



WATCH APP

Product Features Guide



Version 2.6.2 (App Store Release) | October 2026

Platform: watchOS (Apple Watch Series 4+ / Apple Watch Ultra)

Companion App Required: RoxKit for iOS

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Platform: watchOS (Apple Watch Series 4+ / Apple Watch Ultra)

Companion App Required: RoxKit for iOS

Full functionality requires both the RoxKit iOS app and the Apple Watch companion app.

Heart rate data, live station timing, custom routine guidance, and workout auto-logging all depend on the watchOS app running during your training session or race.

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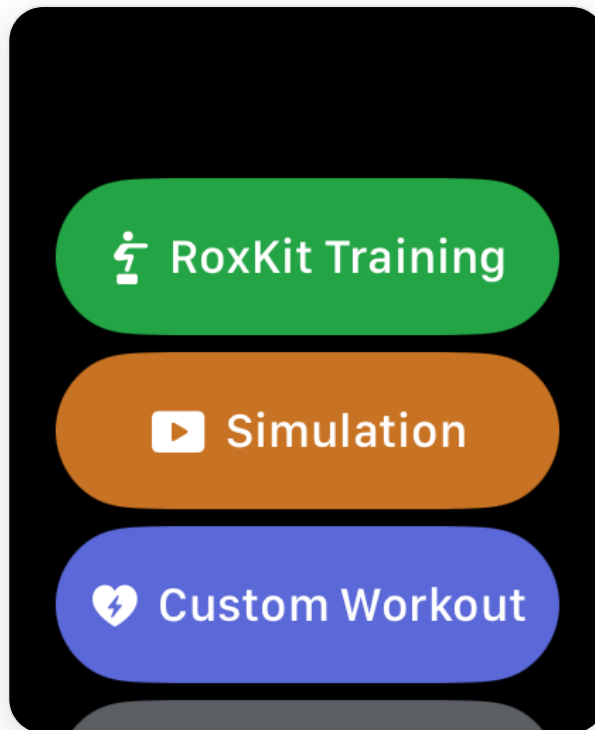
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How the iOS ↔ watchOS Relationship Works

Watch does	iOS receives
Records live HR throughout the workout	Full HR timeline on the Workout Detail page
Tracks split time for each station and run segment	Stage Duration Splits with per-split average HR
Long-press to select alternative exercises (e.g. <code>SkiErg: Echo Bike</code>)	Substituted exercise names preserved in splits; volume attributes to parent station on Dashboard
Receives customized station alternatives from iPhone/Web	Automatically updates alternatives list on watch via <code>WCSession</code>
Receives planned routines & favorite workouts pushed from iOS/PWA	Displays in Custom Workout picker on watch via 3-channel <code>WCSession</code> sync
Runs Ghost Pacer against historical split times of a favorited workout	Saves new completed session with full split comparison
Calculates Suffer Score via heart rate zones	Suffer Score card on the Dashboard
Saves the HealthKit workout session	Workout appears in Apple Health and RoxKit Workouts list
Stores station-by-station splits	Station Split cards on the Dashboard weekly view

Note: The watch app does not require an internet connection during your workout. All data is written to Apple Health first and synced to the RoxKit dashboard when your iPhone is in Bluetooth range. Custom station alternatives, planned routines, and favorite workouts configured on your iPhone/Web sync automatically to the watch via 3-channel `WCSession` delivery (`sendMessage` , `updateApplicationContext` , and `transferUserInfo`).

1. Main Menu



The **Main Menu** is the first screen you see when you open RoxKit on your Apple Watch. It presents four large, clearly labelled buttons optimised for use with sweaty hands and race-day adrenaline.

