

# OXEFIT MOBILE

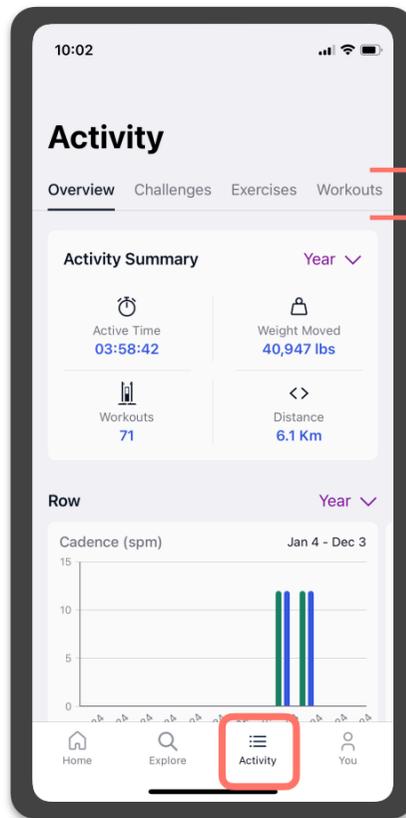
## VIEW ACTIVITY HISTORY

### START HERE

All training activity performed on XS1 under your user profile is logged and available to review anytime from your OxeFit Mobile App. Activity is tracked for your benefit and includes a range of training analytics, equipping you with the most seamless way to track key data points across training sessions.

NOTE: All activity is logged according to the signed-in user profile. Ensure you are signed-in to the correct account each time you use your XS1.

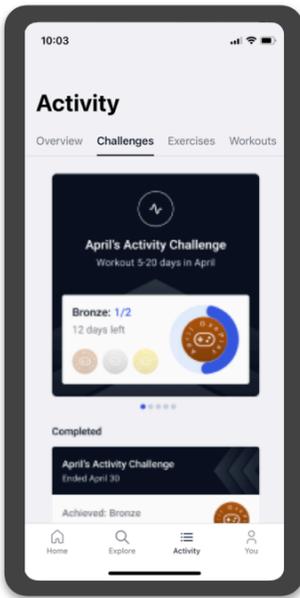
Open Mobile App and select the ACTIVITY tab near bottom of screen.



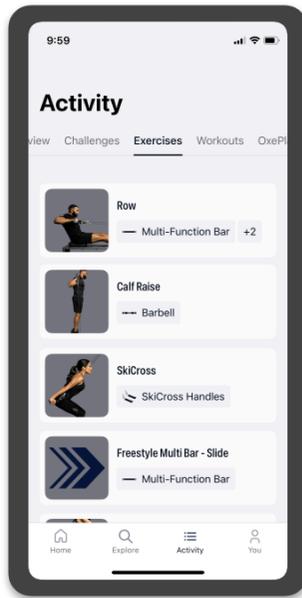
Use category navigation to toggle the type of Activity you want to view:

