

username

password

Log in

Don't have an account? Register **here** 



username

password

Log in

Don't have an account? Register here



| username        |
|-----------------|
| email           |
|                 |
| password        |
| repeat password |
| I agree for     |
|                 |

Register



username

email

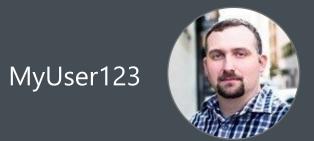
password

repeat password



✓ I agree for..

Register



Q Add workout Search... All Favorite My plans ExampleUser123 This training is for people who want start their advenutre **FBW training** Advanced BegginerUser5 This trening is for advanced people. Good for people Push/pull/legs with big amount of free time. Begginer training



Search...





All





#### **FBW training**

This training is for people who want start their advenutre.



120



30



AdvancedUser123



#### Push/pull/legs training

This trening is for advanced people. Good for people with big amount of free time.



120



30



BegginerUser5





**FBW training** 

This training is for people who want start their advenutre



**91** 30



ExampleUser123

## Day 1

#### **Bench press**

3 series12 reps

#### Deadlift

4 series 3 reps

#### **Bench press**

3 series 12 reps

#### **Bench press**

3 series 12 reps

### Day 2

#### **Bench press**

3 series12 reps

#### **Deadlift**

4 series 3 reps

#### **Bench press**

3 series 12 reps

#### **Bench press**

3 series 12 reps

## Day 3

#### **Bench press**

3 series12 reps

#### **Deadlift**

4 series 3 reps

#### **Bench press**

3 series12 reps

#### **Bench press**

3 series 12 reps

## Day 4

#### **Bench press**

3 series12 reps

#### Deadlift

4 series 3 reps

#### **Bench press**

3 series12 reps

#### **Bench press**

3 series12 reps

## Day 5

### **Bench press**

3 series 12 reps

#### **Deadlift**

4 series 3 reps

#### **Bench press**

3 series 12 reps

#### **Bench press**

3 series 12 reps





#### **FBW training**

This training is for people who want start their advenutre.



120



30



AdvancedUser123

## Day 1

#### **Bench press**

3 series 12 reps

#### Deadlift

4 series

3 reps

#### Bench press

3 series

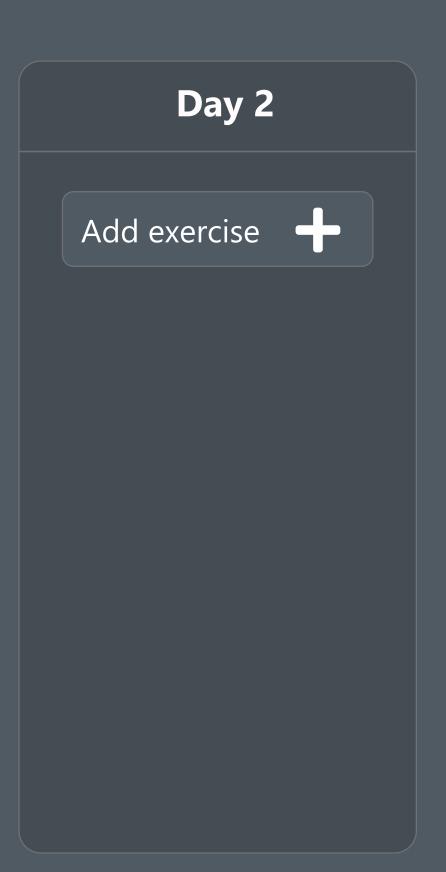
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Your title...