Buttons

Button	Colour	Action
Hyrox Training	 Green	Opens the Station Picker so you can select which exercise to track in any order
HighRox Sim	 Orange	Starts a simulated full Hyrox race, auto-advancing through all 16 official segments
Custom Workout	 Purple	Opens the Custom Workout Picker listing your synced Planned Routines and Favorite Workouts
Goals & Settings	 Gray	Opens the Goals & Settings screen to configure station targets, HR alarms, and view preferences

Hyrox Training

Tap **Hyrox Training** to enter a live workout where **you control which station you're on**. This mode is designed for:

- Training individual stations in isolation
- Race day when you want to manually tap through each segment
- Athletes who don't follow the standard Hyrox station order

HighRox Sim

Tap **HighRox Sim** to launch a **fully auto-sequenced Hyrox race simulation**.

The watch follows the official Hyrox event order automatically:

Run 1 → SkiErg → Run 2 → Sled Push → Run 3 → Sled Pull → Run 4 → Burpee
Broad Jumps → Run 5 → Rowing → Run 6 → Farmer's Carry → Run 7 →
Sandbag Lunges → Run 8 → Wall Balls

In HighRox Sim mode, double-tapping the screen advances to the next segment — no manual station selection needed. This mode is ideal for **actual race day**.

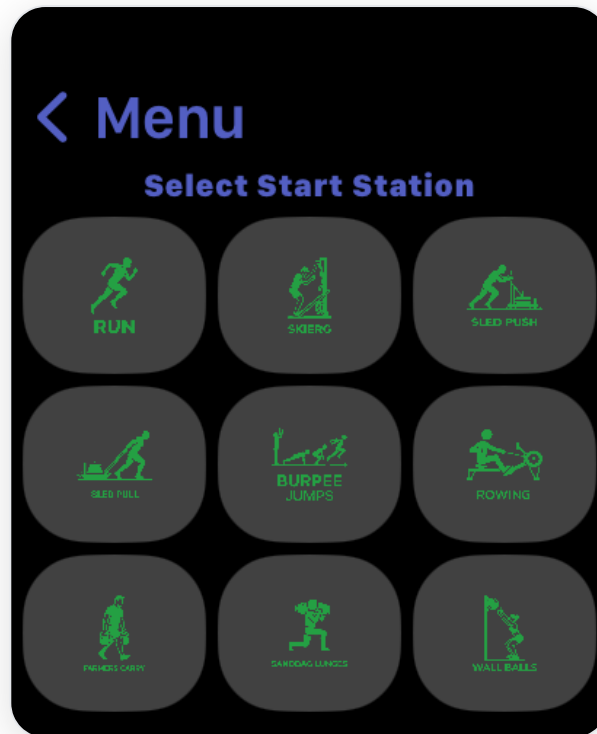
Custom Workout

Tap **Custom Workout** to select any multi-stage routine built in the Web/iOS **Plan Routine Split Builder** or any historical session starred as a **Favorite Workout**. See **Section 9** for full details.

Goals & Settings

Tap **Goals & Settings** to configure station time targets, heart rate alarms, lactate threshold, and the station picker layout. See **Section 8** for full details.

2. Station Picker & Alternatives



After tapping **Hyrox Training**, the **Station Picker** lets you choose which exercise to begin tracking. It displays all 9 trackable activities — Run plus all 8 Hyrox stations.

Grid View

All stations are shown in a scrollable 2-column grid. Tap any station icon to immediately begin that segment's timer and heart rate tracking, or long-press to choose an equipment alternative.

Swipe View

When **Swipe View** is enabled in Settings, stations are displayed one per screen in the official Hyrox race order. Swipe horizontally to browse, then **double-tap** to select and start tracking.

The RoxZone timer remains visible at the top of the screen while you browse — ensuring your recovery time between stations is always counted.

Station Tiles (Swipe View)

Each station has a dedicated full-screen tile showing its name and icon. Swipe through the tiles in race order:

