

March 3, 2023

Graph/Stat Element

Start Workout

This Week's Workouts:

Monday: Upper

Tuesday: Lower

Thursday: Upper

Friday: Lower

Saturday: Active Rest

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Stats

What would you like to do today?

Continue With
Scheduled Workout

Choose A Different
Workout

Back

Select your Workout

Push Day

Pull Day

Leg Day

AR Day

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Exercise Set 1 of 5

1

5

End
Set

End Exercise

Up Next:

Exercise A 3×10

Exercise B 4×8

Exercise C 2×30s

Exercise D 3×8

Exercise E 3×12

Exercise F 2×8

Exercise G 1×60s

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What type of workout would you like to create?

Up Next:

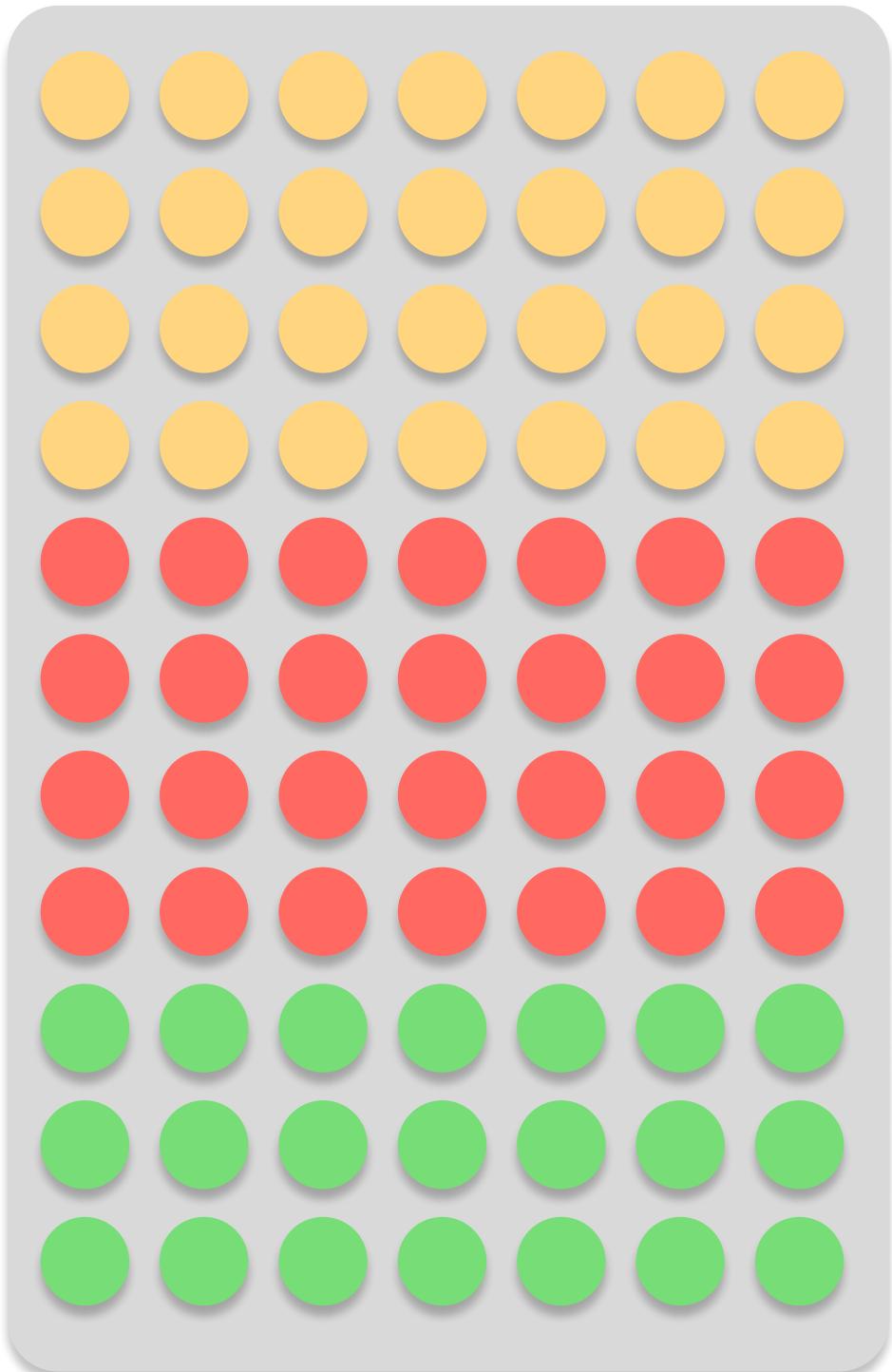
Periodization Plan

Weekly Plan

Individual Workouts

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Select your Training Blocks



Hypertrophy
Block



Peaking
Block



Strength
Block

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Select Your Training Days

S



M



T



W



T



F



S



M

Upper Body

T

Lower Body

Th

Upper Body

F

Lower Body

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Selected Exercise:

Exercise A

1

X

5

Add Exercise

Current Selections:

