

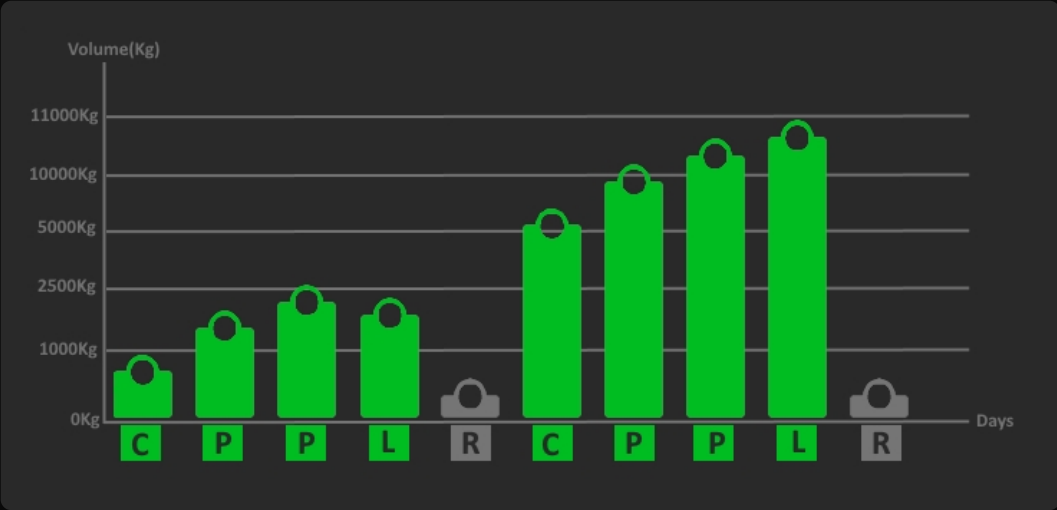
Training Plans

Create Routines

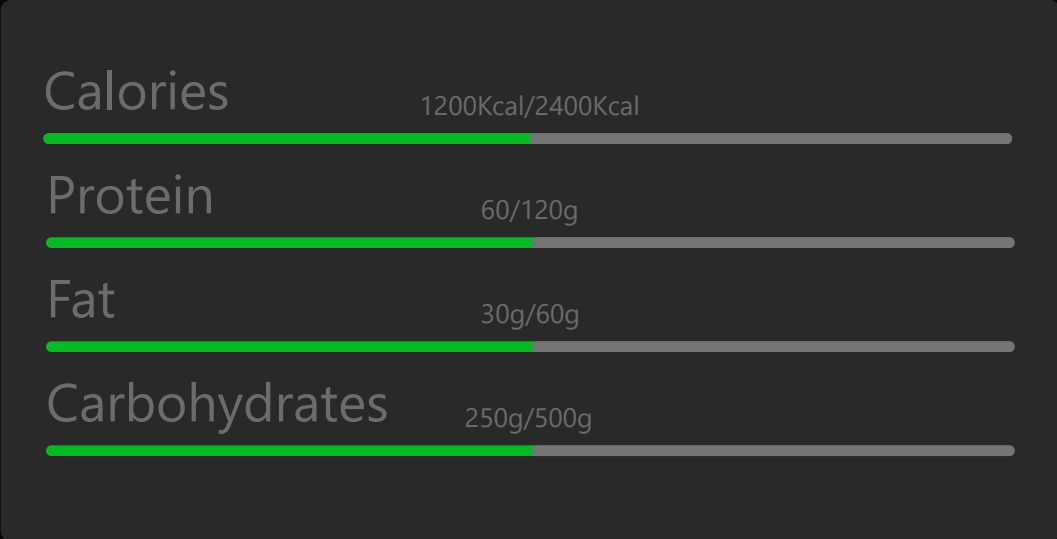
Routines








8 Day Streak



Today's Scheduled Workout

Core Workout Routine





Enter Routine Name...

Rear Delt Flys



Lateral Raises



Front Raises



Dumbbell Bench Press



Dumbbell Shoulder Press



Cable Tricep Extensions



Add Exercises

Save Routine



Search Exercises...

Shoulders



Biceps



Triceps (+ 1)



○ Skull Crushers



⦿ Tricep Extensions



○ Tricep Kickbacks



○ Tricep Underhand Kickbacks



Legs



Add Exercises

Save Routine



Current Plan: Push Pull Legs

Congratulations!

You've Completed 4 Workouts this Week!



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

Scheduled Workout

Core Workout Routine

Routines

Training Plans







Exercises

Search Exercises...

Rear Delt Flys



Lateral Raises



Front Raises



Dumbbell Bench Press



Dumbbell Shoulder Press



Cable Tricep Extensions



Add Exercises

