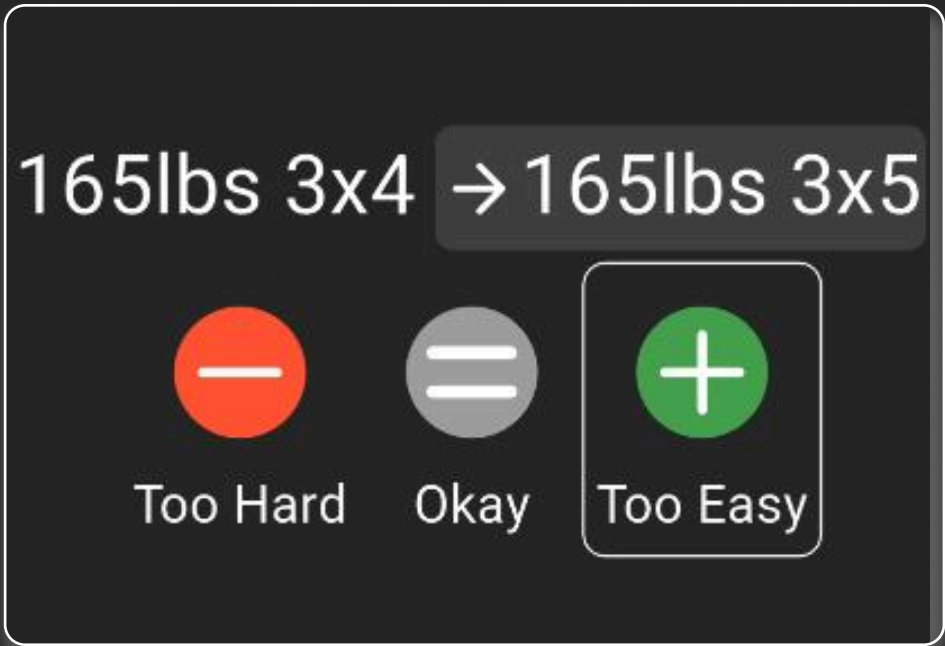


Adjustments

Adjustments help your workouts progress over time. They occur on the end screen after recording your **difficulty**.



Automatic – Adjusts weight/ reps for you:

- Reps are increased/decreased within your set rep range first.
- Weight changes only after reps hit their min/max.
- Applied to the next time the exercise is performed.

Custom – Manually adjust your next exercise session to your preference.

