



GYMSTER

username

password

Log in

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



GYMSTER

username

password

Log in

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



GYMSTER

username

email

password

repeat password



I agree for..

Register



GYMSTER

username

email

password

repeat password



I agree for..

Register



Search...



Add workout



All

My plans

Favorite



FBW training

This training is for people who want start their advenutre

 120
 30



ExampleUser123
Advanced



**Push/pull/legs
training**

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

 31
 441



BegginerUser5
Begginer



Search...



All



FBW training

This training is for people who want start their advenutre.



AdvancedUser123



Push/pull/legs training

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



BegginerUser5



FBW training

This training is for people who want start their advenutre



120



30



ExampleUser123

Day 1

Bench press

3 series
12 reps

Deadlift

4 series
3 reps

Bench press

3 series
12 reps

Bench press

3 series
12 reps

Day 2

Bench press

3 series
12 reps

Deadlift

4 series
3 reps

Bench press

3 series
12 reps

Bench press

3 series
12 reps

Day 3

Bench press

3 series
12 reps

Deadlift

4 series
3 reps

Bench press

3 series
12 reps

Bench press

3 series
12 reps

Day 4

Bench press

3 series
12 reps

Deadlift

4 series
3 reps

Bench press

3 series
12 reps

Bench press

3 series
12 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



Title

Your title...

Description

Your description...

Upload training



Day 1

Bench press



Series:

3

Reps:

12

Choose exercise



Series:

Reps:

Add exercise



Day 2

Add exercise



Day 3

Add exercise



Day 4

Add exercise



Day 5

Add exercise





Upload training



Title

Your title...

Description

Your description...

Day 1



Day 1

Choose exercise ▼



Series:

Reps:

Bench press ▼



Series:

3

Reps:

12

Add exercise



Day 2