

Early to Rise Customer Support

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What does tempo mean?

Imported User 9 - 2020-02-20 - in 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.