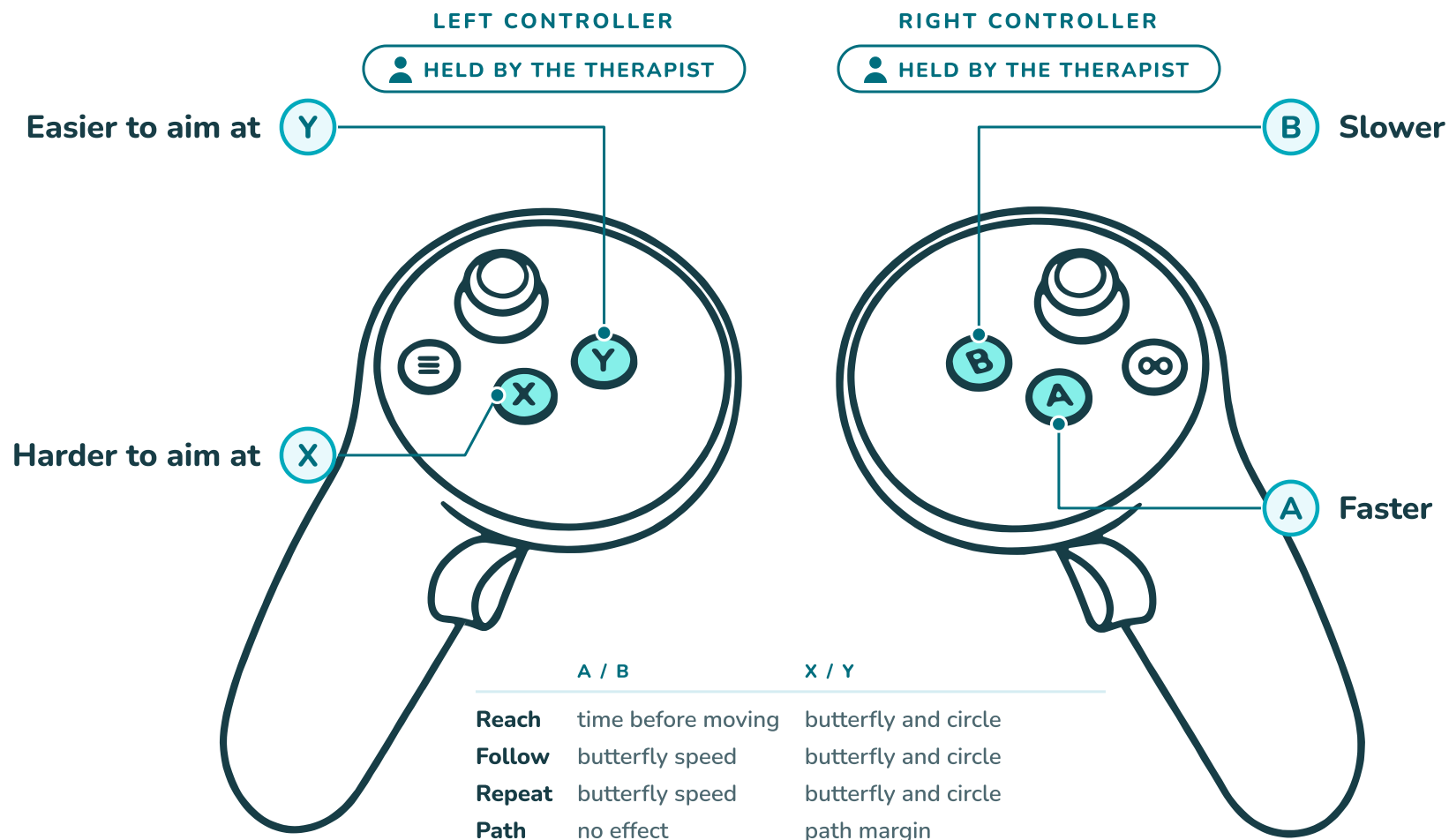




Target

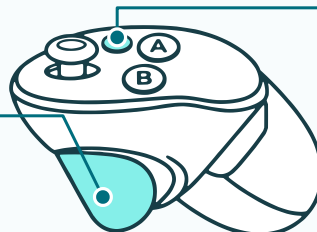
● Button used during the exercise



IN EVERY EXERCISE

Right trigger
Short press: pause
Hold 2 s: end the exercise

R



Meta button

Hold 2 s: recenter the view