

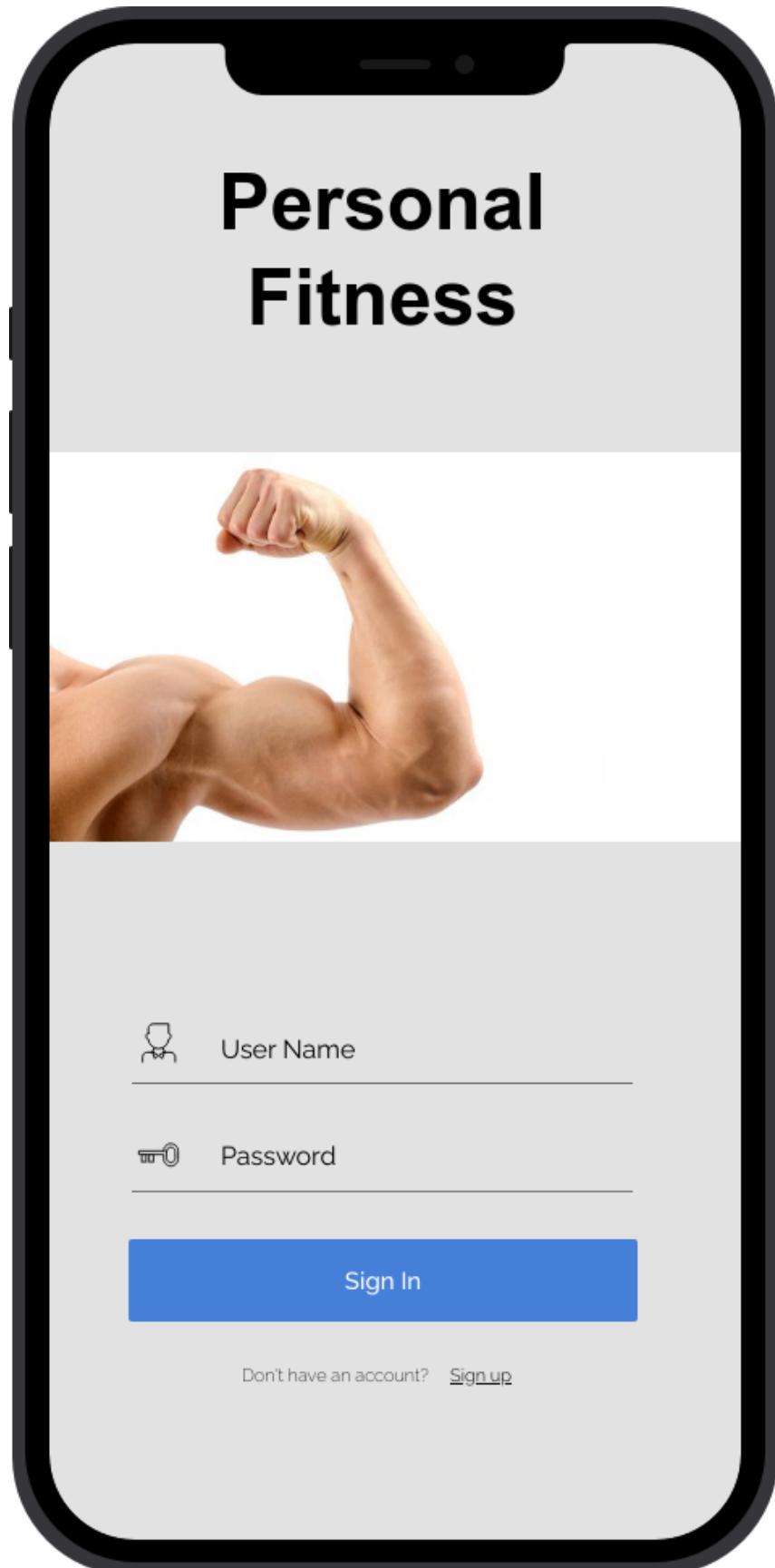
# CSCE190Prototype

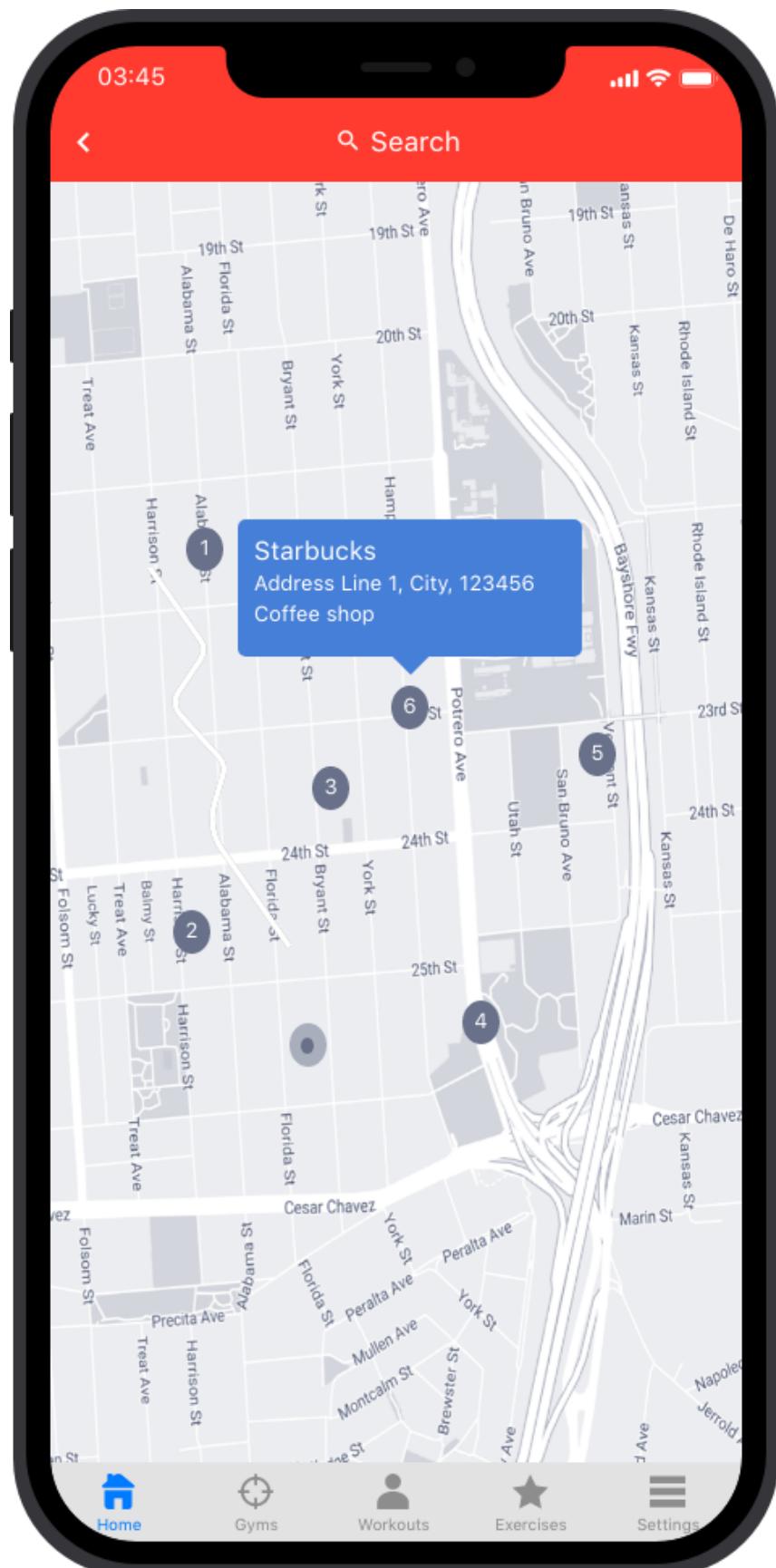
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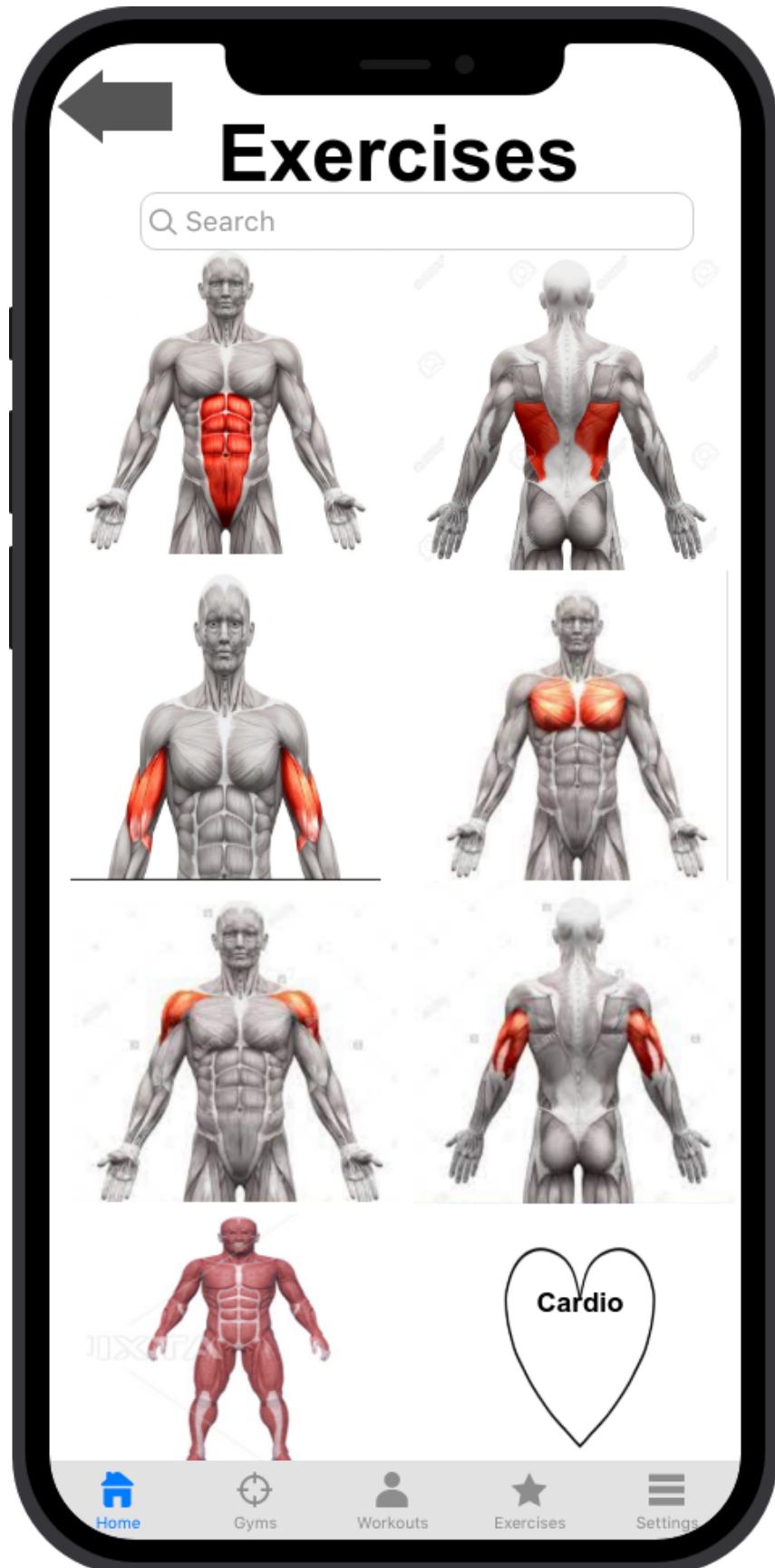