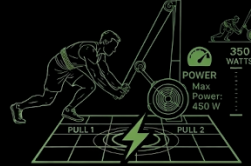
< Menu

RUN



< Menu

SKIER ERG



< Menu

SLED PUSH



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SLED PULL



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BURPEE BROAD JUMPS



< Menu

ROWER



< Menu

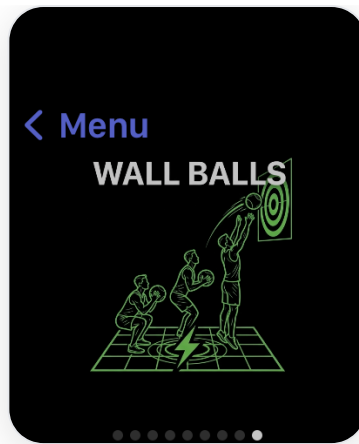
FARMERS CARRY



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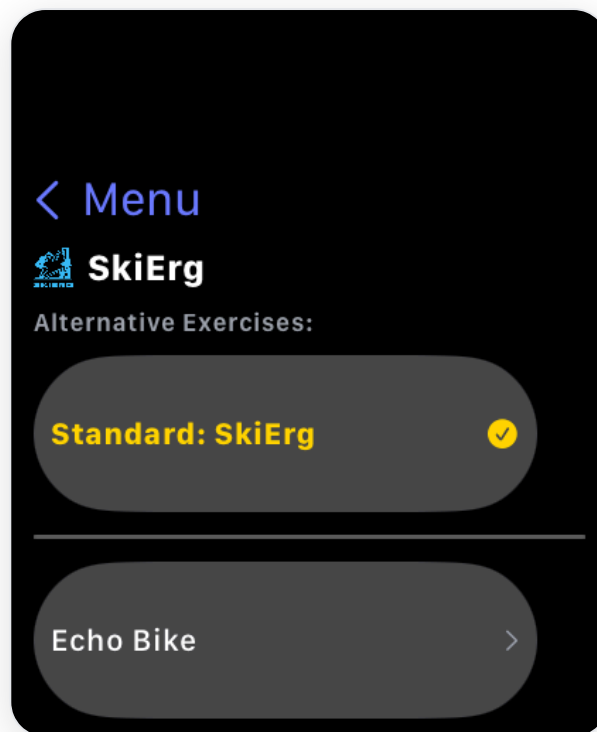
SANDBAG LUNGES





Station	Standard Distance / Reps	Selection
Run	1 km	Tap (Grid) or double-tap (Swipe)
SkiErg	1,000 m	Tap (Grid) or double-tap (Swipe)
Sled Push	50 m	Tap (Grid) or double-tap (Swipe)
Sled Pull	50 m	Tap (Grid) or double-tap (Swipe)
Burpee Broad Jumps	80 reps	Tap (Grid) or double-tap (Swipe)
Rowing	1,000 m	Tap (Grid) or double-tap (Swipe)
Farmer's Carry	200 m	Tap (Grid) or double-tap (Swipe)
Sandbag Lunges	100 m	Tap (Grid) or double-tap (Swipe)
Wall Balls	100 reps	Tap (Grid) or double-tap (Swipe)

Station Alternatives & Substitutions (Long-Press Gesture)



Athletes preparing for Hyrox frequently train with equipment alternatives (such as an **Echo Bike** or **Assault Bike** instead of SkiErg, a **Heavy Leg Press** instead of Sled Push, or **Devil Presses** instead of Burpee Broad Jumps). RoxKit brings this exact flexibility to your wrist with an intuitive long-press gesture.

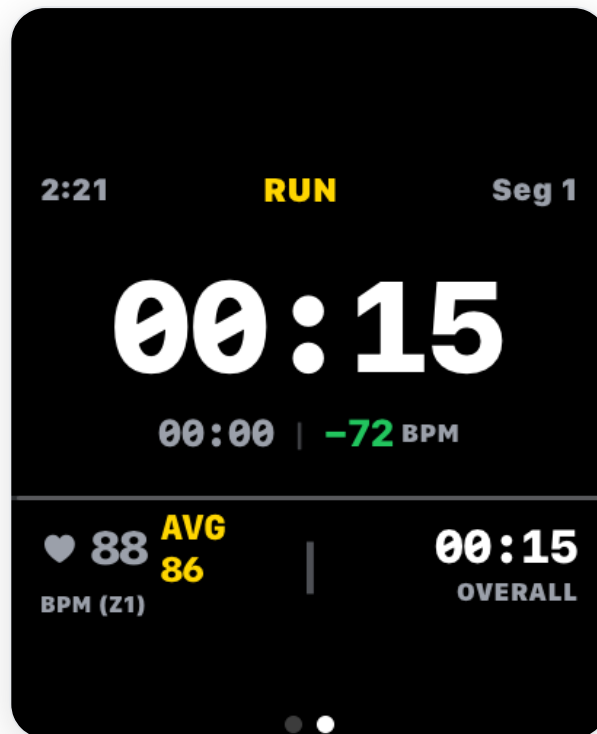
How It Works:

