Early to Rise Customer Support

What does tempo mean?

Honey - 2020-02-07 - Exercise FAQs and Substitutions

The first number refers to the lowering phase of the exercise, then the next number refers to a pause (if there is any), and the third number refers to the lifting phase of the exercise.

For example, in a pushup done at 2-0-1, you would take 2 seconds to lower your body, no pause, and then one second to lift yourself back up.