

Landing Page

Exercise Name	Sets: _	Reps: _	Time: _
Exercise Name	Sets: _	Reps: _	Time: _
Exercise Name	Sets: _	Reps: _	Time: _

Progress:  
Your Path to Success

Home | Community | Demonstration | Workouts

Menu Items

Current Workouts

Complete

Complete

Complete

Complete

Complete

Add a workout

Create a workout

View Completed

Browse  
all workouts  
page

Progress:  
Your Path to Success

Home | Community | Demonstration | Workouts

Menu Items

Workouts

Add

Add

Add

Add

Add

Add

Add

Add

Add

Add

Progress:  
Your Path to Success

Home | Community | Demonstration | Workouts

Menu Items

<Exercise Category>

<Exercise Category>

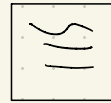
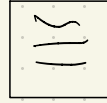
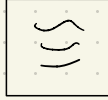
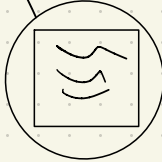
Home

Community

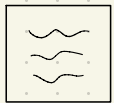
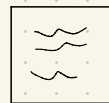
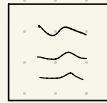
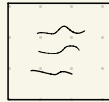
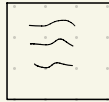
## Demonstration

## Workouts

## <Exercise Category>



## <Exercise Category>



# New Items

[illegible]

## How-TO LINK

# Exercise Demonstration Page

Progress:  
Your Path to Success

Home	Community	Demonstration	Workouts
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Menu Items

Community Forum

Add to Forum

Sort From new → old

Home

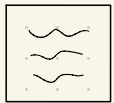
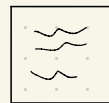
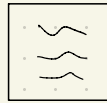
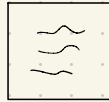
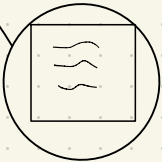
Community

## Demonstration

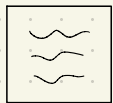
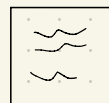
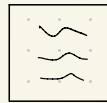
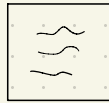
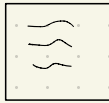
## WorkRoots

## Community Forum

Add to Forum



Sort From new  $\rightarrow$  old



~  
New Items ~

user\_id

# CONTENT

DATE POSTED

Community  
Forum  
Page