in several ways, which has been [described in the chapter on parameter configurations](#).

Parameters Related to the User Interface

Prevent accidental pause: Use this to control how a workout can be paused. This is useful in situations where an accidental double-tap could trigger a pause. This control is available on the Config tab where you can set app default and override. It is also available on the workout config.

<u>When on</u>: To pause, you must swipe the shape of "Z" on the screen, in one continuous motion, starting from the top left, ending at the bottom right.

<u>When off</u>: You can pause a workout using either double-tap or "Z" swipe.

Parameters Related to Timing

To get ready for exercise: The time you need to get ready for the exercise, before the first rep of the first set. You will get a *Get ready* cue, followed by a count-down before the first rep of the first set.

To prepare for rep: The time you need to prepare for each repetition of the exercise. You will get a **Prepare** cue followed by a count-down before each rep.

Rest between reps: The time you need for rest after each repetition.

Rest between sets: The time you need for rest after each set.

To get ready for next set: The time you need to get ready at the beginning of the second or following sets.

For switching side: The time you need for switching side.

Rest before next workout: During play-through of a session of workouts, the rest after this workout before the next.

Parameters Related to Audio Cues

Verbal announcement: Turn this on if you wish to hear a verbal announcement of the name of the exercise just before it starts.

Cue scheme: Cues for **start**, **stop**, **rest** etc. can be spoken or indicated by tones. For fast-paced exercises tone cues work better than spoken cues.

Beat (after start): You can get up to 3 *beats* during each rep, to alert you at certain points during the rep. For this beat, enter the number of seconds after the start of the rep.

Beat (relative, 0.0 - 1.0): You can get up to 3 beats during each rep, to alert you at certain points during the rep. For this beat, enter the relative progress (between 0 and 1) during the rep. For example, the value 0.75 will give a beat when you are 3/4 (75%) through the duration of the repetition.

Beat (before end): You can get up to 3 beats during each repetition, to alert you at certain points during the rep. For this beat, enter the number of seconds before the end of the rep.

Duration countdown: Give a verbal countdown towards the end of the repetition.

Duration progress count: Give verbal progress count from start to end of the repetition.

Counting scheme: How to give progress count or count down during a repetition. The options include **Speech**: the count is spoken; **Tone soft**: a brief tone; **Tone loud**: a brief, louder tone.

Use vibration cue: Use vibration of the device as cue to repetitions.

Parameters Related to Visual Cues

Flashing prepare signal: When this is turned on, the yellow screen, that indicates it is time to prepare for the next rep, will flash on/off a couple of times. This is useful if you are not using audible cues, and if the screen is not clearly visible. The flashing yellow gives a stronger visual cue to prepare.

Show completion prompt: When you have finished a workout, a prompt is shown where you can record the difficulty and makes notes. This information can be reviewed later in the workout log, and will be included if you generate a PDF report to share with your physio.

Parameters Related to Instructions

Show instructions at start: This will cause the exercise to pause when it is first started and show any instructions and / or photos you have added to the exercise. This can be helpful while are have not yet learned the exercise fully.

Show instructions when paused: If you manually pauses during an exercise, then this will show any instructions and / or photos you have added to the exercise. This can be helpful if you sometimes need to review the instructions.

Speak instructions when shown: When instructions are shown (e.g. at the start of the exercise, or when manually paused) the instructions you have entered will be spoken. This uses either text-to-speech (in case you have entered instructions by text), or plays your own voice recording if you have added one.

Parameters Related to Spoken Language

Use app language: Use app or native language when speaking exercise names, instructions etc. If you have typed the exercise names and instructions using a lan-

guage other than that of the app, then you should select native language, and also select a voice for that language from the **More** tab. **Parameters Related to Spoken Language**

Parameters Related to Workout Tracking

Activity type (Health app): The type of activity that will be recorded for the Health app. If you don't want this workout to be shared with the Health app, then select **Off**. See the the section on Apple Health integration for a more detailed explanation of each activity type.

