Start

Help

Instructions

Connect your fitbit to the phone Choose the target heart rate Get your Google Cardboard headset ready



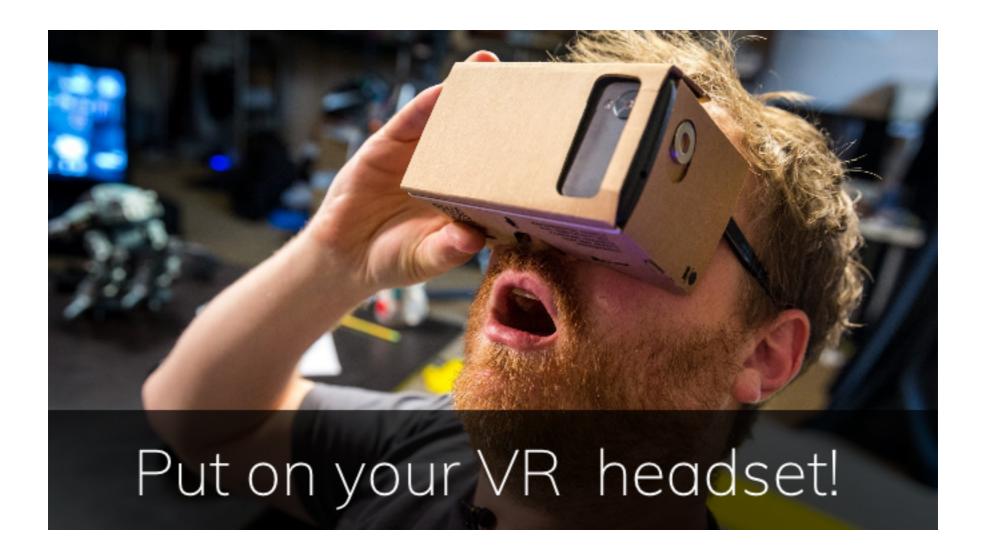




Slow Resting

Fast

Choose your target heart rate



<130 Heart Rate

vr video plays

~130 Heart Rate

vr video plays

>130 Heart Rate

vr video plays

Your experience Your experience has ended has ended Please remove the Please remove the headset headset



heart rate graph

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