

**NEW  
WORKOUT**

**EDIT  
SELECT  
WORKOUT**

**EDIT  
SEGMENT**

**NEW  
SEGMENT**

**RESET  
WORKOUT**

**RESET  
SEGMENT**

**Segment Timer**

**NEW  
WORKOUT**

**EDIT  
SELECT  
WORKOUT**

**EDIT  
SEGMENT**

**NEW  
SEGMENT**

**RESET  
WORKOUT**

**RESET  
SEGMENT**

**Segment Timer**