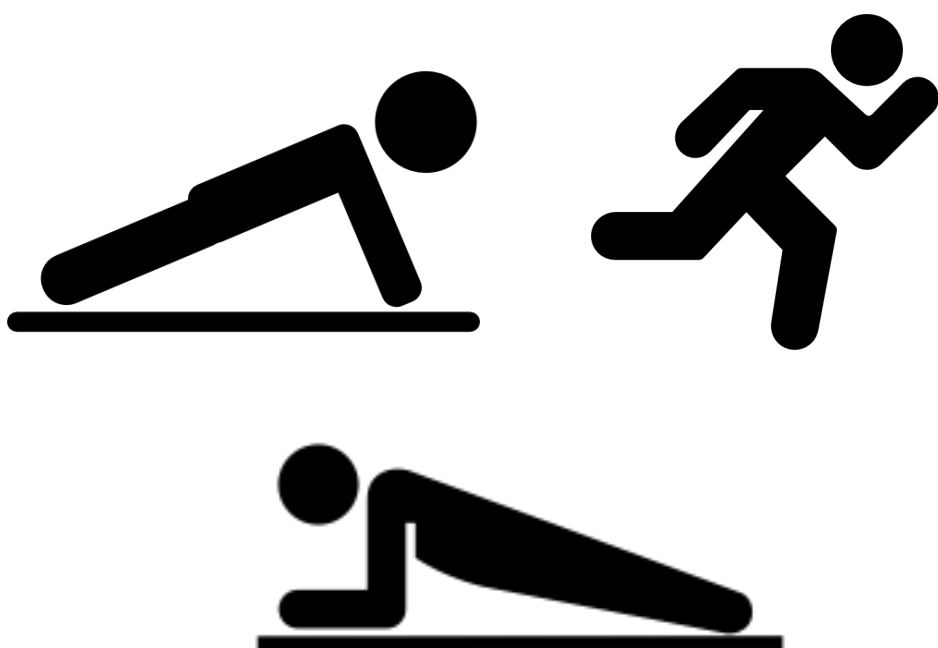


Recent Workouts



Streak

32 weeks



Home



My
Workouts



Activity



Custom
Workouts

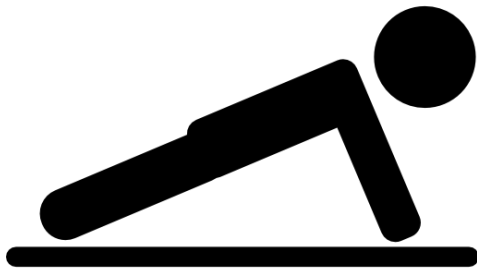


Favorite
Workouts



Settings

My Workouts



Push Ups
30 Reps
Or
1 Minute



Running 30 Minutes



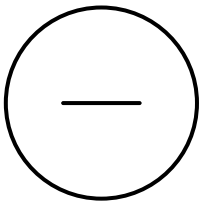
45 Second Planks

Custom

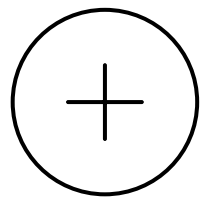
Pushups



Reps

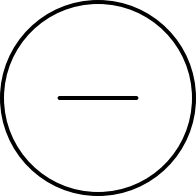


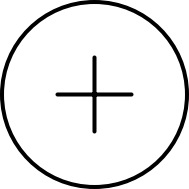
30



Start

Reset





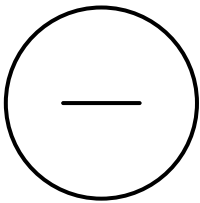


Custom

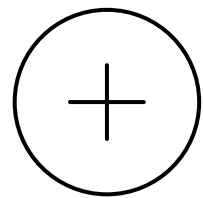
Pushups



Timer



1:00



Start

Stop

Reset



Home



My
Workouts



Activity



Custom
Workouts



Favorite
Workouts



Settings