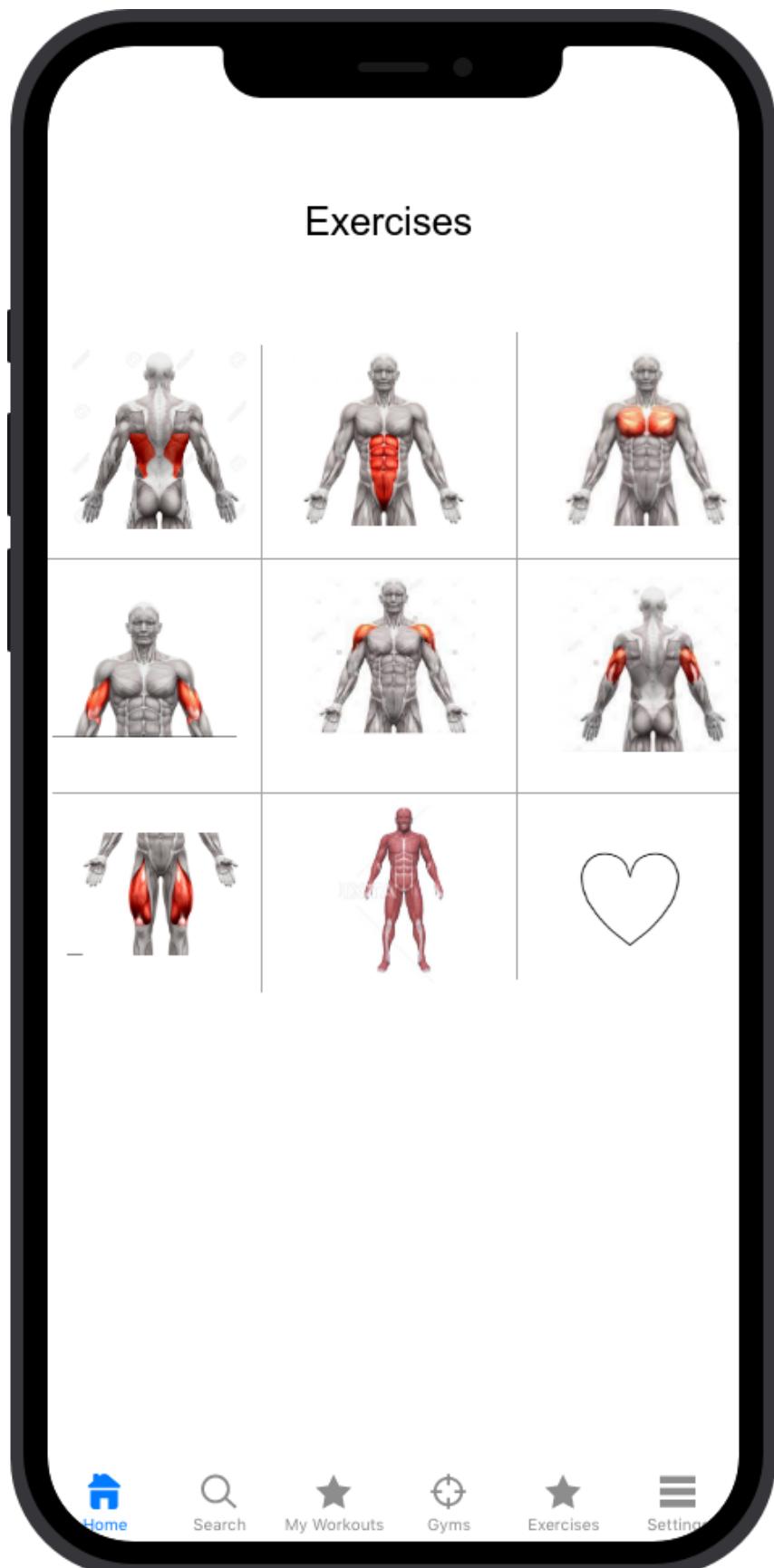
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screens









# Wide Grip Lat Pulldown

Grasp the bar with a wide grip, looking forward with your torso upright. Retract your shoulder blades and pull the bar down in front of you to your upper chest. Squeeze your lats at the bottom of the move. Resist the temptation to lean back to aid the movement.

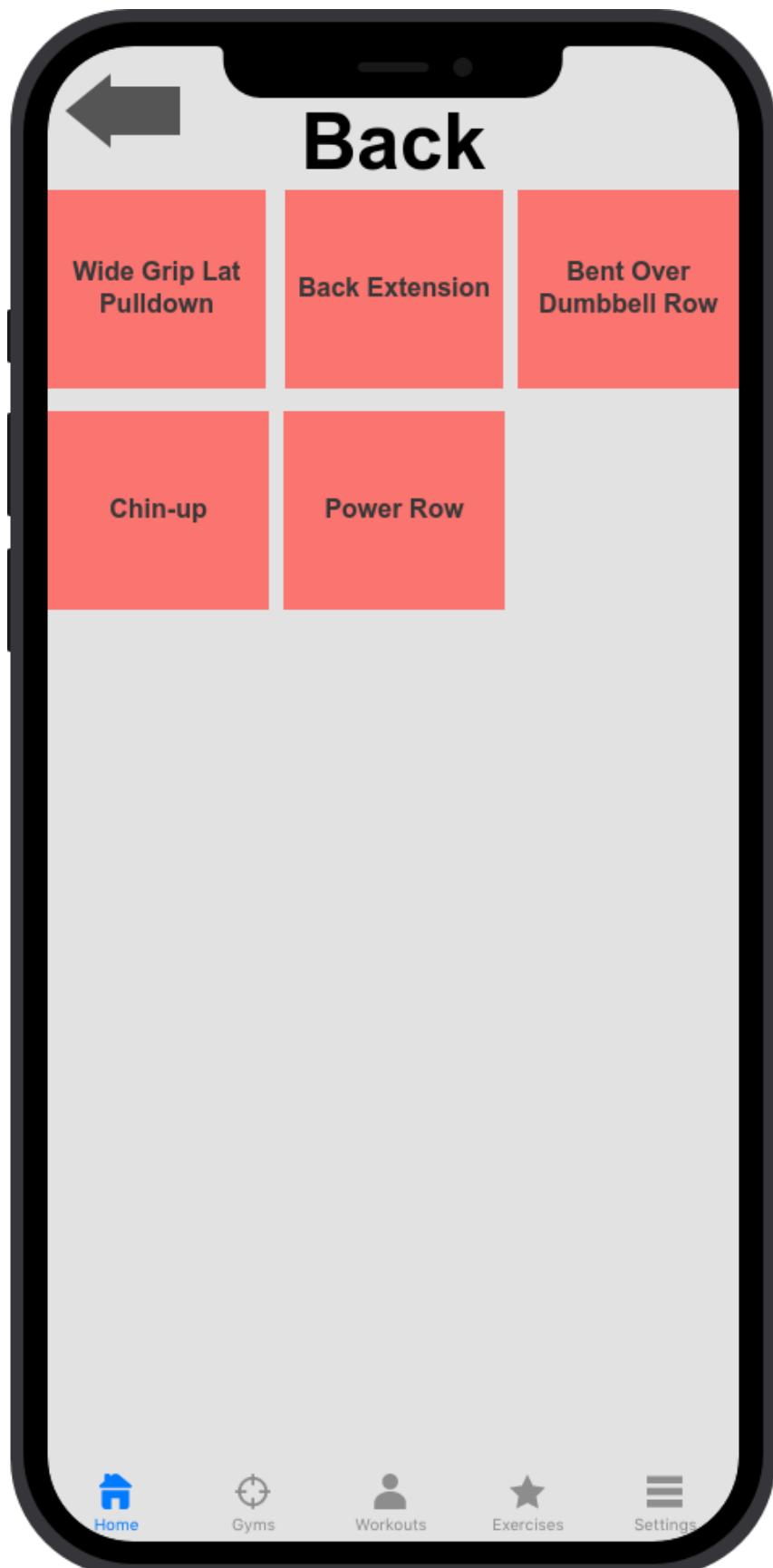
**Wide Grip Lat Pulldown**

Step 1  
After sitting on a lat pulldown machine, grab the wide bar keeping your hands spaced more than your shoulder width

Step 2  
Drawing your shoulders pull the wide-grip bar towards your body until it makes contact with your upper chest

The **wide-grip lat pulldown** is an upper body strength exercise and variation to the traditional **pulldown** that targets the back. The **wide-grip** position targets the outer lats and reduces the resistance placed on the biceps and forearms.

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# Back Extension

1. Lie on a mat on your stomach and straighten your legs behind you. Place your elbows on the ground and slide your shoulders down.
2. Lift your upper **back**, pressing your hips into the mat. Keep your head and neck neutral. Hold for about 30 seconds.
3. Lower to starting position.

The image shows three stages of a back extension exercise on a hyperextension bench. In the first stage, the person is lying face down on the bench with their feet flat on the floor. In the second stage, they are lifting their upper body off the bench. In the third stage, they are fully extended, with their back arched and legs straight. Labels indicate the Gluteus maximus, Hamstrings, and Erector spinae (deep) muscles.

Doing back extension exercises is a great way to tone your lower **back** and core. These moves **will** also strengthen the muscles in your butt, hips, and shoulders. This can help improve posture and low **back** pain so you can **do** everyday activities with ease.

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# Power Row

1. Stand with your mid-foot under the bar (medium stance)
2. Bend over and grab the bar (palms down, medium-grip)
3. Unlock your knees while keeping your hips high
4. Lift your chest and straighten your back
5. Pull the bar against your lower chest

The diagram illustrates the muscular engagement during a bent-over row. It shows a 3D anatomical model of a person performing the exercise, with colored highlights indicating muscle groups: orange for latissimus dorsi, red for trapezius, yellow for rhomboids, blue for posterior deltoids, and green for biceps. A legend on the right identifies these colors. A callout box contains a warning: "To avoid any risk of injury, make sure your back is more rounded throughout the movement." Below the main diagram is a smaller inset showing a front view of the exercise.

STRONGLIFTS

The Barbell Row primarily develops the pulling muscles of the back, which include the **latissimus dorsi**, trapezius, rhomboids, posterior deltoids and other small muscles that act on the shoulder blades and shoulder joint. The lower-back muscles and biceps also play important roles in the exercise

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# Bent Over Dumbbell Row

1. Assume a standing position while holding a dumbbell in each hand with a neutral grip.
2. Hinge forward until your torso is roughly parallel with the floor (or slightly above) and then begin the movement by driving the elbows behind the body while retracting the shoulder blades.
3. Pull the dumbbells towards your body until the elbows are at (or just past) the midline and then slowly lower the dumbbells back to the starting position under control.
4. Repeat for the desired number of repetitions.

The dumbbell row is a variation of the bent over row and an exercise used to build back muscle and strength.



