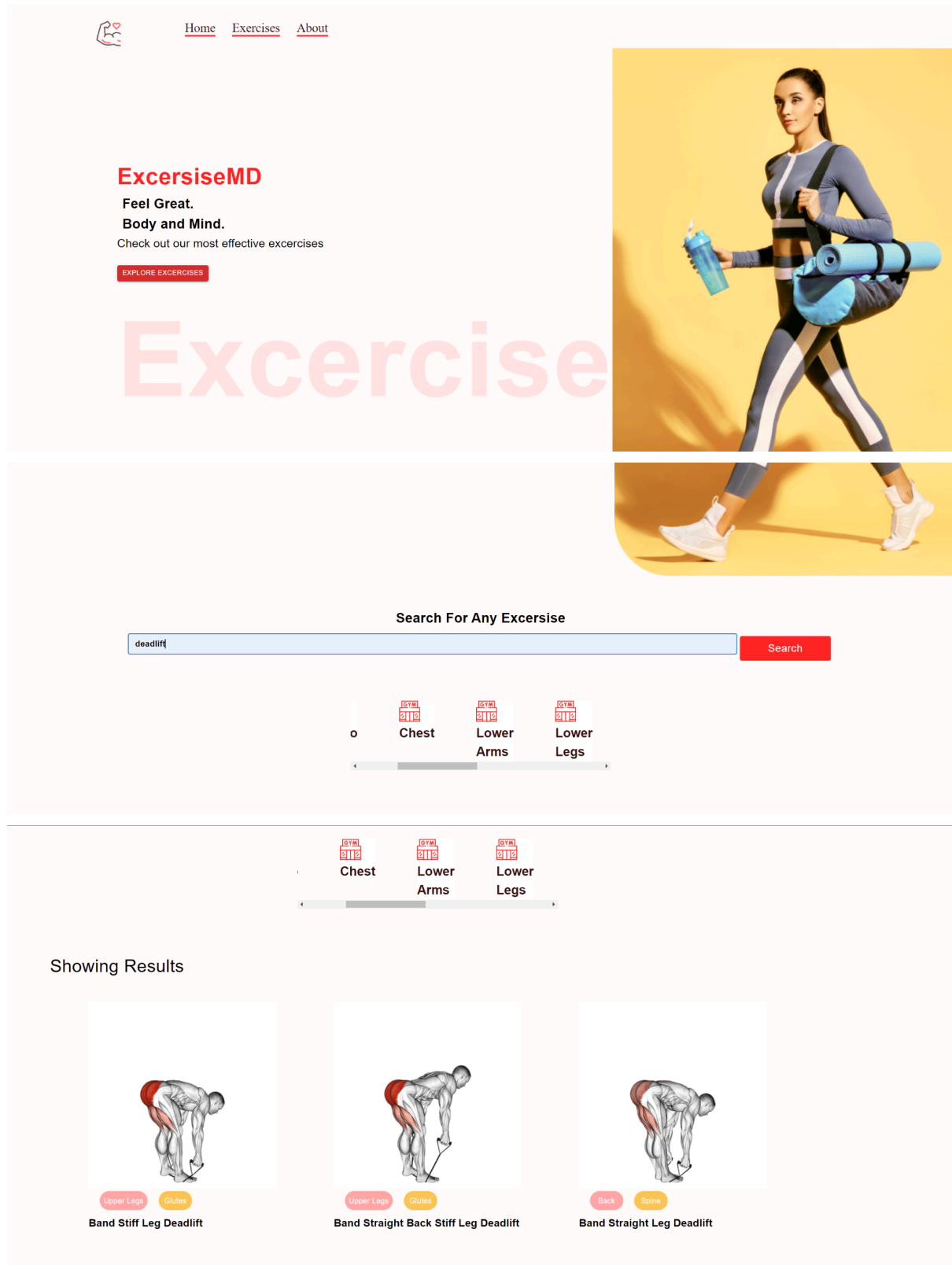


ExerciseMD

ExerciseMD is an exercise finder website that allows users to search for exercises by name, target muscle or exercise type. It provides the user with a pictorial reference(gifs) and the steps to be followed to perform the exercise.

Screenshots:

#homepage-----





ExcerciseMD

Check out our list of effective exercises



Waist

Abs

3/4 Sit-Up



Waist

Abs

45° Side Bend



Waist

Abs

Air Bike



Waist

Abs

3/4 Sit-Up



Waist

Abs

45° Side Bend



Waist

Abs

Air Bike



Upper Legs

Quads

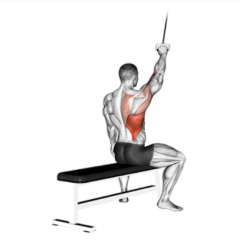
All Fours Squad Stretch



Waist

Abs

Alternate Heel Touchers



Back

Lats

Alternate Lateral Pulldown