



CreateWorkOut.png

Build your workout



PickAWorkOut.png

Pick a workout



Calculator

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:

The collection of work outs will show up here

Complete workout

Cancel/Clear

Return to home screen

## Add a exercise

Name of exercise

Number of sets

Number of repetitions

Add exercise

# Build your workout

Name your workout:

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!

Complete workout

Cancel/Clear

Return to home screen

## Add a exercise

Name of exercise

Number of sets

Number of repetitions

Add exercise

# Pick a Workout

1

Workout 1: A full-body workout focusing on strength and endurance. It includes a series of exercises designed to improve overall fitness and burn calories. The routine is suitable for beginners and intermediate fitness enthusiasts.

2

Workout 2: A high-intensity interval training (HIIT) session. This workout is designed to boost metabolism and burn a significant amount of calories in a short period. It consists of alternating between high-intensity exercises and short recovery periods.

3

Workout 3: A cardio-focused workout aimed at improving heart health and endurance. It includes a variety of cardiovascular exercises that can be performed on a treadmill, outdoors, or in a pool. This workout is ideal for those looking to enhance their aerobic capacity.

Return to home screen

# 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

Return to home screen

# Choose calculator

Bench press

Bench press

Some calculator

Some calculator

Some calculator

Some calculator

## Results

The results form the  
calculator

## Fill in to calculate

Enter amount of repetitions

15

Enter the weight

20

Calculate

Return to home screen

# 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

Return to home screen