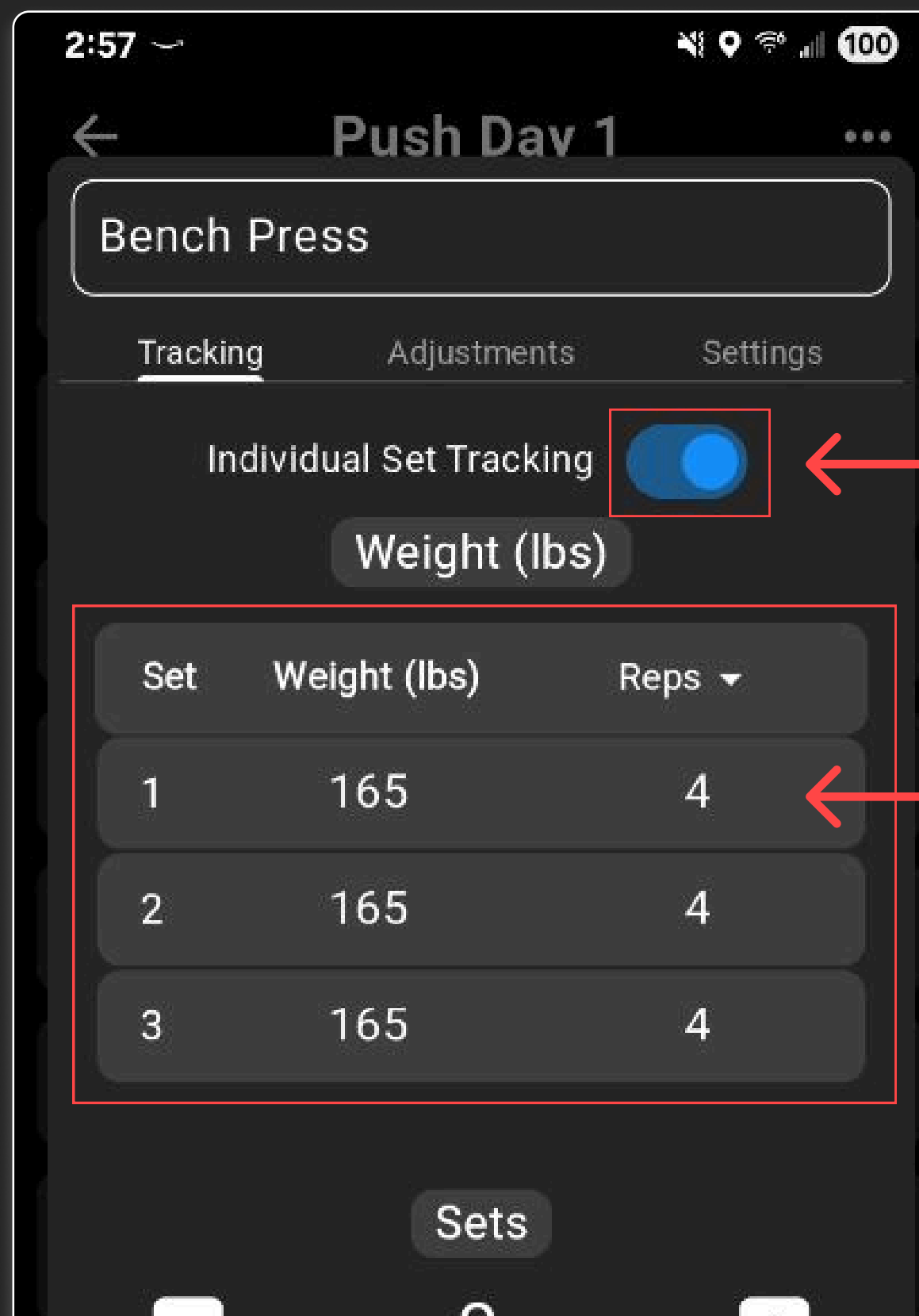


Individual Set Tracking

Allows you to track each individual set rather than assuming all weight/ reps are the same in Regular Tracking mode. For timed exercises, Individual Set Tracking allows for a different timer.



Enabled

Shows individual sets