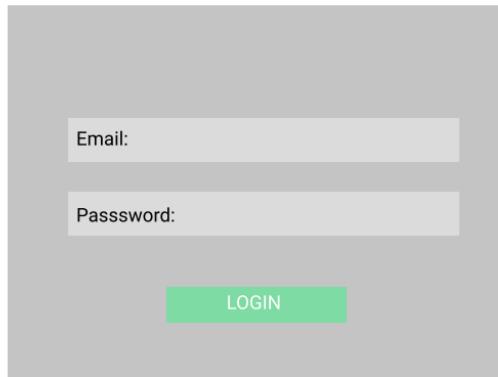


Login signup

**welcome
fitness freak**

Application Frame/lp

[Login](#) [signup](#)



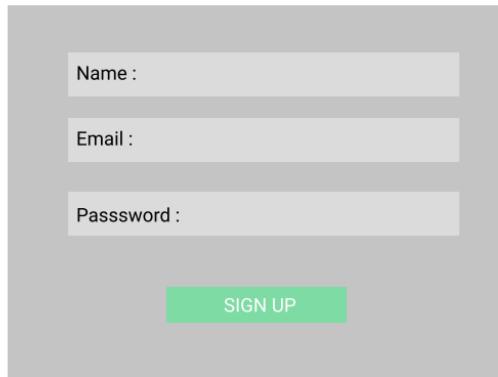
Email:

Passsword:

LOGIN

[Login](#)

[Login](#) [signup](#)



Name :

Email :

Password :

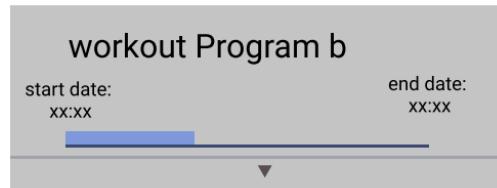
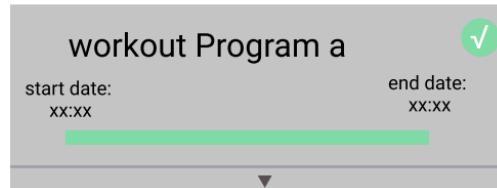
SIGN UP

A light gray rectangular form card with rounded corners. It contains three horizontal input fields: 'Name :', 'Email :', and 'Password :'. Below these fields is a green rectangular button with the text 'SIGN UP' in white capital letters. A small red plus sign is located at the bottom left corner of the card.

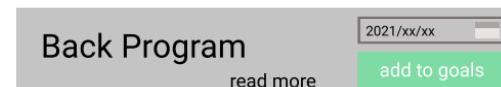
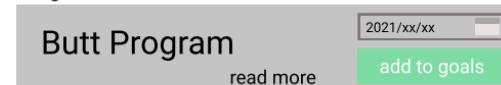
signup

todays date; xx:xx xx days left until Monday

Goals



set goals



Complete

Program a

start date:
xx:xx




Details

Program c

start date:
xx:xx


end date:
xx:xx

Day 1

order	Exercise	sets	reps
1	xx	x	x 
2	xx	x	x 
3	xx	x	x 
4	xx	x	x 
5	xx	x	x 

Day 2

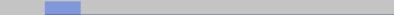
order	Exercise	sets	reps
1	xx	x	x 
2	xx	x	x 
3	xx	x	x 
4	xx	x	x 
5	xx	x	x 

Day 3

order	Exercise	sets	reps
1	xx	x	x 
2	xx	x	x 
3	xx	x	x 
4	xx	x	x 
5	vv	v	v 

Details Exercise

Program c

start date:
xx:xx


end date:
xx:xx

Day 1

order	Exercise	sets	reps
1	xx	x	x 
2	xx	x	x 
3	xx	x	x 
4	xx	x	x 
5	xx	x	x 

Day 2

order	Exercise	sets	reps
1	xx	x	x 
2	xx	x	x 

Press-up

How to do it: Get down into a press-up position with your hands placed shoulder-width apart and back flat, so a straight line forms from your head to heels, via your glutes. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms. That's on rep.