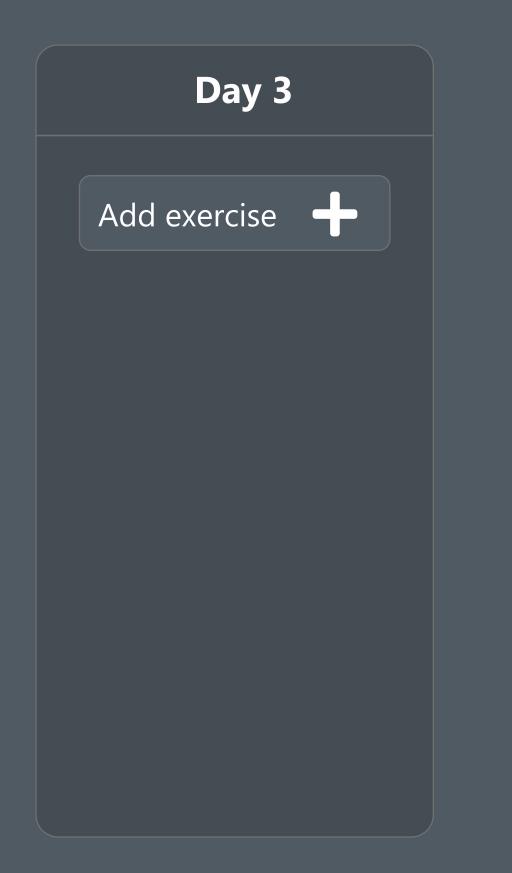
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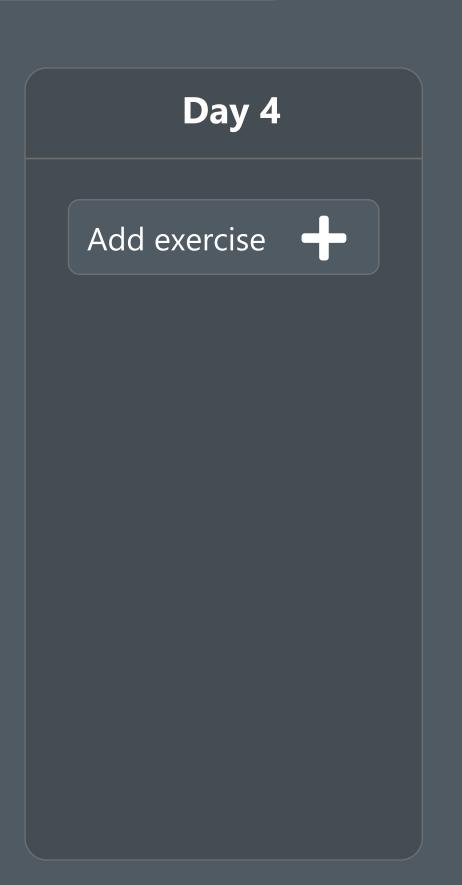
Your description...

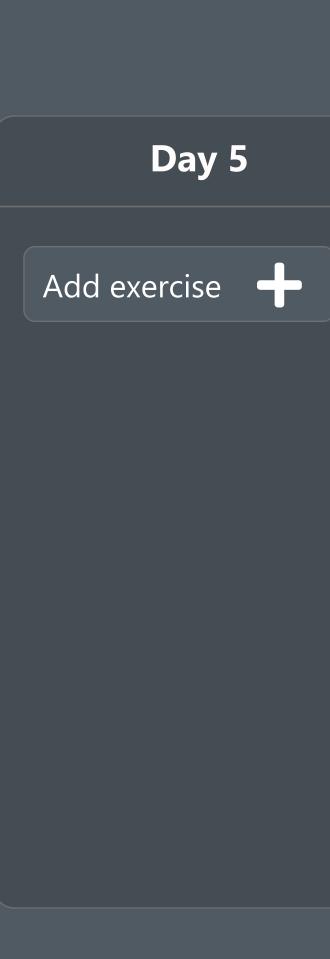
Upload training 1

Day 1 Bench press 🗸 📋 Series: 3 Reps: 12 Choose exercise 🗸 🔳 Series: Reps: Add exercise











Upload training



Title

Your title...

Description

Your description...

Day 1



|         | Day 1      |  |
|---------|------------|--|
| Choose  | exercise 🗸 |  |
| Series: |            |  |
| Reps:   |            |  |
| Bench p | ress 🗸     |  |
| Series: | 3          |  |
| Reps:   | 12         |  |
| Add ex  | xercise 🛨  |  |

Day 2