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Use Live Activity and Dynamic Island

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See and control a running timer from Live Activity and Dynamic Island.

When a supported timer is running and you leave the app, Wrestling Timer can show a Live Activity on the Lock Screen and in Dynamic Island.

Which timers show a Live Activity

1. Live Activity shows for **Practice**, **Live Goes**, **Full Match**, and **Stance and Motion**.
2. For **Live Goes**, **Full Match**, and **Stance and Motion**, Live Activity is off when that timer runs inside a Practice session.
3. Start the timer on iPhone, then go to the Lock Screen or use Dynamic Island to see remaining time and mode label.

Controls you may see

1. Use **Pause Timer** or **Resume Timer** from the Live Activity when those controls are available.
2. If arena music is part of the session, the activity can show **Playing** or **Paused** for the track status.
3. Music controls on the activity can include **Toggle Music**, **Skip Track**, **Previous Track**, and **Toggle Shuffle** when music is available.

Live Activity is meant for a quick glance while the timer keeps running. Open Wrestling Timer for full setup and exit options. For the Home Screen widget, see [Add the Wrestling Timer widget](#).