- Overview
- Challenges
- Exercises
- Workouts
- OxePlay
- Assessments

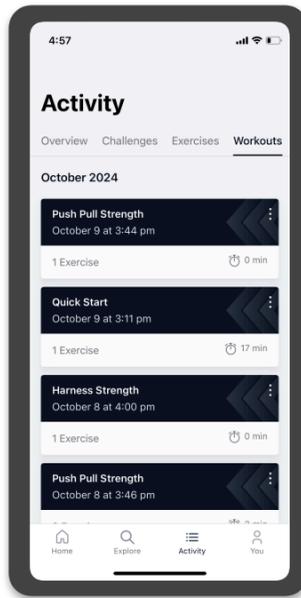
### CHALLENGES



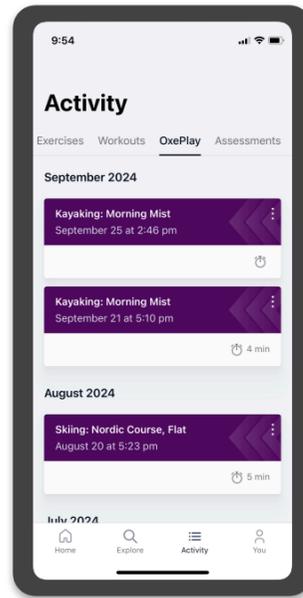
### EXERCISES



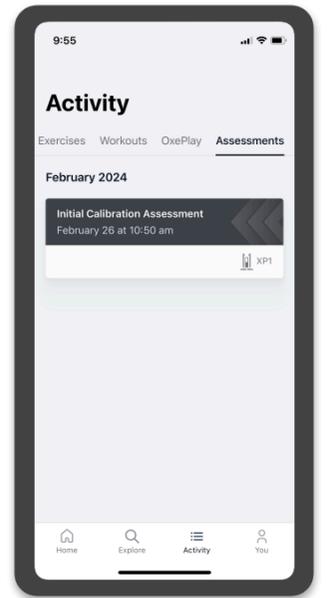
### WORKOUTS



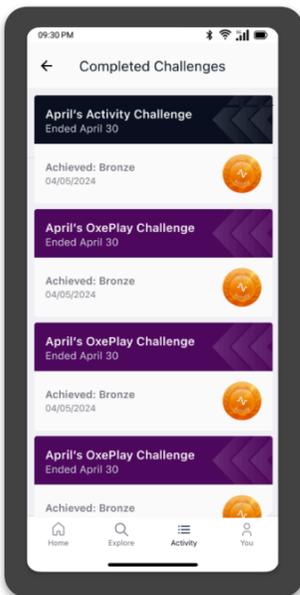
### OXEPLAY



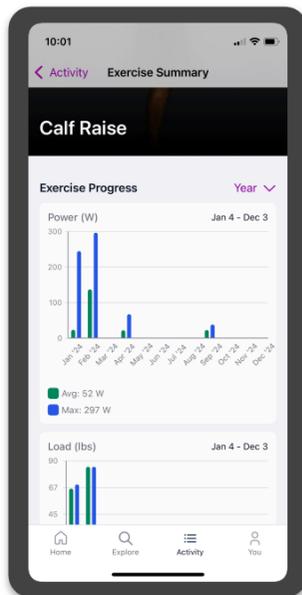
### ASSESSMENTS



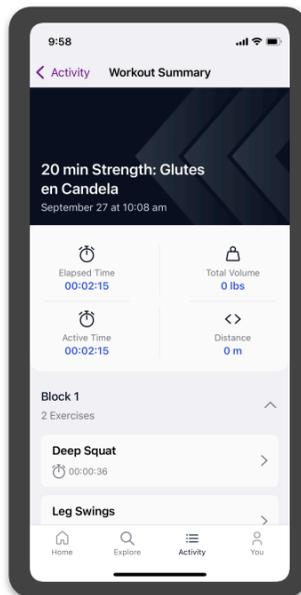
### Completed Challenges



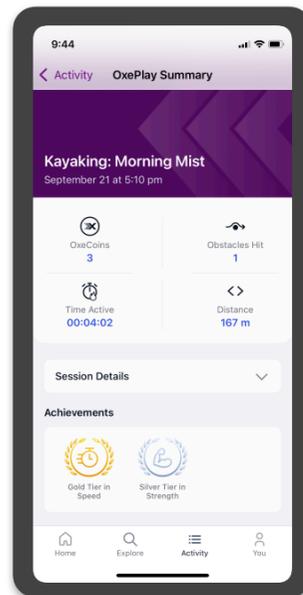
### Exercise Summary



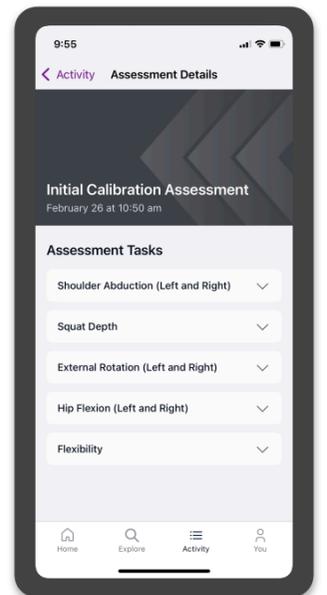
### Workout Summary



### OxePlay Summary



### Assessment Details

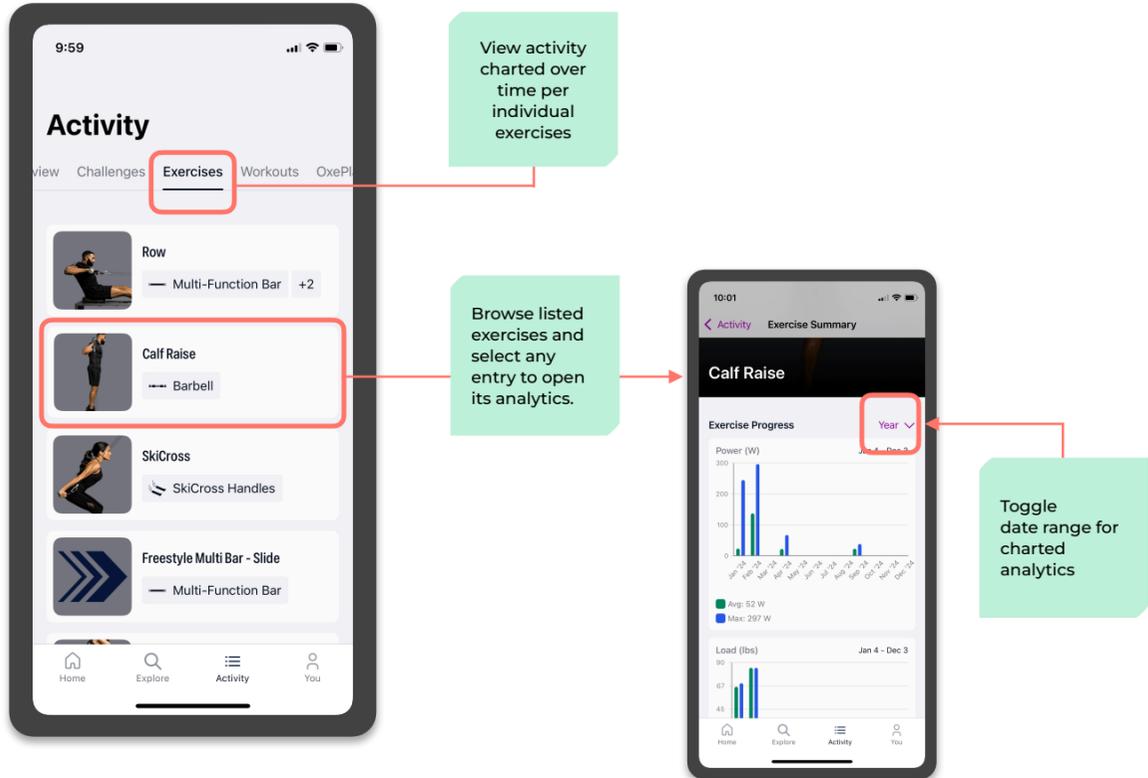


ACTIVITY

ANALYTICS

## EXERCISES

Here you will find analytics focused on individual exercises, where your performance is charted over time to visualize progress



## WORKOUTS

To simplify Activity logging, this space is collective of the following *Training Categories*:

- Workouts
- Classes
- Program sessions
- Freestyle routines

