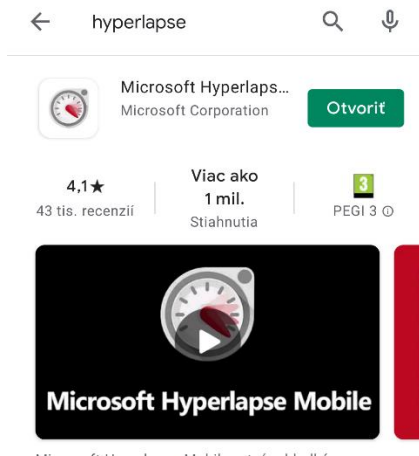


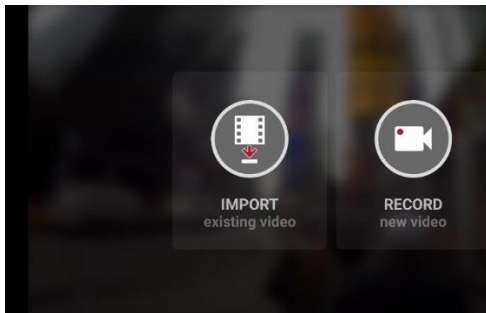
Instructions for time-lapse video in the HYPERLAPSE application

*** Note: Some smartphones (iphone for sure) have a built-in function where you just switch from camera to timelapse.**

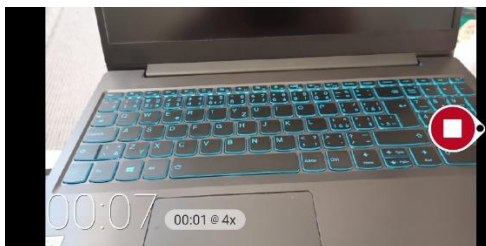
1. Download the application Hyperlapse.



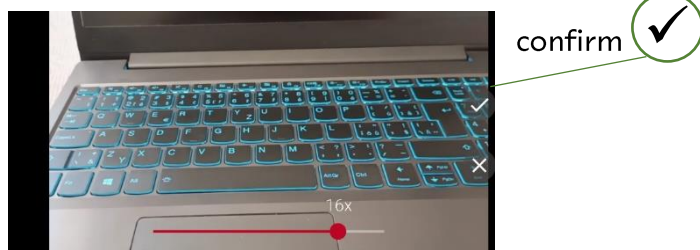
2. You can either select your recorded exercise (import) or you can record directly in the application (record).



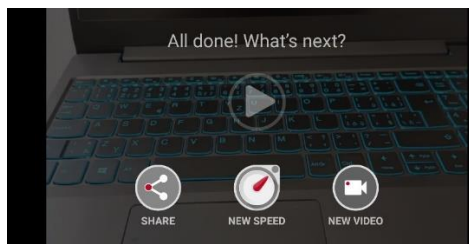
3. If you are recording directly in the application, press the familiar red button.



4. After finishing the workout and stopping the video, you can speed up to 32x. You will



5. And share where you need to.



6. Either to your repository or directly to Teams.

