

Control a timer from Apple Watch

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Mirror and control a timer you started on iPhone from Apple Watch.

Start the timer on iPhone first. The Watch mirrors that session.

Connect and start

1. Install **Wrestling Timer** on your Apple Watch (bundled with the iPhone app).
2. Open Wrestling Timer on iPhone and on Watch.
3. On Watch, the **iPhone** status explains what to do next:
 - **Open Wrestling Timer on iPhone to connect your Watch.**
 - **Start a timer on iPhone to control it from your Watch.**
 - When a timer is already running on iPhone, use the controls on the Watch screen.
4. Start Practice Timer or a drill on iPhone. The Watch shows the live session.

Session controls

1. On the Watch session screen, use **Pause**, **Resume**, and **Reset**.
2. Before a go you may see **Get Ready**.
3. For Man in the Middle, Watch can show **UP NOW** and **ON DECK**.

Watch Settings

1. On Watch, open **Settings**.
2. Turn these on or off as you like:
 - **Watch Haptics**
 - **10 Second Warning**
 - **5 Second Warning**
 - **Timer Complete Alert**
 - **Next Match Alert**
3. The footer says: **Applies while mirroring a timer started on iPhone.**

If purchase does not appear on Watch, restore or subscribe on iPhone first.

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