

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



Put on your VR headset!

<130 Heart Rate

vr video plays

~130 Heart Rate

vr video plays

>130 Heart Rate

vr video plays

Your experience
has ended

Please remove the
headset

Your experience
has ended

Please remove the
headset



heart rate
graph

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