Home



Gyms



Workouts



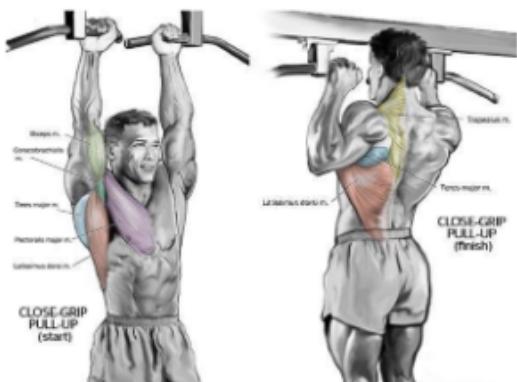
Exercises



Settings

# Chin-up

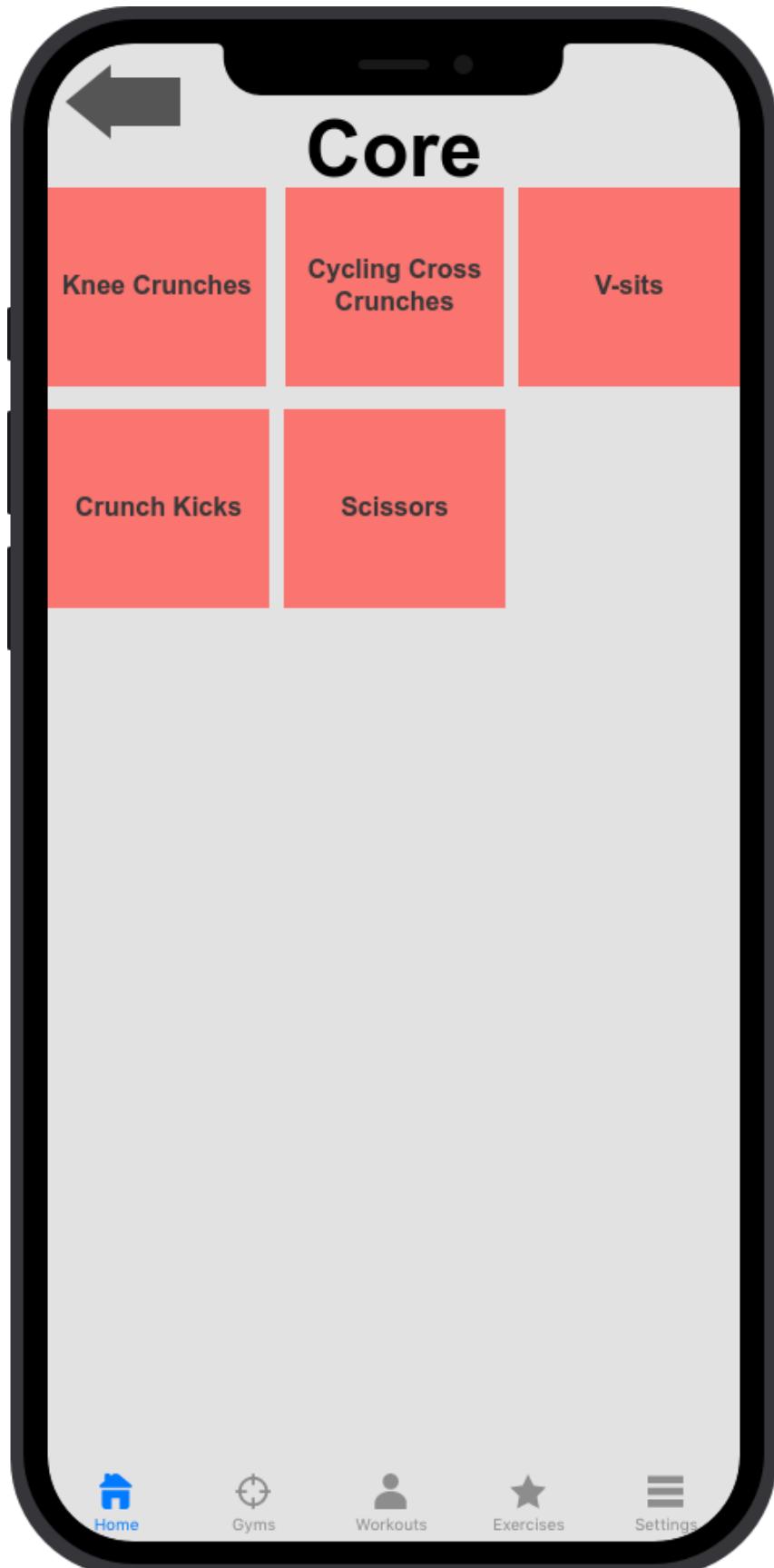
1. Start by standing directly below a pull-up bar.  
2. Inhale, then exhale.  
3. Engaging the muscles in your arms and back, bend your elbows and raise your upper body **up** toward the bar until your **chin** is over the bar.  
4. At the top of the movement, inhale.



**STRONGLIFTS**

Keep in mind that you can use several grip styles in a pull-up to strengthen specific muscles or to get better at different movements. Therefore, it's best to perform them all with proper form for optimal results in all body parts. The wide-grip pull-up offers a higher degree of difficulty with a greater mechanical advantage, but on the other hand it puts more stress on the shoulder joints.

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# Knee Crunches

1. Lie down with your back flat to the floor.  
2. Elevate your feet so your knees are at a 90-degree angle to your body. It may be easier to rest your feet on a chair, or keep them on the floor and just bend your knees.  
3. Cross your hands in front of your chest. For more advanced crunches, put your hands behind your head, but with the fingertips lightly touching the head, not clasping the head or neck.  
4. Make sure there is a fist's worth of space between your chin and chest.  
5. Draw your belly button in to the base of your spine.

### Crunch Anatomy

The diagram illustrates the muscular anatomy of a crunch. The Rectus Abdominus is shown in blue, the Pectoralis Major in red, the External Oblique in yellow, the Serratus in green, and the Latissimus Dorsi in orange. A small 3D model of a human torso is also shown below the main diagram.

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A photograph of a man in an orange shirt and black shorts performing a knee crunch. He is lying on his back with his legs bent and pulled towards his chest, feet flat on the floor. His arms are extended behind his head. The background shows gym equipment like a green ball and orange mats.

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# Cycling Cross Crunches

Lift one leg just off the ground and extend it out. Lift the other leg and bend your knee towards your chest. As you **do** so twist through your core so the opposite arm comes towards the raised knee. You don't need to touch elbow to knee, instead focus on moving through your core as you turn your torso.

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The smartphone screen shows a detailed guide for the V-sits exercise. At the top, the title "V-sits" is displayed in a large, bold font. Below the title is a detailed description of the movement, emphasizing core contraction, leg lift angle, arm reach, and breathing. The main content area is titled "Abdominals V-sits" and includes two diagrams labeled "a)" and "b)" showing the starting position and the V-sit movement. To the right of the diagrams is a muscular anatomy illustration highlighting the active and supporting muscles. A green circular watermark with the text "YEAHWETRAIN.COM" is overlaid on the middle of the content area. At the bottom of the screen, there is a summary of the movement and its benefits, followed by a call-to-action encouraging users to feel the burn. The navigation bar at the bottom of the phone screen includes icons for Home, Gyms, Workouts, Exercises, and Settings.

# V-sits

Contract your abdominal muscles and core slowly and lift your legs up to an extended position at a 45-degree angle with your torso. Reach your arms straight forward or reach up toward your shins as you are able. It's important to maintain good core posture and a strong spine throughout the movement and to avoid rounding the shoulders forward. Don't hold your breath—continue to breathe deeply during the movement. Hold this V-shaped position for several seconds to begin. As you get stronger, hold the position longer. Return to your starting position slowly while continuing to keep your abs engaged and tight. Just before you reach the floor, stop and hold the position for a few seconds. Repeat this entire movement several times.

## Abdominals V-sits

**Movement type:** Isolation

**Activ muscles:** Rectus Abdominus - Upper and Lower Region.

**Supporting muscles:** Rectus Abdominus - Lower Region, Obliques, Iliopsoas, Tensor Fascia Lata and Rectus Femoris.

**The movement**

a) Lie flat on the floor, stretch arms and legs put straight. Simultaneously lift arms and legs to the centre of your body. Lower under control, stopping just short of touching the floor and repeat.

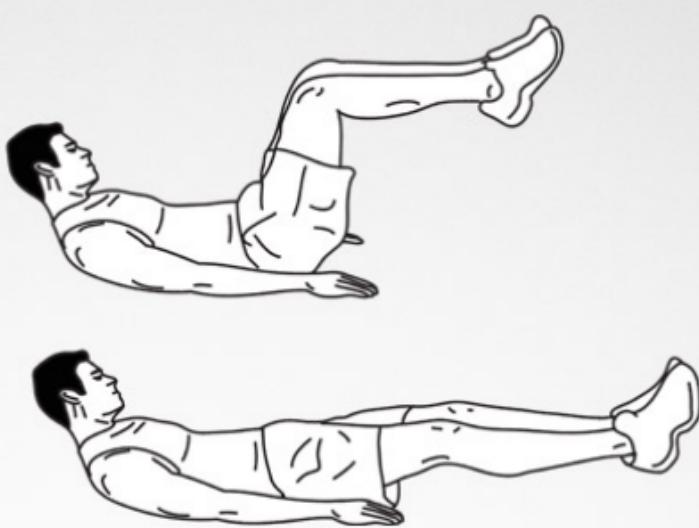
b) To increase the intensity of the contraction, hold the "V" position for several seconds at the top of the movement.

The V-sit is an effective way to target the rectus abdominis, external obliques, internal obliques, and hip flexors while improving core and trunk balance. You are not alone if you are unable to do more than 10 to 12 of the V-sit ab exercise before you reach failure. Feeling the burn means the exercise is working.

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# Crunch Kicks

Stand upright with your feet apart at your shoulders' width Lift your right leg as high as you are capable of and stretch out your left hand to touch your right foot's toes Return to the starting position and repeat the procedure with your left leg and right hand Try to be faster as you switch sides and do the exercise for at least a minute to achieve a complete set



Maintain a straight back and an open chest as you look straight ahead Keep your core engaged and breathe out as you reach and touch your feet with your opposite hand Maintain a fast and smooth movement such that the sooner the other leg touches down the sooner you lift the other.

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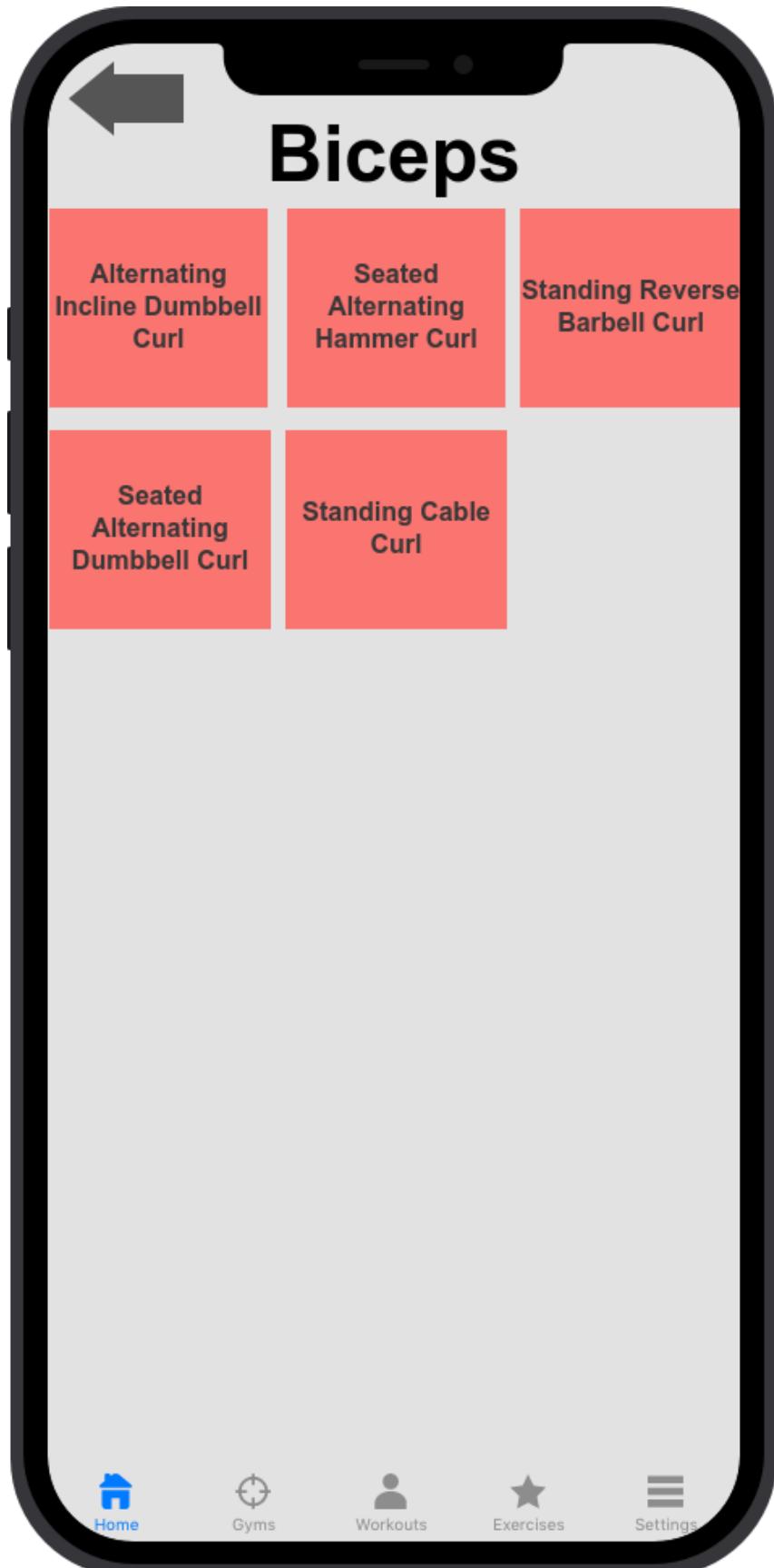
# Scissors

Lie down on your back with your hands either at your sides or underneath your glutes for added back support. Extend your legs out straight, then twist them in and out above each other, or straight up and down —either way, don't let your legs drop to the mat as you're working through your reps. Make sure your core is engaged and that your lower back is pressed onto your mat throughout. Move with slow and controlled movements.



The scissor kick is an intermediate-level exercise that requires strength in your core and lower body. If you have low back issues, tight hip flexors or neck problems, consider modifying the movement.

