I hope you have a decent computer because the emulator on Android Studio is EXTREMELY demanding.

To set up the emulator, click the “AVD Manager” icon. If you haven’t created a new virtual device, do so now. Specify either Android SDK 26 or 27.

It is important to make sure google play services are installed on your emulator or else the fitness app will not run the map activity properly. To fix this, you can install google play services like you would on a real phone inside the emulator or you can google how to do so. (For some reason the method that works varies from computer to computer)