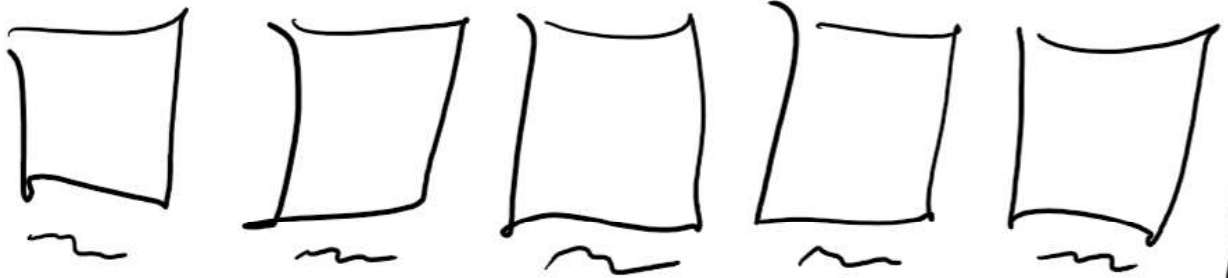


Try something New:
upper body



Back/Shoulders



Work out Review:

How was your workout?

Intensity

Too easy |-----| Too Hard

Length

Too short |-----| Too long

Movement

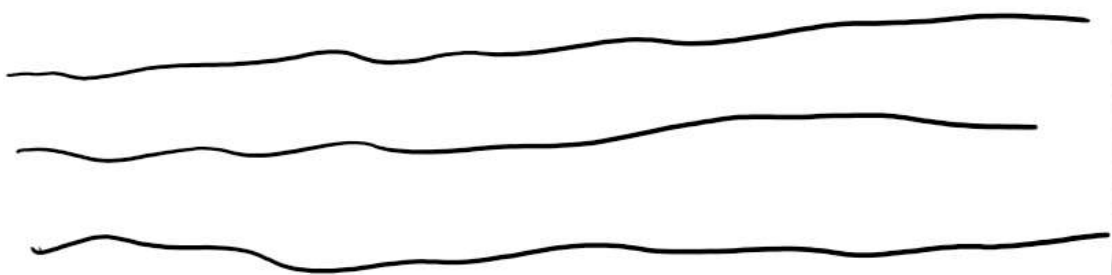
Too static |-----| Too Dynamic

Squat (3 x 10)



(video)

How to do it right:





Data slider

Age



Height



Weight



Activity Level



Workout Intensity

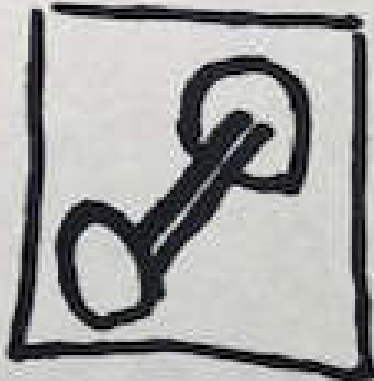


Input
Data
about the
user





Choose your Workout



Functional
Training

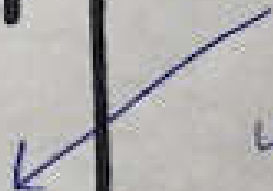


Cardio



Crossfit

User
picks
Workout
type





Work out: Functional

Calculated Data
Results

Superset

Chest Press 3×10

Shoulder Flys 3×10

Single set

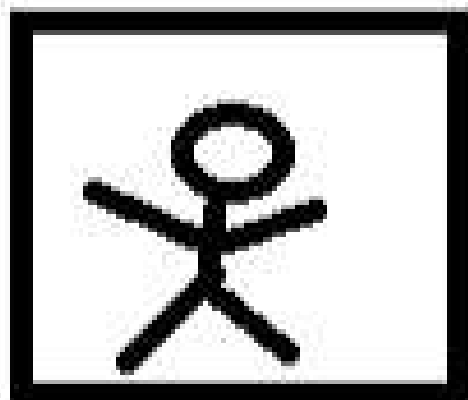
Dips 4×10

(added
weight)

Click to Preview
Exercises

Using data
and workout
selection a
program is
designed for
you

Workout Routine Helper



Beginner



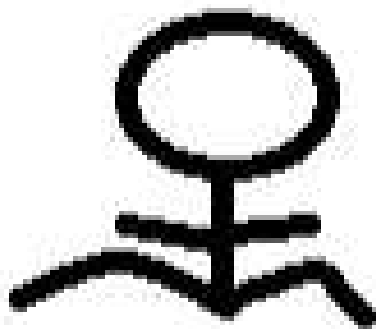
Advanced



Hardcore

Beginner Workouts!

4 Squats for 2-4 sets!



Video for learning the proper
technique

Review on Workout

Was it too difficult? Yes or No

Was it too easy? Yes or No

Would you like more
workouts similar to
this? Yes or No