

## Create New Routine

Other than using **Quick start**, you can create new routine from the **Program** tab.

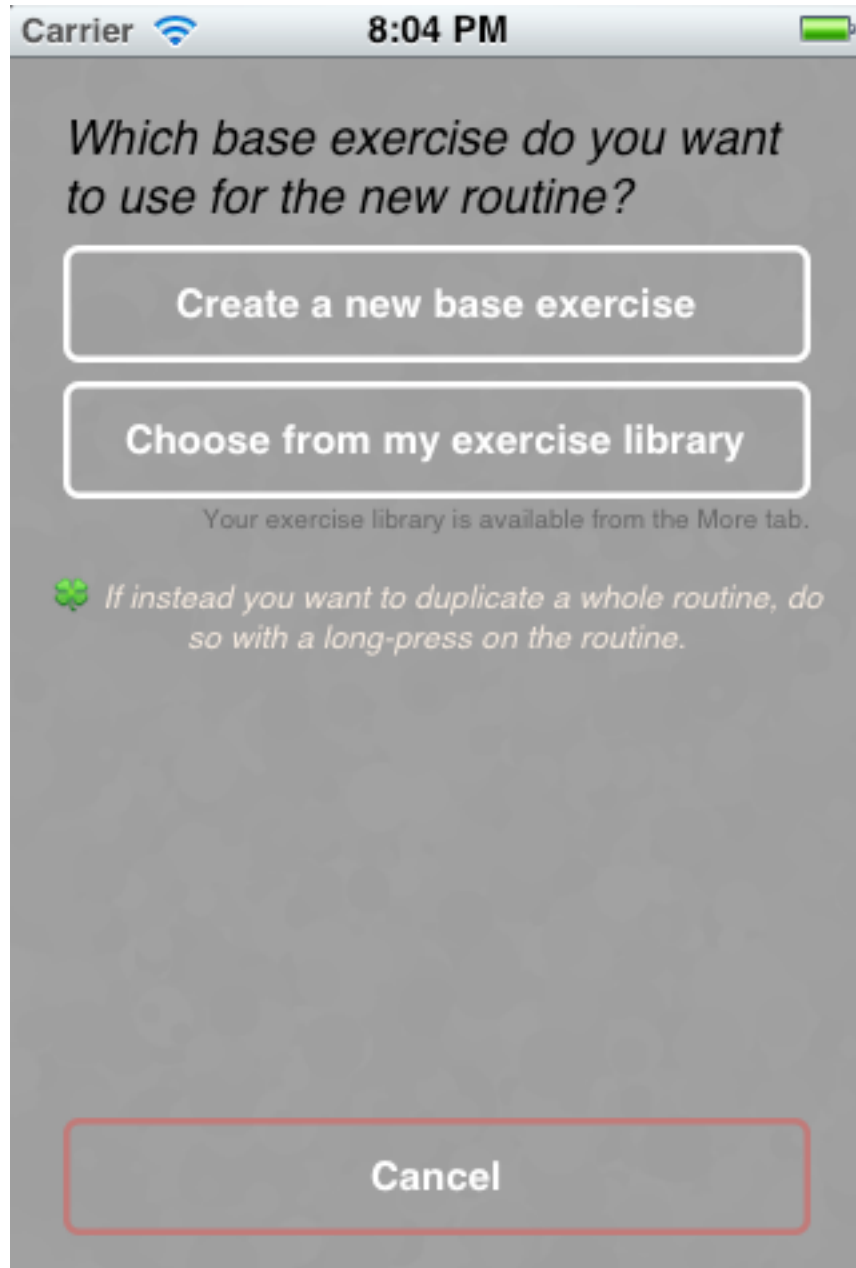
- Tap **+Routine**

Now you must understand the difference between a **routine** and a **base exercise**.

- The **base exercise** is the fundamental part: what you do, how you do it, whether it requires side switch or not, whether it uses a weight, and so forth.
- The **routine** consists of a base exercise, plus **parameters** to go with it, such as the number of repetitions, number of sets, the actual weight you use (if relevant), duration, speed, etc.

When you create a new routine, you can choose:

- **Create a new base exercise**, which means it is an entirely new exercise, not just a change of parameters.
- **Choose from my exercise library**, which means you already have the base exercise defined, but want to setup a new routine with different parameters.



From here on it is similar to how you use **Quick start**. After creating the new routine, you can tap it to further adjust the many preference timing options.