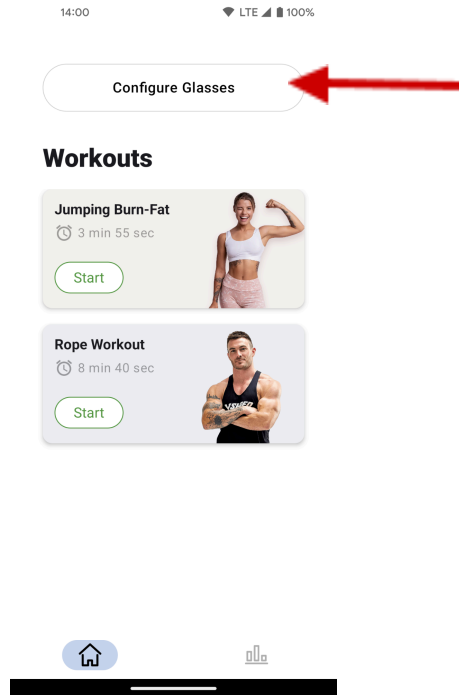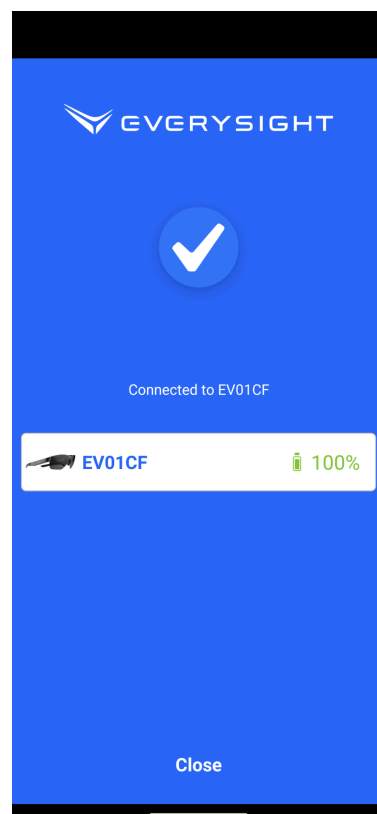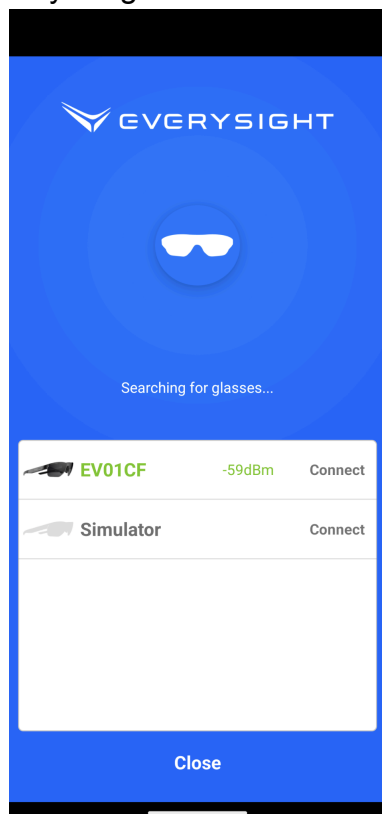# User Guide - ARWorkout
Connect glasses

1. Turn on the glasses
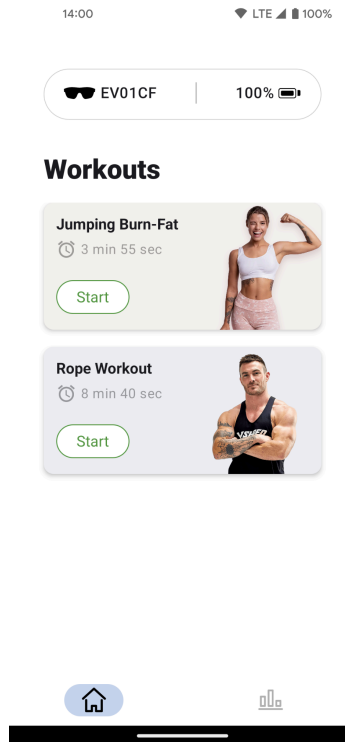2. Tap on "Configure Glasses" button
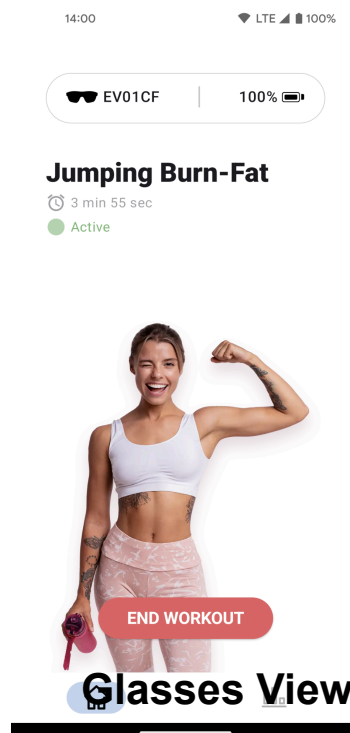

3. Select your glasses

Start Workout

1. After connecting to the glasses, the app shows the glasses name and battery.
   - *Click on the name of the glasses to adjust them.*
   - *Click on the glasses icon to display their view on the phone.*

2. Tap "Start" next to the workout you want to do.

14:00   ▼ LTE ◢ 🔋 100%

👓 EV01CF | 100% 🔋

Workouts

Jumping Burn-Fat
⏰ 3 min 55 sec
Start

Rope Workout
⏰ 8 min 40 sec
Start

🏠   ᵒ�ᵒ

3. Once you tap "Start," the workout will begin.

14:00   ▼ LTE ◢ 🔋 100%

👓 EV01CF | 100% 🔋

Jumping Burn-Fat
⏰ 3 min 55 sec
🟢 Active

END WORKOUT

Glasses View

Time left for current exercise

Exercise Illustration

00:12 Great Job!
12/30

Intensity Indicator

Current Reps / Total

00:12 Great Job!
12/30

Workout Summary

1. Once you finish your workout, the workout summary will automatically open, providing an overview of your performance.

2. You can also access your workout summary later from the history page. This allows you to review past workouts and track your progress.

14:00　　　　　　　　　LTE　100%

👓 EV01CF | 100% 🔋

Workout Summary

Rope Jump

Reps | Score
30 | 83

Rope Jump

Reps | Score
30 | 88

Rope Jump

Reps | Score
30 | 67

Rope Jump

Reps | Score