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# Alternating Incline Dumbbell Curl

On an incline bench, lie back with a dumbbell in each hand and palms facing forward. Keeping your elbow and shoulder stationary, slowly lift one weight to the front of your shoulder. Pause, squeezing your bicep at the top. Slowly reverse the movement to return to start. Repeat on the opposite side.

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The diagram shows a person lying on an incline bench, performing a dumbbell curl. The highlighted muscles are: Deltoid (brown), Brachialis (blue), Biceps (green), and Forearms (green). A legend at the bottom identifies the colors: brown for Main muscles, blue for Secondary muscles, and green for Other muscles.

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# Seated Alternating Hammer Curl

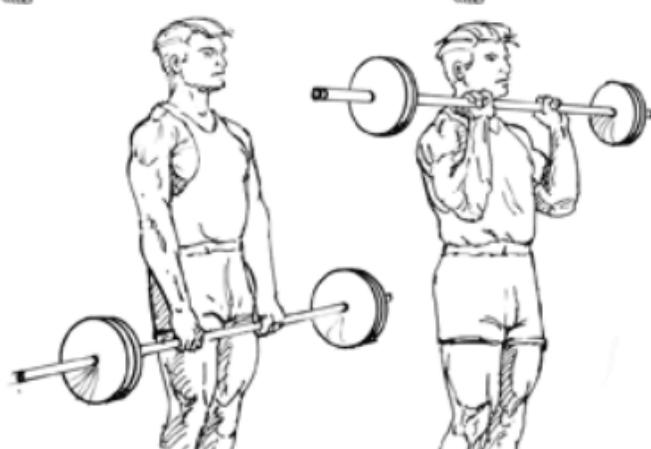
Sit on a 90-degree bench with a dumbbell in each hand, palms facing in toward your body and arms extended straight toward the floor. Keeping your elbow and shoulder stationary, slowly lift one weight to the front of your shoulder. Pause, squeezing your bicep at the top. Slowly reverse the movement to return to start. Repeat on the opposite side.



The screen shows a mobile application interface for fitness. At the bottom, there is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings. The main content area displays an exercise guide for 'Seated Alternating Hammer Curl' with instructions and a video thumbnail.

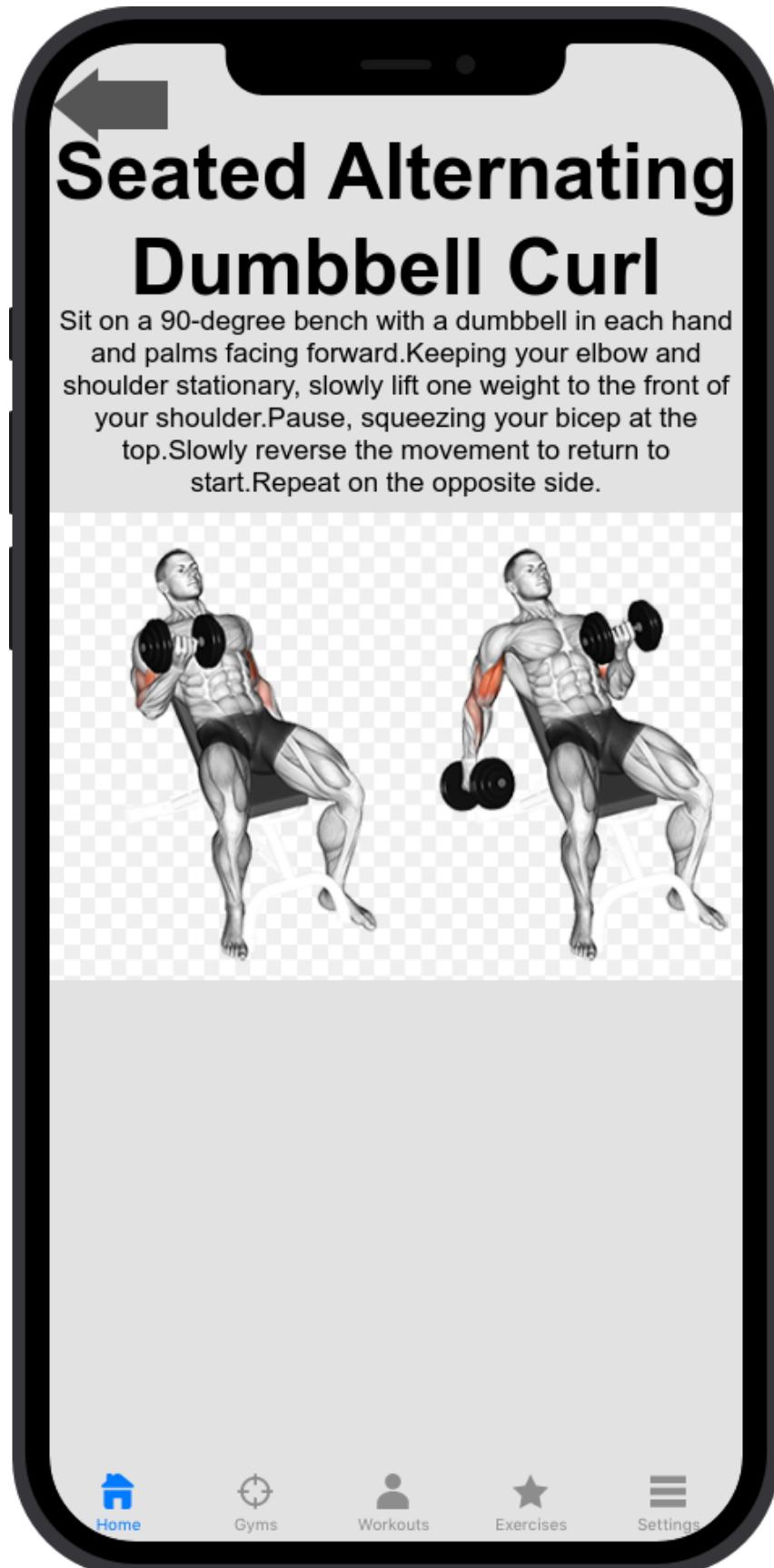
# Standing Reverse Barbell Curl

Stand with feet shoulder-width apart, arms straight to the floor, shoulders back, while holding a barbell with both hands. Keeping your elbows and shoulders stationary, slowly lift the weight to the front of your shoulders. Pause, squeezing your biceps at the top. Slowly reverse the movement to return to start. Repeat on the opposite side.



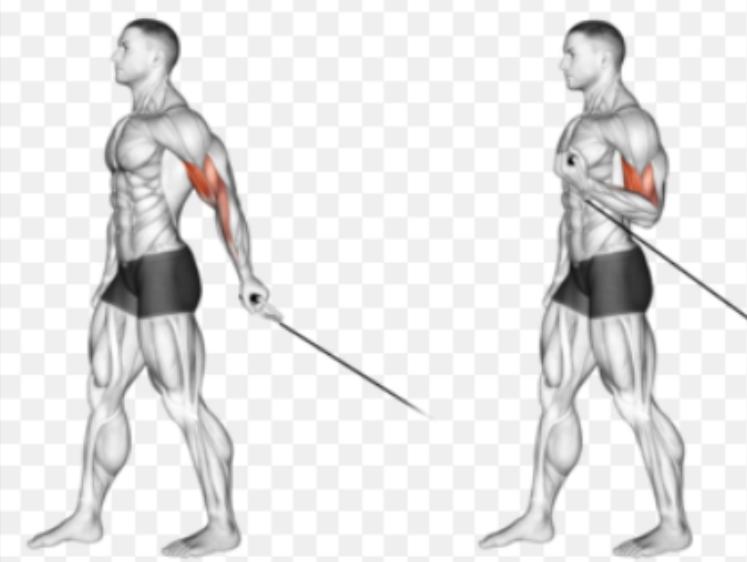
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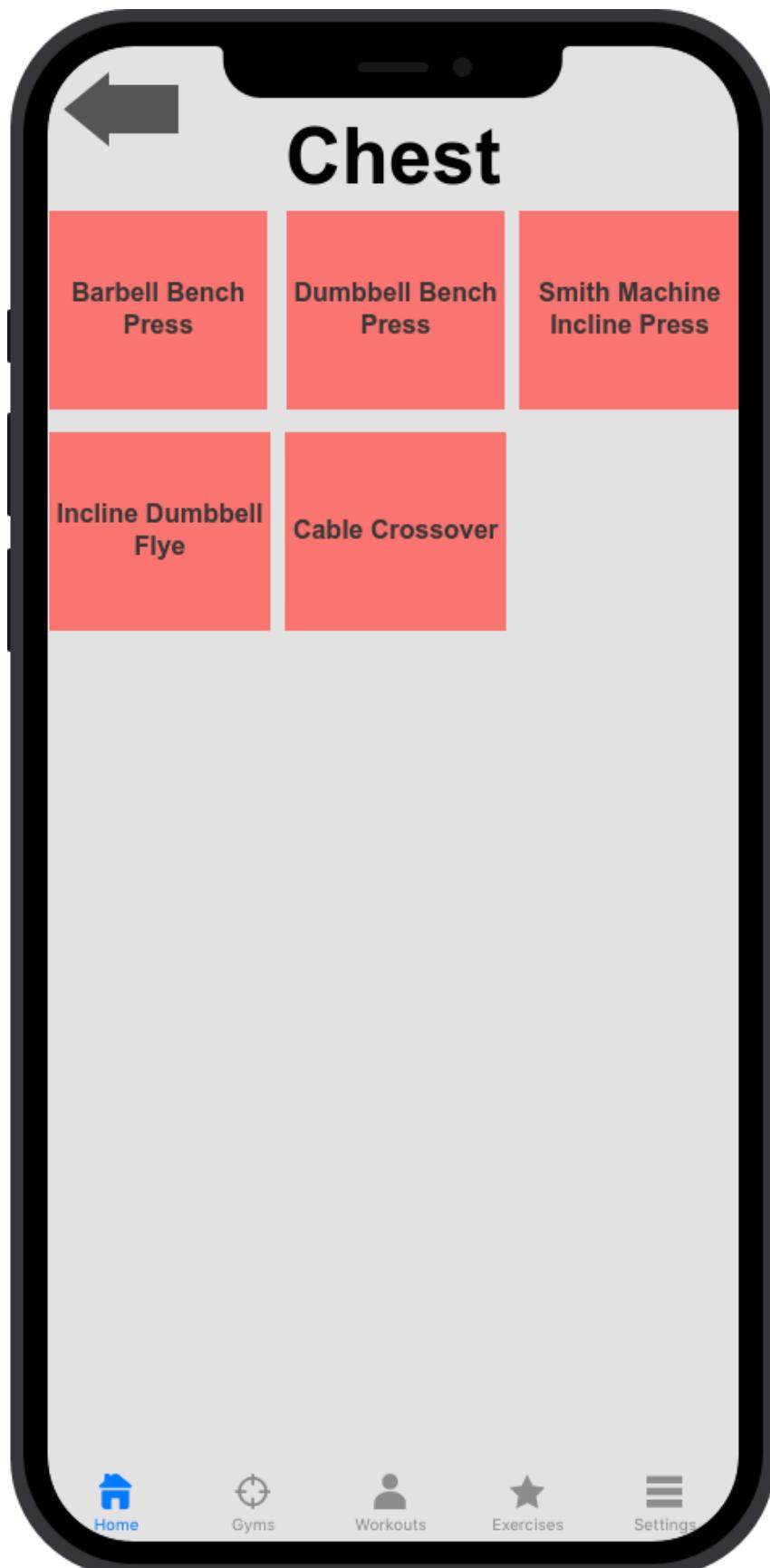


# Standing Cable Curl

Stand with feet shoulder-width apart facing a cable machine with the machine's handle on the lowest setting. Hold the handle with both hands palm facing forward and arms extended straight to the floor. Keeping your elbows and shoulders stationary, slowly lift the weight to the front of your shoulders. Pause, squeezing your biceps at the top. Slowly reverse the movement to return to start. Repeat on the opposite side.



The mobile application interface includes a back arrow at the top left, a central title area, and a bottom navigation bar with five icons: Home (blue house), Gyms (location pin), Workouts (person silhouette), Exercises (star), and Settings (three horizontal bars).



# Barbell Bench Press

Grasp the bar just outside shoulder-width and arch your back so there's space between your lower back and the bench. Pull the bar out of the rack and lower it to your sternum, tucking your elbows about 45° to your sides. When the bar touches your body, drive your feet hard into the floor and press the bar back up.

