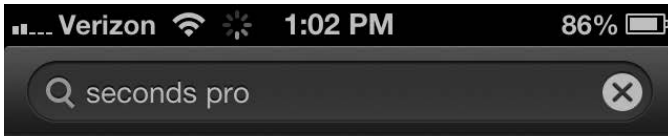


# How to Use the Seconds Pro Timer App

# Using Seconds Pro Interval Timer App

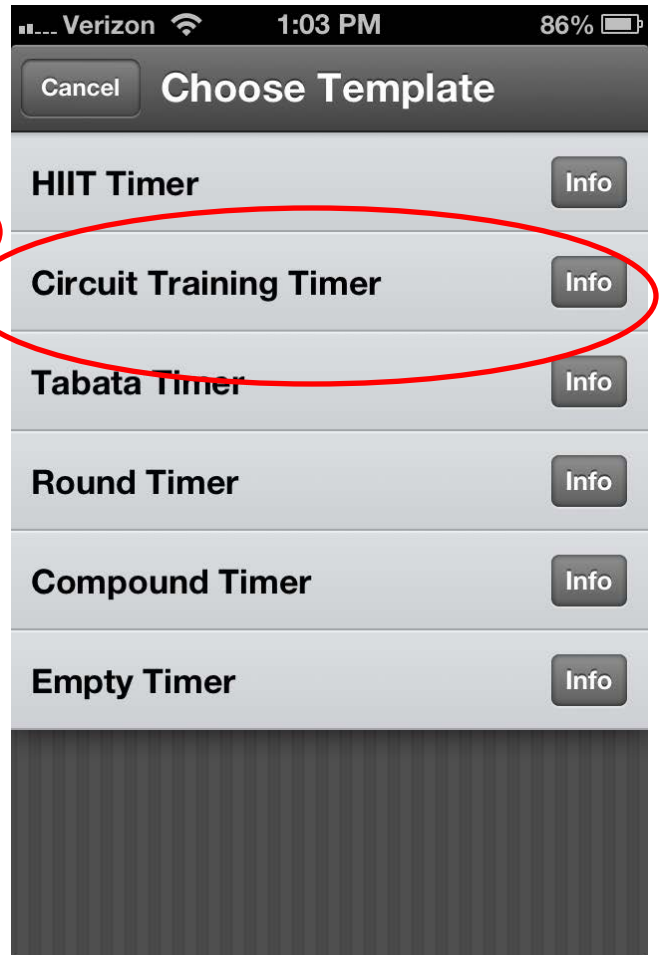
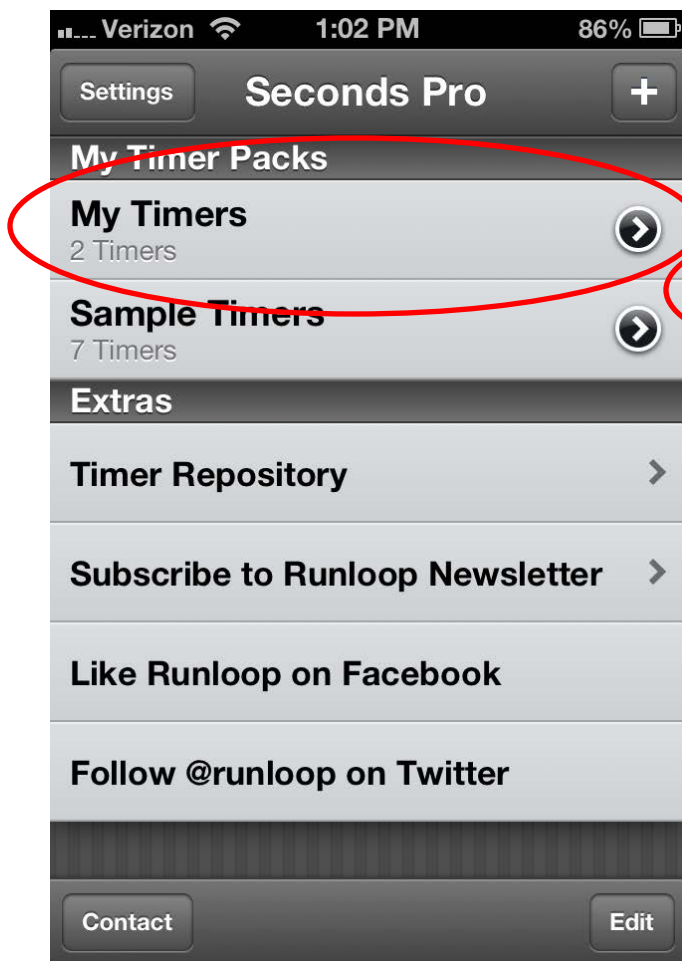


