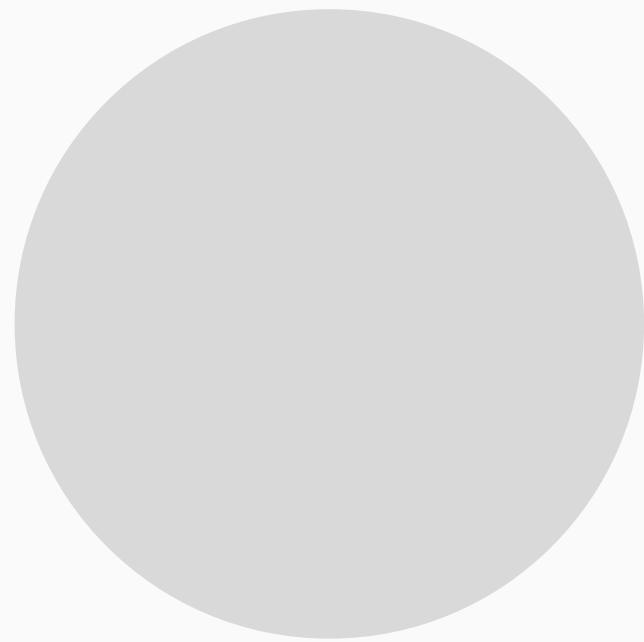


# Catalyst



**John Doe**

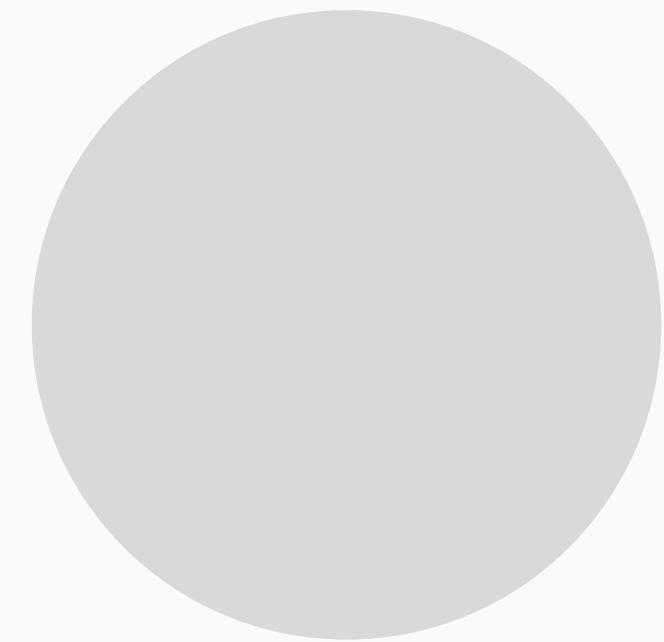
**Sign In**

**Create an Account**

# Catalyst

J0hnD0e33

\*\*\*\*\*



**John Doe**

Sign In

Forgot Password?

Create an Account

# Catalyst

Email

Johndoe1988@gmail.com

Username

J0hnD0e33

Password

\*\*\*\*\*

Confirm Password

\*\*\*\*\*

Sign Up

# Flexibility

---

# Strength

---

# Weight Loss

# Add Goal

Weight Loss

Completion of goal ?

May / 08 / 2024

Time Calculated:  
3 months

Save Goal

# Add Goal

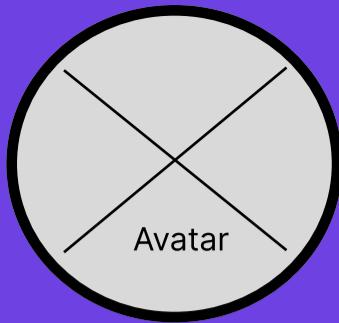
Flexibility

Completion of goal ?

May / 08 / 2024

Time Calculated:  
3 months

Save Goal



**John Doe**  
**32 years**

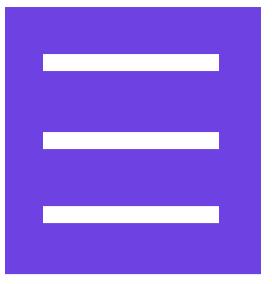
**View My Profile**

**Progress**

**Settings**

**Privacy**

**Sign Out**



# Catalyst

## Goal 1: Be More Flexibility

### Flexibility Routine

- Cat Cows
  - 3 sets x 5 min holds
- Sphinx poses
  - 4 sets of 3 x 3 min holds
- spinal twist
  - 3 sets of 10 lunges

Estimate completion:  
June/20/2024  
5 Months

## Goal 1: Be More Flexibility

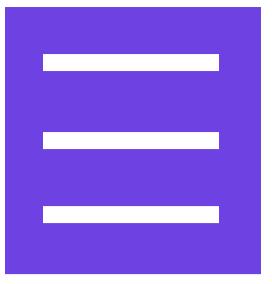
### Strength Routine

- Bench Press
  - 1st set 8 reps
  - 2nd & 3rd set 12 reps
- Back Squats
  - 1st set 15 reps
  - 2nd set 8
  - 3rd set 6
- Shoulder Press
  - 1st set 8 reps
  - 2nd & 3rd 15 reps

Estimate completion:  
August/23/2024  
7 Months

Add a Goal +

Welcome John Doe!



