

Defyn Yourself

User Guide

Defyn is a workout log for people who write their own training. You build a program once, and each session you check off sets while the app keeps track of what you lifted last time, how long to rest, and whether you set any records. Over time it shows which muscles you train and which you are skipping.

This guide walks through the app in the order you are likely to use it. If you only read one part, read [Your first workout in five minutes](#).

The guide is online at <https://user-guide.defynyourselfapp.com>, where a **Download PDF** button saves a copy to read offline. In the app, **Profile** → **User Guide** opens it. Questions go to support@defynyourself.com.

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1. Your first workout in five minutes

1. **Open the Programs tab** and tap **+**.
2. **Info:** give the program a name, choose how many weeks it runs, and tap **Next: Select Exercises**.
3. **Exercises:** Week 1 Day 1 is selected. Tick the exercises you want for that day (use the search box), then tap **Next: Configure Sets**.
4. **Configure:** for each exercise, set the number of warm-up and working sets, the reps and the weight. Tap **Save Program**.
5. **Back on Programs**, tap your program, check that **Week 1 / Day 1** is selected, and tap **Start W1D1**.
6. **During the workout**, fill in what you actually lifted and tap the check mark on each set. The rest countdown starts on its own.
7. **When you are done**, tap **Finish**. The workout goes into History and Progress.

Everything after this is optional: the watch, cloud sync, Health Connect, progression rules and the rest are there when you want them.

2. Finding your way around

When you open the app, it shows **DEFYN YOURSELF** with *Circumstances don't define you* and *Habits shape you* beneath it for about two seconds. Tap anywhere to skip it. It doesn't appear when you come back to an app that was already open, or when you open it by tapping a notification.

The bar along the bottom of the phone app has five tabs:

Tab	What it is for
Programs	Your programs. Build, import, edit and start workouts here.
Exercises	The exercise library: 240+ built-in exercises plus any you add.
Session	The workout in progress. Says <i>No active session</i> when you are not training.
History	Every workout you have finished, newest first.
Profile	Your details, cloud sync, Health Connect, reminders and data export.

A few screens are not on the bar:

- **Progress** (charts, records, training balance): the **trending-up arrow** at the top of **Profile**.
- **Settings** (units, appearance, rest timer, plates, reps in reserve): the **gear** at the top of **Programs**.
- **Import Program**: the **↓ import** icon at the top of **Programs**.
- **Tabata Timer**: the **timer** icon at the top of Programs, a program's page, or a running workout.

The app comes in light and dark themes, or can follow your phone's setting.

3. Settings worth setting first

Open **Programs** → **gear icon**. It only takes a minute, and everything else depends on it.

Weight unit

lbs or **kg**. You can also change it from **Profile**. Switching units does not convert anything: your saved numbers stay as they are and are shown with the new label. Pick your unit before you log much.

Appearance

Light, **Dark** or **System** (follows your phone).

Plates

Enter your **bar weight**, then tap each plate to set how many **pairs** you own. This drives two things:

- **The plate calculator.** Every barbell set during a workout shows what to put on each side of the bar, for example *Per side: 2×45, 25*.
- **Warm-up weights.** Warm-up sets are rounded to weights your plates can actually make.

Pounds and kilograms each keep their own plate list, so switching units does not turn your 45 lb plates into odd kilo plates.

The calculator **never rounds up**. If your plates cannot make the exact weight, it loads the heaviest weight below it and shows the real total in brackets, for example *Per side: 45 (135)* when you asked for 138. It also finds the loading with the fewest plates, rather than just grabbing the biggest plate each time.

Rest timer

On by default at **1:30**. Pick from 0:30, 1:00, 1:30, 2:00, 2:30, 3:00, 4:00 or 5:00, or turn it off. See [The rest timer](#).

Reps in Reserve (RIR)

Off by default. When it is on, each set you check off gets a **Rate this set** chip. You use it to record how many more reps you could have done: **4+**, then $3\frac{1}{2}$ down to **0** (a set taken to failure), in half-rep steps. Leave it unrated if you don't know. An unrated set is stored as *not rated*, never as zero. Turn this on if you want progression rules to depend on how hard your sets felt.

