

Authentication

email

password

Onboarding

fitness goals?
☐ loose weight
☐ build muscles
☐ improve flexibility
....

workout preferences
☐ home
☐ gym
☐ both home & gym

experience level
☐ beginner
☐ advances

Onboarding

any limitations?
☐ asthma
☐ knee pain
☐ back pain
☐ pregnancy
☐ other

specify

Dashboard

Welcome! 

Preferences

goals
preferences
experience
limitations



Start >

 home


 progress


 workouts

Progress


 Progress 


🔥 15-day streak!


 5/10

 5/10



Reset

 home

 progress

 workouts

Workouts

 Workouts 

10min


30min


1h


type1


type2


type3

 title
time



 title
time

 home

 progress

 workouts

Badges

 Badges 

2

not earned badge

not earned badge

earned badge

earned badge