Aidan Syracuse



Terrence Smith recently suffered an injury, but he wants to get into working out. He is struggling to find the motivation.

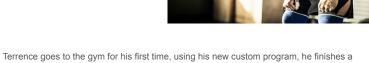






Terrence knows nothing about working out, but once he gets the My Fitness app he finds the beginner friendly tutorial to lifting programs aligned to his custom goals.







Terrence has started using My Fitness' custom diet plan creator, avoiding his peanut allergy while meeting his protein goals. He's starting to make huge improvements in weight lifting, as his efficient custom program tells him what weight to move down to a science





workout and enters his current weight and reps for each movement.

It's been five years, and Terrence along with his friends are jacked. They still compete every week on the My Fitness "friends" leaderboard, and he is at the top. Terrence is starting to put up some big numbers and is highly ranked on the global "Weight Lifting" leaderboard.