4. The exercise library

The **Exercises** tab lists every exercise, with a search box and filter chips for each muscle group (**All**, Chest, Back, Legs, Shoulders, Arms, Core, **Full Body**).

Tap any exercise to see a front and back body diagram with the muscle it works highlighted.

What the library knows about each exercise

- **Muscle group and muscle.** Six regions, split into nineteen muscles, for example lats, upper back, traps and lower back under Back, and front, side and rear delts under Shoulders. Conditioning and whole-body drills (burpees, rower, kettlebell swings) are under **Full Body**.
- **Equipment:** barbell, dumbbell, kettlebell, cable, machine, bands, bodyweight or other. Only **barbell** exercises get the plate calculator.
- **Tracked as**, which sets the fields shown on each set row:
 - *Weight and reps* (back squat): weight and reps.
 - *Bodyweight reps* (pull-up, dip): reps, plus a weight box labelled + for a belt or vest.
 - *Time* (plank, stretches, dead hang, rower): seconds, plus an optional weight for things like a farmer's walk.

The library includes around 50 warm-up, mobility, stretching, band, conditioning and kettlebell exercises for the Warm-up, Finisher and Cool-down blocks.

Adding your own exercise

Tap + on the Exercises tab. Fill in **Exercise Name**, **Muscle Group** and **Equipment**. The rest is optional, but worth filling in:

- **Muscle (optional).** Without it, sets on this exercise can't be counted in your training balance. They're listed there as *unclassified* instead. Picking a muscle also sets the muscle group for you.
- **Tracked as (optional).** If you leave it *Unspecified*, the set row shows weight, reps *and* seconds. The app won't guess from the name, because a wrong guess could hide a field you need mid-set.

Exercises you created have an **edit** menu (**Edit / Delete**). Built-in exercises can't be edited or deleted.

5. Building a program

A **program** is a number of weeks, and each week has up to **seven days**. Each day is a list of exercises with their sets, reps and weights. Days you leave empty are rest days.

Start with **Programs** → **+**. To change a program later, tap its **edit** icon and choose **Edit**, or open it and tap the pencil at the top. The builder has three tabs.

Info

Program Name (required), an optional **Description**, and **Number of Weeks**.

Exercises

Choose a week and day at the top, then tick the exercises for that day. The count at the top reads, for example, *5 exercises for Week 1 Day 1*. Change the week or day and tick again for the next one. Each day is set up separately.

Tip: if you plan to use **progression rules**, a one-week program is often all you need, because the rules work out the weight each time. Starting a program over from week 1 is normal.

Unticking an exercise here removes it from **every block** of that day. To remove only one copy, use the **X** on its card in the Configure tab.

Configure

Every exercise gets a card with:

- **Warmup:** how many warm-up sets. Warm-ups **build up** to your working weight rather than repeating it. For example, three warm-ups before a working weight of 225 lb are roughly 40%, 60% and 80% of it, with fewer reps as the weight rises. Each one is rounded down to a weight your plates can make, and none goes below the empty bar.
- **Working:** how many working sets.
- **Reps:** a number (**8**), or a range for double progression (**8-12**).
- **Weight:** optional. If you leave it blank, the workout starts at what you did last time.
- **Time (s):** for timed exercises.
- **Progression:** see **Progression rules**.
- **Up/down arrows** to reorder, and **X** to remove.

Tap **Save Program** when you're finished.

Blocks: Warm-up, Main, Finisher, Cool-down

Every exercise belongs to a **block**, and a workout runs them in order: **Warm-up** → **Main** → **Finisher** → **Cool-down**. New exercises go into **Main**.

Tap the block name on an exercise card to change it:

- **Move to ...** moves the exercise into another block.
- **Copy to ...** puts a copy in another block and leaves the original where it is. This is how the same lift can be both a warm-up and your main work, for example light goblet squats in the Warm-up and heavy goblet squats in Main. The copy starts with the same sets, reps and weight, so you only need to make it lighter.

Each copy **keeps its own history**. Warm-up squats remember your warm-up numbers and main squats remember your main numbers, so one never fills in or progresses the other.

A day that only has Main exercises shows as a plain list, with no block headings.