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# Dumbbell Bench Press

Lie back on a flat bench with a dumbbell in each hand. Hold the weights at shoulder-level, then press the weights straight up.

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# Smith Machine Incline Press

Set an adjustable bench to a 30°-45° incline, and roll it into the center of a Smith machine rack. Grasp the bar with an overhand, shoulder-width grip. Unrack the bar, lower it to the upper part of your chest, and press straight up.



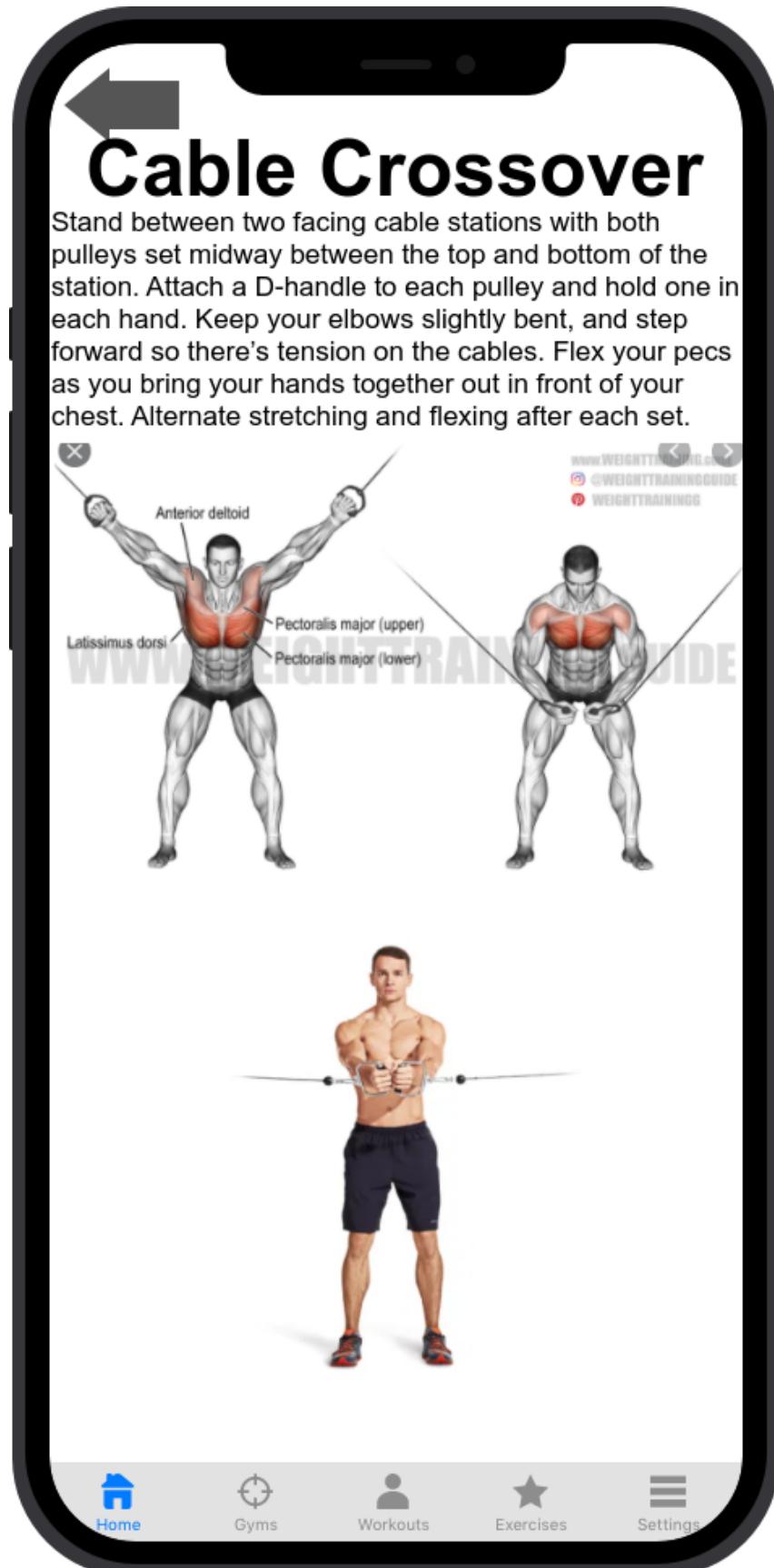
The screen shows a mobile application interface for fitness. At the bottom is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings. The main content area displays the exercise details and two images illustrating the movement.

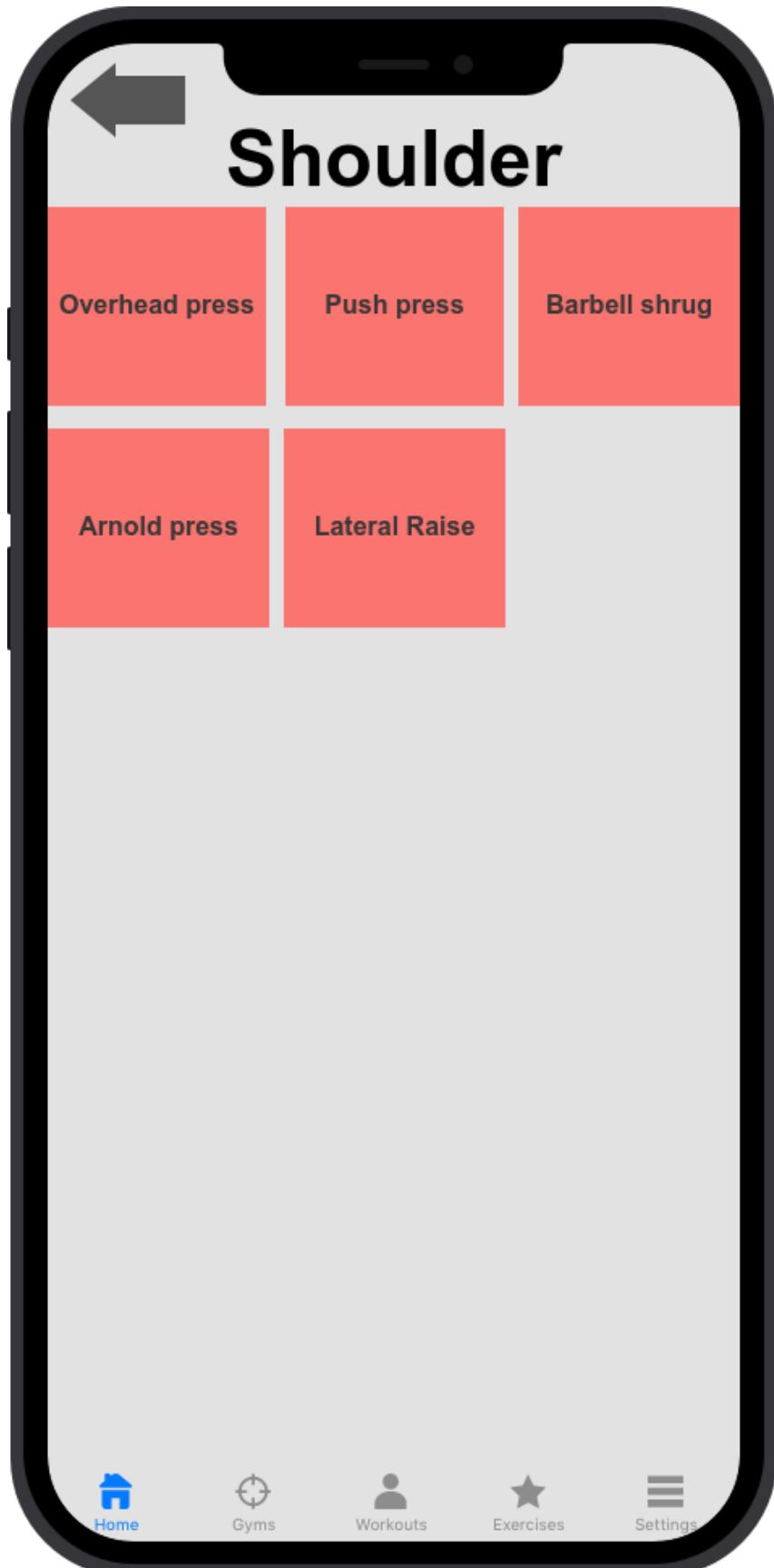
# Incline Dumbbell Flye

Set an adjustable bench to a 30°-45° angle, and lie back on it with a dumbbell in each hand. Turn your wrists so your palms face each other. Press the weights straight over your chest, then, keeping a slight bend in your elbows, spread your arms open as if you were going for a big bear hug. Lower your arms until you feel a stretch in your pecs, then bring the weights back together over your chest.

The mobile application screen displays three illustrations of the Incline Dumbbell Flye exercise. The top two illustrations show a muscular male figure performing the movement on an adjustable bench. In the first illustration, the arms are extended straight overhead. In the second, the arms are bent at the elbows and spread wide, palms facing each other. The third illustration shows a side view of a muscular male figure performing the exercise on a decline bench, with the arms extended forward and slightly down.

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# Overhead press

Stand tall with a barbell across the front of your shoulders. Brace your core, then press the bar directly overhead. Lower it slowly back to the start.

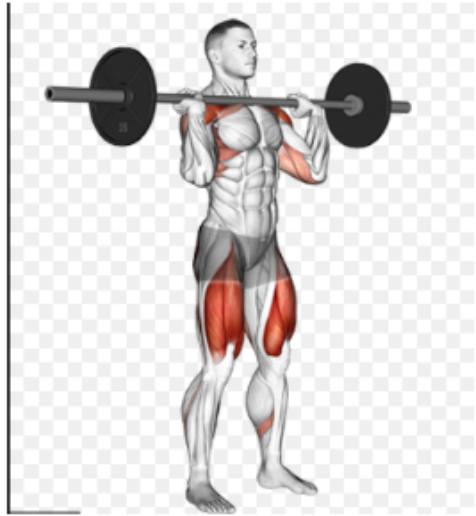
The diagram illustrates the muscles engaged during an overhead press. It shows two male figures: one in the starting position with the barbell at shoulder height, and another in the middle of the movement with the barbell held overhead. Red highlights indicate the muscles worked: Anterior deltoid (front of the shoulder), Lateral deltoid (side of the shoulder), Triceps brachii (back of the upper arm), Pectoralis major (upper) (front of the chest), and Serratus anterior (side of the ribcage). Navigation arrows are located at the top right of the diagram area.

Two photographs show a shirtless man performing the overhead press. In the left photo, he is in the starting position with the barbell at shoulder height. In the right photo, he has pushed the barbell directly overhead. The background shows a gym environment with mirrors and equipment.

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# Push press

Using the same weight as in move 1A, bend your knees to create power to press the bar overhead. Then lower it slowly under complete control.



The screen is a mobile application interface for fitness. At the bottom, there is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings.

# Barbell shrug

Lower the bar to thigh level then, keeping your arms straight, shrug the bar up so that your shoulders reach your ears. Hold this top position for a second, then lower it back to the start.



The screen shows a mobile application interface for fitness. At the bottom, there is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings.

# Arnold press

Sit holding a dumbbell in each hand with palms facing you. Press them up overhead, rotating your wrists as you go, so you end with straight arms and palms facing away.

The diagram illustrates the Arnold press exercise with two side-by-side illustrations of a male torso. The left illustration shows the starting position with arms bent at the elbow, palms facing forward. The right illustration shows the arms fully extended overhead with palms facing away. Labels point to various muscles involved: Lateral deltoid, Anterior deltoid, Pectoralis major (upper), Serratus anterior, Triceps brachii, and External oblique. A small URL and social media handle are visible at the bottom of the diagram area: www.WeightTraining.guide and IG: @weighttrainingguide.

Two photographs show a shirtless man performing the Arnold press on a weight bench. In the left photo, he is in the starting position with dumbbells held at shoulder height. In the right photo, he has rotated his wrists and extended his arms fully overhead. The background shows a gym setting with weight racks.

A navigation bar at the bottom of the screen includes icons for Home (selected), Goals, Workouts, Exercises, and Stats.

