

9:30

New Plan

Label

Plan Name

7

Set As Library

Days

Day 1

Input

Day 2

Input

Day 3

Input

Day 4

Input

Day 5

Input

Day 6

Input

Day 7

Input

Create Plan

Cancel

Statistics

Personal

Home

Programs

Progression

9:30

Edit Plan

Full Body 3 Day

Plan Name

3

Days

Day 1

Day 1

Day 2

Day 2

Day 3

Day 3

Confirm

Cancel

Statistics

Personal

Home

Programs

Progression

9:30

Full Body 3 Day: Day 1

← New Exercise

Label

Exercise Name

Select

Metric 1

Select

Metric 3

Select

Metric 2

Select

Metric 4

Select

Select

Muscle Groups

Select

Progression System

Add Exercise

Statistics

Personal

Home

Programs

Progression

9:30

Full Body 3 Day: Day 1

← New Exercise

Label

Exercise Name

Select

Metric 1

Select

Metric 2

Select

Muscle Groups

Select

Progression System

Add Exercise

Weight: lbs

Bodyweight

Weight: 1 RM %

Reps

Sets

Time

Max HR

RPE

Distance

Custom 1

Custom 2

Statistics

Personal

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9:30

Full Body 3 Day: Day 1

← New Exercise

Label

Exercise Name

Select

Metric 1

Select

Metric 2

Select

Metric 3

Select

Metric 4

Select

Select

Muscle Groups

Select

Progression System

Linear

Undulating

Static

Add Exercise

Statistics

Personal

Home

Programs

Progression