- **Double-Tap vs. Long-Press:**
 - **Double-Tap:** Starts or transitions immediately to the standard primary station (e.g., standard SkiErg).
 - **Long-Press (0.5s):** Press and hold anywhere on the station card. You will feel a distinct haptic click as the **Station Alternatives Sheet** slides up.
- **The Alternatives Sheet:**
 - **Standard Option (Top):** The official standard race exercise is pinned at the top with an active checkmark.
 - **Custom Alternatives:** Below the standard exercise, the sheet displays the full list of alternatives configured for that station.
 - **One-Tap Start:** Tap any alternative to immediately start that interval timer and biometric tracking.
- **Mid-Workout Transition:** If you are already mid-workout, long-pressing any station card from the station selector immediately transitions your

active interval to the selected substitute.

- **Cloud & Phone Sync:** The list of alternatives is fully customizable in the RoxKit Web & iOS Settings, and syncs automatically to your Apple Watch in real time via WatchConnectivity.

3. Active Workout HUD



The **Active Workout** screen is the primary display during a race or training session. It shows all critical metrics at a glance, updated in real time from Apple Watch sensors.

Live Metrics

Metric	Location	Description
Exercise Name	Top centre (yellow)	Current station or run segment (e.g. "RUN", "Sled Push")
Segment Number	Top right	Current position in the sequence (e.g. "Seg 1")
Split Timer	Centre — large	Elapsed time for the current segment only
Goal Pace	Below split timer	Time offset vs. your goal for this station
Live Heart Rate	Bottom left	Current BPM with heart rate zone label (e.g. "88 BPM (Z1)")
Avg Heart Rate	Bottom left (yellow)	Running average HR for this segment
Overall Time	Bottom right	Total elapsed workout time since the first station

Heart Rate Zone Label

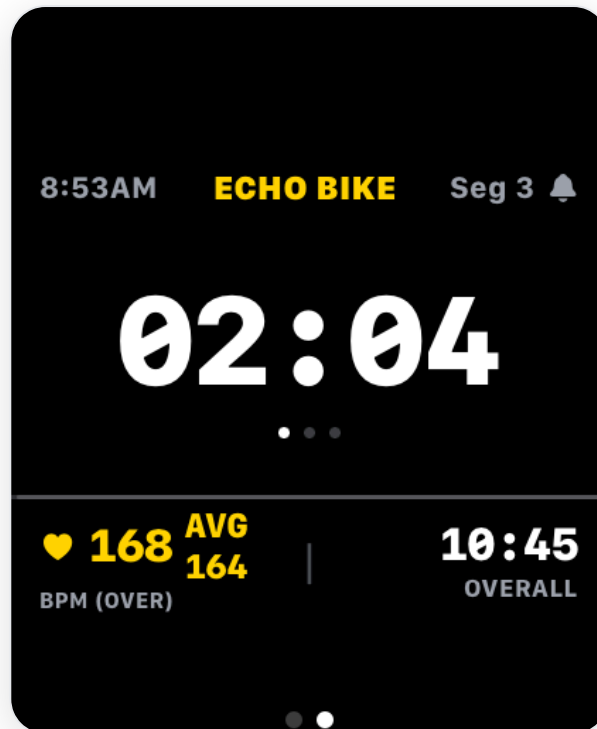
The live HR display shows your current zone in brackets (e.g. **Z1**, **Z2**, **Z3**) based on your configured heart rate zones. This updates in real time as your effort increases.