# Lateral Raise

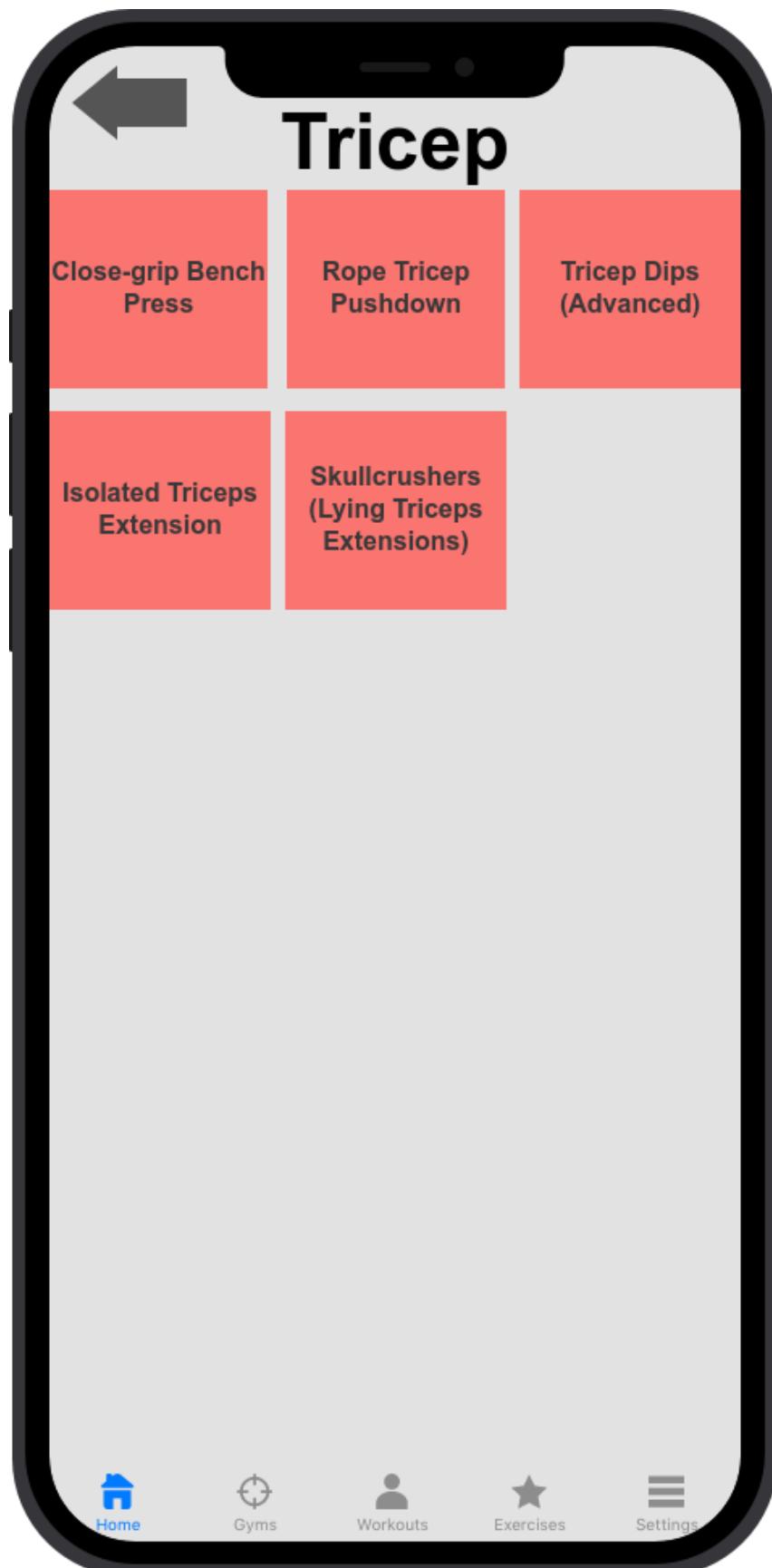
Switch to lighter dumbbells then, leaning forward slightly, raise them to shoulder height, leading with your elbows. Pause at the top, then lower back under control.



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# Close-grip Bench Press

The bench press is a great tricep exercise to work your chest and core. Placing your hands closer together makes it so your triceps have to work harder, which can lead to new growth and more strength.

The diagram shows two stages of the close-grip bench press. On the left, labeled 'Close Grip Bench Press (start)', a person is lying on a bench with a barbell. Colored regions indicate muscle activation: green for Pectoralis major m., purple for Triceps m. (Medial head, Lateral head, Long head), and blue for Deltoid m. clavicular part. On the right, labeled 'Close Grip Bench Press (finish)', the person has pushed the barbell upwards, with the same colored regions indicating increased activation. Arrows at the top of the diagram indicate the progression from start to finish.

Two photographs show a man performing the close-grip bench press on a weight bench. In the first photo, he is in the starting position with the barbell. In the second photo, he has pushed the barbell upwards, demonstrating the movement. The barbell has red weight plates.

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# Rope Tricep Pushdown

This move zones in on your triceps – but only if you do it right. If you use too much weight, you'll involve your back and shoulder muscles, defeating the purpose. If you can't keep your shoulders down, lighten the load.

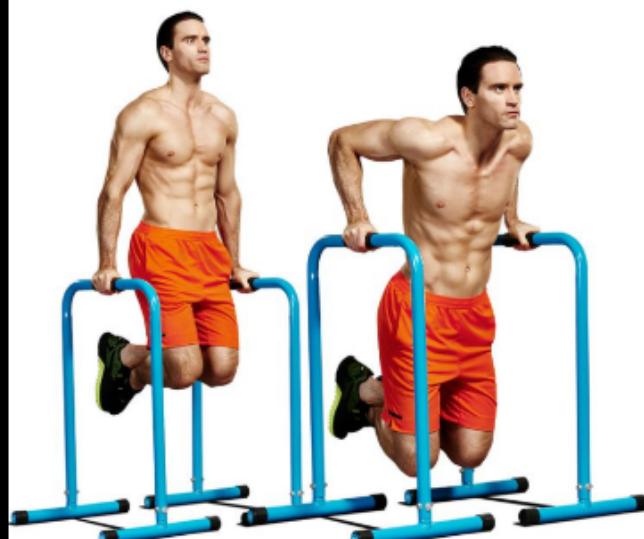
The diagram illustrates the muscle groups involved in the exercise. It shows a side view of a person performing the pushdown. The main muscle highlighted in red is the Triceps, located at the back of the upper arm. Secondary muscles, highlighted in blue, include the Deltoids and Forearms. Other muscles, highlighted in green, are also shown. A legend at the bottom identifies the colors: red for Main muscles, blue for Secondary muscles, and green for Other muscles. The copyright notice "copyright © EvolutionFit. All rights reserved." is visible at the top left of the diagram area.

Two photographs show a man performing the rope tricep pushdown on a cable machine. In the first photo, he is standing upright with his back to the machine, holding a rope handle with both hands and pulling it down towards his chest. In the second photo, he is shown from a slightly different angle, demonstrating the proper posture and grip. The background features a gym setting with other equipment.

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# Tricep Dips (Advanced)

Because you're lifting your entire bodyweight, your triceps have to work against a much heavier load than they would in a triceps-isolating exercise.



The screen displays a mobile application interface for fitness. At the bottom is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings. The main content area shows a large title "Tricep Dips (Advanced)" followed by a descriptive text about the exercise. Below this is a diagram illustrating the movement with two stages and muscle highlights. A larger image shows a man performing the exercise on parallel bars. The overall design is clean and modern, typical of a fitness app.

# Isolated Triceps Extension

When you work your triceps, you might forget there are three parts to the muscle: the lateral head, the medial head, and the long head. The last part might not always get the attention it deserves – unless you're regularly doing exercises like this one, with your arms over your head to isolate the long head.

## Lying Barbell Triceps Extension

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# Skullcrushers (Lying Triceps Extensions)

Whilst there are many variations of this move, they all have one thing in common: elbow extension. As the upper arms are locked in position, the long and lateral tricep heads are called into play. Increasing the angle of an incline bench will work your triceps long head, while doing the movement on a decline bench places more emphasis on the lateral triceps head.

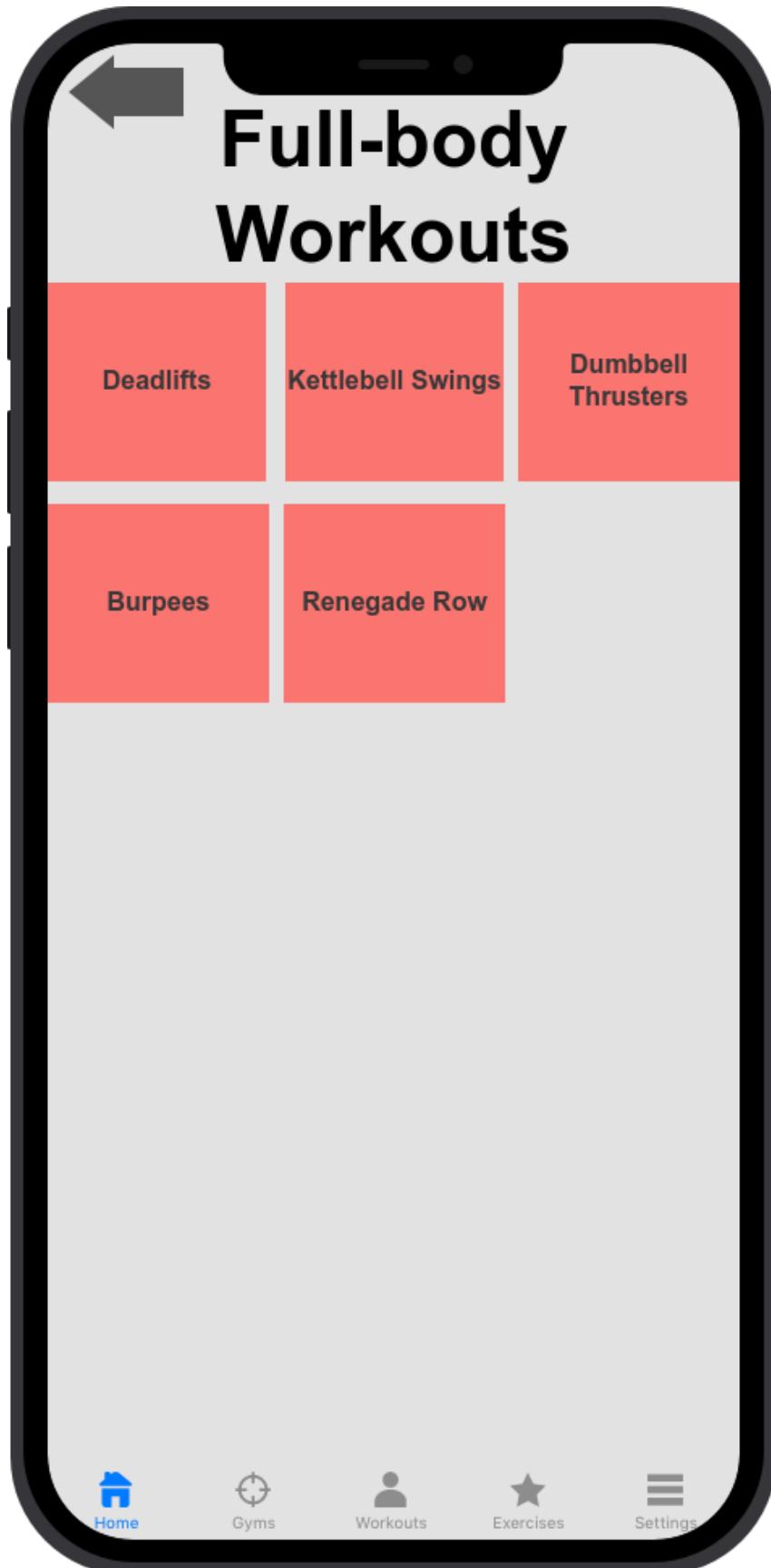
## Lying Barbell Triceps Extension

The diagram illustrates the muscles involved in a lying barbell triceps extension. It shows a person lying on a bench with a barbell on their chest. Labels point to various muscles: Flexor Carpi Ulnaris, Palmaris Longus, Pronator Teres, Biceps Brachii, Flexor Carpi Radialis, Triceps Brachii, Latissimus Dorsi, and Serratus Anterior.

Two photographs of a person performing a lying barbell triceps extension. The top photo shows the person lying on a flat bench with a barbell on their chest. The bottom photo shows the person lying on an inclined bench with a barbell on their chest.

A photograph of a person performing a lying barbell triceps extension on an inclined bench. The person is leaning back with their arms extended, holding a barbell with a wide grip.

