Edit Timer Values

Decide Whether to Run Countdown Timer

Set Timer Value

Functions

setTimerValue();

Is transition “true?”

TRUE

FALSE

Set timer to:

workout[currentSettings.i].transition

Set timer to:

workout[currentSettings.i].poses[currentSettings.p].duration

Is timer active?

TRUE

FALSE

runCountdownTimer();

Do Nothing

runCountdownTimer();

Are there more poses in this exercise?

TRUE

p++

FALSE

[This exercise is done.]

Are there more exercises in this circuit?

TRUE

FALSE

[This circuit is done.]

p = 0

i++

Set transition to “true”

Are there more circuits in this workout?