Heart Rate Colouring

Colour	Meaning
White	Below threshold — aerobic effort
Orange	At or above threshold — anaerobic effort
Red + Haptic pulse	HR alarm triggered (if enabled in Settings)

Tip: Swipe left from this screen at any time to access the **Workout Controls** panel (pause, resume, back, end).

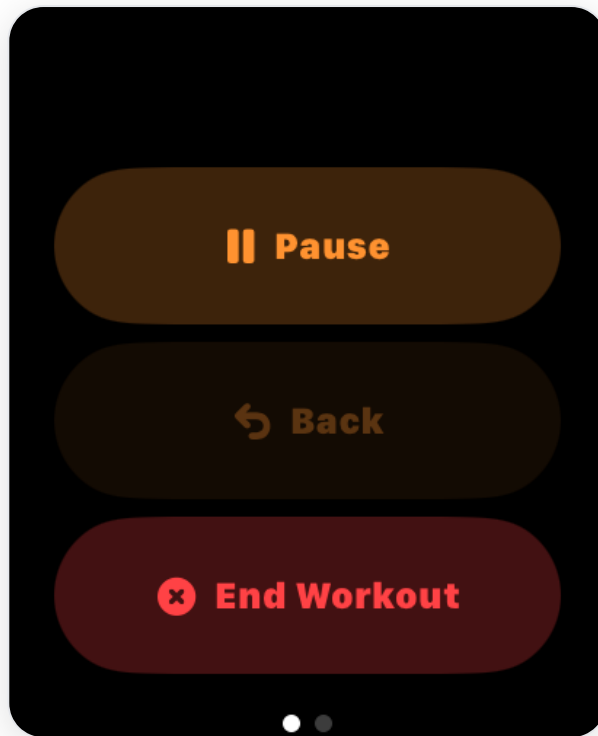
Active Workout HUD with Substituted Exercise



When an alternative exercise is selected, the active performance HUD dynamically reflects your substituted movement:

- **Station Header:** The top header displays the specific substitute name (e.g., **ECHO BIKE**) highlighted in the station's authentic theme accent color.
- **Biometric Tracking:** Heart rate target zones, average heart rate, and split elapsed stopwatch function with zero latency.
- **Compound HealthKit Logging:** The workout split is saved to Apple HealthKit with compound naming (`SkiErg: Echo Bike`). When synced back to your iPhone and the Web Dashboard, your weekly volume automatically credits to the parent station while keeping the exact alternative in your session detail log!
- **State Recovery:** The active alternative name is saved to flash memory on the watch. If the screen goes to sleep, wrist drops, or watchOS backgrounds the app, your active alternative is fully restored upon wake.

4. Workout Controls



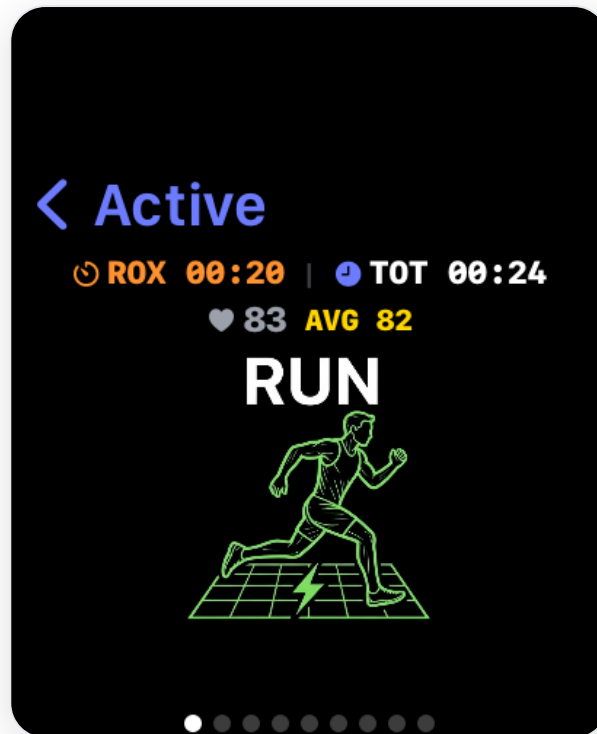
Swipe **left** on the Active Workout screen to access the **Workout Controls** panel.

