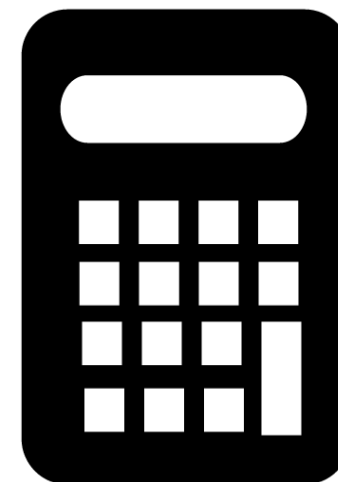




Create your own workout sessions



Pick from premade workout sessions
recommended by gym trainers and PTs



Calculate your recommended repetition
maximum



Chest/Triceps

Leg day

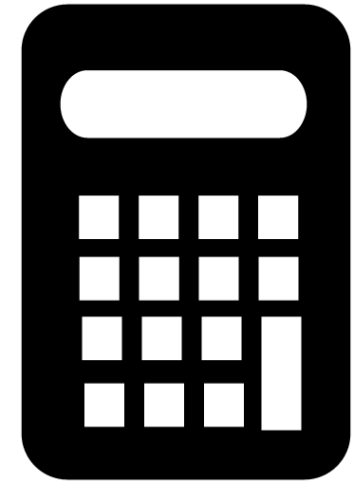
Training 3

Training 4

Create your own training day

Create your own set of exercises by clicking one of the predefined exercises to the left, or create your own training days by clicking the plus sign below.

Create yo

ssions
and PTsCalculate your recommended repititon
maximum



Bench press

Back squat

Deadlift



Create your own workout sessions

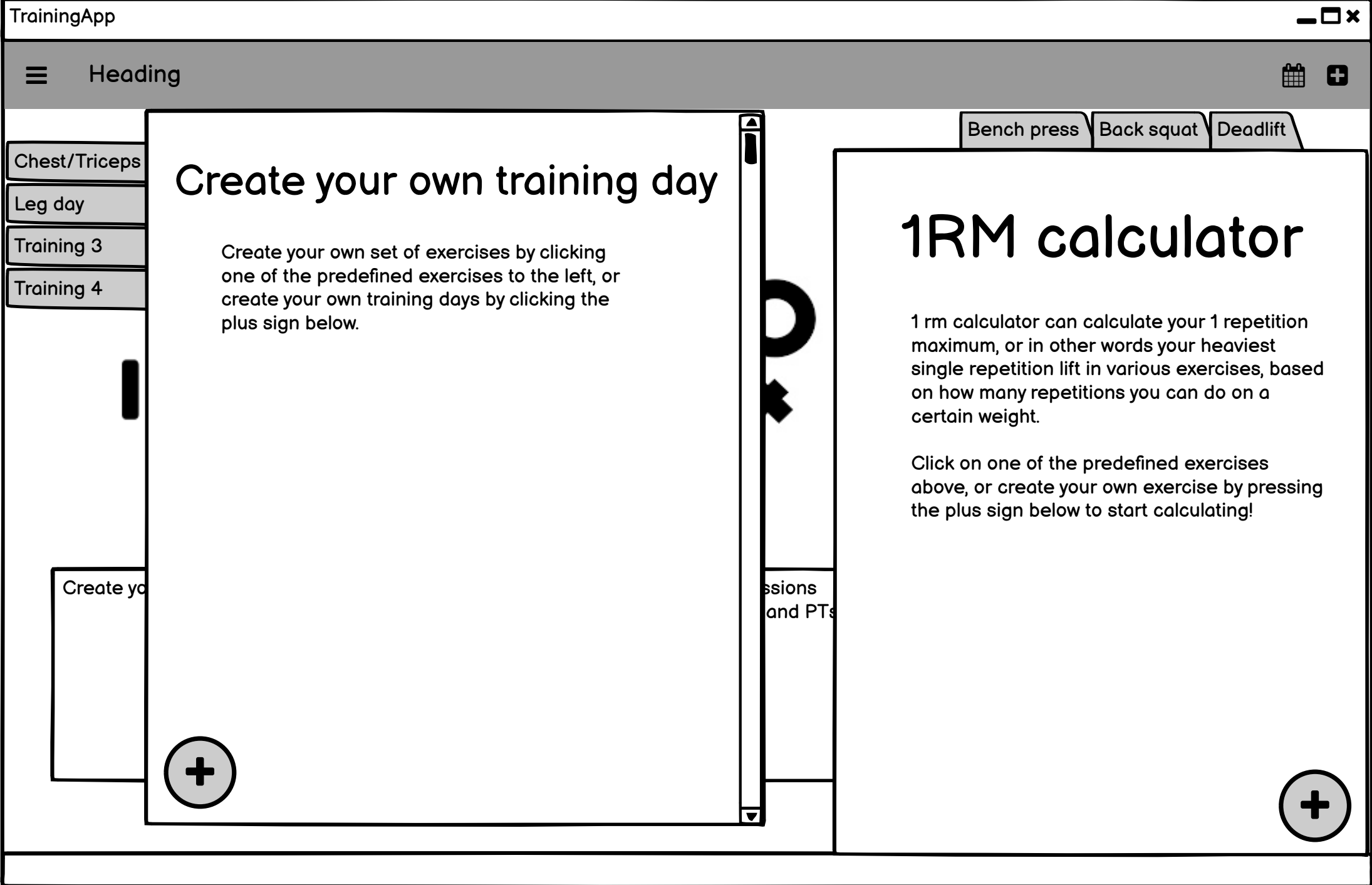
Pick from premade workout sessions
recommended by gym trainers and PTs