Warm-up and Cool-down sets don't count toward your training balance. Band pull-aparts before you lift don't make your rear delts look trained. Finisher sets do count.

Supersets

A **superset** alternates between two or more exercises one set at a time: A1's first set, then A2's first set, then A1's second, and so on.

1. In **Configure**, tap two or more exercise cards to select them. A bar appears showing *N selected*.
2. Tap **Superset**.

During the workout, each row is labelled **A1**, **A2** and so on, so you always know which exercise you're on. Warm-up sets are not alternated. They come first, before the paired rounds. If one exercise has more sets than the other, it simply continues on its own in the later rounds.

To undo a superset, tap the **unlink** icon on a member's card.

AMRAP circuits

An **AMRAP** ("as many rounds as possible") group is a circuit done against one clock. You do the exercises in order, round after round, until the time is up.

1. Select the exercises in **Configure**.
2. Tap **AMRAP** and enter the time in seconds (600 = 10 minutes).

During the workout you log each round and tap **Add Next Round** for another. The rest timer does not start between AMRAP sets, because the circuit is meant to run without stops.

A superset and an AMRAP are different things: a superset has a fixed number of sets, each with its own weight, and an AMRAP is one clock with as many rounds as fit. An exercise can be in one or the other, not both.

EMOM circuits

An **EMOM** ("every minute on the minute") gives you one set at the top of every minute for a set number of minutes. You rest for whatever is left of the minute, so the faster you finish the set, the longer you rest.

1. Select one or more exercises in **Configure**.
2. Tap **EMOM** and enter how many minutes it runs (10 unless you change it).

With **one exercise**, you do it every minute. With **more than one**, they take turns, one per minute: with squats and push-ups, minute 1 is squats, minute 2 push-ups, minute 3 squats, and so on.

The reps and weight on each exercise are what you do **each minute**. There's no sets field on an EMOM exercise, because the minutes decide how many sets there are. You can change the length later in the **EMOM** heading above the group.

During the workout the EMOM has its own clock above its sets:

- Tap **Start EMOM** when you're ready. It rings a bell to start.
- The clock shows **Minute 3 of 10**, which exercise is up, and a large countdown to the next minute. It ticks through the last five seconds and rings a bell at the top of every minute, and again when the last minute ends.
- The sets are listed **Minute 1, Minute 2,** Check each one off as you do it.
- **Add a Minute** at the bottom adds one more minute, for whichever exercise is next in the rotation.
- **Stop** stops the clock. Your checked sets stay as they are.

The screen **stays on** while the clock runs, so it's worth propping your phone where you can see it. The bells only play while the workout screen is open: if you switch to another app, the clock keeps its place and is on the right minute when you come back, but it's silent while you're away.

The rest timer does not start between EMOM sets, because the rest of the minute is your rest. An exercise can be in only one group: an EMOM, an AMRAP or a superset.

6. Progression rules

Without a rule, a program uses the numbers you wrote. A **progression rule** lets an exercise pick its own weight, based on what you actually lifted last time. Set it in the **Progression** section of the exercise's card in Configure.

Rule	What it does	You enter
None	Uses the program's numbers.	—
Linear	Adds a fixed amount whenever you hit your target reps on every set.	Add (e.g. 5 lb)
Double	Keeps the same weight while you work up a rep range. Adds weight once <i>every</i> set reaches the top of the range.	Add , and a rep range like 8-12
% of 1RM	Uses a percentage of your best estimated one-rep max for that lift.	Percent of 1RM

RIR floor (optional, any rule): the weight only goes up if every set last time still had at least this many reps in reserve. With a floor of 2, a session where you ground out a set at 1 RIR holds the weight rather than adding to it. This needs **Reps in Reserve** switched on.

What the app does for you

- **It backs off when you're stuck.** Three sessions in a row short of the target drops the weight by 10%. One or two bad sessions don't.
- **It explains every change.** When you open a program day, each exercise shows what it will prescribe and why: *Up to 230 — you hit target last time, Back off to 200 — 3 sessions short of target, or Holding 225 — last session got down to RIR 1, below your floor of 2.*
- **It rounds to your plates.** New weights are rounded to something your plates can make. If your increment is smaller than your smallest pair of plates, the app tells you and holds the weight rather than making a bigger jump than you asked for.
- **It doesn't make up numbers.** With no history, or on a bodyweight exercise with no added weight, the rule stays out of the way and your program's own numbers are used.

