



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



shutterstock.com • 1923080357



Terrence's friends have started using Tinder Development Team's new fitness app, My Fitness, and one of them invited Terrence to join so he can compete on the leaderboard.



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.

Week 1: Day 1			Week 3: Day 1		
Exercise	Set	Reps	Exercise	Set	Reps
Power Snatch + OHP Squat	4	3x3	Snatch	4	3
Front Squat	4	4	Front Squat	4	3
Week 1: Day 2			Week 3: Day 2		
Exercise	Set	Reps	Exercise	Set	Reps
Power Clean + Front Squat	4	3x3	Clean and jerk	4	3x2
Chest Dips	4	4	Back Squat	4	3
Week 3: Day 3			Week 4: Day 1		
Exercise	Set	Reps	Exercise	Set	Reps
Power Snatch + OHP Squat	5	2x3	Front Squat	5	2
Back Squat	5	4	Snatch Deadlift (per from deficit)	5	3
Week 3: Day 2			Week 4: Day 2		
Exercise	Set	Reps	Exercise	Set	Reps
Power Clean + Front Squat	5	2x2	Clean and jerk	4	2x1
Snatch Pull (per from deficit)	5	3	Front Squat	4	2



Terrence goes to the gym for his first time, using his new custom program, he finishes a workout and enters his current weight and reps for each movement.



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.



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.