1RM calculator

1 rm calculator can calculate your 1 repetition maximum, or in other words your heaviest single repetition lift in various exercises, based on how many repetitions you can do on a certain weight.

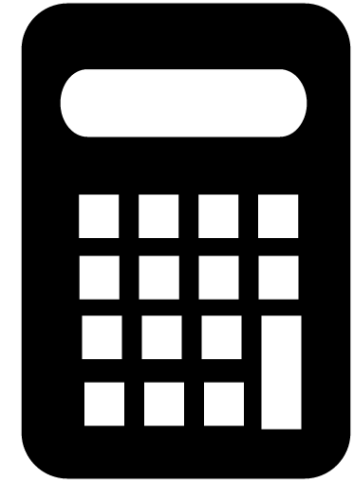
Click on one of the predefined exercises above, or create your own exercise by pressing the plus sign below to start calculating!





Training 4

Repetitions: Sets: Weight:



Sessions and PTs

Calculate your recommended repetition maximum



Training 4

Repetitions: Sets: Weight:



Create yo

essions
and PTs

Click on one of the predefined exercises above, or create your own exercise by pressing the plus sign below to start calculating!



TrainingApp

Heading

Chest/Triceps

Leg day

Training 3

Training 4

Leg day

Back squat

Repetitions: 3 Sets: 3 Weight:

Hamstring curl

Repetitions: 3 Sets: 3 Weight:

ssions and PTs

Calculate your recommended repititon maximum

TrainingApp

Heading

Chest/Triceps

Leg day

Training 3

Training 4

Create your own exercise

Leg day

Back squat

Repetitions: 3 Sets: 3 Weight:

Hamstring curl

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Deadlift



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Bench press

This exercise will be stored in the application and can thus give suggestion to how much weight is recommended for optimal progression.

1RM Calculator

In order to accurately calculate your one rep max, you should do a repetition test on a moderately heavy weight relative to your strength.

Lifted weight: KG ▾**Repetitions:** ▴ ▾**Results:** Your 1RM for this lift is: KG

TrainingApp

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KG

Repetitions:

Results: Your 1RM for this lift is:

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Training 4

Create yo

Sessions and PTs

Repetitions: Sets: Weight:



Deadlift

KG



TrainingApp

Heading

Chest/Triceps

Leg day

Training 3

Training 4

Create your workout

Leg day

Back squat

Repetitions: 3 Sets: 3 Weight:

Hamstring curl

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