

Organize with tags

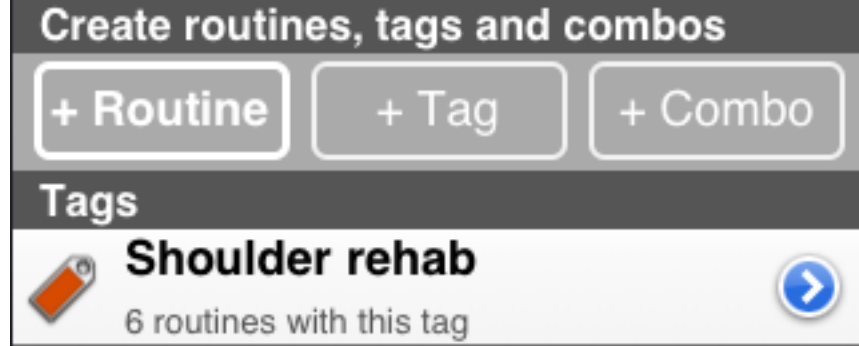
If you have many exercises it is convenient to organize them in some fashion. **Tags** provide a means to organize with great flexibility.

Creating tags

Managing tags is done from the **Program** tab.


- First you define a tag, using the **+Tag** button. You can assign a color to the tag, just to help you visually identify the tag.
- Then you assign the tag to some of your routines. To assign the tag take these steps:
 - Tap on the tag to select it (it will become highlighted).
 - Tap the **Organize** button.
 - Scroll in the list and tap on the routines you would like to tag.
 - Add more exercises as needed, and, optionally, using the 1-2-3 sort option, arrange the exercises into a specific order.
 - Tap **Done**.

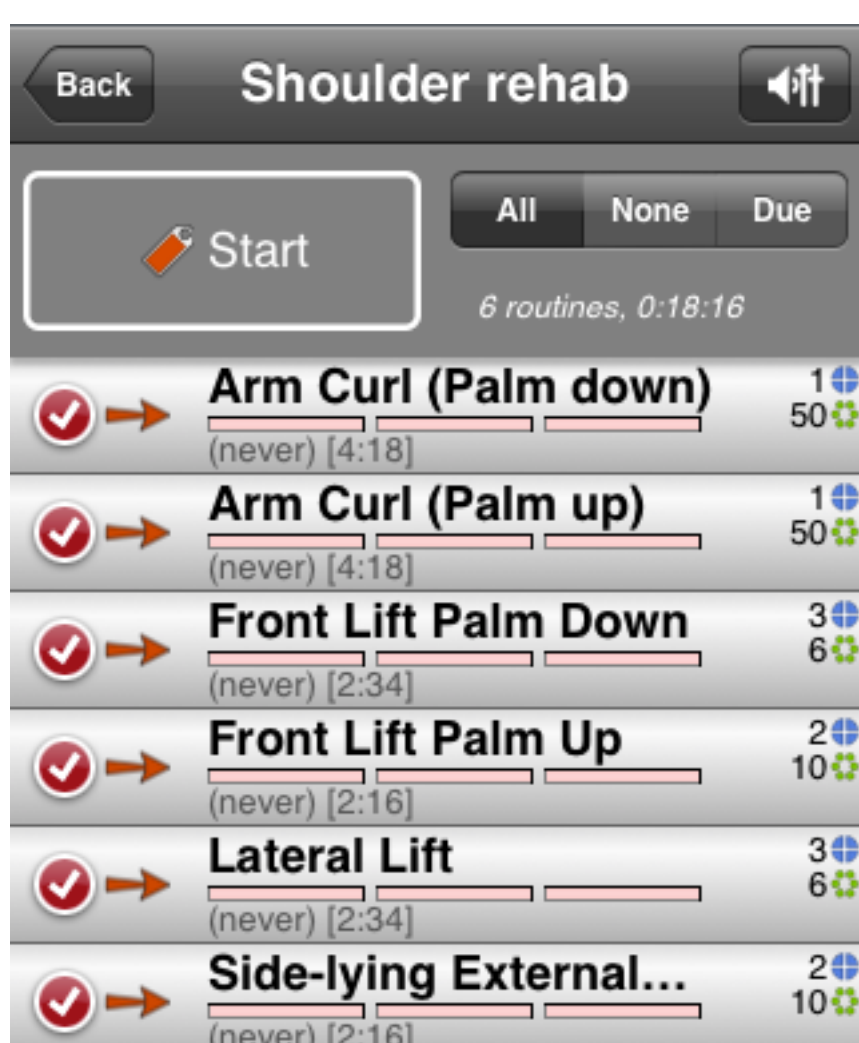
For example, you could create a tag for a specific rehab that you are undertaking, and make other tags for certain weekdays where you perform a group of exercises.



Using tags

To use the tag organization from the **Workout** tab, you must select the

 sort order. Tap on the tag you would like to work with. This will show the **tag workout view**.



By default all the routines are selected, and **Start** will play through them all in the given sequence. For this to work well, make sure you have recorded voice announcements for all exercises. From the **Program** tab you can also adjust the **break before next** preference timing, in order to have break between the routines.