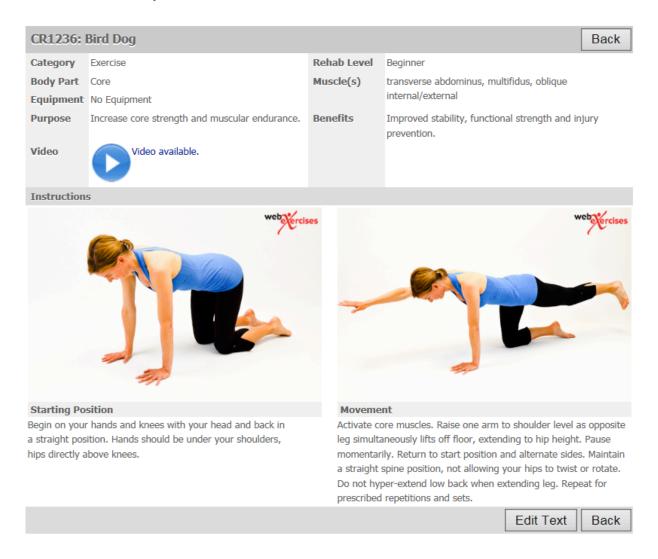
## How to Edit Exercise Text Instructions



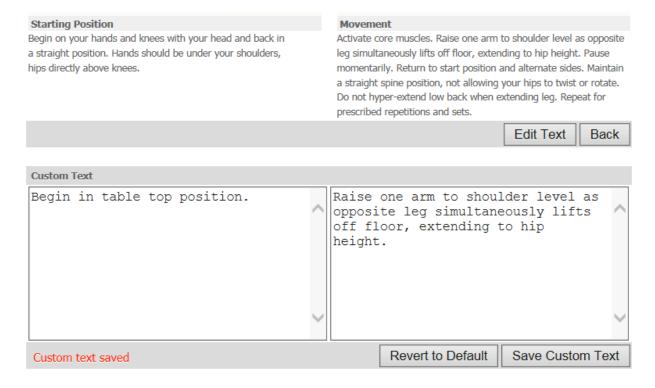
1. Chose the Exercise you want to edit the text for.



2. Click **Edit Text** and a new text box will open below.



3. Type in your new text then select **Save Custom Text**.



4. You can then refresh the page to see your new text. The new text will display for all subsequent exercise programs until to change it again or "Revert to Default".