3	xx	x	x 
4	xx	x	x 
5	xx	x	x 

Day 3

[View Program](#)

todays date; xx:xx

View Workouts

Butt Workouts

read more

▼

X Workouts

read more

▼

Z Workouts

order	Exercise	sets	reps
1	xx	x	x
1	xx	x	x
1	xx	x	x
1	xx	x	x
1	xx	x	x

▲

Program

Set dat to add

Z Workouts

order	Exercise	sets	reps
1	xx	x	x
1	xx	x	x

Press-up
How to do it: Get down into a press-up position with your hands placed shoulder-width apart and back flat, so a straight line forms from your head to heels, via your glutes. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms. That's one rep.

1	xx	x	x
1	xx	x	x
1	xx	x	x

▲

Details

Details Exercise

Exercise x

Exercise Butt

Exercise z

Exercise i

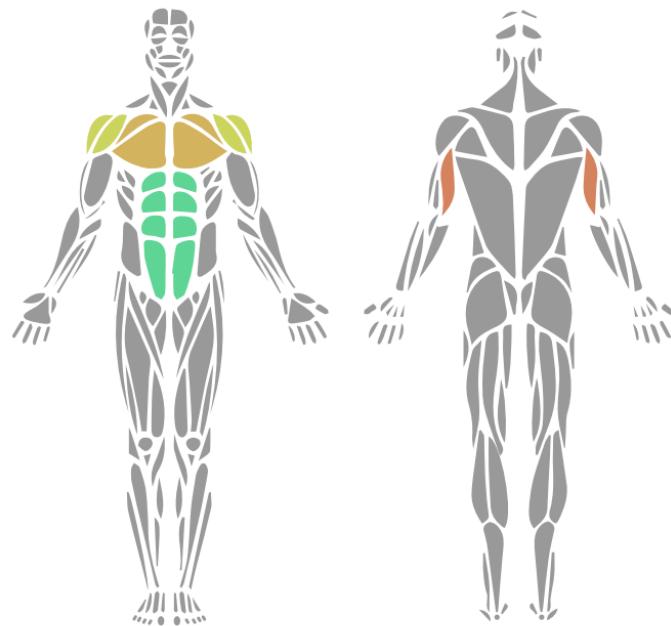
Exercise j

PUSH UP

Press-up

How to do it: Get down into a press-up position with your hands placed shoulder-width apart and back flat, so a straight line forms from your head to heels, via your glutes. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms. That's one rep.

Exercise detail



nice to have

"hover the list and muscle groups light up"

[View Exercises](#)