7. Importing a program with an AI assistant

Instead of typing out every week and day, you can have an AI assistant (Claude, ChatGPT, Gemini and so on) write the program for you.

1. **Programs** → the **↓ import** icon.
2. Tap **Copy prompt**. This copies a ready-made prompt to your clipboard. It already includes the format the app expects, the names of every exercise in your library, the list of muscles, and your weight unit.
3. Paste it into your assistant and describe what you want, for example *"4-day upper/lower, 8 weeks, intermediate, double progression on accessories."*
4. Copy the JSON it gives you back, then either paste it into **Program JSON** or save it to a file and tap **Open JSON file**.
5. Tap **Preview**. You'll see the number of weeks, the exercises on each day, and any **new exercises** that will be added to your library because they aren't in it yet.
6. Tap **Import**.

Good to know:

- Imports support progression rules, supersets, AMRAP groups and blocks. With progression rules, the assistant only needs to write week 1.
- A problem with one entry, such as a bad progression rule, shows as a **⚠ warning** instead of cancelling the whole import.
- New exercises the assistant made up get the muscle it named, if any. Check them in the library afterwards.

8. Running a workout

Starting

Open a program from **Programs** (tapping the card or its ► does the same). Choose the **week** and **day** at the top, check the day's exercises and their suggested weights, then tap **Start WnDn**.

Weights are filled in like this, in this order:

1. A weight from a **progression rule**, if the exercise has one.
2. A weight **written into the program**. This is treated as a prescription, so a deload week stays a deload week.
3. Otherwise, **what you did last time** for that set.

The session screen

Exercises are grouped under their blocks (Warm-up, Main, Finisher, Cool-down). Each exercise heading shows how many sets are done, such as **2/4**.

Each **set row** shows:

- **Last: 185.0 lbs × 8**, which is what the same set did in your most recent session with that exercise. It comes from that one session, not a best from across your history.
- The **fields for that exercise**: weight and reps, reps only, or seconds.
- For barbell lifts, **what to load on each side**.
- The **check mark**. Tap it when the set is done.

Once a set is checked, and if Reps in Reserve is on, a **Rate this set** chip appears underneath.

An EMOM has its own clock between its heading and its sets, with **Start EMOM**, the minute you're on and the countdown to the next one. See [EMOM circuits](#).

Changing the workout as you go

On each exercise heading:

- The **up and down arrows** reorder it within its block.
- The **⋮** menu has **Add Set**, **Replace Exercise** (swap it for another exercise from the library) and **Remove**. On a superset, AMRAP or EMOM, the menu only offers **Remove**, which removes the whole group.

You can also:

- **Swipe a set left to delete it**. Tap **Undo** on the message that appears to bring it back. The remaining sets renumber themselves. Sets inside a superset, AMRAP or EMOM can't be deleted one at a time; remove the group instead.

- **Add Exercise** at the bottom, or from the top bar, to pick any exercise from the library or tap **Create New**.

You can leave the session screen at any point to check a program or look at History. The workout keeps running, and the **Session** tab takes you back to it.

Personal records mid-workout

When a completed set beats one of your bests, you're told straight away, with one line for the main record. See [Personal records](#).

Finishing

Tap **Finish**. The app shows how many sets you completed (for example, *14/16 sets completed*) and asks you to confirm. Sets you didn't check off are saved as **skipped**, not deleted, so your history shows what really happened.

If a workout is left open with nothing logged for **30 minutes**, you'll get a reminder to finish it (if that notification is on).

9. The rest timer

Checking off a working set starts a countdown. It appears in a bar under the set list, showing the time left and what you just finished:

- **-15s / +15s** to adjust it.
- **Skip** to end it.

The countdown **keeps going with the screen off and the phone in your pocket**. It also shows as a notification with the same buttons, and you get an alert when the rest is up. The on-screen timer and the notification always show the same time.