1 of 1,200



- [Seconds Pro](#) is an app that I use. You can program in the moves from each of the Weekly Workouts, add rest, add number of rounds, and even add music (if you have music loaded on your phone). The app will TALK to you on most phones, telling you what move to do, and a 3-2-1 countdown. It's a great way to build a database of on the go workouts!
- It takes a few minutes to program the workout, but once it's in there you can throw down and get your workout in anytime, anywhere.
- I am not affiliated in any way with Seconds Pro, I just use it and love it! I cannot provide tech support for this app, nor do I know its compatibility or availability on every device.
- It costs \$4.99 in the App Store (iTunes). It's OPTIONAL - you do NOT have to get it to do this challenge – you can easily use the videos and these guides with a simple minute timer to do them.
- What follows is a step by step guide to using it.

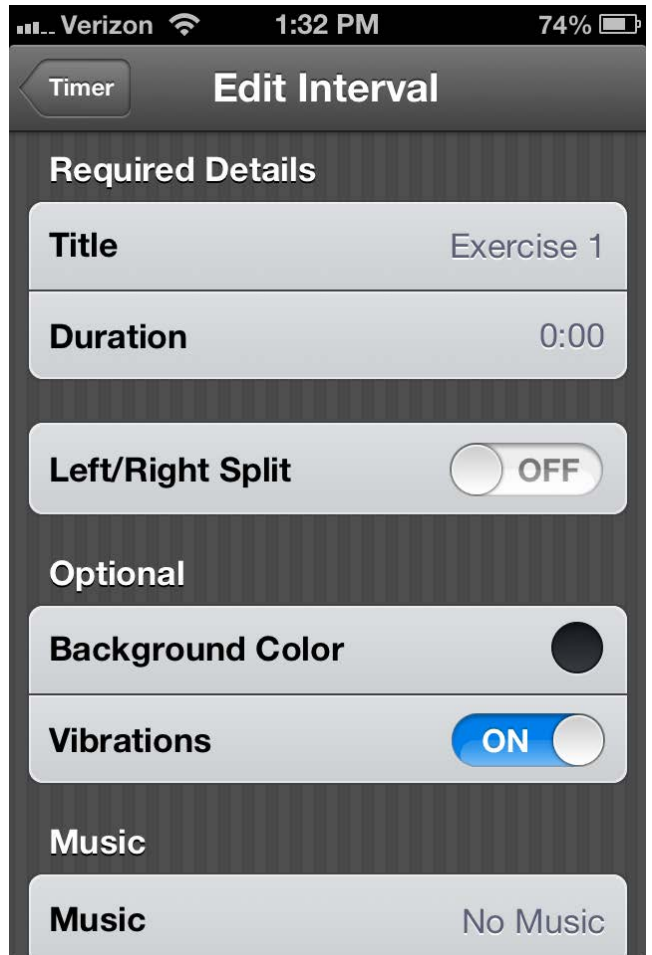
# How to Use Seconds Pro



**1. Select My Timers.**

**2. Hit the “+” sign, and select Circuit Training Timer.**

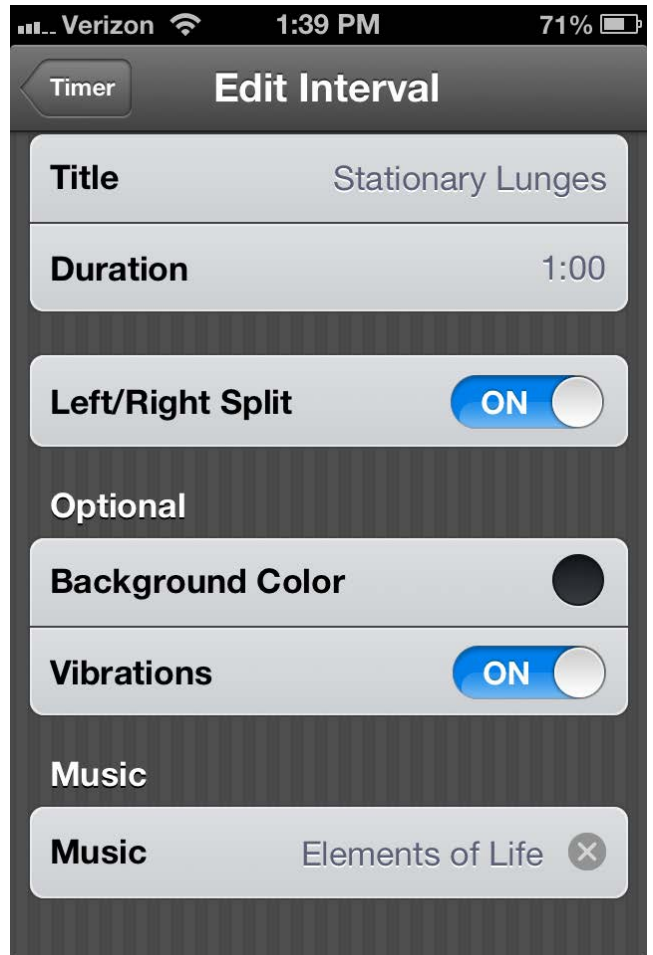
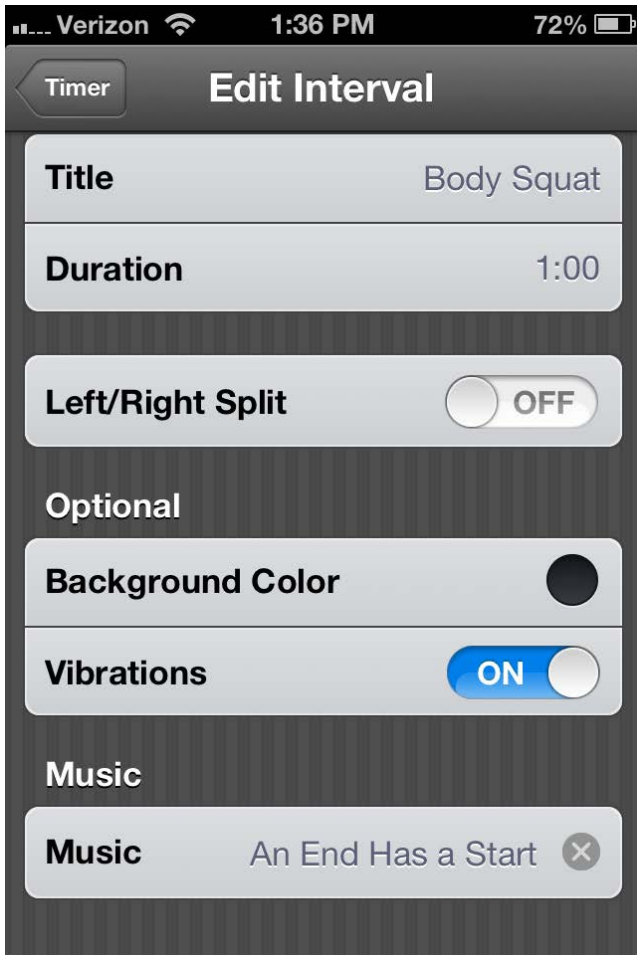
# How to Use Seconds Pro



