Workout App Pages Design

Mobile Pages

Home Page

Options: Create workout plan, view saved plans, browse shared plans.

Create Workout Plan Page

Select exercises from a library or add exercises.

Customize sets, reps, rest times.

Workout Plan Details Page

Display details of workout plans (exercises, sets, reps, rest times).

Edit, save, start workout options.

Social Sharing Page

Share workout plans with friends and followers.

View a feed of shared workout plans (like, comment, save).

User Profile Page

View profile, saved workout plans, shared workout plans.

Edit profile details, manage privacy settings.

Navigation Menu

Easy access to Home, Create Workout Plan, Workout Plan Details, Social Sharing, and User Profile pages

Desktop Pages

Home Page

Same as mobile with a responsive design for larger screens.

Create Workout Plan Page

Larger input fields, dropdowns, and a detailed layout for better usability.

Workout Plan Details Page

Detailed view with all exercises, sets, reps, rest times.

Larger edit, save, start workout buttons.

Social Sharing Page

More extensive feed view, possibly with sidebars for additional features.

User Profile Page

Expanded view of profile information, saved and shared plans.

Navigation Menu

Possibly a sidebar or top navigation bar for easy access.