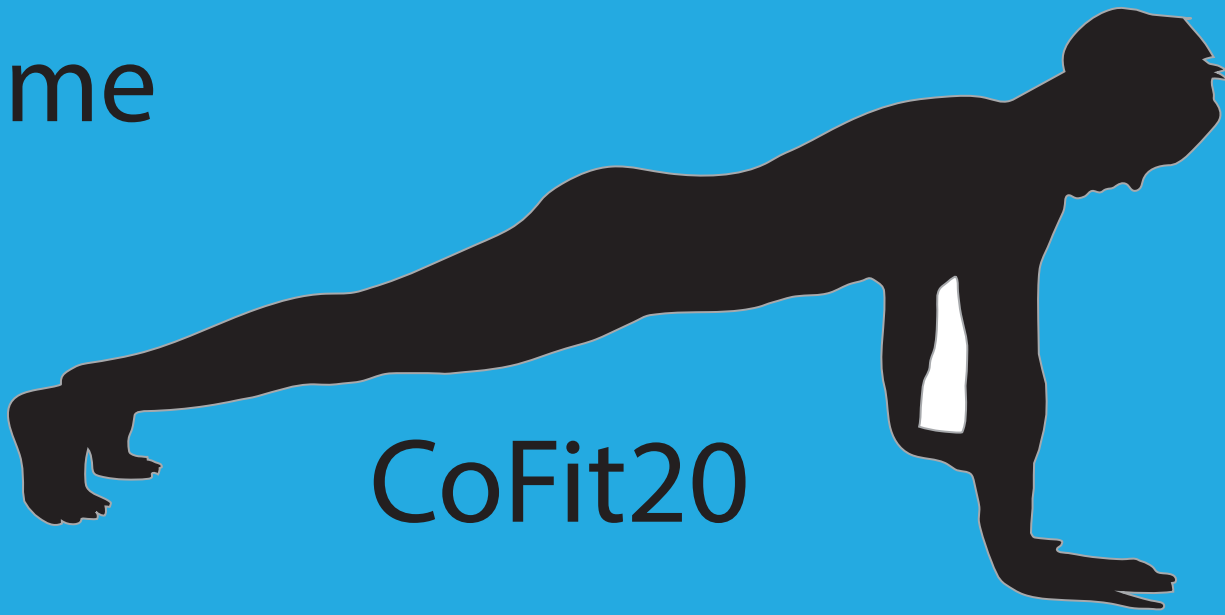


# Home



## CoFit20

Navbars

Make your  
own workout

Weekly  
workouts

Welcome Text  
& Mission

No equipment needed  
indicate where possible  
updating news ?

Registration for some  
things?

green = input buttons

# Make your own workout

## Choose workouts

### Belly workouts

- ☐ Sit up
- ☐ Heel Touch Crunches
- ☐
- ☐ Crunches
- ☐ Leg Lift & Hold
- ☐
- ☐ Jack Knife
- ☐ Side Plank Crunches
- ☐
- ☐ Bicycle Crunches
- ☐ Plank Dips
- ☐
- ☐ Russian Twist
- ☐ Windshield Wiper
- ☐

### Leg & Butt workouts

- ☐ Wall Sit (alt: Squat)☐ Squat☐ Sumo Squat☐ 2 Squats, 2 Squat Jumps☐ Glute Bridge☐ Calf Rises
- ☐ Rope Jumps☐ Frog Squats☐ Jump Squat (+ Touch)☐ Jump + Squat Backwards☐ Single Leg Donkey Kick☐ Squat & Knee Rise
- ☐ Ice Skater☐ Hurdles☐ Squat Walk☐ Side Lunges☐ Jumping Jacks
- ☐ Ladder (alt: Fast Feet)☐ Jumping Lunges (Plyo)☐ Backward Lunge + 2 Pulse☐ Inner Sole Taps☐ Single-Leg Glute Bridge
- ☐ 10 Fast Feet + Jump☐ 10 High Knee, 3 Tuck Jumps☐ 6 Fast Feet In & Out☐ Butt Kicker☐ Pistol Squat
- ☐
- ☐

### Arm workouts

- ☐ Push Ups☐ Prayer Pulse
- ☐ Pull Ups (alt: Superman)
- ☐
- ☐ Diamond Push Up
- ☐
- ☐ Spiderman Push Up
- ☐
- ☐ Push Up + Side Turn
- ☐

### Core workouts

- ☐ Mountain Climber☐ Swimmer☐ Mount. Climb. Side Step☐ Single Hand Burpee
- ☐ Burpees☐ Inch Worm☐ Bird Dog☐ Burpee + Push Up (n+1)
- ☐ Plank☐ Bear Crawl☐ Crab Walk☐ Flutter Kicks (scissors)
- ☐ Shoot through☐ 4 Sprawl + 2 Push Up☐ Star Push Up Jump☐ High Plank Shoulder Tap
- ☐ Low + High Plank Switch☐ Jump + Donkey Kick (n+1)☐ Burpee + Jump 180
- ☐

- Pre-set
- Surprise
- Your Choice
- Exit

Preset necessary? or navigation to the navbar weekly workouts or start workout of the day. Or include last modified workout to pre-set. Include more timing options

## Choose Timing

Enter Work Out Time (s)

Enter Rest Time (s)

