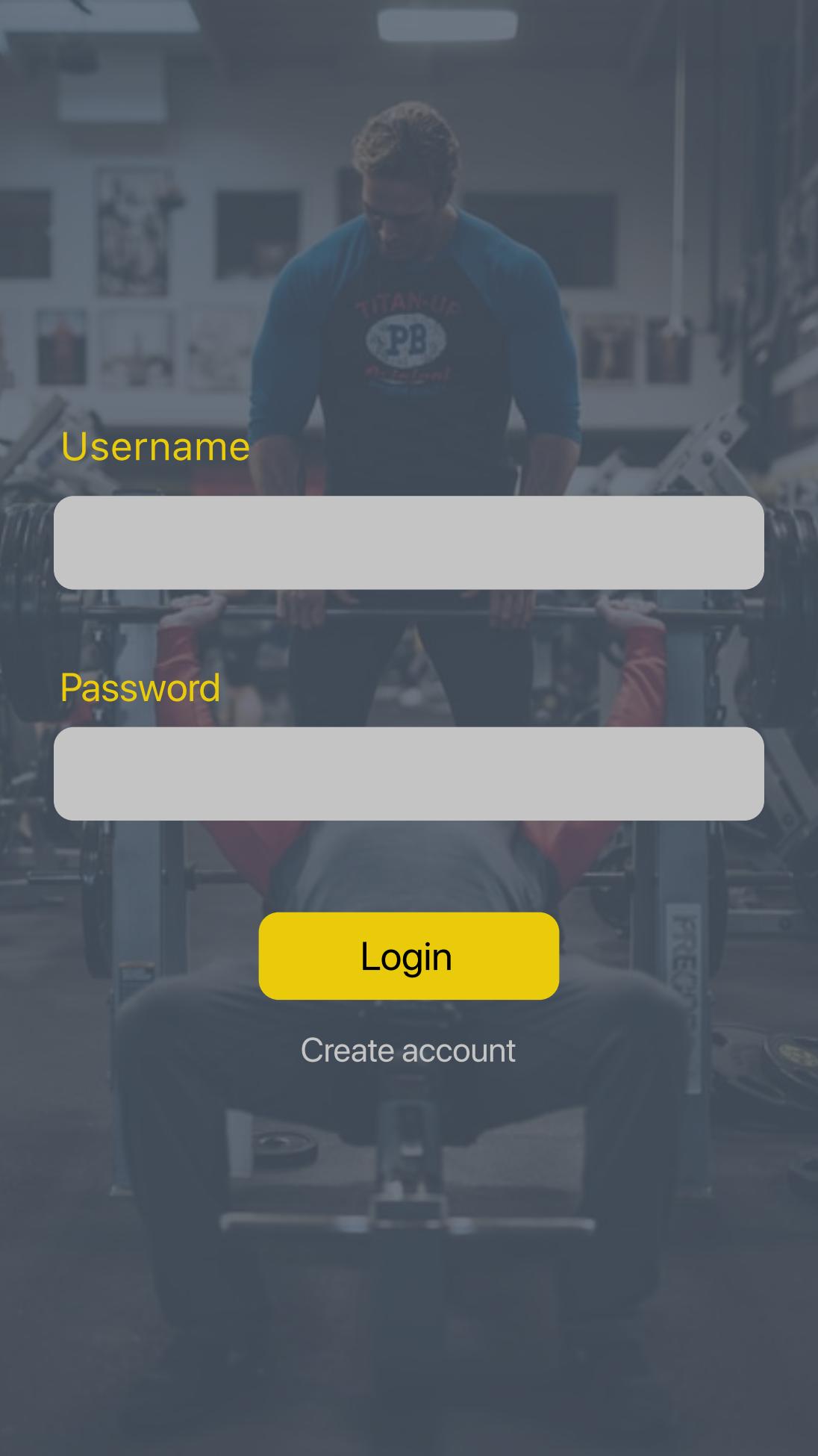




Trainer



Client

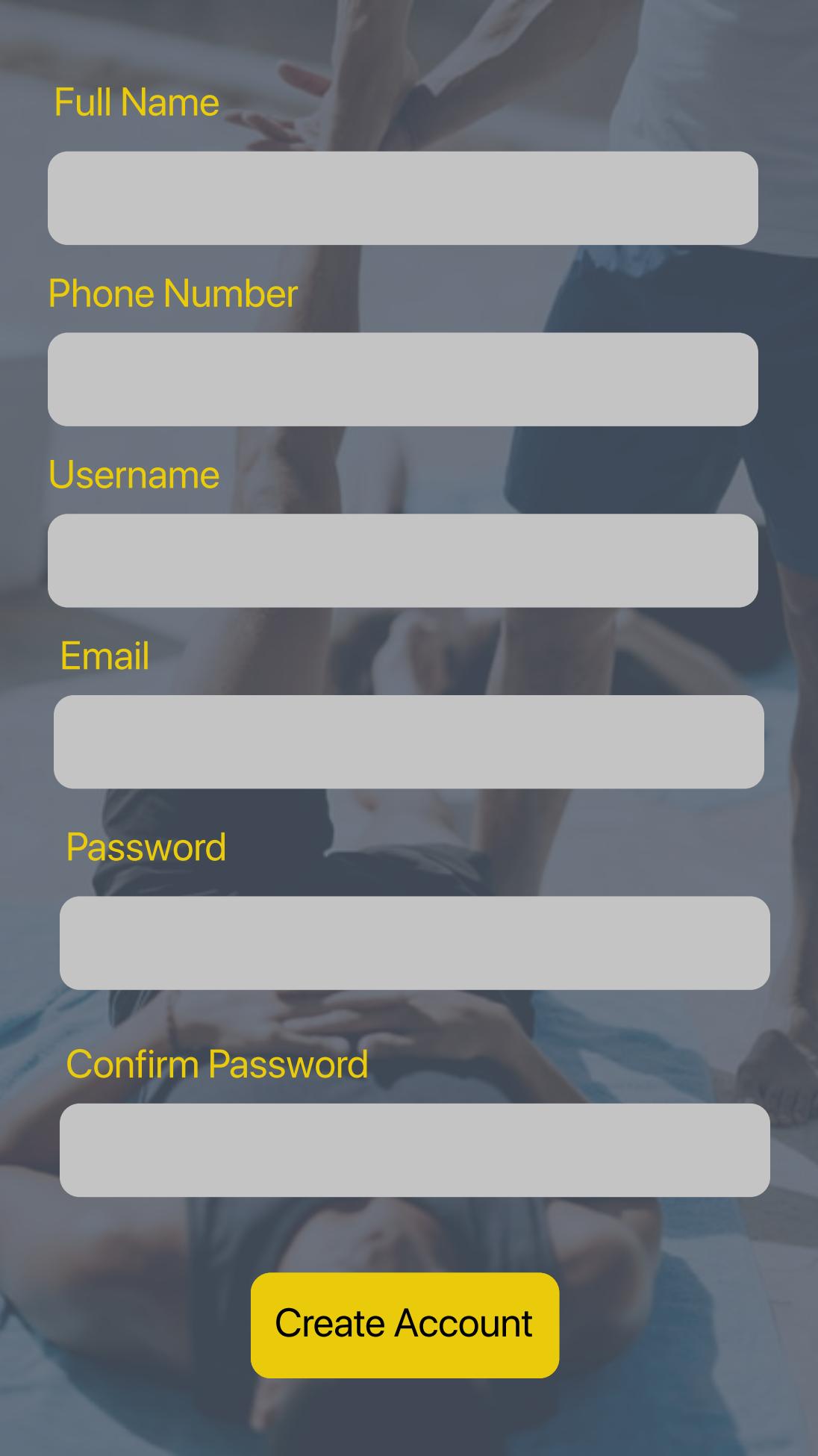
A man in a gym wearing a blue shirt with "TITAN-UP" and "PB" logo, performing a bench press.

Username

Password

Login

Create account

A blurred background image of a person sitting on a beach chair, facing away from the camera, looking down at a smartphone held in their hands.

Full Name

Phone Number

Username

Email

Password

Confirm Password

Create Account

My Clients



Mohamad Dhaini



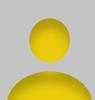
Jamil Awada



Ali Chehade



Fadi Amad



Nadim Khamis

My Client



My Clients



Add Client



Settings



Mohamad



Logout



Jamil Awada



Ali Chehade



Fadi Amad



Nadim Khamis

Add Client

Client ID

Objective

Workout per week

5 ↓

Generate My trainer ID



Add Client



DAY 1



DAY 2



DAY 3



DAY 4



Mohamad



My Client



Client Info



Manage

DAY 1



DAY 2



DAY 3



DAY 4



Day 1



Bench Press

Set:	Reps:	Weight:
Top set	1	100
Paused Set	3	90
Working Set	6-8	85

Comments: Go as explosive as you can and focus on mind muscle connection

Incline DB Press

Set:	Reps:	Weight:
Working Set 1	10	30
Working Set 2	10-12	25
Working Set 3	6-8	40

Day 1



Day 1



Create



Edit

Bench Press



Client
Feedback

Set:

Reps:

Weight:

Top set

1

100

Paused Set

3

90

Working Set

6-8

85

Comments: Go as explosive as you can and focus on mind muscle connection

Incline DB Press

Set:

Reps:

Weight:

