

# ***TUTORIAL Training Together***

1.



Seleziona il tuo metodo di allenamento

Select your training method

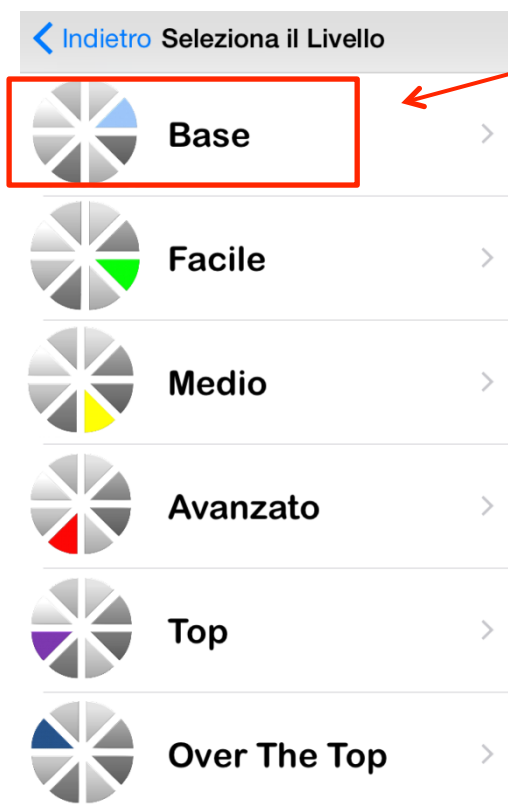
2.



Premi per proseguire

Press to continue

3.



Seleziona il tuo programma di allenamento

Select your training program

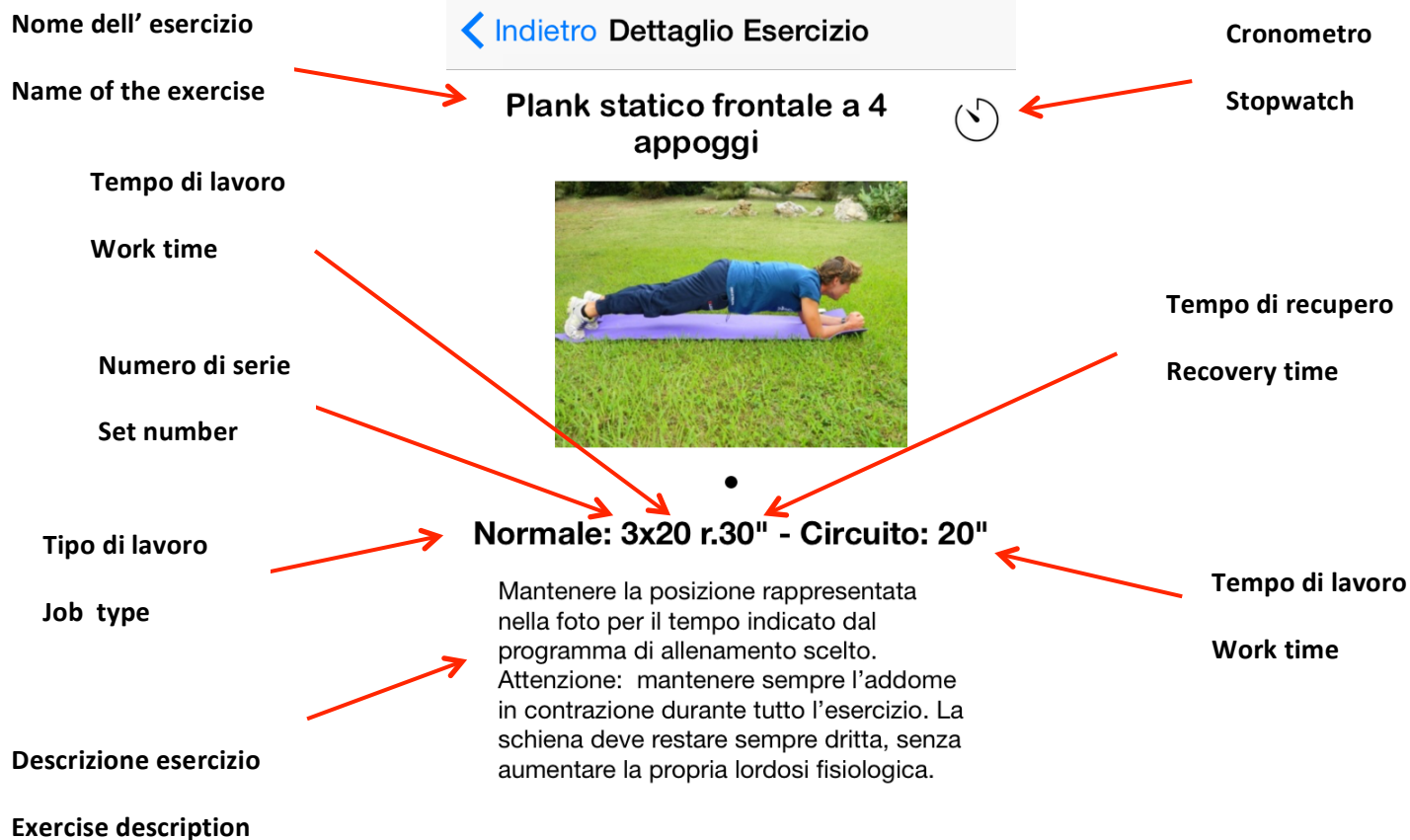
4.