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# Deadlifts

Squat down and grasp a barbell with your hands roughly shoulder-width apart. Keep your chest up, pull your shoulders back and look straight ahead as you lift the bar. Focus on taking the weight back onto your heels and keep the bar as close as possible to your body at all times. Lift to thigh level, pause, then return under control to the start position.

### Deadlift Anatomy

The diagram illustrates the muscles activated during a deadlift. The Trapezius and Deltoid are highlighted in purple. The Biceps Brachii is highlighted in blue. The Vastus Medialis, Sartorius, and Adductor Magnus are highlighted in red. The Triceps and Vastus Lateralis are highlighted in yellow. The Brachioradialis is highlighted in green. The Palmaris Longus and Flexor Carpi Radialis are highlighted in pink. The text "BODY BUILDERS PAGE" is visible at the bottom right of the diagram.

The mobile application interface features a navigation bar at the bottom with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings.

# Kettlebell Swings

Place a kettlebell a couple of feet in front of you. Stand with your feet slightly wider than shoulder-width apart and bend your knees to lean forward and grab the handle with both hands. With your back flat, engage your lats to pull the weight between your legs (be careful with how deep you swing) then drive your hips forward and explosively pull the kettlebell up to shoulder height with your arms straight in front of you. Return to the start position and repeat without pauses.



A diagram illustrating the muscles used during Kettlebell Swings. It shows two views of a human torso and legs: front and back. The muscles highlighted in red include the latissimus dorsi, gluteus maximus, and quadriceps. The front view shows the abdominal muscles and the muscles of the anterior and lateral thighs. The back view shows the muscles of the posterior and medial thighs, as well as the glutes and hamstrings.



A photograph of a shirtless man performing Kettlebell Swings. He is wearing green shorts and red sneakers. He is in a bent-over position, holding a black kettlebell with both hands at waist level. He is driving his hips forward to swing the kettlebell up towards his chest. A second person is visible in the background, also performing the exercise.

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# Dumbbell Thrusters

Hold two dumbbells by their handles but so the back of the weight is resting above the back of your shoulder. Slightly bend your knees and squat down, keeping your legs in line with your shoulders. Drive through your legs and straighten them, extending your arms as you do so to raise the dumbbells above your head. Squat down and repeat.

800 x 450

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# Burpees

From a standing position squat down until your thighs are parallel to the floor and place your palms on the floor. From there kick your feet back as far as you can while keeping your arms extended. As soon as your feet land jump them back in towards your hands, then jump up into the air. Land and immediately squat down to go into the next rep.



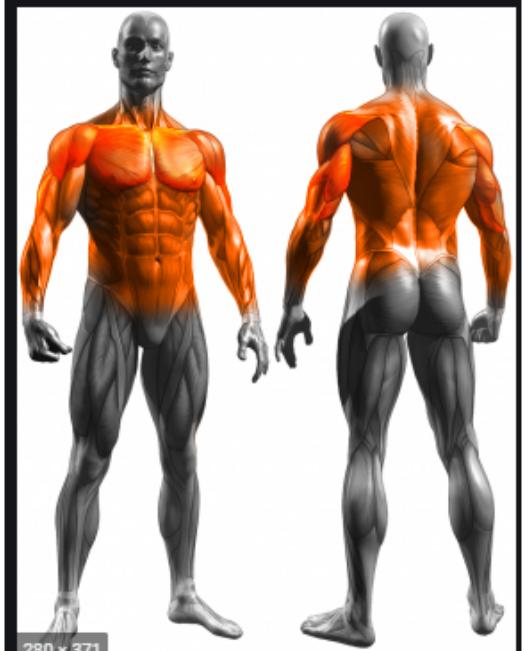
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# Renegade Row

Get into a press-up position with your hands on the handles of two dumbbells. Keeping your core tensed, row the right dumbbell up to your abs then return to the start position. Repeat with the left dumbbell to complete one rep.



290 x 271



The screen shows a mobile application interface for fitness. At the bottom is a navigation bar with five icons: Home (selected), Gyms, Workouts, Exercises, and Settings. The main content area displays the exercise details and visual aids described above.

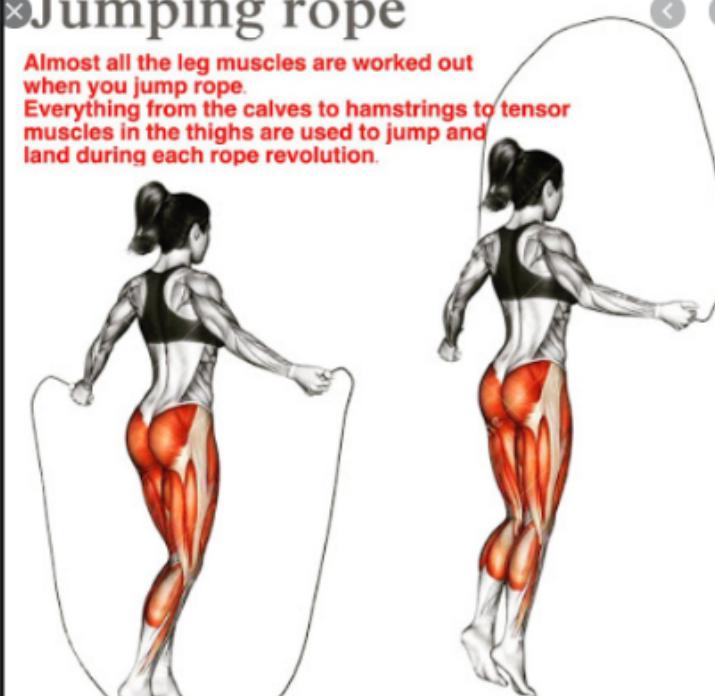


# Jump Rope

Do you have fond memories of jumping rope as a kid? Well, you can bring that into your workouts by jumping rope at home. Jumping rope is often considered the best cardio workout and is used for cross training by many athletes. You can do it almost anywhere with just a simple jump rope you can buy in many locations, which is why it is a great cardio workout at home. If you jump rope for only 20 minutes, you can burn about 220 calories. Although you might have memories of jumping for long periods of time as a kid with no problem, you also want to work your way up to the full 20 minutes.

## Jumping rope

Almost all the leg muscles are worked out when you jump rope. Everything from the calves to hamstrings to tensor muscles in the thighs are used to jump and land during each rope revolution.



The core muscles in the abs are also engaged, especially during jumping variations that require extra balance, such as a one-legged jump.

1073 x 1200

Home Gyms Workouts Exercises Settings

# Burpees

From a standing position squat down until your thighs are parallel to the floor and place your palms on the floor. From there kick your feet back as far as you can while keeping your arms extended. As soon as your feet land jump them back in towards your hands, then jump up into the air. Land and immediately squat down to go into the next rep.



