

Build your workout

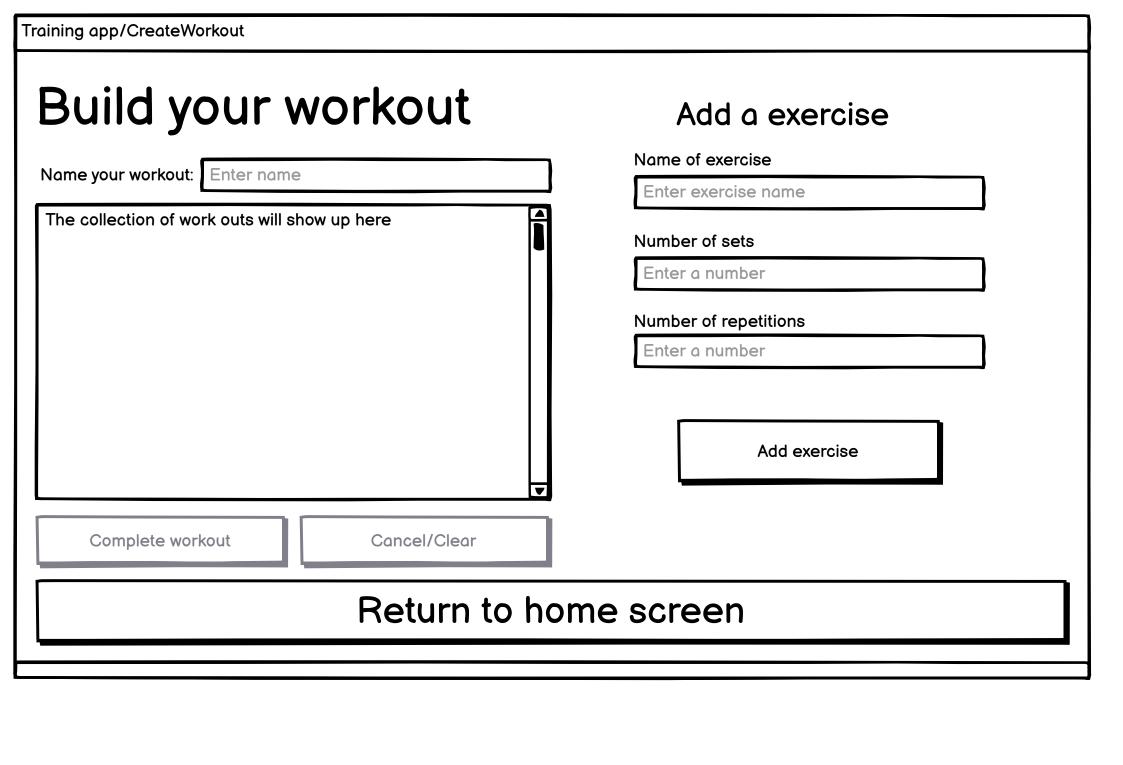
Pick a workout

Open a workout calculator

In this application you can create your own workouts! If making workout plans isn't your thing, we've got you covered as we've made a few sets ready to go for you to follow and use!

If you're unsure about how much weight that's recommended you should lift, stop your worrying and use our calculator to help you get on the right track.

Thank you for using our application and happy exercising!



Build your workout

Name your workout: Enter name

Warm up workout:

The exercise is «Push ups»!

There's «3» amount of sets, with «15» repetitions per set!

The exercise is «Sit ups»!

There's «3» amount of sets, with «15» repetitions per set!

The exercise is «Hang ups»!

There's «3» amount of sets, with «15» repetitions per set!

Add a exercise

Name of exercise

Enter exercise name

Number of sets

Enter a number

Number of repetitions

Enter a number

Add exercise

Complete workout

Cancel/Clear

Pick a Workout

1





Training	app/Ca	lculator
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Choose calculator

Pick a calculator

Here the definition of the calculator will be described

Results

The results form the calculator

Fill in to calculate

Enter amount of repetitions

Enter a number

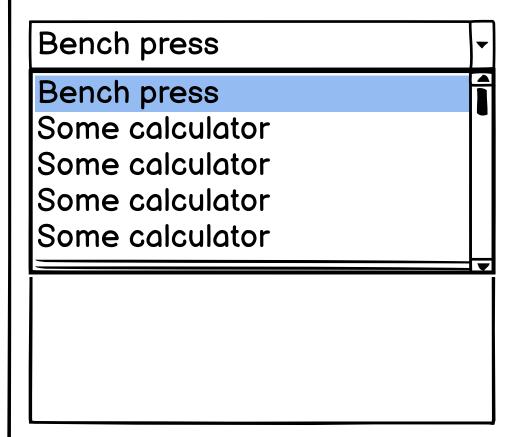
Enter the weight

Enter a number

Calculate

Training app/Calculator

Choose calculator



Results

The results form the calculator

Fill in to calculate

Enter amount of repetitions

15

Enter the weight

20

Calculate

Choose calculator

Bench press

A bench press is a bodybuilding and weightlifting exercise in which a lifter lies on a bench with the feet on the floor and raises a weight with both arms. So what we calculate is the recommended weight you lift during this exercise

Results

The recommended weight you lift for this exercise is «20» kg

Fill in to calculate

Enter amount of repetitions
15

Enter the weight

30

Calculate