# Tracking Workouts on Your Moto Watch 120

Inas B. - 2025-10-10 - Product Features

Your Moto Watch 120 helps you stay active by tracking **over 100 indoor and outdoor activities**. From running and cycling to yoga and rowing, you can monitor your performance, progress, and goals — all from your wrist.

Here's how to get started.

## Choose Your Activities

You can select your favorite workouts directly through the **Moto Watch Lite app**.

1. Open the app and go to the **Home** tab.
2. Select your **Moto Watch 120**.
3. Tap **Device Settings → Sports Manager**.
4. Remove any activities you don't use.
5. Add up to **20 activities** under **Choose Sports**.

## Start a Workout

You can start a workout in two quick ways:

- **Quick Start:** Press the **bottom physical button** (if not reassigned).
- **App List:** Press the **top physical button**, then select **Workout**.

### Before You Begin

- **Set a Goal (optional):** Tap the **three-dot menu** on any activity card to set your goal — **Time, Calories, Distance,** or **No Goal**.
- **Get Ready:** Tap the activity card, check your **heart rate** and **activity type**, then tap **Go** to begin.

## During Your Workout

- **Track Key Stats:** View your **time, duration, distance, pace, heart rate,** and **heart rate zone** in real time.
- **Control Music:** Swipe right to control music playing on your phone.
- **Pause or Stop:** Swipe left or press the **top button** to pause or end your session.

### View Your Activity History

You can check your performance right after each workout, or review it later:

- **On the Watch:** Open the **App List → Workout Records**.
- **In the App:** Open the **Moto Watch Lite app** to view synced activity details.

### Smart Sport Recognition

Your Moto Watch 120 can automatically detect common activities like **walking, running, cycling, rowing,** or **elliptical training** — and remind you to start or stop tracking.

By following these steps, you can easily track, manage, and improve your workouts — helping you make every move count with your Moto Watch 120.