Enter Nr of Workouts

Enter Nr of Repeats

Missing a workout?  
Request to include it here

## Today's Workout:

- Crunches
- Mount. Climb. Side Step
- Inner Sole Taps
- Ice Skater
- Bird Dog
- Sumo Squat
- Star Push Up Jump
- Single Leg Donkey Kick
- Leg Lift & Hold
- Pistol Squat
- Bicycle Crunches
- Plank

- Start
- Pick Again
- Exit

Start the workout timer gui

# Weekly workouts

Monday

Monday,  
LIVE SESSION  
XX hrs PDT

List workouts?  
or after the  
program starts

Tuesday

Monday,  
LIVE SESSION  
XX hrs PDT

Wednesday

Monday,  
LIVE SESSION  
XX hrs PDT

Thursday

Rest Day

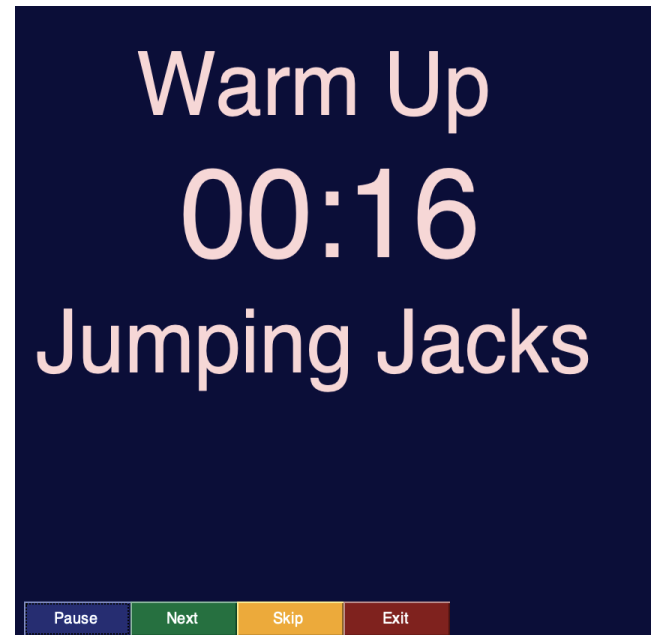
Friday

Monday,  
LIVE SESSION  
XX hrs PDT

Where should pop up Today's workout  
and choose time ????

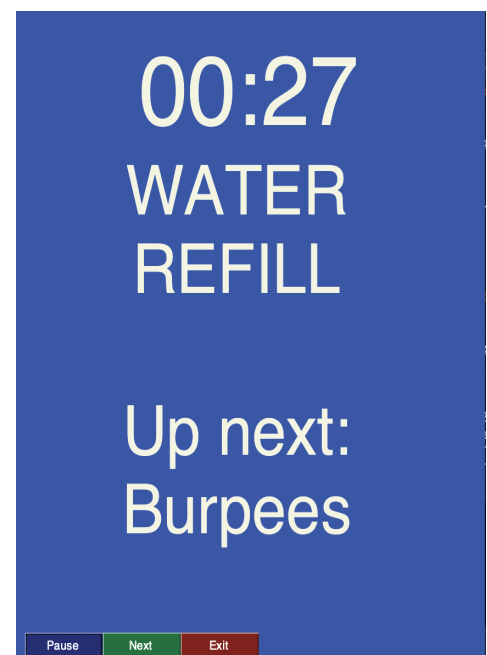
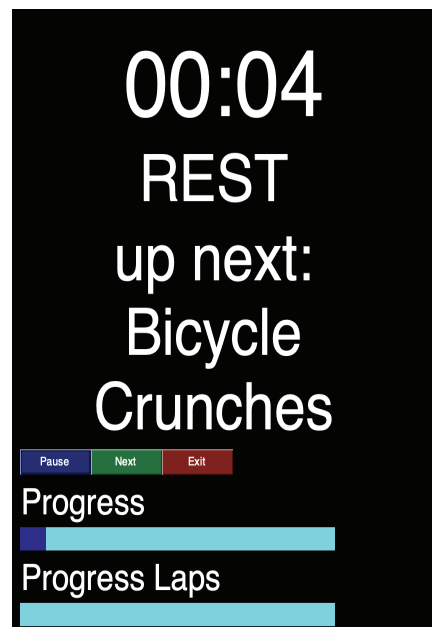
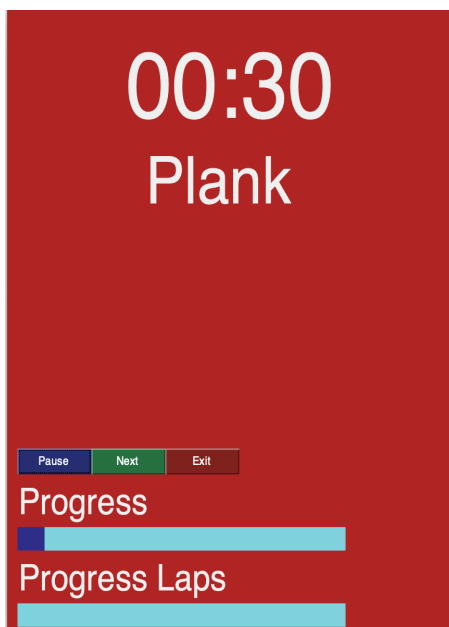
Start the workout timer gui

## workout timer gui



In between timers for: Ready for WarmUp and ready for workout

Include best sounds of the world/ Include GIFS?



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12 times (or x amount)

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3 times (or x amount)

For time change: include that same workout can be repeated 3-x times back to back before moving on the the next workout