Controls

Button	Style	Action
Pause	Dark brown, orange text	Pauses the split timer and overall timer; HR monitoring continues
Back	Dimmed — only active mid-session	Returns to the previous station and reverts the last segment completion
End Workout	Red, orange text	Ends the session, saves to HealthKit, and shows the Final Summary

Tip: Pausing the workout does **not** stop HealthKit from recording — your full HR timeline is preserved even during paused intervals. Tap **Pause** again to resume.

5. RoxZone Transition



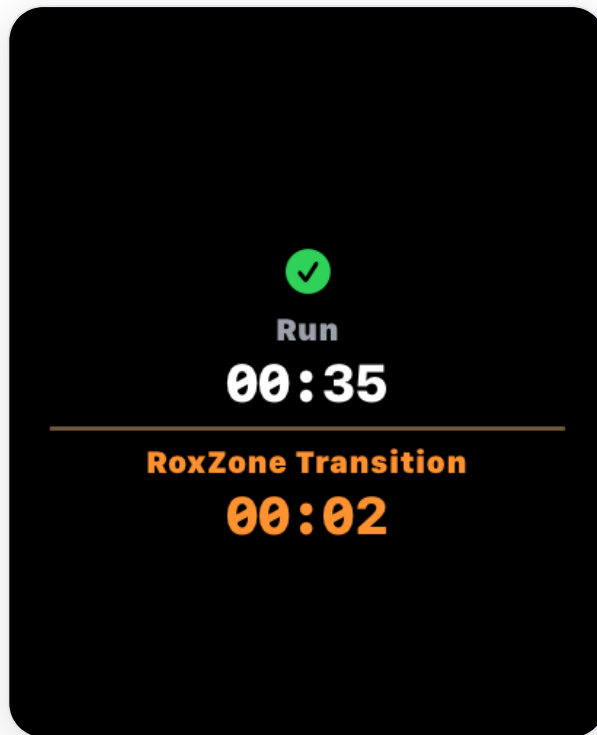
The **RoxZone** is the corridor run between each Hyrox station. When you complete a station, this screen appears automatically to mark the changeover and keep your between-station time accurately recorded.

What It Shows

Element	Location	Description
ROX Timer	Top left (orange)	RoxZone elapsed time — counts up from 0:00 the moment you leave the station
TOT Timer	Top right (blue)	Total workout time — full elapsed time since your first station
Live Heart Rate	Below timers	Current BPM during the transition run
Avg Heart Rate	Below timers (yellow)	Running average HR for the transition
Next Station Name	Centre — large white text	The upcoming exercise you are running towards
Station Illustration	Centre graphic	Visual representation of the next station

The ROX timer keeps running in the background even if you swipe away — ensuring your transition time is always captured accurately in the split data.

6. Split Summary



After each segment is marked complete, the **Split Summary** screen briefly displays that station's result — and simultaneously shows the **RoxZone Transition** timer already counting, so you're never losing track of your between-station time.

What It Shows

Element	Description
 Green Checkmark	Confirms the segment was successfully completed and saved
Exercise Name	The station or run just completed (e.g. "Run")
Split Time	Total elapsed time for that segment (white, large)
RoxZone Transition	Label in orange — marks the start of your corridor run to the next station
RoxZone Timer	Time already elapsed in the transition (orange) — begins counting the moment the split ends

The RoxZone timer starts immediately when a split ends, ensuring no transition time is lost between reading your split and moving to the next station.

