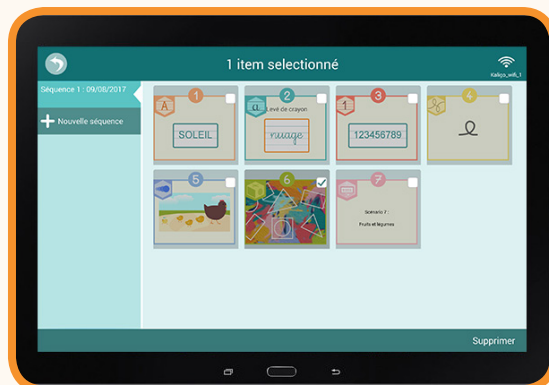
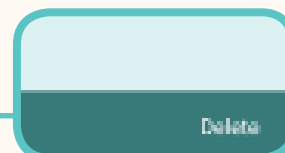
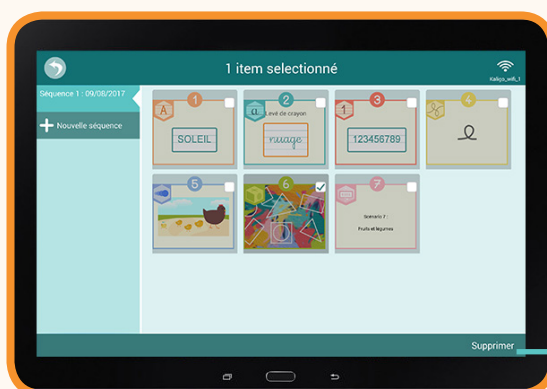




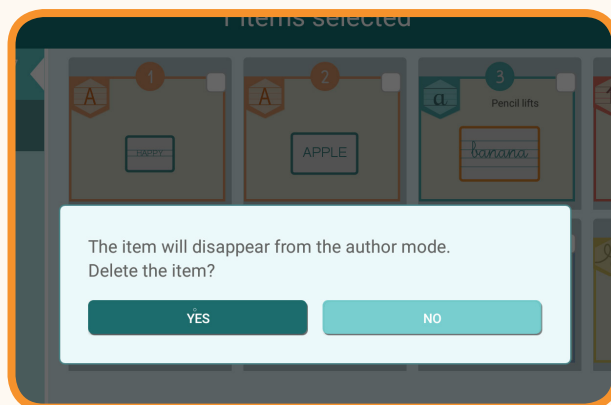
To delete an exercise, **click and hold** on the exercise you would like to delete. You will now be in the selection mode. All of the grey icons can be selected and a little check box will appear.



Click on the check box on the icon you would like to **delete**.

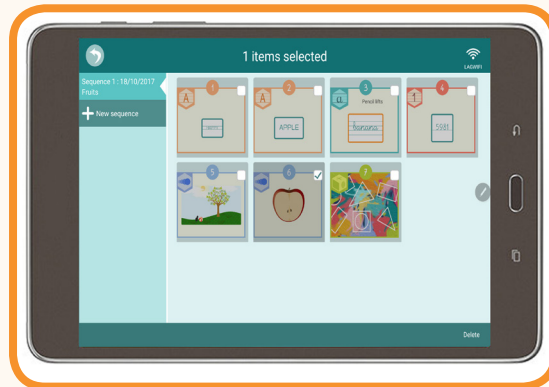


A confirmation screen will appear. Click **«yes»** if you would like to delete this element.





To modify the order of the exercises in a sequence, click and hold down on the exercise you would like to move. This will activate the selection mode.



Click and hold again on the icon you would like to move. While holding down, drag the icon where you would like it to be placed in the sequence and let it go. The exercise order will change automatically.