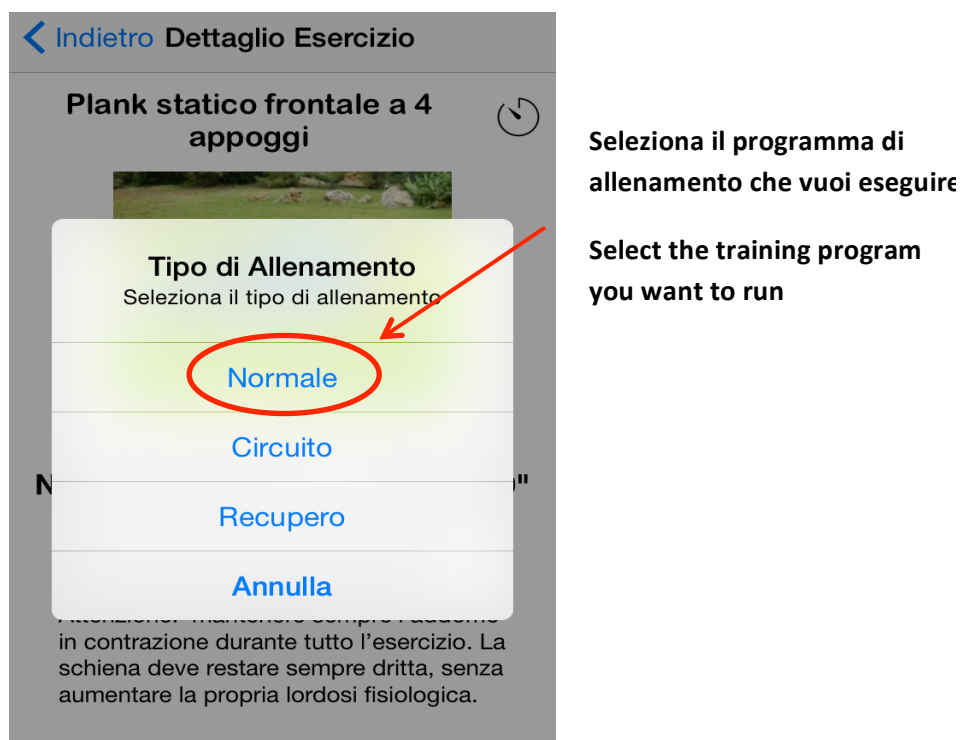
Seleziona l'esercizio

Select the exercise

5.



6.



7.

Premi per far avviare il cronometro

Press to start the stopwatch

Premi per fermare il cronometro

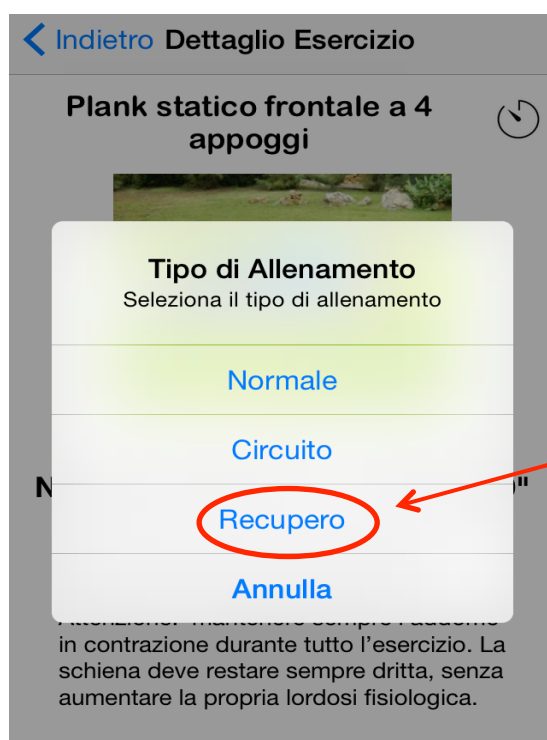
Press to stop the stopwatch

Premi per tornare agli esercizi

Press to return to the exercise program



8.



Premi per iniziare il tempo di recupero

Press to start the recovery time