

Matt Larsen

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Welcome to  
MuscleScore

Register

Log In

\*will stay signed in after  
first time

## Muscle Score

Traning  
Videos

Cooling  
Videos

Types of  
Lifts

Set  
Workout Plans

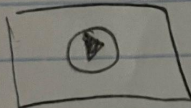
Diet Plans

Help

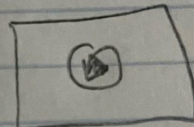
~~will stay signed in after~~  
first time

## MuscleScore

Training Values



Bench Press

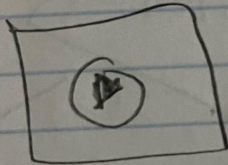


Barbell Squat

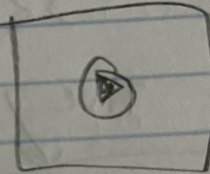
etc....

Muscle Score

Cooling videos



Chiden + Ruc

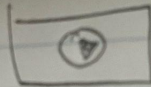


Medball Sub

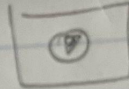
e f r . . ,



## MuscleScore Types of L.R/Ls



Bench Press



Squat

etc...

Muscle Score  
Help

Settings

Account

etc...

Muscle Score  
Diet Plan

Fill Form  
out

- Height
- weight
- Gender
- Age
- Goals

Gives plan out  
based on form



Aaron Darzano

MUSCLE SCORE

username

Password

Login Register

Muscle score

Log out

workout

Diet

Premium

→ Diff Page

← Muscle Score

Diet

Meal Prep Low-cal Pick of the day

Calorie Tracker

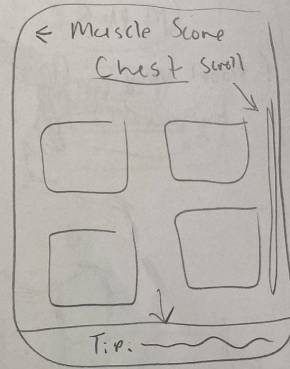
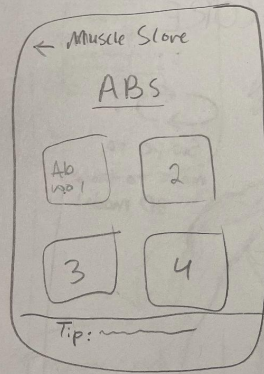
← Muscle Score

calorie goal

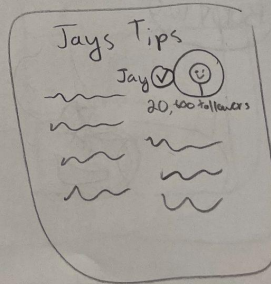
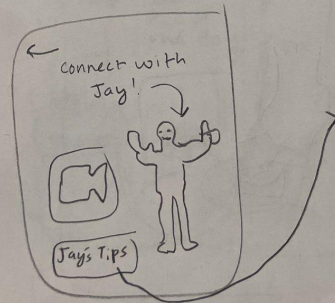
	Port of Cal
Breakfast	
Lunch	
Dinner	

Aaron D.

Once selecting a muscle, it will give you videos and workouts with tips



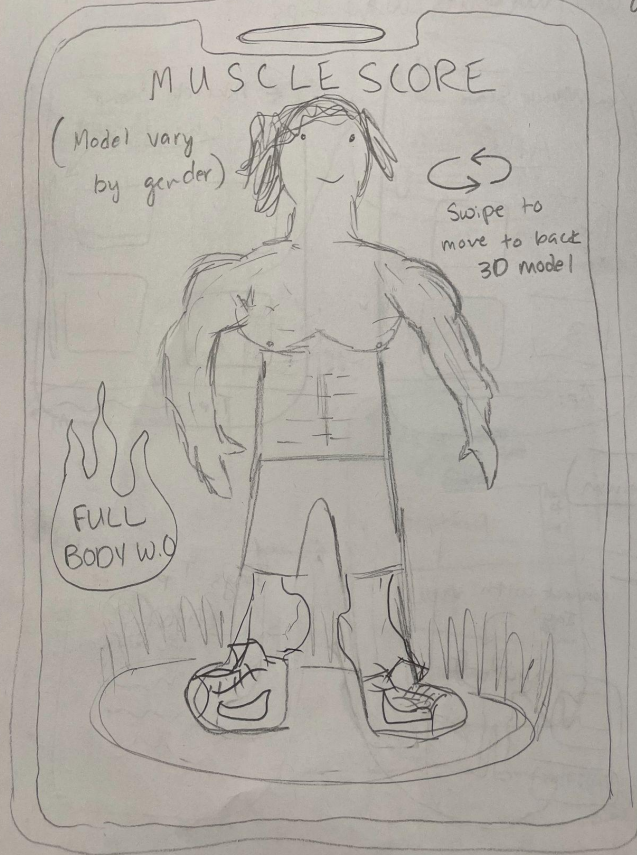
Premium



Aaron

Workout  
Screen

Select the muscle you want to  
workout, tap on the body part and it will high-  
light



Aaron D.

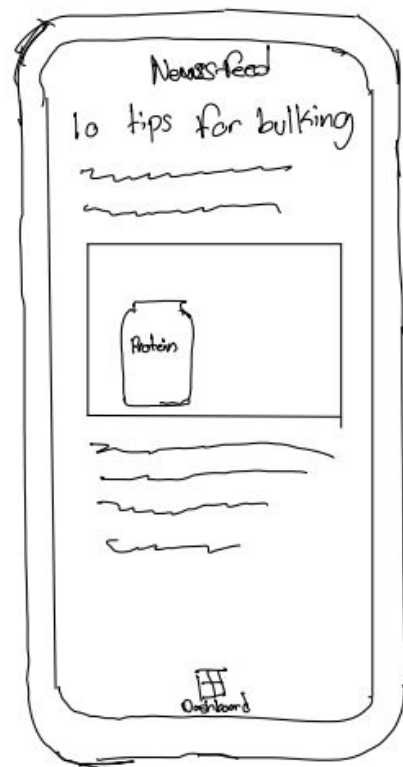
App Sketch

By: Joseph Brooks









Strength

Chest / Triceps

Legs / Shoulders

Back / Biceps

Core / Abs

Choose  
plan

