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CreateWorkOut.png



PickAWorkOut.png



Calculator



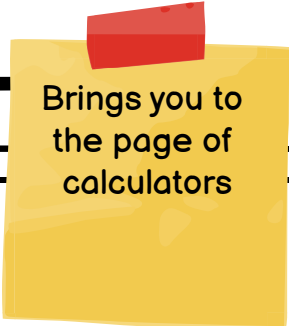
Create



Pick one



Calculate



Brings you to
the page of
calculators

Training app

Build your workout

Name your workout:

Squats. 2 sets and 10 repetitions

Item Two

Item Three

Complete workout

Cancel/Clear

Return to home screen

Add a exercise

Name of exercise

Number of sets

Number of repetitions

Your weight

Add exercise

This is the one we're using

Training app

Build your workout

Name your workout:

Squats. 2 sets and 10 repetitions

Item Two

Item Three

Complete workout

Cancel/Clear

Return to home screen

Add a exercise

Name of exercise

Number of sets

3

Number of repetitions

3

Your weight


Add exercise.

Premade workouts

Item One

Item Two

Item Three



We will have
remade
workouts here
to pick from

Return to home screen

A set of calculators

This calculates bench press:
Description of what benchpress is and means etc.

Add more when more calculators come?

Open bench press calculator

Open Calculator

Brings you to the page with the calculator given, in this case 1RPM

If we have more calculators. Add them to this page

Return to home screen

Brings you to the page home page

A few different calculators

Here you'll find a few different kinds of calculators:
Click one of the buttons to open the calculator.

Maybe write a description of the calculators(...)

Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

The kind of calculator

Open bench press calculator

The kind of calculator

Open 1RPM calculator

The kind of calculator

Open calculator

Return to home screen

A few different calculators

This calculates bench press:
Description of what benchpress is and means etc.

Open bench press calculator

This calculates 1 repetition maximum:
Description of what (term) is and means etc.

Open bench press calculator

Add more when more calculators come?

Open Calculator

Return to home screen

Training app

BenchPress calculator

Calculate for («Kind of exercise»)

Calculate for Arms

Calculate for UpperBody

Calculate for Hips

Calculate for («Kind of exercise»)

Repetitions

3

Sets

3

Weight

Calculate

The results form the calculations:

The results form the calculations

Overkill med text box men dw about it. XD

Return to the calculator page

Return to home screen

Brings you to the page of calculators

Training app

BenchPress calculator

☐ Calculate for bench press

☐ Calculate for Chest/Triceps

☐ Calculate for («Name of exercise»)

Repetitions

3

Sets

3

Weight

Calculate

The results form the calculations:

The results form the calculations

Overkill med text box men dw about it. XD

Return to the calculator page

Return to home screen