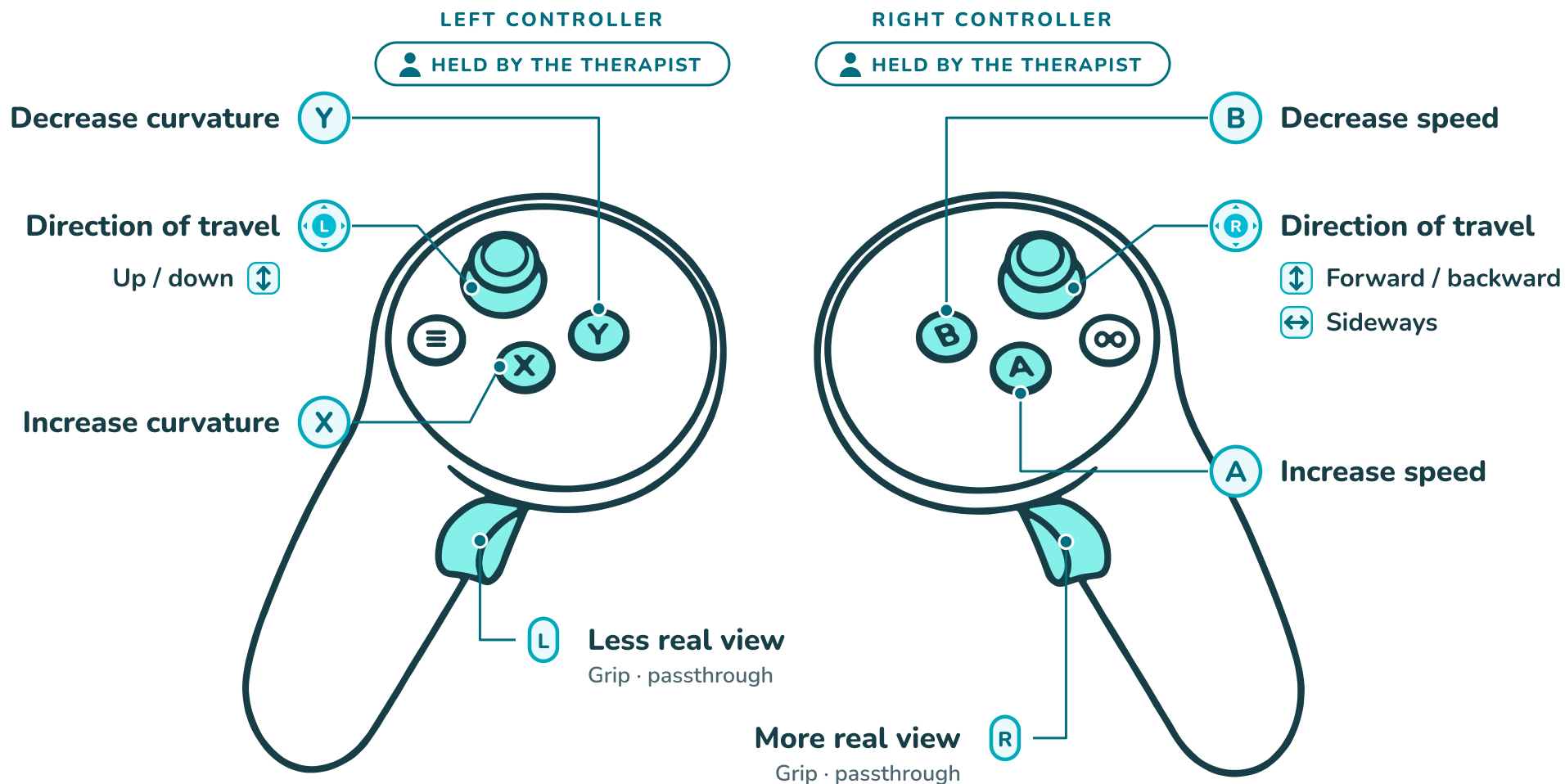




Translation

● Button used during the exercise



IN EVERY EXERCISE

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