6118 x 3716

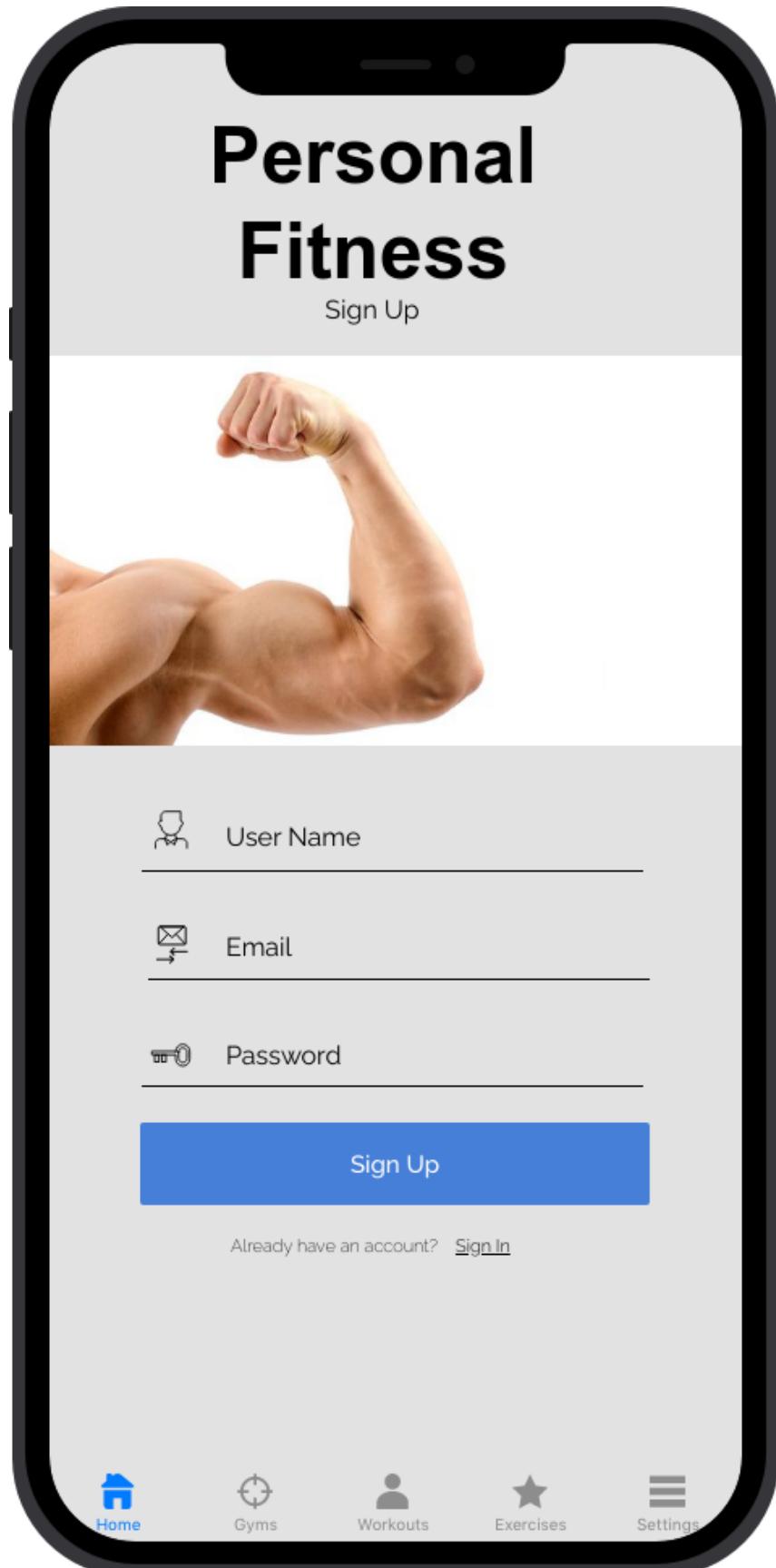


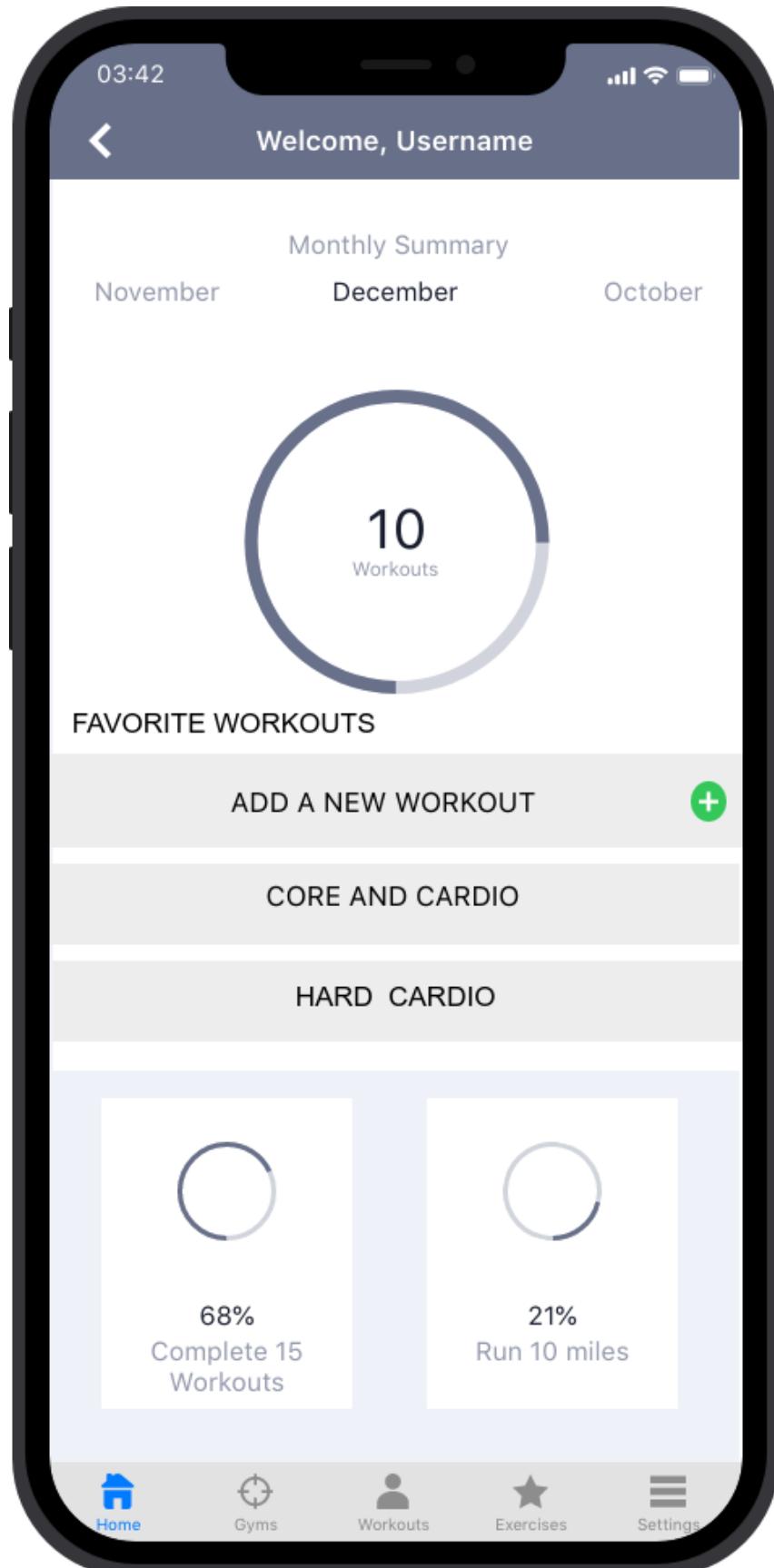
Home Gyms Workouts Exercises Settings

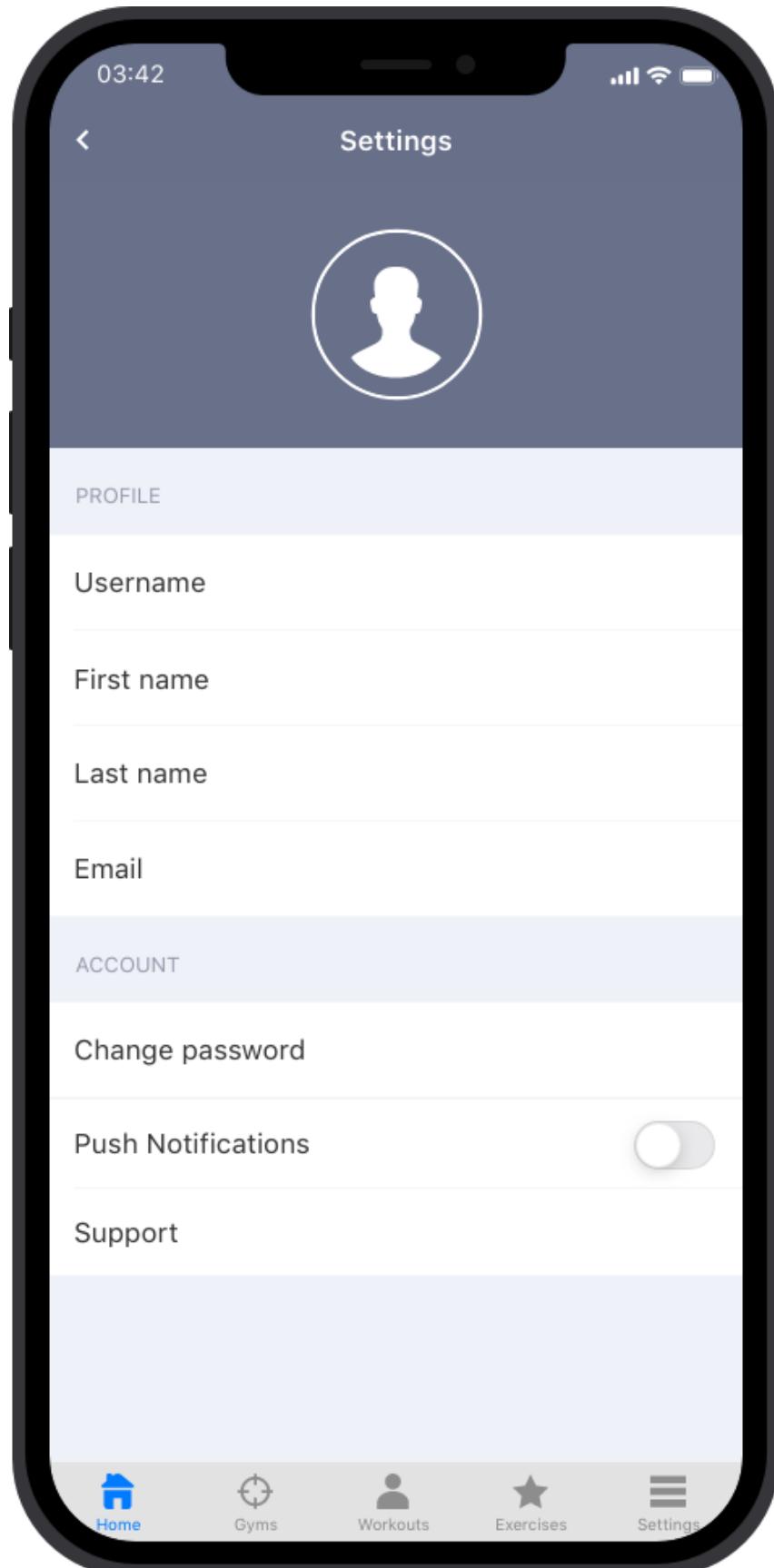
# Dumbbell Thrusters

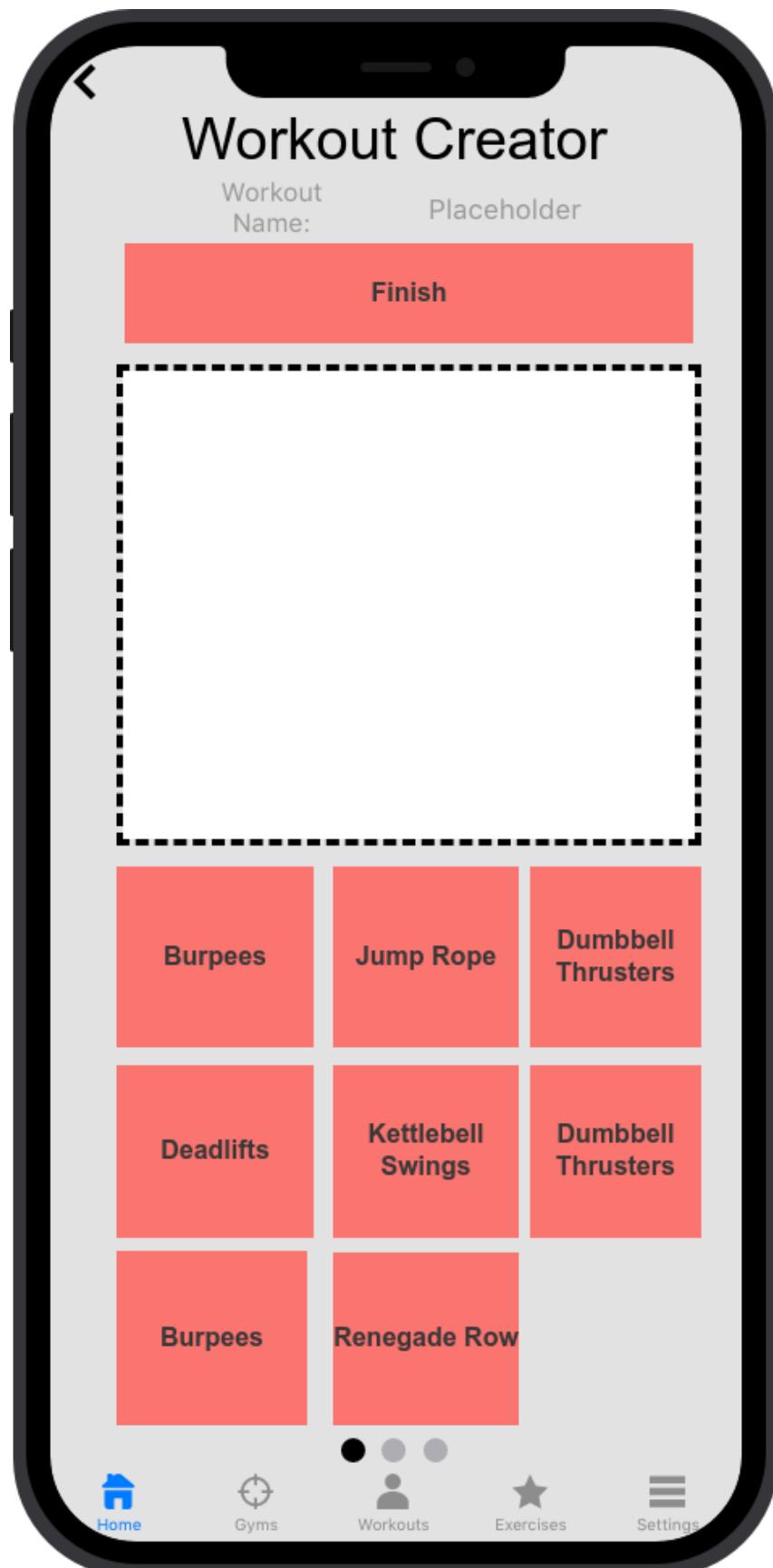
Hold two dumbbells by their handles but so the back of the weight is resting above the back of your shoulder. Slightly bend your knees and squat down, keeping your legs in line with your shoulders. Drive through your legs and straighten them, extending your arms as you do so to raise the dumbbells above your head. Squat down and repeat.

The smartphone screen displays the 'Dumbbell Thrusters' exercise. At the top left is a back arrow icon. The title 'Dumbbell Thrusters' is centered in a large, bold font. Below the title is a detailed description of the exercise. Underneath the description are three small anatomical diagrams showing the progression from standing with dumbbells held at waist level to a squat position, and finally to the fully extended position with arms raised. Below these diagrams is a larger, more detailed image of a shirtless man in red shorts performing the exercise. He is shown in three stages: holding the dumbbells at waist level, squatting down, and then driving up into a full extension with his arms raised. The bottom of the screen features a navigation bar with five icons: 'Home' (selected), 'Gyms', 'Workouts', 'Exercises', and 'Settings'. A watermark '800 x 450' is visible in the bottom left corner of the main image.









The image shows a smartphone displaying a workout application interface. The title "Core and Cardio" is at the top. Below it, instructions say "Do each exercise at least 5 times (or more depending on your fit level); Repeat for 3 sets". Six exercises are listed with checkboxes for three sets each:

- Knee Crunches: Set 1, Set 2, Set 3
- Run 1/4 mi: Set 1, Set 2, Set 3
- V-sits: Set 1, Set 2, Set 3
- Cycling Cross Crunches: Set 1, Set 2, Set 3
- Scissors: Set 1, Set 2, Set 3
- Burpees: Set 1, Set 2, Set 3

At the bottom are navigation icons: Home (selected), Gyms, Workouts, Exercises, and Settings.

The image shows a smartphone displaying a workout application interface. The screen has a black border and rounded corners. At the top left is a large grey arrow pointing left. The title "Hard Cardio" is centered in a large, bold, black font. Below the title is a instruction text: "Do each exercise at least 5 times (or more depending on your fit level); Repeat for 3 sets". The workout plan consists of five exercises, each in a red box with white text:

- Dumbbell Thrusters
- Run 1/4 mi
- Jump Rope
- Run 1/4 mi
- Burpees

Next to each exercise are three checkboxes labeled "Set 1", "Set 2", and "Set 3". At the bottom of the screen are five navigation icons: "Home" (blue house), "Gyms" (target), "Workouts" (person), "Exercises" (star), and "Settings" (three horizontal lines).



