

Combo routines

Tags provide one way of grouping routines, and to perform them all in one continuous workout. However, *with tags the routines are still essentially independent*, for example, they are tracked (logged) individually.

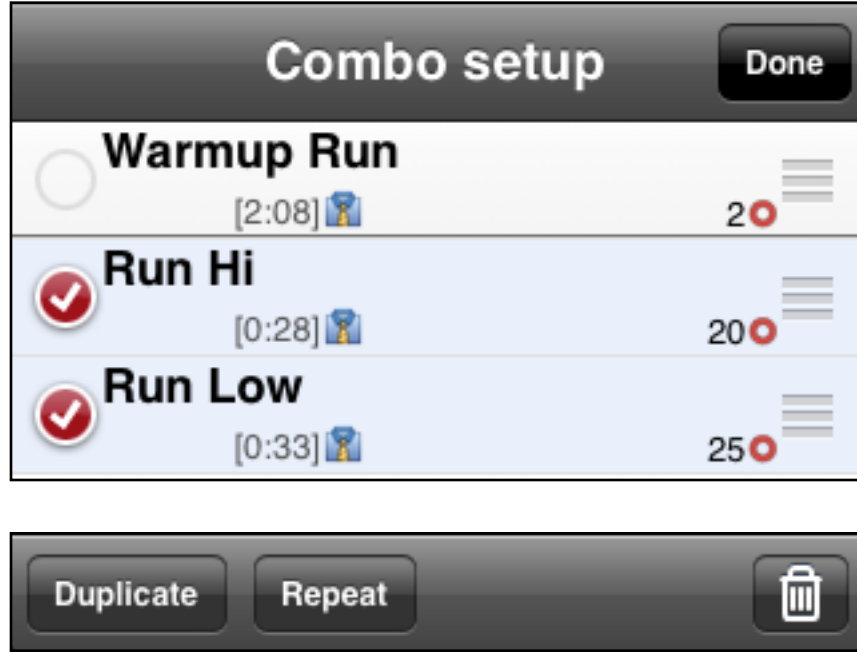
A combo is a collection of routines that should always be performed as a whole. A combo is much like a single, complex routine, and as such it is tracked only as a whole.

A combo *also provides very convenient method of managing a workout that contains the same routine multiple times*, for example workouts that involve interval training.

Creating a combo

From the **Program** tab tap **+Combo**. Give the combo a name. Use **Add** or **New** to add steps to the combo. **Add** will let you select from your existing routines, while **New** will let you create new routines.

After added one or more routines you can tap **Edit** to further setup the combo. As an example, suppose you want to include a sequence of “Run Hi”- “Run Low” intensity routines. First you add the “Run Hi” routine, then the “Run Low” routine. Now tap the Edit button, and tap on the two routines to select them:



Tap the **Repeat** button as many times as you want them to repeat, then tap **Done**. You now have a pattern of intervals, **where some steps are linked such that they can be edited as one**. For example, if you want to change the duration of the “Run Hi” interval, you only have to make the change once.



While editing the combo you also have the option to **Duplicate** a routine, which will create an identical, but not linked, routine.