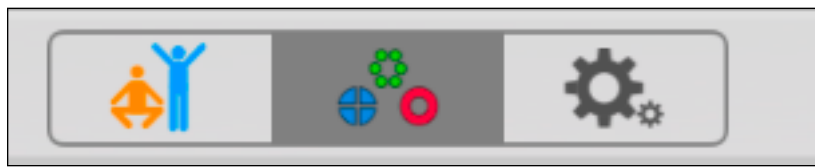





Edit Routine

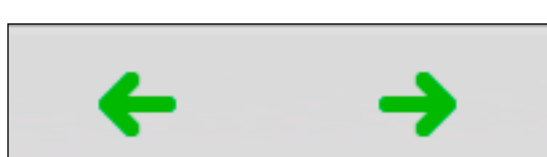
You may need to edit a routine in order to change it in some way. This happens from the **Program** tab. Tap on the exercise to enter the routine editor. The routine editor has 3 sections, which can be selected near the top of the screen:



Each section deals with a certain aspect of the routine.

-  The **Base exercise** section. This deals with the fundamental aspects of the exercise. Since several routines may use the same base exercise (typically setup with different parameters), **any changes you make here will affect all routines that use this base exercise**. This is very convenient, since you can quickly make changes across multiple routines. For example, you can add photos and instructions which will then be available to all routines that use this base exercise. (The base exercise can also be edited from **Base exercise library**, available via the **More tab**).
-  The **Routine parameters** section. The values you set here affect only this particular routine. You set parameters such as number of repetitions and sets, and optionally set a schedule. You can also record your own voice to be used as an announcement of the routine, when the routine is used in a sequence of routines making up an entire workout.
-  The **Preferences** section. These settings also affect on this particular routine. The preference settings are more personal in nature, having to do with the exact timing of how you perform the exercise, for example, how much time you need to switch from one side to the other, or what kind of audible cues you prefer.

Moving from one routine to the next



While you are in the routine editor, you can easily move back and forth to other routines by swiping left or right on the title bar.