

Early to Rise Customer Support

[Knowledgebase](#) > [Exercise FAQs and Substitutions](#) > [What does tempo mean?](#)

What does tempo mean?

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