Working Set 1

10

30

Working Set 2

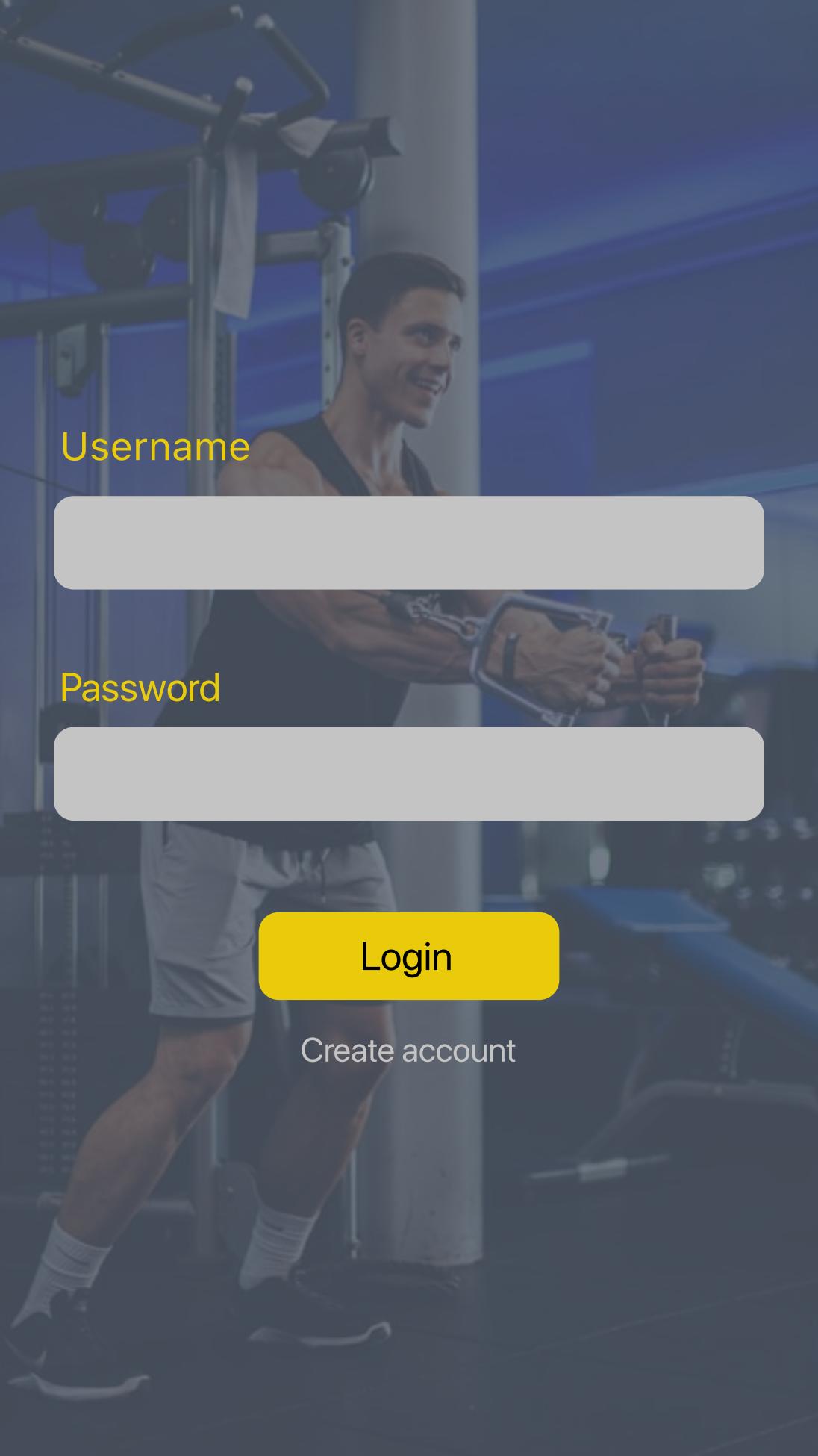
10-12

25

Working Set 3

6-8

40

A background photograph of a man in a gym. He is wearing a black tank top and light-colored shorts, and is smiling while flexing his right bicep. He is standing next to a piece of gym equipment with multiple handles.

Username

Password

Login

Create account

Full Name

Age

Height

Weight

Phone Number

Username

Email

Password

Confirm Password

Generate My ID



My Training



DAY 1



DAY 2



DAY 3



DAY 4



My Training

My training



Login with Trainer



My info



Settings



Logout

DAY 1



DAY 2



DAY 3



DAY 4



Day 1

Bench Press



Set: Reps: Weight:

Top set	1	100	
Paused Set	3	90	
Working Set	6-8	85	

Comments: Go as explosive as you can and focus on mind muscle connection

My Feedback: Top set was easy but the paused set was a bit challenging I failed the last rep

Incline DB Press



Set: Reps: Weight: