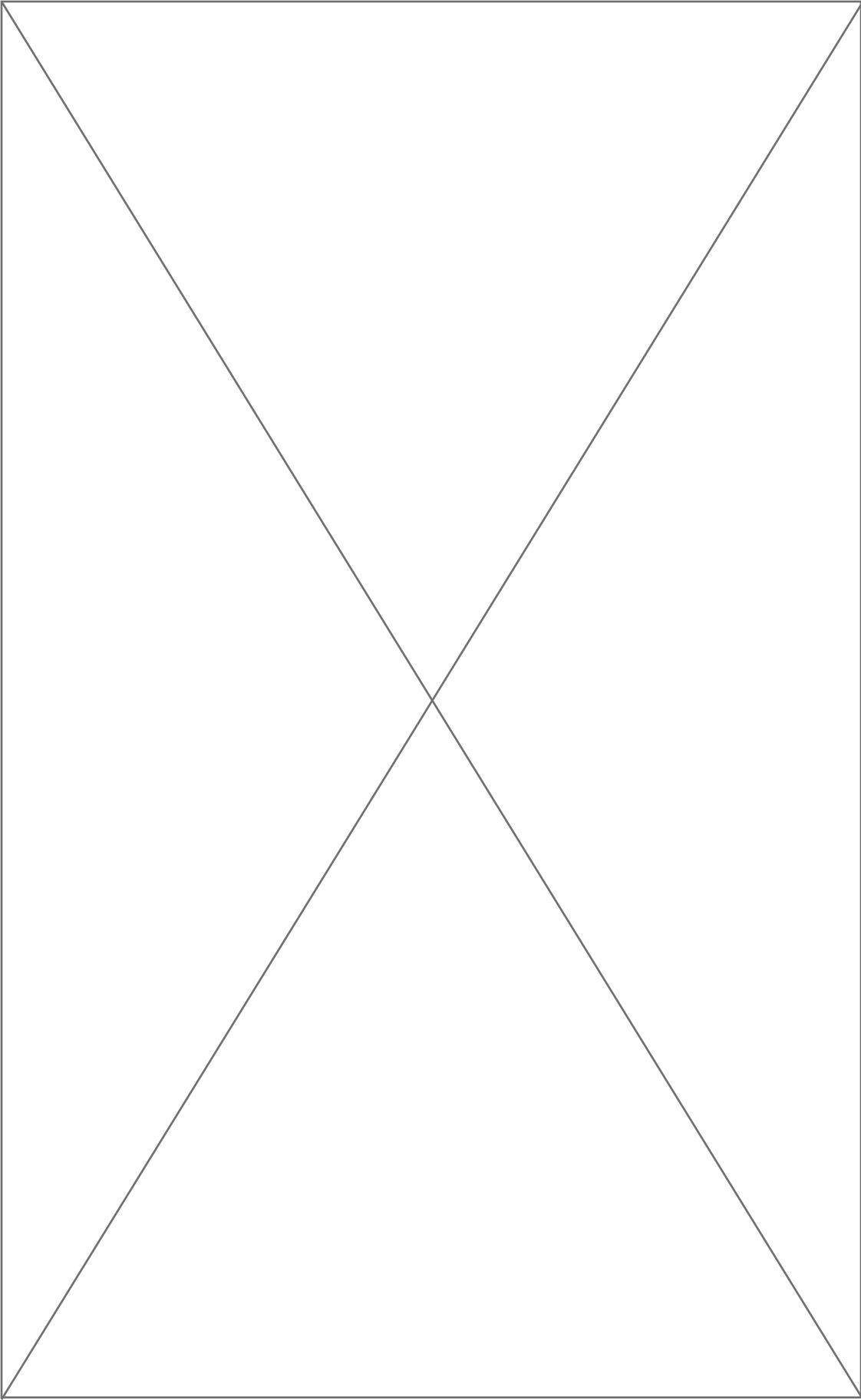


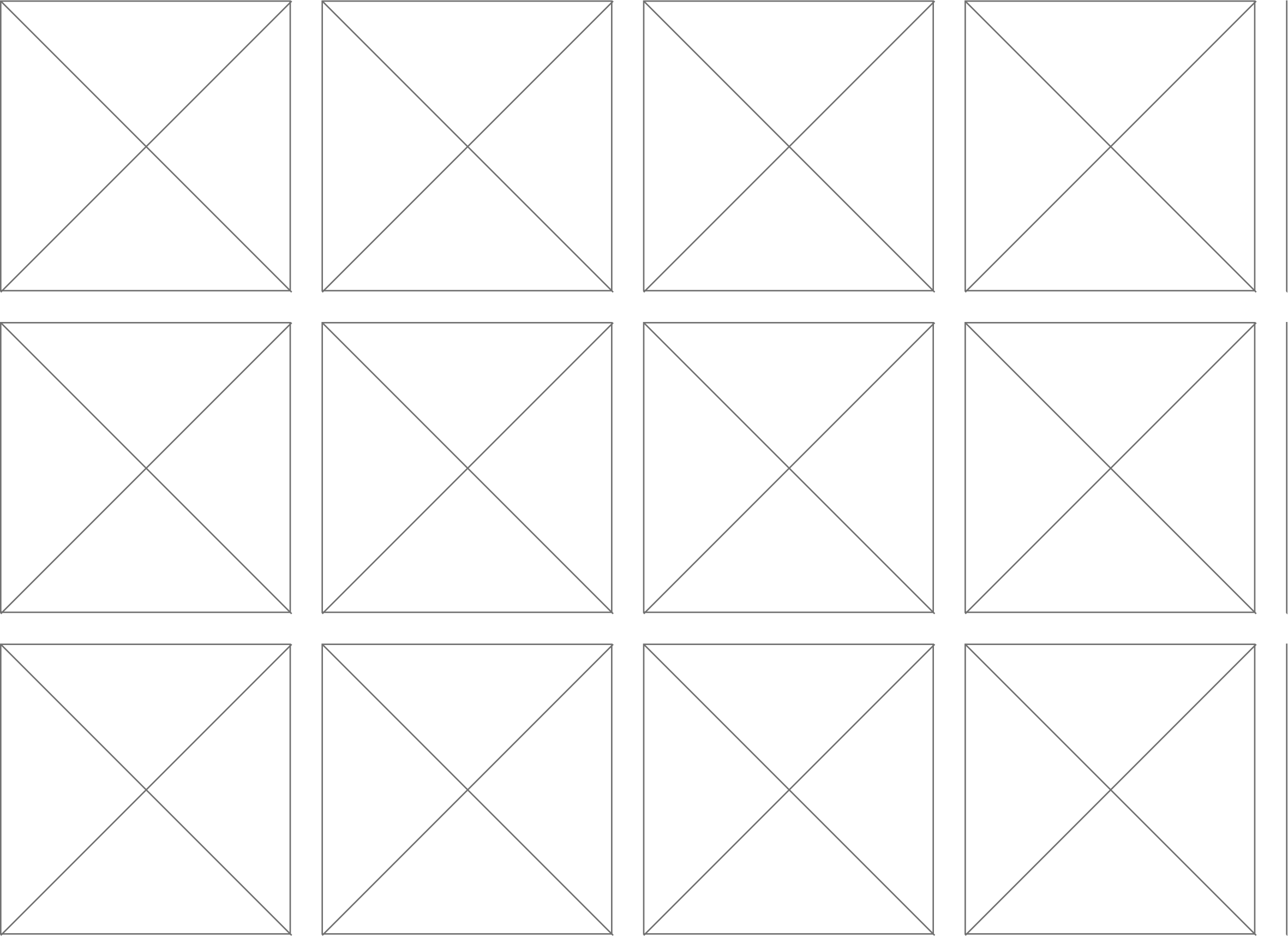
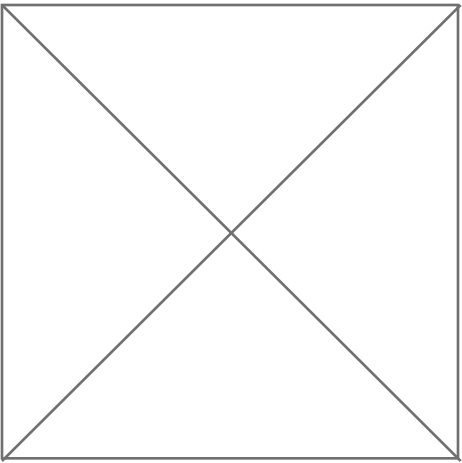


Player



Shop

Gold:





Time Trials

Workout

Pushups

Sit-ups

Cardio

Burpees

Time

Time Remaining



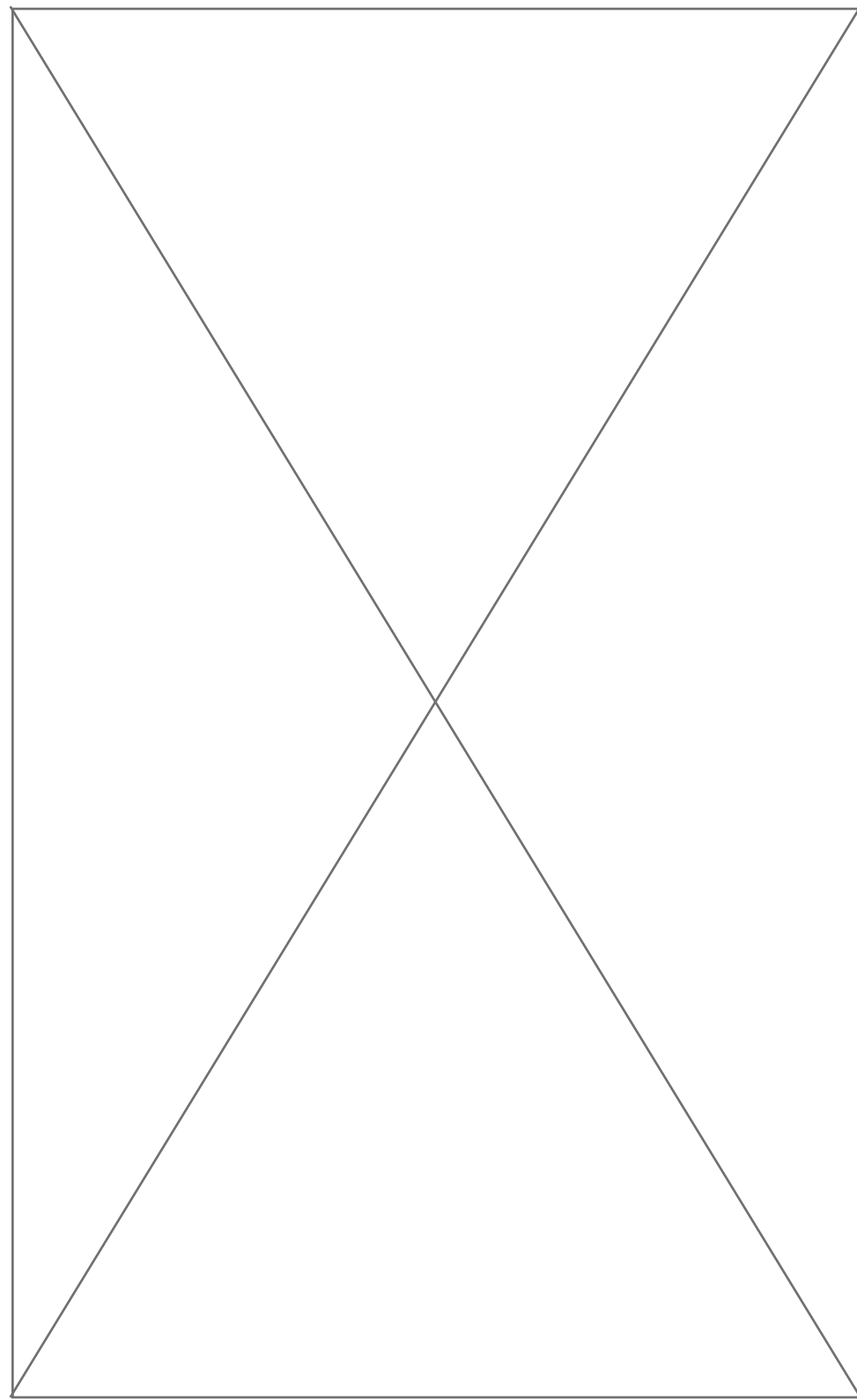
Settings

Preferences

Sound

Visual

MuscleQuest



Levels

Character

Shop

Settings

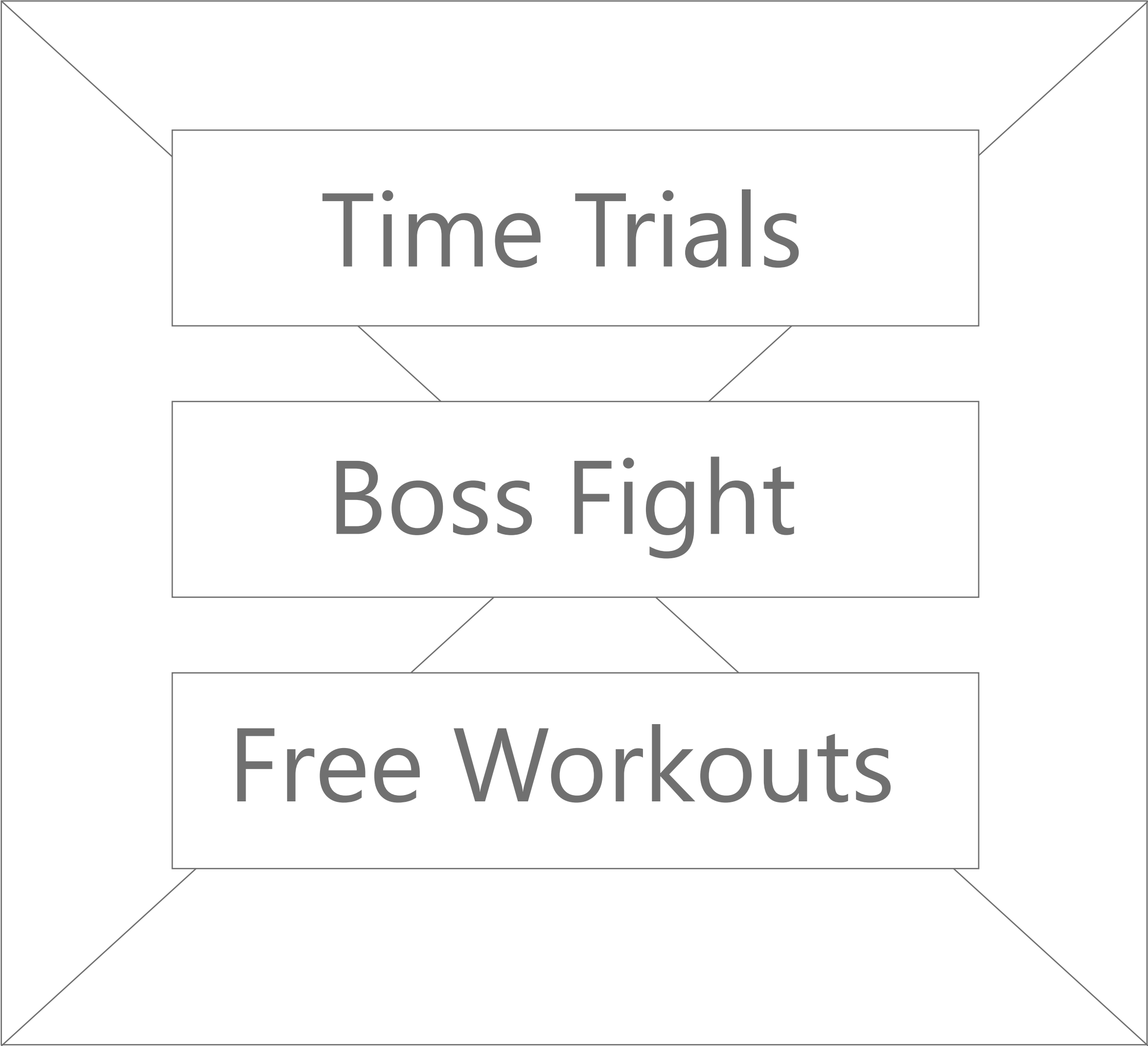


Daily Challenges

Complete 50 Pushups

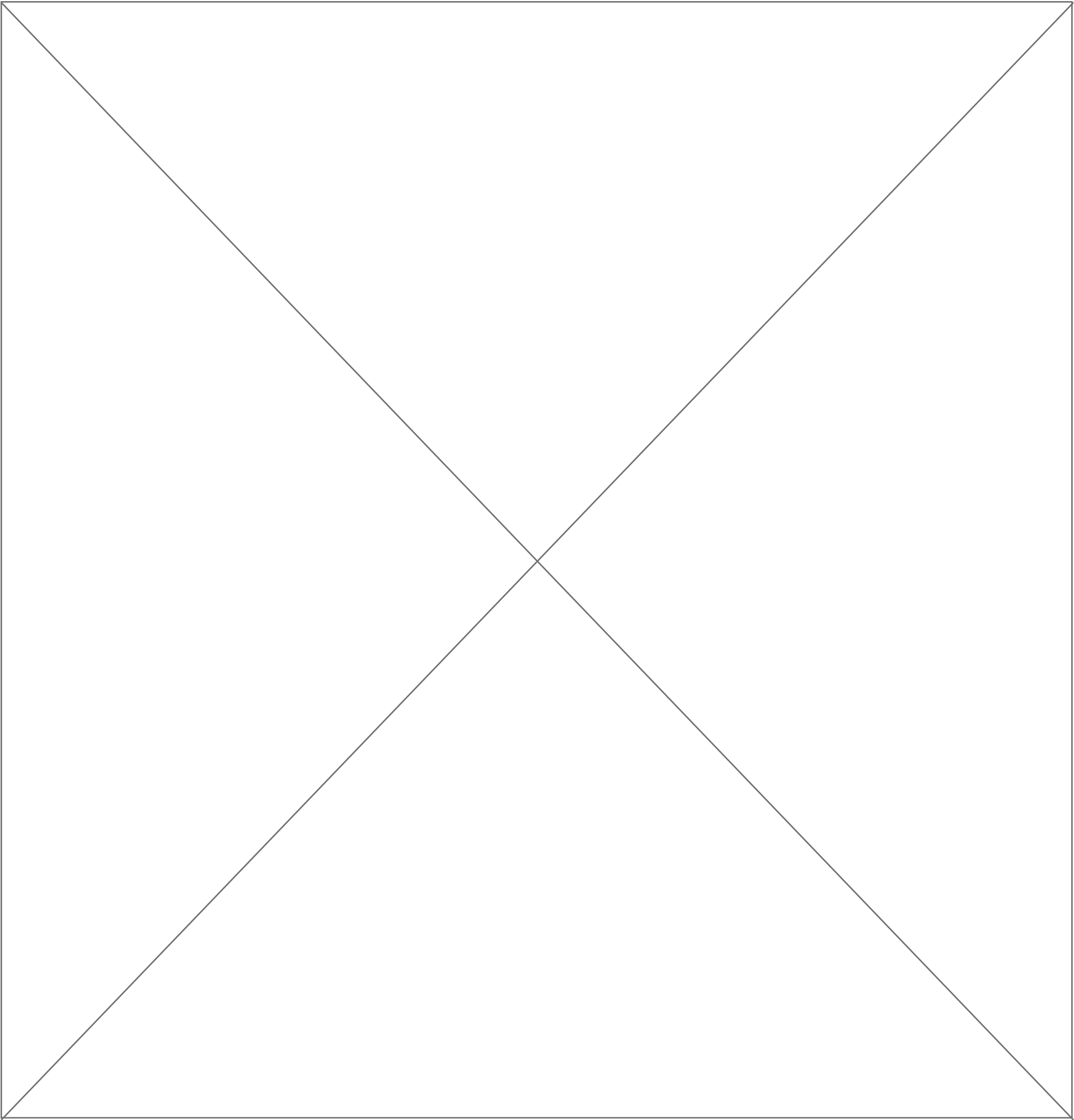
Run a mile

Complete 30 Burpees





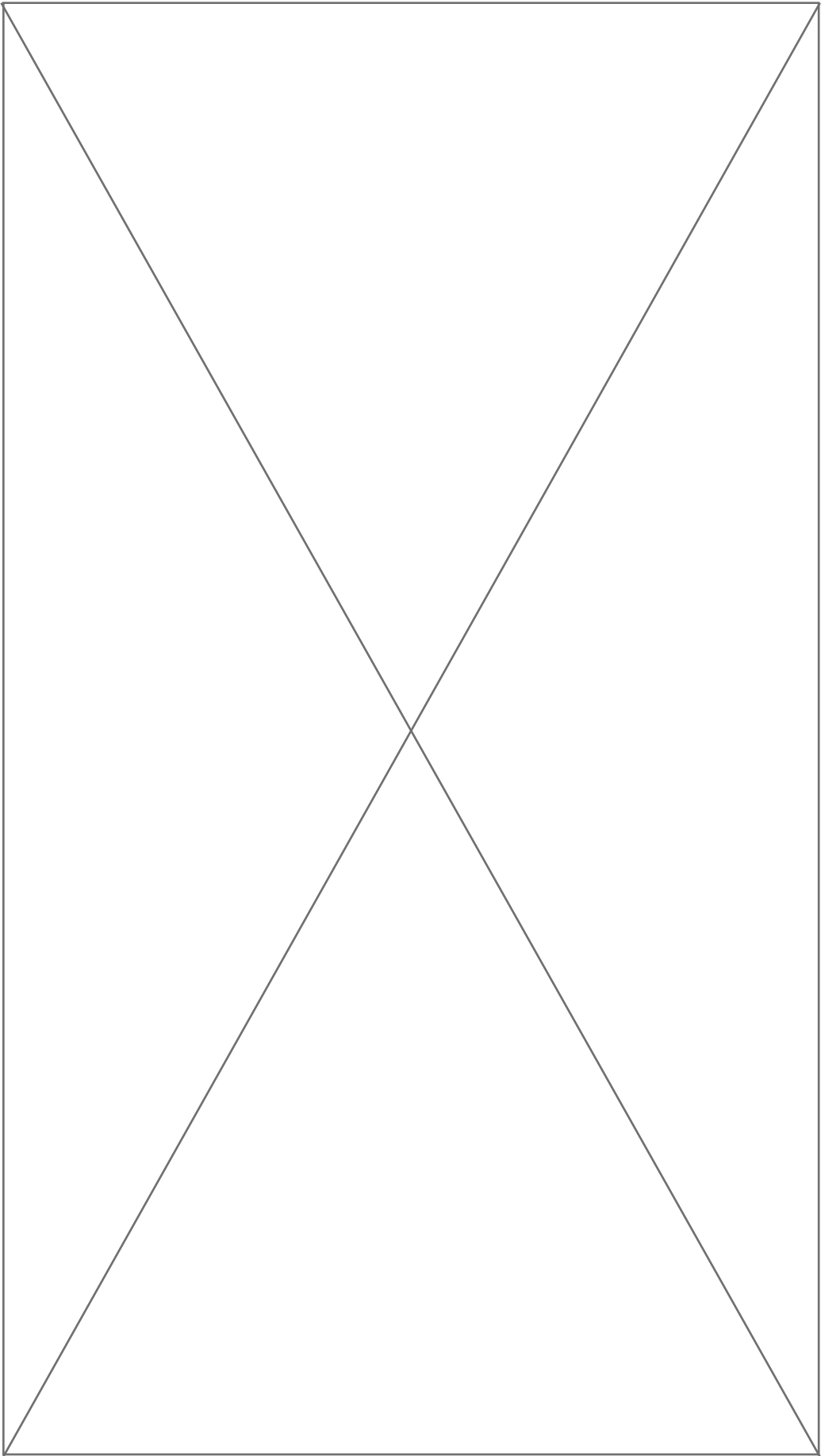
Bjornokvir the Warrior