- **Rests longer than 2:30** use an alarm so they stay exact, which puts an **alarm icon** in the status bar while the rest runs. That's normal.
- **No countdown in AMRAP circuits or EMOMs**. An EMOM has its own clock instead; see [EMOM circuits](#).
- The countdown and the "rest is up" alert are **separate notification channels**, so in your phone's settings you can silence the countdown without losing the alert, or the other way round.

Change the length, or turn it off, in **Programs** → **gear** → **Rest Timer**.

10. History: reviewing and fixing past workouts

The **History** tab lists every finished workout with its date, start time and duration.

Tap one to see **Session Details**:

- Every set, grouped by exercise (AMRAP groups by round), marked **Done** or **Skipped**, with the target reps and the RIR rating if you gave one.
- **Total volume** for the session.
- **Average and max heart rate** from your watch, if Health Connect has it.

Fixing a mistake

Entered 85 instead of 185? Tap the **edit** icon on the set, correct the **Weight** or **Reps**, choose whether it's **Completed (counts toward records)**, and tap **Save**. You can also **Delete this set**. Records and progress update to match.

To delete a whole workout, use the **trash** icon on its row in History. This can't be undone.

11. Progress and personal records

Open **Profile** → the **trending-up arrow** at the top.

Training Balance

Sets per muscle over the last 4 weeks, shown as a list and as a shaded body diagram. Every muscle is listed (the nineteen muscles plus Full Body), **including ones you haven't trained**, because the point is to spot gaps. Muscles with no sets are also listed at the top under **Not trained**.

Sets on your own exercises that don't have a muscle set are counted separately and flagged, so they aren't silently left out. Give those exercises a muscle in the library to include them.

Warm-up and Cool-down sets aren't counted here. Finisher sets are.

Weekly trend

The same muscles as rows and the **last 13 weeks** as columns, with sets per week. A row that's dark all the way across is a gap you've had for a long time. A row that's dark on the left and brighter on the right is a gap you're already fixing. The last column is the current week, so it's still filling in.

The arrow at the end of each row (↑ ↓ →) tells you which way that muscle is trending. It's deliberately not coloured red or green, because a drop is often intentional, such as a deload.

Consistency

A heatmap of the last 13 weeks with one square per day. Darker squares mean more volume, and rest days are empty outlines. Above it are your **session count** and your **week streak**, which is the number of weeks in a row with at least one workout. Streaks count weeks rather than days, so rest days never break them.

Body weight

The last 30 days of body weight, read from Health Connect (see [Health Connect](#)).

Personal records

Each exercise shows its **heaviest** weight and **e1RM** (estimated one-rep max). Tap an exercise for its detail screen: heaviest weight, estimated 1RM, number of sessions, and a chart of both over time.

Every completed set is checked against **three separate bests**:

1. **Heaviest weight** you've lifted.
2. **Best estimated 1RM**, which gives you credit for doing more reps at a familiar weight. 225 × 8 beats 225 × 5 even though the weight didn't change.
3. **Most volume in one set** (weight × reps).

A few rules keep records meaningful:

- The first time you log an exercise sets a **baseline**, not a record.
- **Matching** a best isn't a record. You have to beat it.
- Bodyweight sets with no added weight don't set records.

About the estimated 1RM

The estimate uses the **Epley formula** ($\text{weight} \times (1 + \text{reps} \div 30)$). A true single is shown as it is. **Sets of more than 12 reps don't get an estimate** and show a dash (—), because the formula gets unreliable at high reps. The chart line also breaks where there's no estimate, rather than inventing a point.

12. Profile, cloud sync and backups

Profile holds your name, email, gender, birthday, height, current weight and target weight (BMI is worked out for you). Tap **Save Profile** after changing them.

Cloud sync

Tap **Enable Cloud Sync** and sign in with Google. After that:

- Your workouts, programs and exercises are backed up to the cloud and synced automatically.
- The status reads **Remote Sync Active**, along with the account you're connected as.
- The **sync** icon (**Sync Now**) pulls everything down again. Use it on a new phone or after reinstalling.
- The same Google account signs you in to the [web dashboard](#).