PROGRESS CALCULATIONS

PT Timer provides information on your progress through the day's scheduled workouts. There are a couple of different meaningful ways of calculating the percentage of today's schedule that has been completed. That is explained here.

Let's say your schedule call for two different workouts today: Workout A and Workout B:

• Workout A must be performed twice times today, and so far has been completed only once. Thus, this workout has been 50% completed.

• Workout B must be performed 10 times today, and so far has been completed three times. Thus, this workout has been 30% completed.

The two progress percentage calculations that may be reported in this case are:

• 40%W: 'W' refers to "workout average". This is found by first calculating the percent completion for each workout, then averaging those percentages. In the example, one workout has 50% completion, while the other has 30% completion. The average completion is therefore (50% + 30%)/2 =40%.

• 33%#: '#' refers to "count average". This is found by the ratio of the total count of workout completions relative to the total scheduled count. In the example, the total scheduled count is 2 + 10 = 12, while the total completed count is 1 + 3 = 4. The count average completion percentage is 4 / 12 = 33%.

Depending on the circumstances, one or the other calculation may make more sense.

Activity type (Health app)

The type of activity that will be recorded for the Health app. If you don't want this exercise to be recorded for the Health app, then select **Off**. See the the section on Apple Health integration for a more detailed explanation of each activity type.

Related Glossary Terms

Index
Apple Health integration

Beats

A brief audible cue used to indicate a certain stage during a repetition. For example, to indicate that a movement direction should be reversed.

Related Glossary Terms

Index

One simple exercise
Parameters
Parameters
Parameters

Completion prompt

Related Glossary Terms

Index

Compound workout

A workout that contains multiple steps, where each step can hold announcements or exercises.

Related Glossary Terms

Sessions

Index

Overview

Config buttons

Button with the gears icon   are used to access parameter configurations.

Related Glossary Terms

Index
Parameter configurations

Configuration

A configuration specifies a set of parameters (e.g. exercise duration, rest time, weights). A configuration may provide default values (which will be used unless values are specified more directly) and may provide override values (which will be used regardless of the more direct values).

Related Glossary Terms

Default values, Override values, Parameters, Step configurations, Workout configuration

Index

Parameter configurations

Default values

Default values for the various parameters will be used when a value has not been given more directly. If a value is not specified elsewhere, then the application default will be used, as specified on the **_Config_** tab, on the **_Defaults_** panel.

Related Glossary Terms
Configuration, Parameters, Step configurations

Index

Parameter configurations

Exercise

An exercise defines only the common aspects such as instructions, name, etc., without any of the performance parameters (duration, weight, etc.). This is the same as "raw exercise".

Related Glossary Terms
Raw exercise, Workout

Index
Overview

Filter selector

The filter selector is at the top of the **Workouts** tab. It appears when you tap in the search field.

Related Glossary Terms
Search field

Index
Chapter 6 - Organizing your workouts

Hiding workouts

Hiding workouts can be useful if you have many workouts that you no longer use, but you still want to keep them. Swipe right across a workout to hide (or un-hide) it.

Related Glossary Terms

Index

Left/right side indicator

On the counter view, if the exercise has been setup to use side switch then this indicator shows whether the current repetition is for the left or right side of the body.

Related Glossary Terms

Index
Chapter 2 - Getting started

Override values

An override value for a parameter will be used regardless of any value specified more directly. For example, if the application specifies a value on the **_Override_** panel of the **_Config_** tab, then that value will be used everywhere. Override values may also be specified for a workout, in which case it affects parameters only within that workout.

Related Glossary Terms

Configuration, Parameters, Step configurations

Index

Chapter 5 - Parameter configurations

Parameters

Parameters allow you to configure PT Timer to give you cues exactly how and when you need them. Examples of parameters are: duration of holding a stretch position; the amount of time you need to prepare for the next repetition of an exercise; the duration of rest you need between repetitions; the type of audio announcements (voice versus tone). Parameters can be assigned at several different levels (configurations)such as for each individual step of a workout, for the workout as a whole, or for the app as a whole.

