



# 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

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**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



AdvancedUser123

Advanced

This training is for people who want start their advenutre.



## Push/pull/legs training



BegginerUser5

Begginer

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



## FBW training

This training is for people who want start their advenutre



120



30



ExampleUser123

Advanced

### Monday

#### Bench press

3 series  
12 reps

#### Deadlift

4 series  
3 reps

#### Bench press

3 series  
12 reps

#### Bench press

3 series  
12 reps

### Tuesday

#### Bench press

3 series  
12 reps

#### Deadlift

4 series  
3 reps

#### Bench press

3 series  
12 reps

#### Bench press

3 series  
12 reps

### Wednesday

#### Bench press

3 series  
12 reps

#### Deadlift

4 series  
3 reps

#### Bench press

3 series  
12 reps

#### Bench press

3 series  
12 reps

### Thursday

#### Bench press

3 series  
12 reps

#### Deadlift

4 series  
3 reps

#### Bench press

3 series  
12 reps

#### Bench press

3 series  
12 reps

### Friday

#### 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



120



30



AdvancedUser123

Advanced

This training is for people who want start their advenutre.

## Monday

### Bench press

3 series

12 reps

### Deadlift

4 series

3 reps

### Bench press

3 series





Title

Your title...

Description

Your description...

Upload training



Monday

**Bench press**



3 series  
12 reps

Choose exercise 

Series:

Reps:



Tuesday

**Bench press**



3 series  
12 reps

Add exercise 

Wednesday

Add exercise



Thursday

Add exercise



Friday

Add exercise





Upload training



Title

Your title...

Description

Your description...

**Monday**



## Monday

**Bench press**



3 series

12 reps

Choose exercise ▼

Series:

Reps:



## Tuesday