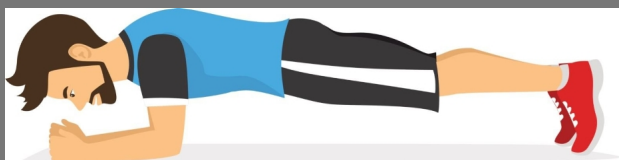




# Select workout





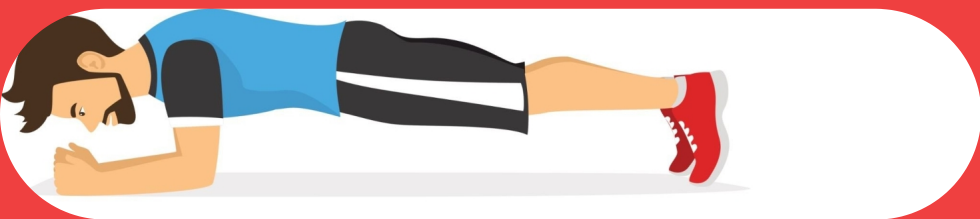
# Plank Exercise Selected

User:

Please input data

Weight:

Height:





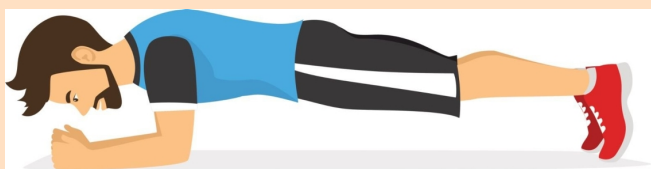
# Plank Exercise

Round 1/4

Time: 30 seconds

Start recording time

Audio: on/off



Reset recording

Stop recording