Exercise A

Exercise B

Exercise C

Exercise D

Exercise E

Create New Excercise

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Create New Exercise

Exercise A

End Exercise

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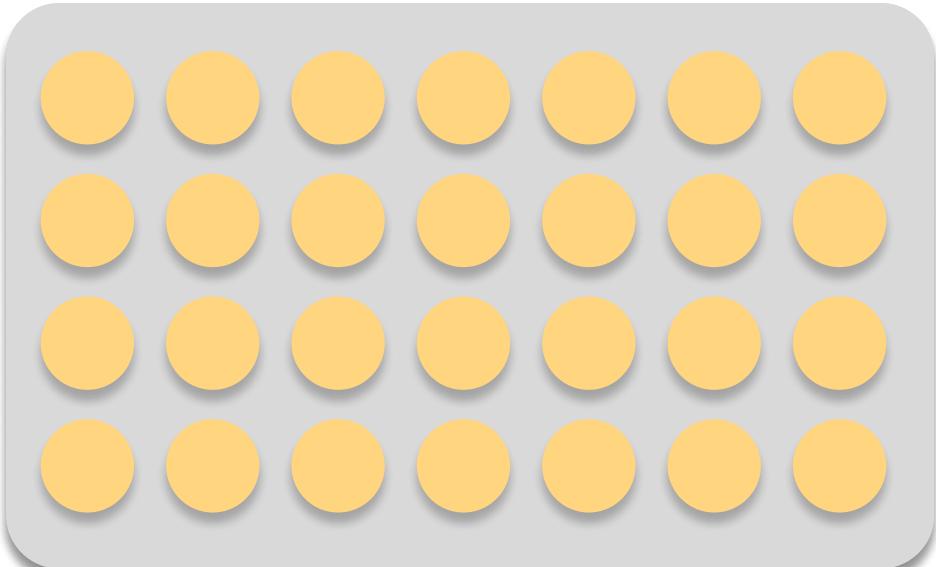
Stats

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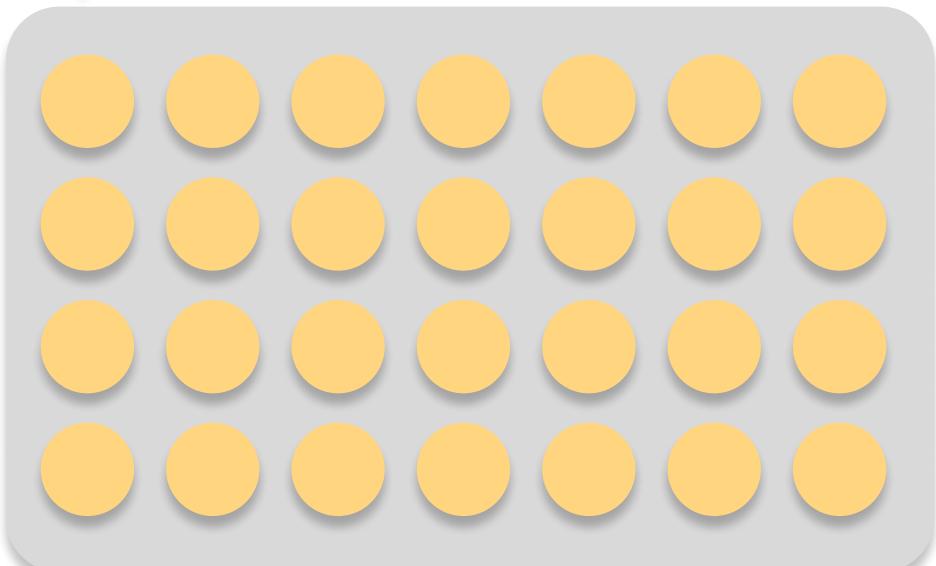
Calendar

Exercise Library

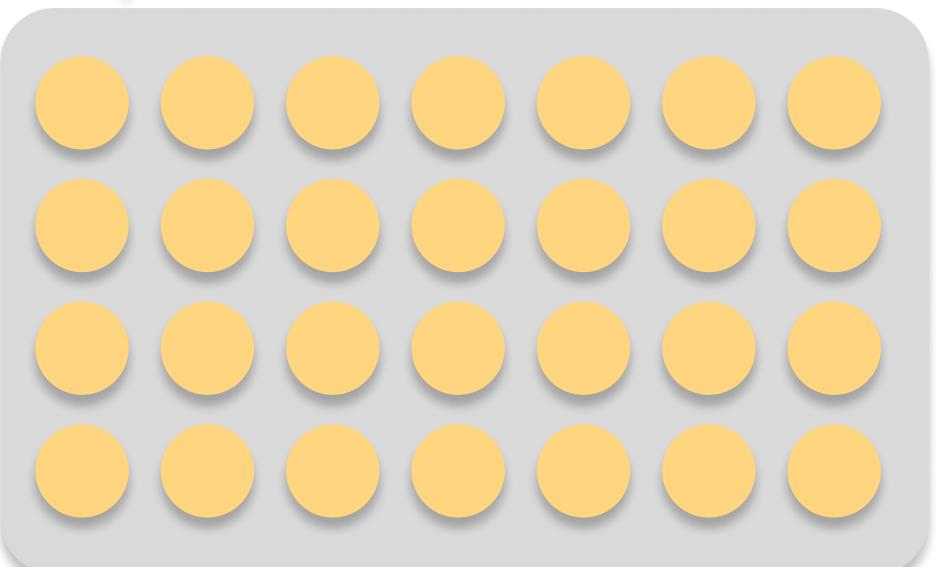
March:



April



May:



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Exercise Library

Exercise A

Exercise B

Exercise C

Exercise D

Exercise E

Exercise F

Exercise G

Exercise H

Exercise I

Create New Exercise

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