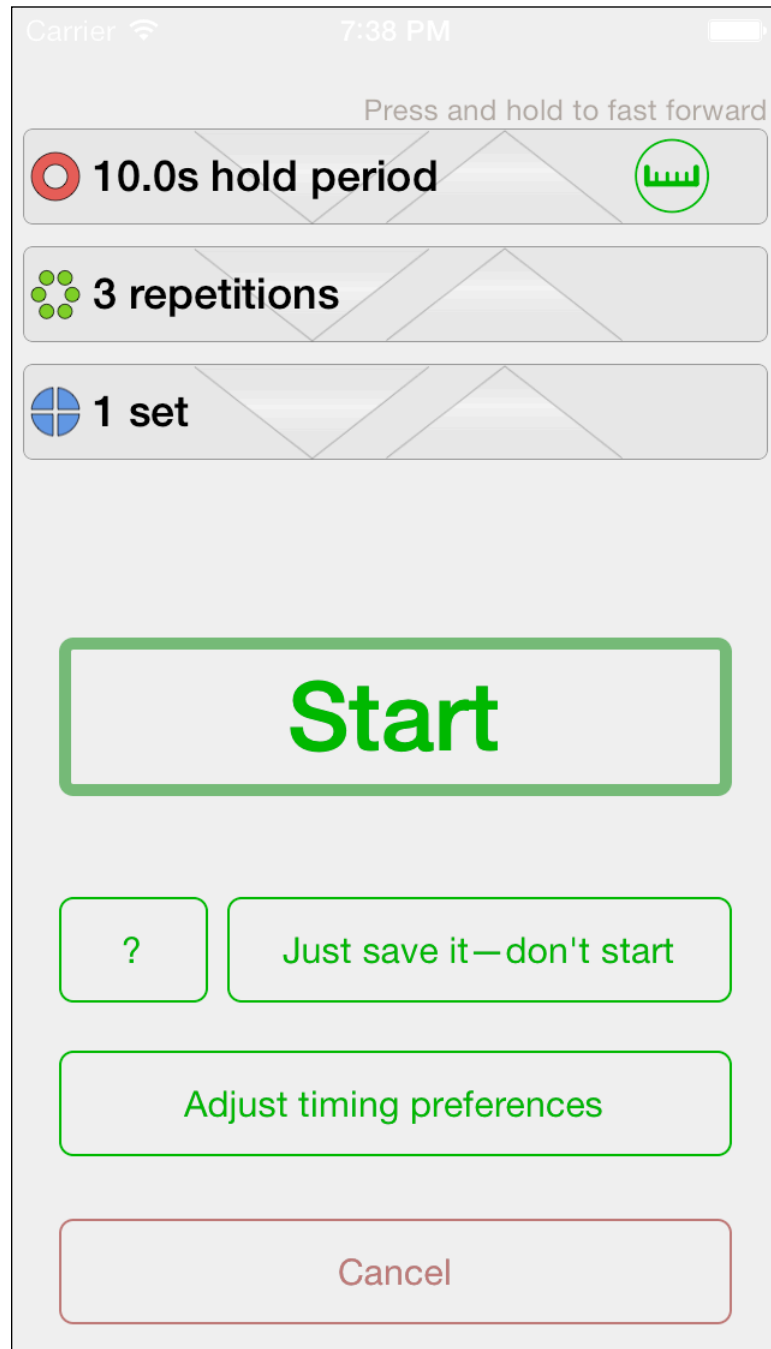


## Workout Quick Start

Here is how you quickly get started using this timer for an exercise.

- From the **Workout** tab, tap **Start New**.
- Select the type of exercise:
  - **Repetitions with hold** if your exercise involves holding a position, such as a stretch.
  - **Repetitions without hold**, if your exercise is a repetition of motion, for example arm curls, or sit-ups without holding the position. You can use this type, even if you want a rest in-between each repetition.
  - **Fixed duration**, if your exercise is a single activity over a fixed amount of time, without repetition.
- Select whether the exercise requires you to do it first on one side (left) then on the other (right). If it does require side switch, then you may also select when to switch sides (depending on the exercise type, for example after each repetition, or after each set).
- Then specify the **Main settings**. The exact options will depend on your previous choices. Once you have specified them, you can tap **Start**, to immediately begin the exercise. Or, you can tap to adjust timing preferences (rest time, preparation time, etc.). Or, you can just save the exercise.



- If you selected **Start** in the previous step, then you will be guided through the exercise phases with cues such as “Start”, “Release”, “Rest”, etc. When completed you will be back at the **Workout** tab. Here you can tap **Save** to save the exercise for future use.
- If you save the exercise, it will be given a name based on the date and time. You can change that name to something more meaningful from the **Program** tab.