


Music

You control music in two ways:

- You select which play list to use. You do that from the **More** tab, with the **Music** button.
- Before starting a workout, tap the **audio controls button**  located in the top bar. From here you can start and stop the play of music. The volume you select is that of the exercise cues, while music is played at a somewhat lower volume.

During an exercise you can change the audio options, for example start or stop music, by first double-tapping to pause the exercise, then tapping the audio controls button.