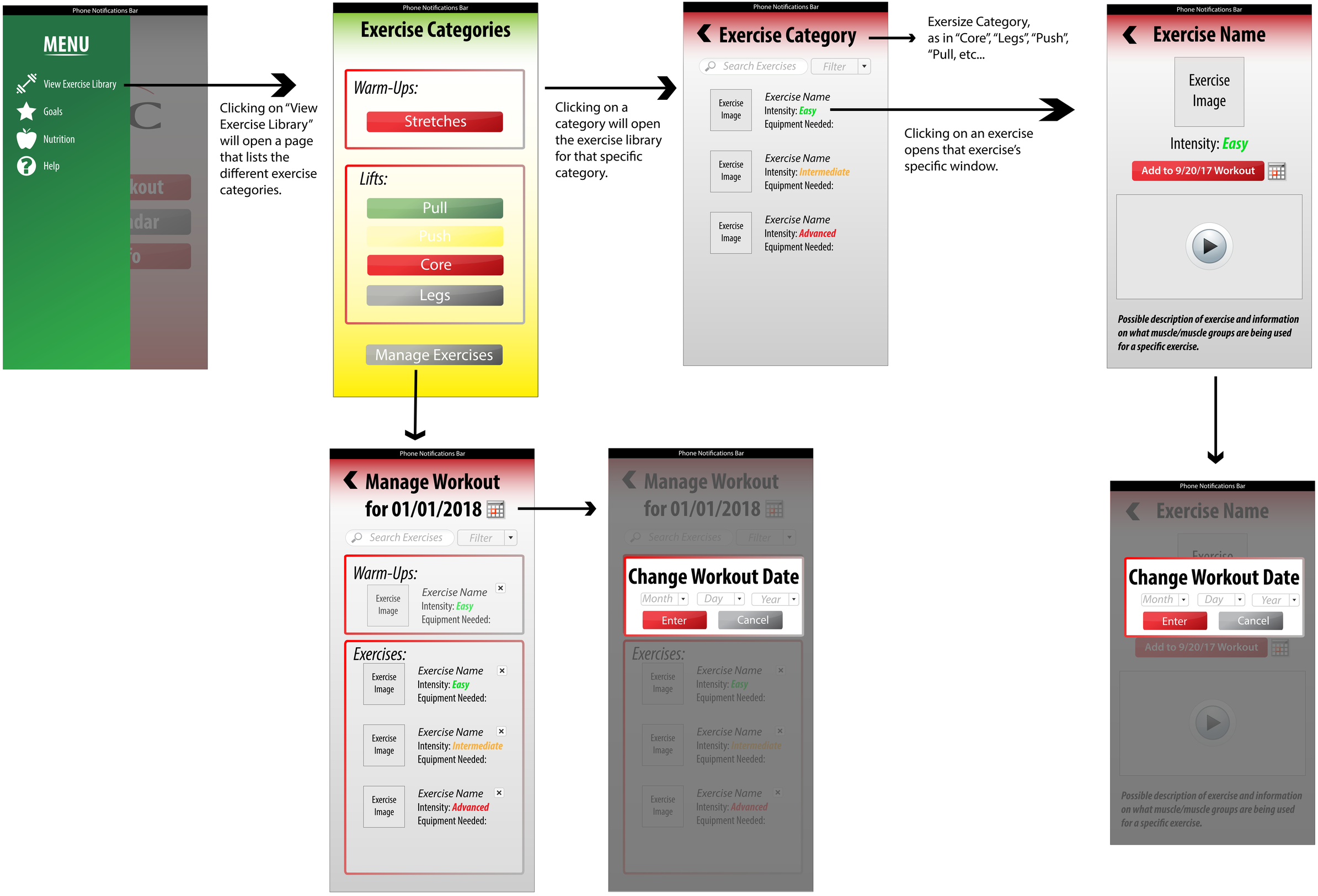
Phone Notifications Bar
MENU
View Exercise Library
Goals
Nutrition
Help
Clicking on "View Exercise Library" will open a page that lists the different exercise categories.
Phone Notifications Bar
Exercise Categories
Warm-Ups:
Stretches
Lifts:
Pull
Push
Core
Legs
Manage Exercises
Clicking on a category will open the exercise library for that specific category.
Phone Notifications Bar
Exercise Category
Search Exercises
Filter
Exercise Image
Exercise Name
Intensity: Easy
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Intermediate
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Advanced
Equipment Needed:
Exersize Category, as in "Core", "Legs", "Push", "Pull, etc...
Clicking on an exercise opens that exercise's specific window.
Phone Notifications Bar
Exercise Name
Exercise Image
Intensity: Easy
Add to 9/20/17 Workout
Possible description of exercise and information on what muscle/muscle groups are being used for a specific exercise.
Phone Notifications Bar
Manage Workout for 01/01/2018
Search Exercises
Filter
Warm-Ups:
Exercise Image
Exercise Name
Intensity: Easy
Equipment Needed:
Exercises:
Exercise Image
Exercise Name
Intensity: Easy
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Intermediate
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Advanced
Equipment Needed:
Phone Notifications Bar
Manage Workout for 01/01/2018
Search Exercises
Filter
Change Workout Date
Month
Day
Year
Enter
Cancel
Exercises:
Exercise Image
Exercise Name
Intensity: Easy
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Intermediate
Equipment Needed:
Exercise Image
Exercise Name
Intensity: Advanced
Equipment Needed:
Phone Notifications Bar
Exercise Name
Change Workout Date
Month
Day
Year
Enter
Cancel
Add to 9/20/17 Workout
Possible description of exercise and information on what muscle/muscle groups are being used for a specific exercise.