7. Final Summary



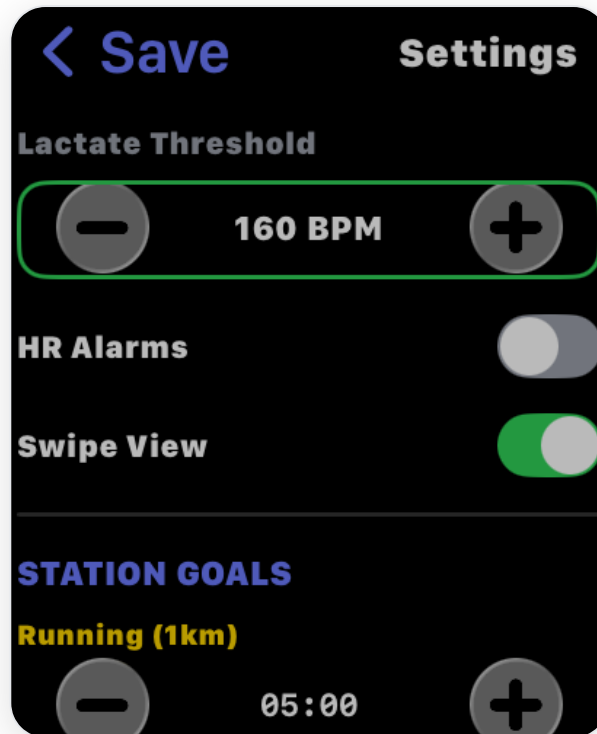
The **Final Summary** appears automatically after your workout ends. It presents your total time and a complete, scrollable split-by-split breakdown of the session before you close out.

What It Shows

Element	Style	Description
TOTAL TIME	Blue, large	Full elapsed workout time from first station to end
Station splits	White text, yellow time	Each completed Hyrox station with its split time
RoxZone splits	Orange text, yellow time	Each corridor transition run with its elapsed time
Close Summary	Green button	Dismisses the summary and completes the HealthKit save

The split list is scrollable — swipe up to see all segments from the full session. Every split is automatically synced to the RoxKit iOS app the next time your iPhone is in Bluetooth range.

8. Goals & Settings



The **Settings** screen lets you configure personal targets and preferences that apply across all workout modes. Access it by tapping **Goals & Settings** from the Main Menu.

Lactate Threshold

A +/- stepper control (highlighted with a green border) sets your personal lactate threshold heart rate in BPM. During a workout, the live HR display turns **orange** when you're at or above this value — giving you a real-time anaerobic zone indicator.

HR Alarms

Toggle haptic heart rate alerts on or off. When enabled, the watch delivers a series of haptic taps if your HR exceeds your configured alarm threshold — no need to look at the screen.

Non-Medical Disclaimer: RoxKit heart rate alarms and zone alerts are designed solely for athletic pacing and fitness training. RoxKit is not a medical device and is not intended to diagnose, monitor, or treat any heart condition. Always seek a doctor's advice in addition to using this app and before making any medical decisions.

Swipe View

Setting	Behaviour
Off	Grid View — all stations visible on one scrollable screen
On (green)	Swipe View — one station per screen in official Hyrox race order; double-tap to select

Station Goals

The **STATION GOALS** section (scrollable) contains a **+/-** stepper for each of the 9 trackable activities. These goal times power the progress ring and goal pace display on the Active Workout screen.

Station	Default Goal
Running (1km)	5:00
SkiErg	5:00
Sled Push	4:00
Sled Pull	4:00
Burpee Broad Jumps	4:00
Rowing	5:00
Farmer's Carry	3:00
Sandbag Lunges	4:00
Wall Balls	4:00

Tap **Save** (top left) to commit your changes and return to the Main Menu.