# Catalyst

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  - 2nd & 3rd 15 reps

Estimate completion:  
August/23/2024  
7 Months

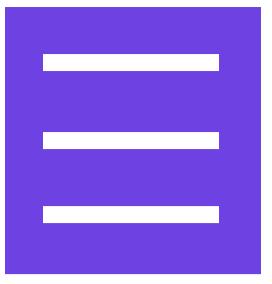
## Goal 3: Lose Weight

### Weightloss Routine

- Bike Warm Up
  - 10 mins
- 30 mins strength training
  - 3 sets x 10 Back squat
  - 2 sets x 15 Bench press
  - 2 sets x 12 Barbell row
- 20 mins Abs
  - 2 sets x 30 sit ups
  - 2 sets x 30 leg raises
  - 2 sets x 30 V - ups

Estimate completion:  
May/14/2024  
3 Months

Woo Hoo! new goal added! Drag the goal to the forum to share with others



# Catalyst

## Goal 1: Be More Flexibility

### Stretching Routine

- Cat Cows
  - 3 sets x 5 min holds
- Back Squats
  - 1st set 15 reps
  - 2nd set 8
  - 3rd set 6
- Shoulder Press
  - 1st set 8 reps
  - 2nd & 3rd 15 reps
- Pull ups
  - 3 sets till failure

Estimate completion:  
June/20/2024  
5 Months

## Goal 1: Be More Flexibility

### Stretching Routine

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  - 2nd set 8
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  - 2nd & 3rd 15 reps
- Pull ups
  - 3 sets till failure

Estimate completion:  
August/23/2024  
7 Months

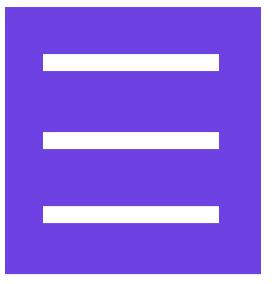
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  - 2 sets x 30 V - ups

Estimate completion:  
May/14/2024  
3 Months

Want to put your favorite exercise? Just tap one of the exercises to edit them!



# Catalyst



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August/23/2024  
7 Months

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  - 2 sets x 15 Bench press
  - 2 sets x 12 Barbell row
- 20 mins Abs
  - 2 sets x 20 Burpees
  - 2 sets x 30 leg raises
  - 2 sets x 30 V - ups

Estimate completion:  
May/14/2024  
3 Months

# Forum Conversations

## My Posts

Strength 1,578

Weight loss 946

Flexibility 1,107

Education 798

## Goal 1

### Flexibility

- 3 sets of 3×5min holds of cat cows
- 4 sets of 3×3min holds of Sphinx poses
- 3 sets of 10 lunges with spinal twist

Hello! does anyone have any other back flexibility exercises that are alternatives to the lunges with spinal twist? preferably that include holds along with them, thanks!

Post

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 you can try bending at the hip and touching your left foot with your right hand and vice versa

 thats better than most ones tbh.

 you can try and generate another exercise from the goals page

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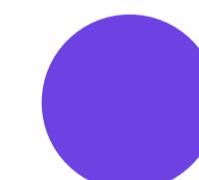
Education 798

## Goal 1

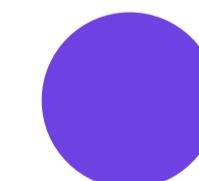
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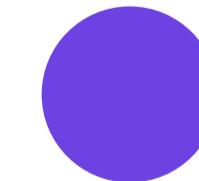
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you can try and generate another exercise from the goals page

Edit

Exercise

Situps

Quantity

30

Sets

2

Save

# **Jumping Jacks**

---

# **Burpees**

---

# **Russian Twists**

10

---

20

---

30

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Flexibility 1,107

Education 798



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Weight loss 946

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Ask for advice here...



Edit

Exercise

Burpees

Quantity

30

Sets

2

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# Forum Conversations

## My Posts

Strength 1,578

Weight loss 946

Flexibility 1,107

Education 798



Edit

Exercise

Burpees

Quantity

20

Sets

2

Save

# Forum Conversations

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Flexibility 1,107

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