



The middle column shows the flow from selecting an exercise category to viewing its details. The first screen, "Exercise", lists categories like Triceps, Chest, Shoulder, etc., each with a small human silhouette icon. The second screen, "**<SHOULDER>** EXERCISE LIST", shows a search bar, a dropdown menu set to "Back", and a list of exercises including Alternate Curls, Alternate-Leg Bounding, Arnold Press, etc. The third screen, "EXERCISE <NAME>", displays a thumbnail of a person performing a barbell close grip bench press, and details like SETS: 15, REPS: 5, TIME: 3 min, WEIGHT: 50kg. It also includes sections for INSTRUCTIONS, ABOUT, VIDEO, and NOTES.

Select icon to filter individual exercises

individual exercises wont be saved as progress

The rightmost column shows a summary of workouts. The first screen, "**<NAME> ACCOUNT**", shows a bar chart for a workout named "Workout <name>" with 5 exercises. The second screen shows another bar chart for a workout with 2 exercises. Both screens include a small text field labeled "-d". The top of the rightmost phone shows a navigation bar with Exercise, Routine, profile, and a battery icon showing 10:18.

