

Run Stance and Motion

Revision 2026-10-12

Choose time-based or song-based rounds, then run Stance and Motion.

Stance and Motion runs rounds that are time-based or song-based.

Set up the drill

1. Tap **DRILL TIMERS**, then **STANCE AND MOTION**.
2. On **NUMBER OF ROUNDS**, pick **CONTINUOUS (UNTIL STOPPED)** or a number of **ROUND / ROUNDS**.
3. On **BREAK LENGTH**, pick the rest between rounds when needed.
4. On **TIMING MODE**, pick **TIME BASED (FIXED ROUND LENGTH)** or **SONG BASED (ROUND ENDS WITH SONG)**.
5. If you chose **TIME BASED**, set **ROUND DURATION** (or **Custom** for **SET CUSTOM TIME**), then **ARENA MUSIC**.
6. If you chose **SONG BASED**, continue on **SELECT SONG**.
7. On **READY TO START**, tap **START**.

During the session

1. The session shows **STANCE AND MOTION**.
2. Use the shared timer controls to pause, resume, reset, or exit. If you opened the drill from Practice, the exit control may say **End Drill**.