View Exercises by target muscle group

Exercise Butt

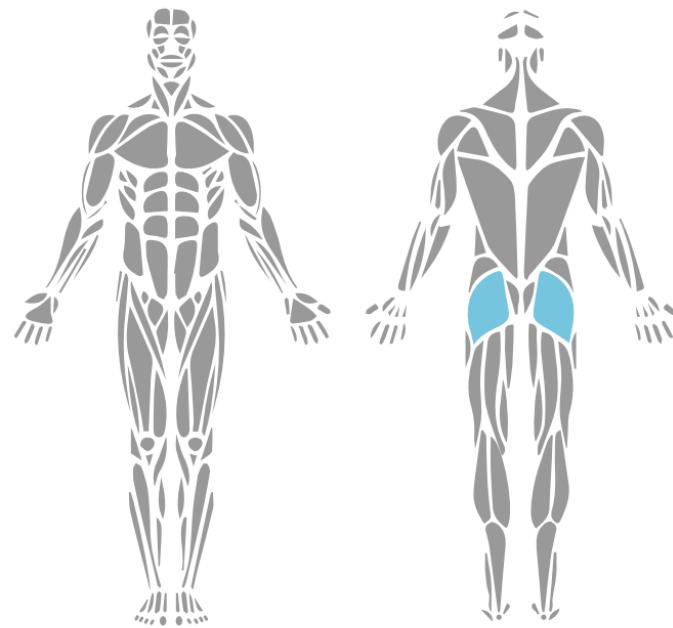
Exercise Butt

Exercise Butt

Exercise i

Exercise j

Exercise t



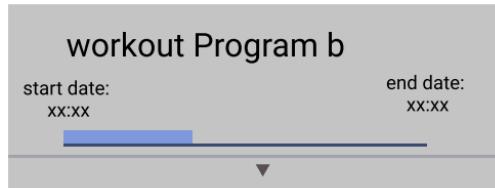
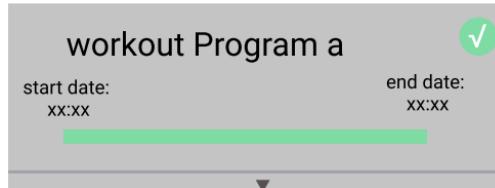
"click muscle group and the list sorts"

nice to have

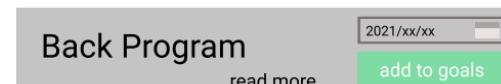
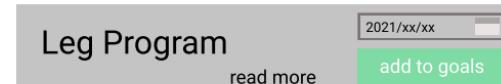
View Exercises 2

todays date; xx:xx xx days left until Monday

Goals



set goals



Add new Program

Program a

Edit Program

Program b

Edit Program

Program c

Edit Program

edit/update program

Program c

update workout

Day 1

order	Exercise	sets	reps
1	xx	x	x
2	xx	x	x
3	xx	x	x
4	xx	x	x
5	xx	x	x

Day 2

order	Exercise	sets	reps
1	xx	x	x
2	I	x	x
3	xx	x	x
4	xx	x	x
5	xx	x	x

Day 3

order	Exercise	sets	reps
1	xx	x	x
2	xx	x	x
3	xx	x	x
4	xx	x	x
5	vv	v	v

New program

Program X

+ add new workout

Day 1

order	Exercise	sets	reps	-
1		x	x	-
2		x	x	-
3		x	x	-
4		x	x	-
5		x	x	-

workout list to add from to new program

Workout a

add to program

Workout b

add to program

Workout c

add to program

Workout d

add to program

Workout e

add to program

order	Exercise	sets	reps
1	xx	x	x
1	xx	x	x
1		x	x
1	xx	x	x
1	xx	x	x

Contributor Add and Edit Programs

Add new workout

Workout a	Edit workout		
Workout b	Edit workout		
Workout c	Edit workout		
Workout d	Edit workout		
Workout e	update workout		
order	Exercise	sets	reps
1	xx	x	x
1	xx	x	x
1		x	x
1	xx	x	x
1	xx	x	x

New workout

Workout X

+ add new Exercise

Save new workout

order	Exercise	sets	reps
1		x	x

Exercise list to add from to new workout

Exercise i	add to workout		
Exercise j	add to workout		
Exercise t	add to workout		
Exercise z	update workout		
order	Exercise	sets	reps
1	xx	x	x
1	xx	x	x
1		x	x
1	xx	x	x
1	xx	x	x

Contributor's Area - Add and Edit Workouts

Add new Exercise

Exercise x

Edit Exercise

Exercise Butt

Edit Exercise

Exercise z

Edit Exercise

PUSH UP

update exercise

Press-up

How to do it: i...

edit/update exercise

create new exercise

name

description

musclegroup

Save new exercise

Contributor Add and Edit Exercises

profile



Name :

Email :

Password :

weight:

height

adress 1

adress 2

adress 3

postalcode

city

cuntry

update

apply for
contributor status



Name :

Email :

Password :

weight:

height

adress 1

adress 2

adress 3

postalcode

city

cuntry

update

contributor profile

upload
image

Name :

Email :

Passsword :

weight:

height

adress 1

adress 2

adress 3

postalcode

city

cuntry