Related Glossary Terms
Configuration, Default values, Override values, Workout

Index

Raw exercise

This term is used to make it clear when talking about an exercise without any of the performance parameters (duration, weight, etc.). The raw exercise defines only the common aspects such as instructions, name, etc.

Related Glossary Terms
Exercise, Workout

Index
Chapter 3 - Overview

Raw exercise button

This button is available from the workout detail view, and gives access to the setup of the raw exercise: instructions, photos, side-switch support, equipment and more.

Related Glossary Terms

Index

Rep counter

On the counter view, the middle, circle segments indicate the repetition count. The green filled segments are those that have already been completed. If the exercise is setup to use left/right side switch after each repetition, then each side is shown as a separate repetition, so the number of segments will be double that of the rep count.

Related Glossary Terms

Index
Chapter 2 - Getting started

Rep duration count-down

On the counter view, the number that shows the remaining time for the current repetition.

Related Glossary Terms

Index

Rep duration progress indicator

On the counter view, the outer, red circle indicates how much time has passed through the current repetition.

Related Glossary Terms

Index

Rest control

This control is available on workouts listed in the session detail view. It allows you to specify an additional period of rest after completing the workout, before the start of the next workout in the session.

Related Glossary Terms
Session detail view

Index
Chapter 6 - Organizing your workouts

Search field

The search field is near the top of the **_Workouts_** tab.

Related Glossary Terms

Filter selector

Index

Chapter 6 - Organizing your workouts

Session detail view

This is the view where you edit a session.

Related Glossary Terms
Rest control, Session menu

Index
Chapter 6 - Organizing your workouts

Session menu

The session menu is available when editing a session.

Related Glossary Terms

Session detail view, Sessions

Index

Sessions

A session is a collection of workouts. A good use of session is for collections of workouts that you typically perform at the same time. As opposed to a compound workout, the content of a session can be performed in any order you like, and independently of each other.

Related Glossary Terms
Compound workout, Session menu, Workout

Index
Chapter 3 - Overview

Set counter

On the counter view, the inner, circle segments indicate the set count. The gray filled segments are those that have already been completed.

Related Glossary Terms

Index

Side-switch

To setup side-switch within a workout, the raw exercise must support side-switch.

Related Glossary Terms

Workout detail view

Index

Step configurations

Parameters for an exercise step within a workout can, optionally, be set directly, and this is called the exercise step configuration. If a parameter value is not set here, then a default value from the workout or from the application will be used. If a value is set, it will be used, unless the workout or the application has set an overriding value.

Related Glossary Terms
Configuration, Default values, Override values

Index
Chapter 5 - Parameter configurations

Step parameter button

This button is available from the workout detail view, and gives access to all the preference settings for the exercise, in the context of the given workout.

Related Glossary Terms

Index
Chapter 4 - One simple exercise

Tags

Tags are used to organize workouts. You can create tags as you see fit, and assign as many tags as you like to each workout.

Related Glossary Terms

Index

Workout

A workout defines the exercise/s to be performed along with the parameters (durations, weights, etc.). A workout may contain just one single exercise, or multiple steps of exercises and announcements.

Related Glossary Terms

Exercise, Parameters, Raw exercise, Sessions

Index

Workout configuration

The configurations of parameters that have been set for the entire workout, being applied to all steps within the workout.

Related Glossary Terms
Configuration

Index
Chapter 5 - Parameter configurations

Workout detail view

This view shows the content of a workout, and lets you edit the workout. To open this view, swipe left across the workout on the **Workouts** tab.

Related Glossary Terms

Side-switch

Index

Workout duration indicator

On the counter view, this indicator shows how much time has progressed, and how much time remains of the workout. In the case of compound workouts, this refers to the entire compound workout.

Related Glossary Terms

Index
Chapter 2 - Getting started

Workout step indicator

On the counter view, this indicator is useful in the case of compound workouts. It shows progress through the several exercise steps that make up the entire workout.

Related Glossary Terms

Index