

Sharing

PT Timer lets you easily share routines with friends or clients.

Share (send to others)

There are 3 steps to sharing

- **Pick what to share.** You can either share a single routine, or pick a tag to share all the routines with that tag. You also select whether to share images (that illustrate how to perform the exercise) and / or audio recordings (for announcement of exercises).
- **Upload data.** This happens when you press the **Continue...** button. However, nobody will know where your shared exercise is located, until you email them a link (next step).
- **Send email to your friends.** After the upload has completed, you will see a **Share** button. Tap it to compose an email for your friends. An attachment with a "link" to your shared exercises will be included in the email. When the recipient opens the attachment, PT Timer will initiate download of your shared exercises.

You can tap the **Share** button multiple times to send email to multiple people about the same shared exercises. After you have uploaded your shared exercises, the link will be valid only for a limited time (as noted in the email).

Receiving from others

- When a friend shares exercises with you, **you will first receive an email from the friend.** The email has an attachment with a "link". Tap on the attachment and open it in PT Timer. This will initiate a download of the exercises.
- Wait until download completes. The download may take from a few seconds to several minutes, depending on the amount of data.
- Install the exercises. After the download has completed, you tap the **Install** button to install the exercises into your PT Timer library.

Optional fine tuning for the expert.

Before installing, you have an option to "fine tune" what gets installed. Fine tuning can for example resolve conflicts where you don't want to override your existing exercise. When you fine tune you may have several options:

- **Import:** Regular import (there are no conflicts).
- **Update:** The routine will update an existing routine, except your timing preferences (rest etc.) will remain unchanged.
- **Full update:** The routine will update an existing routine, including your timing preferences.
- **Clone:** The routine already exists, but will remain unchanged. Instead, a copy of the received routine will be created.
- **Ignore:** Do not import the routine.

Sharing is done at the **routine** level, including base exercise, parameters, and preferences. Base exercises will be imported/updated/cloned as necessary.