

Summary

PT Timer does **not** provide any built-in exercises or instructions for exercises, so a natural question is the following.

What can PT Timer do for you?

- You can enter exercises into PT Timer. Specify parameters such as **repetitions**, **sets**, stretch **hold time**, **rest times**, and pretty much any other timing that you can imagine.
- If your PT (physical therapist / personal trainer) gave you a new exercise to work with, you can enter it precisely as prescribed by the PT. You can enter **instructions**, and even take one or more **pictures** to go with the exercise.
- The main function is that of a **timer**: You start an exercise and PT Timer will **guide you through with voice (or chime) cues** such as “start”, “release”, “rest”, “switch side”. That means you don’t have to keep looking at your watch, or count seconds and reps during your exercise. You can think of something different. Or select a playlist for PT Timer to use while you exercise.
- You can define how frequently each exercise should be performed, and PT Timer will show you when it is due.
- As you complete an exercise, it will be marked as completed, so you can **track how well you are keeping up with your exercise schedule**. You can also manually mark that you completed an exercise.
- Using **tags** and **combos** you can create groups of exercises. For example, you can **create an entire workout combo**, where PT Timer will take you through the entire sequence of exercises. PT Timer can record your **voice directions** and use for announcement of each exercise.
- When you have invested time into setting up your own PT Timer library of exercises, you can easily **share it with your friends or clients**.

So while PT Timer is “empty” when you start out, you can soon create of large library of exercises tuned exactly for you, with timer preference of your choice.