Station Alternatives & Cloud Synchronization

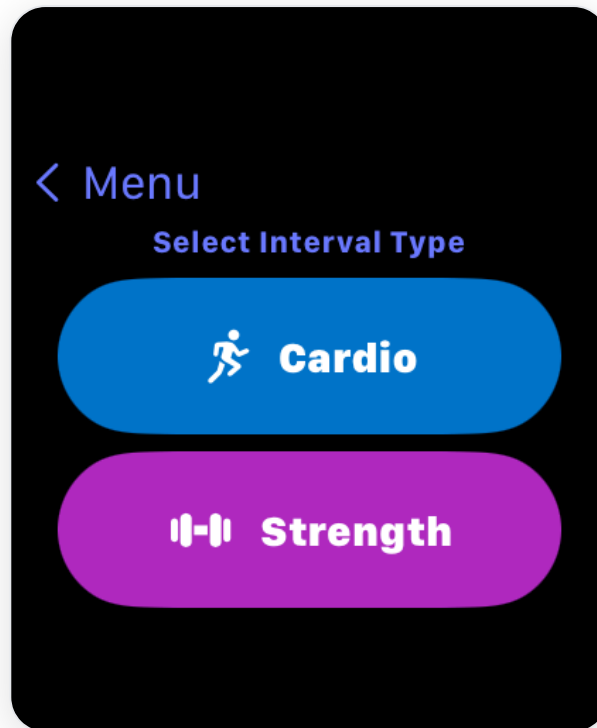
You can customize the alternative exercises available for each station on your iPhone or via the Web App under **Settings > Station Alternatives & Substitutions**. Any additions, removals, or default resets are pushed immediately to your Apple Watch over Bluetooth via `WCSession`.

Default Pre-Configured Race Alternatives:

Station	Default Pre-Loaded Alternatives
Run	Outdoor Run, Treadmill Run, Assault Runner, 800m Intervals, Track Repeats
SkiErg	Echo Bike, Assault Bike, Lat Pulldowns, DB Skiers, Concept2 Rower
Sled Push	Heavy Leg Press, Plate Push, Hill Sprints, Heavy Sled Drag, Treadmill Push
Sled Pull	Seated Cable Rows, Hand-over-Hand Rope Pull, Trap Bar Deadlifts, Kettlebell Deadlifts
Burpee Broad Jumps	Devil Press, Bar-Facing Burpees, Burpee Box Jump Overs, Target Burpees
Rowing	Concept2 Row, Echo Bike, SkiErg, Assault Bike, 500m Intervals
Farmer's Carry	Trap Bar Carry, Heavy Dumbbell Carry, Overhead Carry, Kettlebell March
Sandbag Lunges	Dumbbell Walking Lunges, Barbell Lunges, Bulgarian Split Squats, Weighted Step-Ups
Wall Balls	Thrusters, Dumbbell Thrusters, Medicine Ball Slams, Air Squats + Push Press

9. Custom Workout Picker & Favorite Ghost Pacer Replay

Custom Workout Picker



Tapping **Custom Workout** (purple button) from the Main Menu opens the **Custom Workout Picker**, which gives you immediate wrist access to two categories of personalized sessions synced from your iPhone or Web Dashboard:

1. PLANNED ROUTINES (Purple Section):

- Lists every custom multi-stage workout built in the **Plan Routine Split Builder** or generated by the **AI Workout Planner** and pushed to your watch.
- Shows the routine name, stage count, and total target duration.
- Tapping a planned routine launches an auto-sequenced guided session on your wrist that steps through your exact custom stages, target distances/ reps, and target stage paces.

2. FAVORITE WORKOUTS (Gold Star Section):

- Lists any completed historical workout that you starred (★) on the Dashboard or Workouts page.
- Displays the session title, stage count, and historical total time.

- Tapping a favorite workout launches **Favorite Ghost Pacer Replay** mode.

Favorite Ghost Pacer Replay HUD



When you select a **Favorite Workout** from the Custom Workout Picker, RoxKit turns your past performance into a live **Ghost Pacer** on your wrist:

- **Historical Stage Targets:** Every stage's target time is automatically populated from the exact split duration you recorded in that historical session.
- **Live Ghost Delta Ring & Pace Indicator:** As you move through each Run and Station, the progress ring and goal pace display show how many seconds ahead or behind your historical ghost split you are in real time.
- **Double-Tap Stage Progression:** Double-tap the watch screen to complete the current split, record your new time, and advance to the next stage in your historical sequence.
- **Full HealthKit & Split Logging:** When finished, the replay session is saved as a brand-new HealthKit workout with full heart rate telemetry and stage splits so you can compare your new performance side-by-side against your previous benchmark on the iPhone/Web Dashboard.