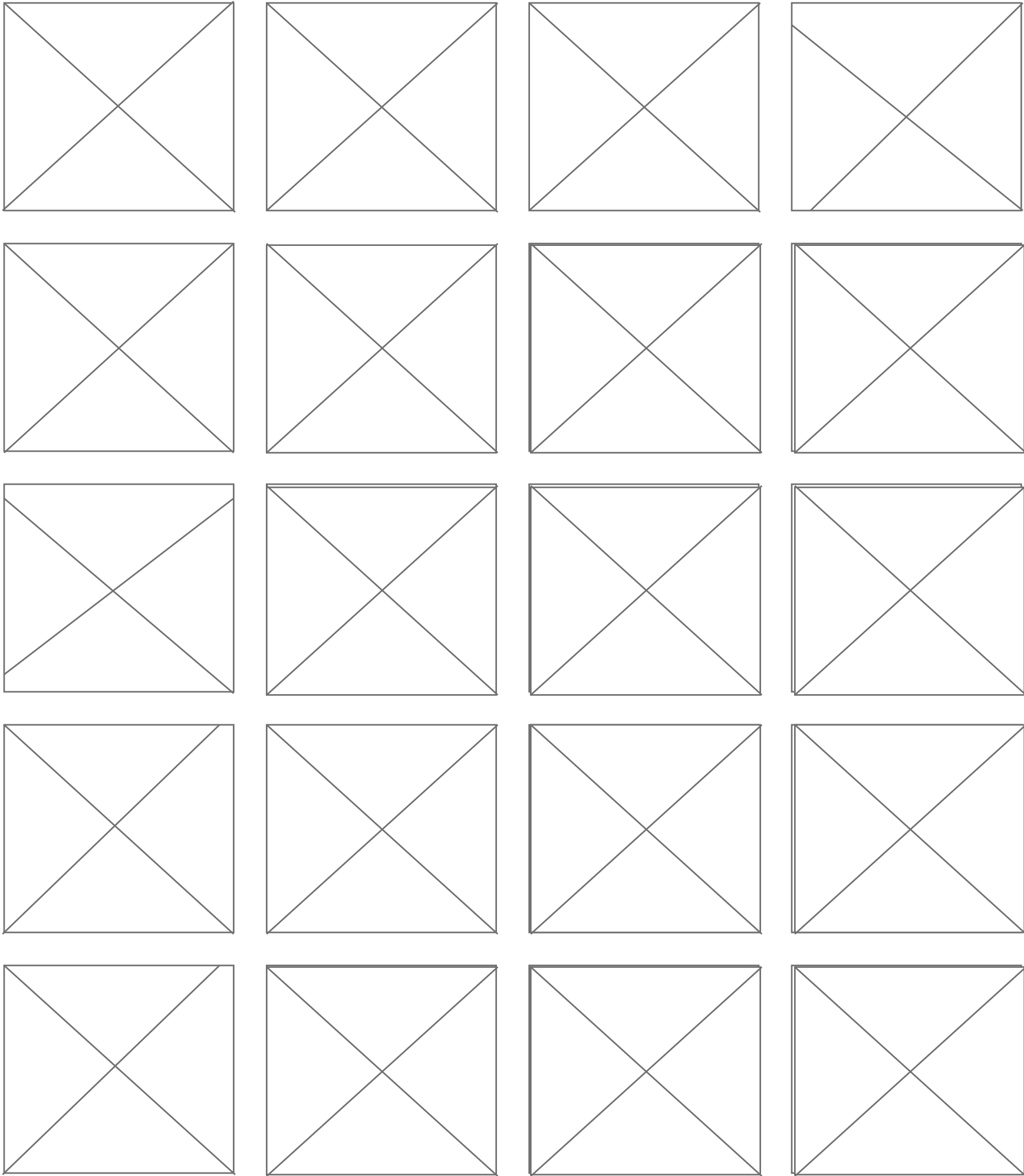
1x Pushup	5 Dmg
1x Situp	5 Dmg
1x Squat	5 Dmg
1x Burpee	5 Dmg
1min Plank	5 Dmg
Run a Mile	5 Dmg



Player



Inventory





Free Workouts

Complete any workouts freely

Push-Ups	Bench Press	Rows
Sit-Ups	Bicep Curls	Squats
Cardio	Tricep Extensions	Calf Raises
Burpees	Lat-Pulldowns	Pull-Ups