The cloud copy keeps **7 days of point-in-time recovery** plus **weekly backups for 14 weeks**, and is protected against accidental deletion. Without cloud sync, your data lives only on your phone.

Sign Out disconnects the account, clears your data from this phone (the cloud copy stays) and clears the watch.

Privacy and deleting your account

The **About** card at the bottom of Profile shows which version of the app you have, and has these links:

- **Privacy Policy**: what stays on your phone, what cloud sync stores, what the app does with each Health Connect permission, and how long backups keep deleted data.
- **Delete Your Account**: every way to delete your account, including by email if you can no longer sign in.
- **User Guide**: this guide, on the web.
- **Download User Guide (PDF)**: saves this guide to your phone as a PDF.
- **Support**: support@defynyourself.com: opens your email app with a message to support, with the app's version already in the subject. If you have no email app, write to that address from anywhere.

All of them open in your browser (or email app).

Both pages live at <https://disclosures.defynyourselfapp.com>, so you can also reach them without the app.

To delete your account yourself:

1. If you want to keep your history, export it first ([Exporting your data](#)). Deleting can't be undone.
2. In the cloud sync card, tap **Delete Account** (under **Sign Out**) and read the warning.
3. Tap **Continue**, then choose your Google account again. This second sign-in is on purpose: deletion only goes ahead if you signed in moments ago.

4. Your cloud account and everything synced to it are deleted straight away, and this phone is cleared as if you had signed out.

Choosing a different Google account from the one you're signed in with stops the deletion and says so. Backups keep deleted data for up to 14 weeks, for recovery only; it is never restored to an account. Another phone you signed in on keeps its copy until you sign out there.

You can also delete your account from the [web dashboard](#).

13. Health Connect and Samsung Health

Health Connect is Android's shared health store. When it's connected, finished workouts are sent there, so they appear in **Samsung Health**, **Google Health / Fit**, **Fitbit** and other apps that read it.

Profile → **Connect Health Connect**, then grant the permissions.

- **Sent:** each workout as an exercise session, with per-exercise segments, reps, set numbers and the weight on each set. The title sums it up, for example *Push Day · 18 sets · 12,450 lb*.
- **Read back:** **heart rate** (shown on the session in History) and **body weight** (charted in Progress).
- **Sync to Health Connect** re-sends recent workouts. It's safe to tap as often as you like, because it updates rather than duplicates.
- Calories are **not** sent. A watch measures them better than a workout app can estimate them.

To get workouts into **Samsung Health**, also open Samsung Health → Settings → Health Connect and turn syncing on there.

Good to know:

- Health Connect needs **Android 9 or later**. It's built into Android 14 and later; on older versions, install it from the Play Store.
- The weight on each set needs **Android 16 QPR2 or later**. On older phones the weights are still included in the workout's notes, and Profile tells you which case you're in.
- Health Connect **drops permissions for apps it hasn't seen in 30 days**. If heart rate or body weight stops showing up, Profile says so. Tap **Grant the missing permissions**.

14. Reminders and notifications

Profile → Reminders. Everything here is off until you turn it on, and nothing is sent from a server. It's all done on your phone.

- **Training days:** pick your days and a time (adjust with **-30m / +30m**). On those mornings you get a nudge that names the next session, for example *Week 2 Day 1 of Push/Pull/Legs — 4 exercises, 18 sets*. Empty days in the program are skipped, so it always names a day that has exercises.
- **Personal records:** one summary after a workout in which you beat a best, with a line per exercise naming each kind of record.
- **Unfinished workouts:** a nudge when a workout has been left running with nothing logged for 30 minutes.
- **Weekly recap:** Sunday evening, your workouts and total volume for the week compared with the week before.

Reminders arrive **within a few minutes** of the time you pick rather than exactly on it. Android saves exact alarms for clock and calendar apps.

If notifications are turned off for Defyn in Android, this card tells you and offers **Open notification settings**.

15. Exporting your data

Profile → **Export Data** → **Export to CSV**, then choose where to save the file (Downloads, Google Drive, anywhere the file picker can reach). No storage permission is needed.

