

Workout Buddy

Workout Buddy makes it easy to exercise at home. Use our 'Workout Whiteboard' to quickly create and begin your custom workout routine! Simply add the exercises you want and when you are ready to go press the big green button!

For beginners, we recommend adding 2-3 exercises from each section for between 8-12 exercises in total.

If your favourite exercise is not on our list, don't worry, you can add your own custom activities to the whiteboard too!

Warm Up

High Knees

Begin Jogging on the spot, lifting your knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back. For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Add to workout!

Upper Body

Press Ups

Pull Ups

Bicep Curls

Tricep Dips

Chin Ups

Incline Push Ups

Core

Sit Ups

Plank

Flutter Kicks

Russian Twists

Glute Bridge

Jackknife

Lower Body

Squats

Lunges

Step Ups

Reverse Lunge

Box Jumps

Sumo Squats

Activities

High Knees

Hip Thrusts

Press Ups

Pull Ups

Sit Ups

Plank

Squats

Lunges

My Workout

Select a button below to start your workout. Each difficulty level increases the amount of time you will be doing each exercise. Take it easy: 30s exercise, 60s rest
Make me sweat: 45s exercise, 45s rest
Hardcore: 60s exercise, 30s rest

Take it easy

Make me sweat

Hardcore

Add your own exercise here

Contact

We encourage all feedback, and especially suggestions for new exercises to be added permanently! Please get in touch below.

Name

Tel

Email

Info

Home

Exercises

Workout

Contact

This modal will display centrally on the page after the user selects their difficulty. Once they have selected 'Start Workout', the timer will go down. The upper text will alternate between 'current exercise' and 'rest' depending on what stage it is at.

Start Workout!

Current Exercise Time Remaining

01:00

When workout is complete, the workout modal is replaced with the 'workout complete' modal below. This congratulates the user for having finished the workout and gives them the opportunity to share their result on social media.

Congratulations, you have completed your workout!

Share to social media!

f

Workout Buddy

Workout Buddy makes it easy to exercise at home. Use our 'Workout Whiteboard' to quickly create and begin your custom workout routine! Simply add the exercises you want and when you are ready to go press the big green button!

For beginners, we recommend adding 2-3 exercises from each section for between 8-12 exercises in total.

If your favourite exercise is not on our list, don't worry, you can add your own custom activities to the whiteboard too!

Warm Up

High Knees

Begin Jogging on the spot, lifting your knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back. For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Add to workout!

Hip Rotations

Arm Rotations

Jumping Jacks

Rope Jumps

Burpees

Upper Body

Press Ups

Pull Ups

Bicep Curls

Tricep Dips

Chin Ups

Incline Push Ups

Core

Sit Ups

Plank

Flutter Kicks

Russian Twists

Glute Bridge

Jackknife

Lower Body

Squats

Lunges

Step Ups

Reverse Lunge

Box Jumps

Sumo Squats

Activities

High Knees

Hip Thrusts

Press Ups

Pull Ups

Sit Ups

Plank

Squats

Lunges

Add your own exercise here

Select a button below to start your workout. Each difficulty level increases the amount of time you will be doing each exercise. Take it easy: 30s exercise, 60s rest
Make me sweat: 45s exercise, 45s rest
Hardcore: 60s exercise, 30s rest

Take it easy

Make me sweat

Hardcore

Contact

We encourage all feedback, and especially suggestions for new exercises to be added permanently! Please get in touch below.

Name

Tel

Email

Info

Workout Buddy

Workout Buddy makes it easy to exercise at home. Use our 'Workout Whiteboard' to quickly create and begin your custom workout routine! Simply add the exercises you want and when you are ready to go press the big green button!

For beginners, we recommend adding 2-3 exercises from each section for between 8-12 exercises in total.

If your favourite exercise is not on our list, don't worry, you can add your own custom activities to the whiteboard too!

Warm Up

High Knees

Begin Jogging on the spot, lifting your knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back. For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Add to workout!

Hip Rotations

Arm Rotations

Jumping Jacks

Rope Jumps

Burpees

Upper Body

Press Ups

Pull Ups

Bicep Curls

Tricep Dips

Chin Ups

Incline Push Ups

Core

Sit Ups

Plank

Flutter Kicks

Russian Twists

Glute Bridge

Jackknife

Lower Body

Squats

Lunges

Step Ups

Reverse Lunge

Box Jumps

Sumo Squats

Activities

High Knees

Hip Thrusts

Press Ups

Pull Ups

Sit Ups

Plank

Squats

Lunges

Add your own exercise here

Select a button below to start your workout. Each difficulty level increases the amount of time you will be doing each exercise. Take it easy: 30s exercise, 60s rest
Make me sweat: 45s exercise, 45s rest
Hardcore: 60s exercise, 30s rest

Take it e

Make me swea

Hardcore.

Contact

We encourage all feedback, and especially suggestions for new exercises to be added permanently! Please get in touch below.

Name

Tel

Email

Info