**3. Change Name to Week 1. Number of sets to 3 (or more).**

**4. Edit details. Add "Body Squat" to Exercise, make it 1:00 and scroll down for more options.**

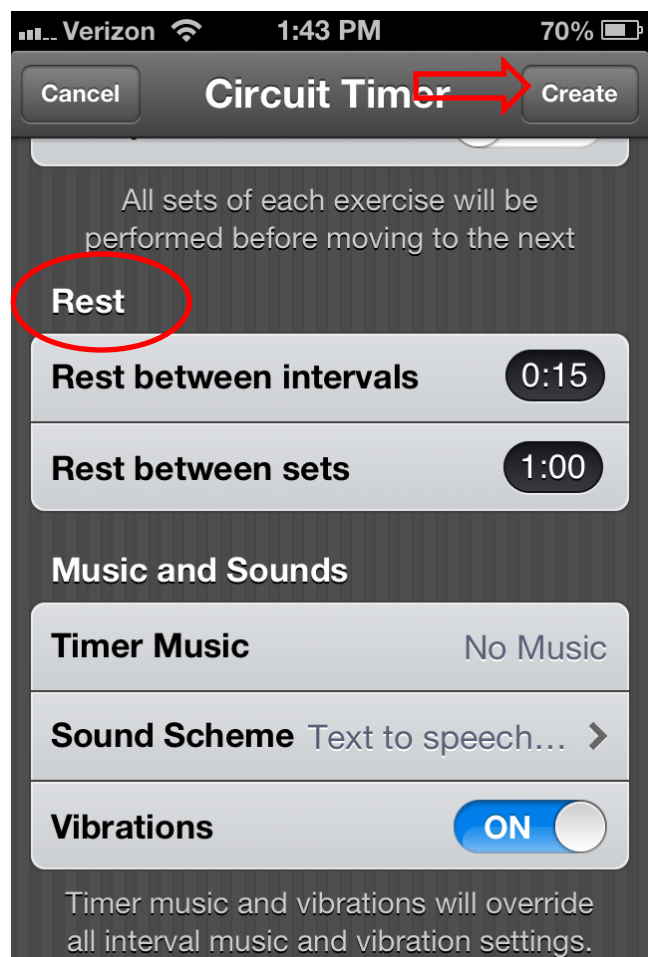
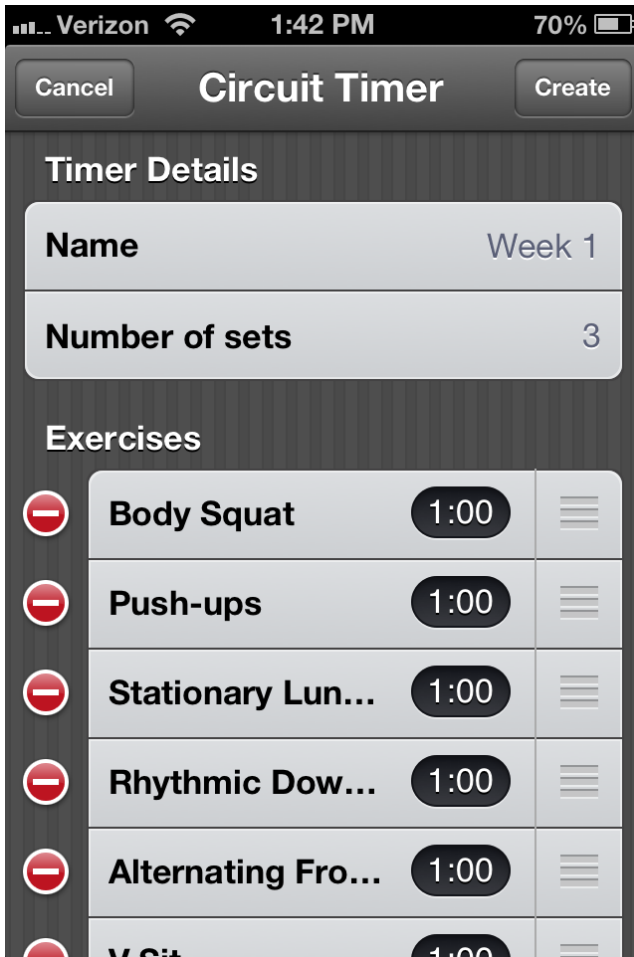
# How to Use Seconds Pro



**5. This is also where you can select a specific song to play during that interval.**

**6. When programming in moves that you do for 30 seconds on each leg, use the Left/Right Split feature.**

# How to Use Seconds Pro



**7. When you have added all of the moves, scroll down...**

**8. And set your rest intervals. Lastly, click Create!**

# How to Use Seconds Pro



**You're done! Each week, add a new circuit timer. By the end of the month, you'll have 4 complete bodyweight circuits that you can use anytime!**

**Here's an example of what your screen will look like when you use the timer!**