The file contains **every set you've ever logged**: date, session, exercise, muscle, equipment, set type, reps, weight, volume, RIR, AMRAP group, EMOM group and minute, and the weight unit on every row. Unfinished workouts and skipped sets are included and marked as such, not left out. It opens cleanly in Excel, Google Sheets and Numbers, accented exercise names included.

16. The watch app

The watch app puts **the set you're on** on your wrist: the exercise, the set number ("Set 2 of 4"), and the weight and reps. It has a **Done** button that checks the set off on your phone. When the rest timer starts, the watch counts down too, with **-15s**, **Skip** and **+15s**, and **buzzes** when the rest is up.

Runs on: Wear OS 3 or later, which means Galaxy Watch 4 and newer, every Pixel Watch, and other Wear OS 3 watches. Older Tizen Galaxy Watches and Fitbit Versa/Sense can't run it, but Fitbit still gets your workouts through [Health Connect](#).

How it works:

- The watch **mirrors** the phone. Start the workout on the phone, and the watch shows *Start a workout on your phone* until you do. Everything you do on the watch is carried out by the phone, which keeps the one true copy of your session.
- It keeps up whichever screen of the phone app you're on.
- Building programs, editing weights, history and progress all stay on the phone.

Known limits:

- The buzz at the end of a rest needs the **watch app open**. If it's in the background, your phone still alerts you.
- If Android **fully closes the phone app** mid-workout, the watch keeps showing the last set until you open the app again. A rest countdown that's already running keeps going.

Installing it is a manual step for now. See [Installing the watch app](#).

17. The web dashboard

Go to <https://reports.defynyourselfapp.com> in any browser and tap **Sign in with Google**, using the same account as the app's cloud sync. (<https://workout-application-build.web.app> is the same page, if the short address isn't working yet.)

The dashboard shows:

- **Sessions, total volume, days trained** and your **best week streak**.
- **Training balance**: sets per muscle, calculated the same way as on the phone.
- **Exercises**: everything you've trained in the last 13 weeks, most sets first.
- **Consistency**: a 13-week grid.
- **History**: your workouts.

Next to **Sign out**, **Delete account** deletes your account and everything synced to it, the same as **Delete Account** in the app. It asks you to confirm, then to choose your Google account again before anything is deleted.

Opening a row

Rows with a › next to them open. Click one again to close it.

- Click a **muscle** in Training balance to see which exercises made up those sets.
- Click an **exercise**, in that list or in the Exercises card, to see its history: each session you trained it, the sets you did, and the **estimated 1RM** those sets suggest. The small bar chart above the list is that estimate session by session, oldest on the left, so you can see whether a lift is moving.

A muscle you haven't trained doesn't open — there's nothing behind it.

An estimate reads — when there's nothing honest to show: a bodyweight set says nothing about a loaded single, and neither does a set of more than 12 reps.

Warm-ups and cool-downs aren't here. Everything on this page counts hard sets only, the same as the phone, so an exercise's history shows your working sets and not the ramp-up to them.

The links at the bottom of the page go to the privacy policy, account deletion, this guide, and the support address, support@defynyourself.com.

It's **read-only**. You manage programs and your profile in the app. It shows whatever the phone has synced, so a workout logged offline appears once the phone syncs.

If an exercise shows as **Unnamed exercise**, or a note says some sets have no muscle set, the dashboard hasn't received that exercise's details from your phone. This happens with older workouts on built-in exercises logged before v5.15.2: open **Profile** in the app and tap **Sync Now** once, then reload the page.

18. The Tabata timer

The **timer** icon (on Programs, a program page, or a running workout) opens an interval timer with sounds. The **gear** on the timer lets you set **Warm-up**, **Work**, **Rest**, **Rounds**, **Sets**, **Rest between sets** and **Cool down**, all in seconds. The screen shows the phase (WARM UP, WORK, REST, REST BETWEEN SETS, COOL DOWN, DONE!), along with the current round and set.

It's separate from your logged workouts. Nothing it does is saved to History.

19. Installing and updating

Needs: Android 8.0 or later. Health Connect needs Android 9 or later.

Defyn is sent to testers through **Firebase App Distribution**. Each release sends two APKs with the **same version number**. The first line of the release notes tells you which one it is:

- **PHONE APP — install on your phone.** One tap from the invitation email or the App Tester app.
- **WATCH APP — install on your Wear OS watch, not your phone.** A phone refuses this one, so installing the wrong APK does no harm.

