

# FOCUS for your undisturbed rowing exercise.

It is annoying if you are disturbed during a workout. Even if you don't respond yourself, the transmission of your heart rate and pace from your Apple Watch to your iPhone will stop, for example. To avoid this, you can use the standard facility on your iPhone called "Focus". Below is a description of the steps that need to be taken to set things up and screenshots for each step.

1. Open your settings on your iPhone.
2. Choose the menu option "Focus".
3. Click on the "+" in the top right.
4. Choose "Custom" as the focus to start with.
5. Click on the "Name" field and enter a name, icon and color. Click on "Next".
6. Click on the "Allow None" link.
7. Click on the "Allow None" link.
8. Click on the "Done" button. The new focus is created.
9. Scroll down and choose "Add Schedule or Automation".
10. Click on the "App" line.
11. Scroll down and click the "Row ErgoMeter Timer Pro" app.
12. Done, the new focus has been created and will start automatically when the "Row ErgoMeter Timer Pro" app is started and will be made inactive again automatically when the app is closed.

