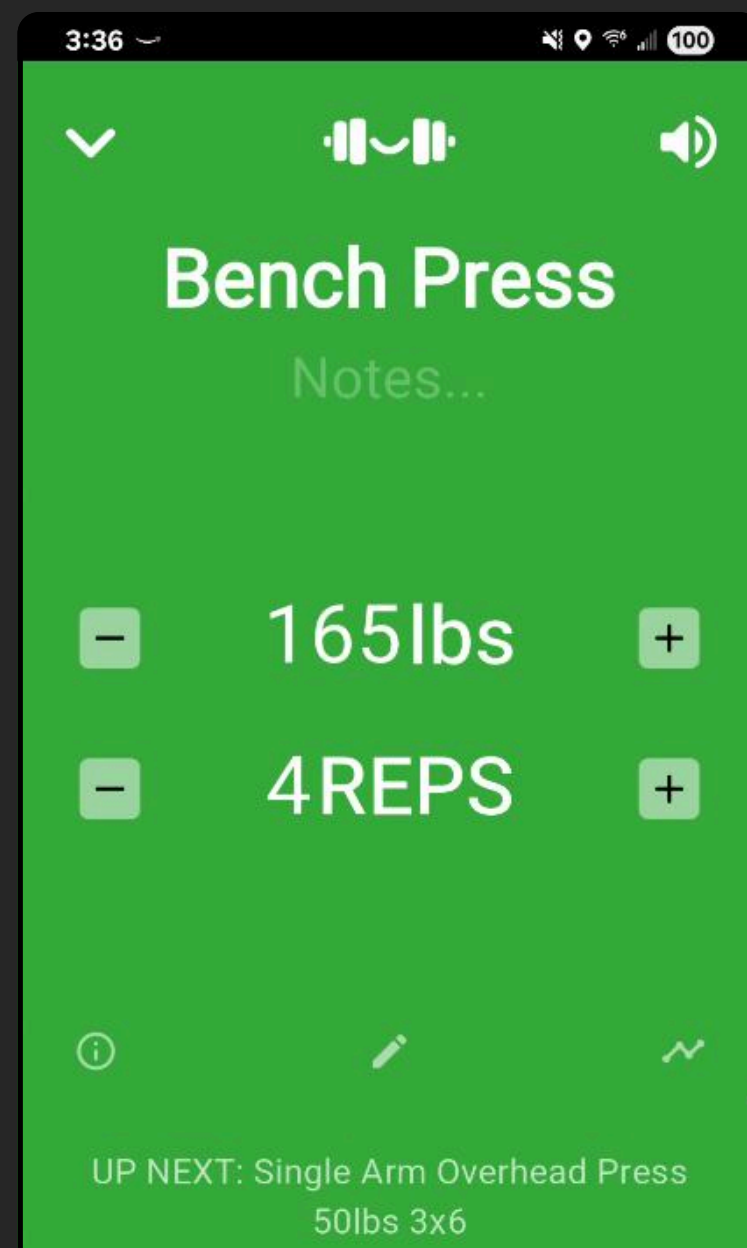# Exercise Player

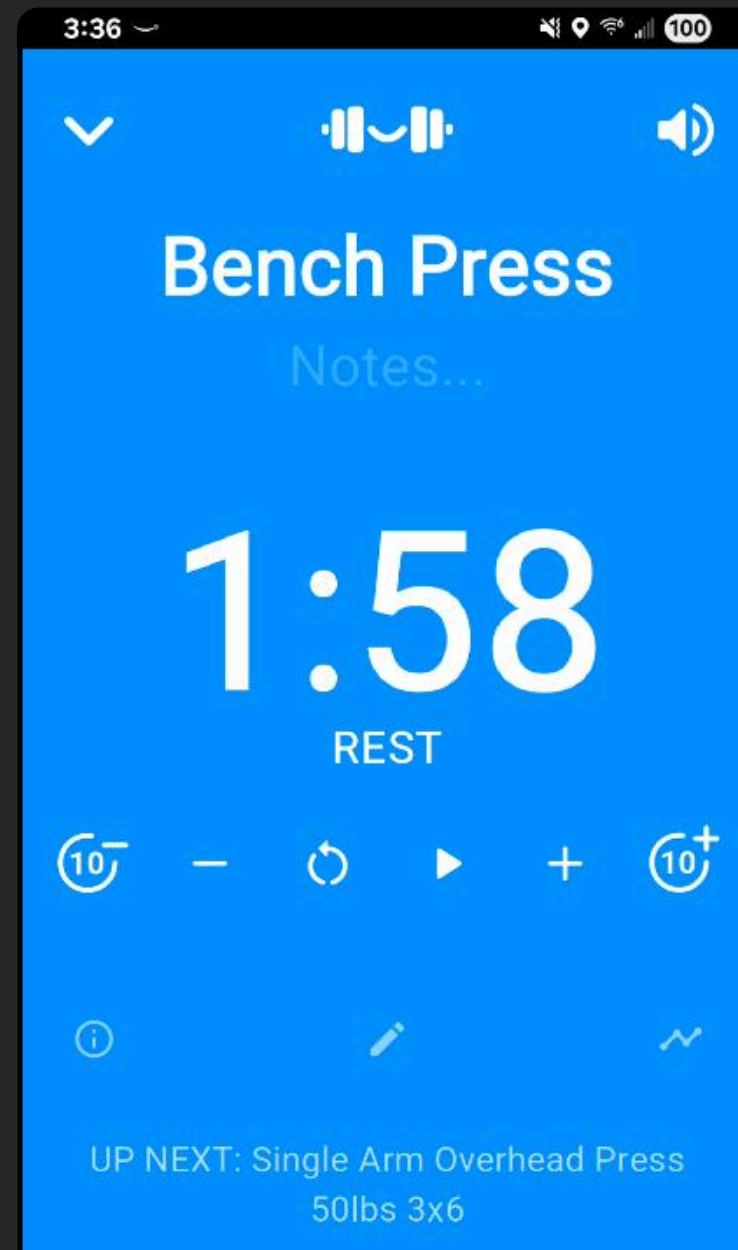## Action Mode

Show what you're supposed to do and allows your to record any changes.

Rest Mode

Plays the rest timer for the specific exercise.

End Mode

For recording how you performed on the exercise for adjustment for next session.

Action Mode screen:

3:36

Bench Press

Notes...

− 165lbs +

− 4REPS +

UP NEXT: Single Arm Overhead Press
50lbs 3x6

Rest Mode screen:

3:36

Bench Press

Notes...

1:58

REST

UP NEXT: Single Arm Overhead Press
50lbs 3x6

End Mode screen:

3:36

Bench Press

Notes...

165lbs 3x4

Too Hard   Okay   Too Easy

UP NEXT: Single Arm Overhead Press
50lbs 3x6