Updates install over the top of the previous version and keep your data.

Installing the watch app

App Distribution can't install apps on a watch, so this is done with `adb` from a computer. Before you start, install the **same version** of the phone app on the phone the watch is paired with.

On the watch:

1. **Settings** → **About watch** → **Software info**. Tap **Software version** about seven times, until developer mode turns on.
2. **Settings** → **Developer options**. Turn on **ADB debugging** and **Wireless debugging**.
3. In **Wireless debugging**, tap **Pair new device**. Note the IP address, the pairing port and the six-digit code.

(Menu names can be slightly different on Wear OS and One UI Watch.)

Get the APK: in the Firebase console, go to **App Distribution** → **Releases** and download the build whose notes start with *WATCH APP* —.

On a computer with Android `platform-tools`, on the same Wi-Fi as the watch:

```
adb pair <watch-ip>:<pairing-port>      # enter the six-digit code
adb connect <watch-ip>:<port>           # the port shown on the Wireless debugging
screen
adb devices                             # the watch should be listed
adb install -r wear-debug.apk
```

Moving from v4 or older

Version 5.0 changed the app's package name, so it installs **alongside** v4 instead of replacing it. Sign in to cloud sync in the new app so your data comes back, then uninstall the old one.

20. Troubleshooting and FAQ

The Session tab says "No active session", but I'm mid-workout. Start workouts from a program (**Programs** → **program** → **Start**). If the workout was already finished, it's in History.

The weight in a set row isn't what the program says. Look at the program day. If the exercise has a progression rule, the explanation next to it says why the weight changed. If the program doesn't set a weight, the app uses what you did last time.

The plate calculator shows a different total in brackets. Your plates can't make that exact weight. The number in brackets is what you'd actually lift. Add plate pairs under **Settings** → **Plates** if you own more.

A set is showing a "sec" field, or no weight field. The exercise's **Tracked as** setting decides which fields show. For your own exercises, set it under **Exercises** → **edit** → **Tracked as**.

My training balance leaves some sets out. Those sets are on exercises with no muscle set, and they're listed as unclassified. Give those exercises a muscle in the library. Also remember that Warm-up and Cool-down sets are never counted.

No estimated 1RM for an exercise. Estimates only come from sets of 12 reps or fewer.

Heart rate or body weight has stopped appearing. Health Connect removes permissions from apps it hasn't seen for 30 days. Open **Profile** and tap **Grant the missing permissions**.

My workouts aren't in Samsung Health. Turn on syncing in Samsung Health too: Samsung Health → Settings → Health Connect.

The watch installed fine but never shows anything. Make sure the phone and watch are on the same version from the same release, that the phone app is open, and that a workout has been started on the phone.

Reminders arrive a few minutes late. That's expected. Android doesn't let training apps use exact alarms.

I'm on a new phone. Install the app, go to **Profile** → **Enable Cloud Sync** with the same Google account, and tap **Sync Now**. Health Connect permissions, reminders and plate settings are stored on the phone, so set those up again.

I found a bug. Email support@defynyourself.com (**Profile** → **Support** fills in the version for you), or tell the person who invited you to test. Include the version number, which is on the About card in Profile.

21. Glossary

- **AMRAP**: As Many Rounds As Possible. A circuit repeated against one clock.
- **Block**: Warm-up, Main, Finisher or Cool-down. The part of the workout an exercise belongs to.
- **Double progression**: keep the weight while you work up a rep range, then add weight once every set reaches the top of it.
- **e1RM / Estimated 1RM**: the heaviest single your set implies, using the Epley formula.
- **EMOM**: Every Minute On the Minute. One set at the top of each minute, resting for whatever is left; several exercises take turns, one per minute.
- **RIR (Reps in Reserve)**: how many more reps you could have done. 0 means failure.
- **Superset**: two or more exercises done alternately, one set at a time.
- **Volume**: weight × reps, added up over sets.
- **Week streak**: consecutive calendar weeks with at least one workout.
- **Working set**: a set that counts, as opposed to a warm-up set.