

9:41



Home

Let's get to work, Ana

Water Goal

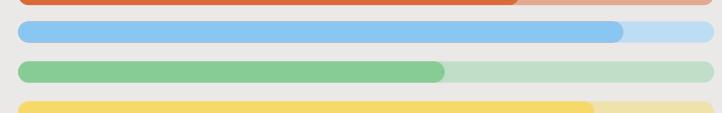


100% 80 oz / 73 oz of water today

Macros

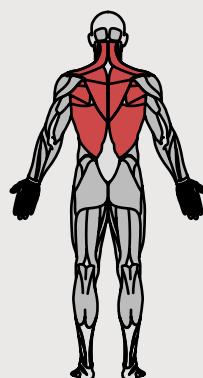


Total Calorie and Macro Goals



[View nutritional diary →](#)

Workout



In Progress



Back workout

complete



Cardio

not started

[View full workout →](#)

Want some help or advice? Tell us what you need.

Type here...



9:41



Chatbot



Tell us what you need!

I want to create a new workout plan

We can absolutely help you out with that! What are your goals?

I want a plan that has more cardio in my workouts

Got it! Currently your Cardio sections in your plan have you working: 15 minutes of Walking. Let's try to bump this up to 30 minutes of a more intensive activity, like the StairMaster or Running. Should we make the change now?



Add to plan



Type here...



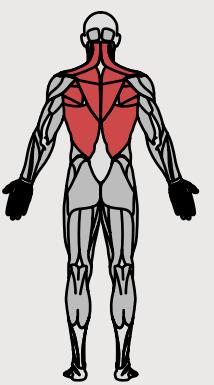
9:41

My Workouts

Plans & Routines

 Create new plan  Create new routine

Today's Workout



In Progress

-  Back workout complete
-  Cardio not started

[View full workout →](#)

Main Workout Plan

Back & Biceps

Repeats every Monday



Chest, Shoulders, & Triceps

Repeats every Wednesday



Cardio Day

Repeats every Thursday



Legs & Abs

Repeats every Friday



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9:41

← Today's Workout

Back workout

5×5, Deadlift

PR: 315 lbs

5×5, Barbell Rows

PR: 200 lbs

3×8-12, Lat Pulldowns

PR: 170 lbs

3×8-12, Cable Bicep Curls

PR: 80 lbs

3×8-12, DB Hammer Curls

PR: 40 lbs

Cardio

15 mins, StairMaster

15 mins, Running (Treadmill)

Time Elapsed: 48:57

[Finish Workout](#)


9:41

9:41

← Today's Workout

Back workout

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5×5, Barbell Rows

PR: 200 lbs

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← Today's Workout

Back workout

5×5, Deadlift

PR: 315 lbs

5×5, Barbell Rows

PR: 200 lbs

3×8-12, Lat Pulldowns

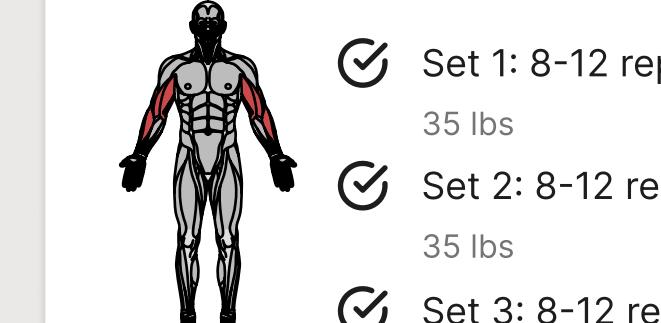
PR: 170 lbs

3×8-12, Cable Bicep Curls

PR: 80 lbs

3×8-12, DB Hammer Curls

PR: 40 lbs



Cardio

15 mins, StairMaster



9:41

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← Today's Workout

9:41

← Today's Workout

 **Workout Complete!** 

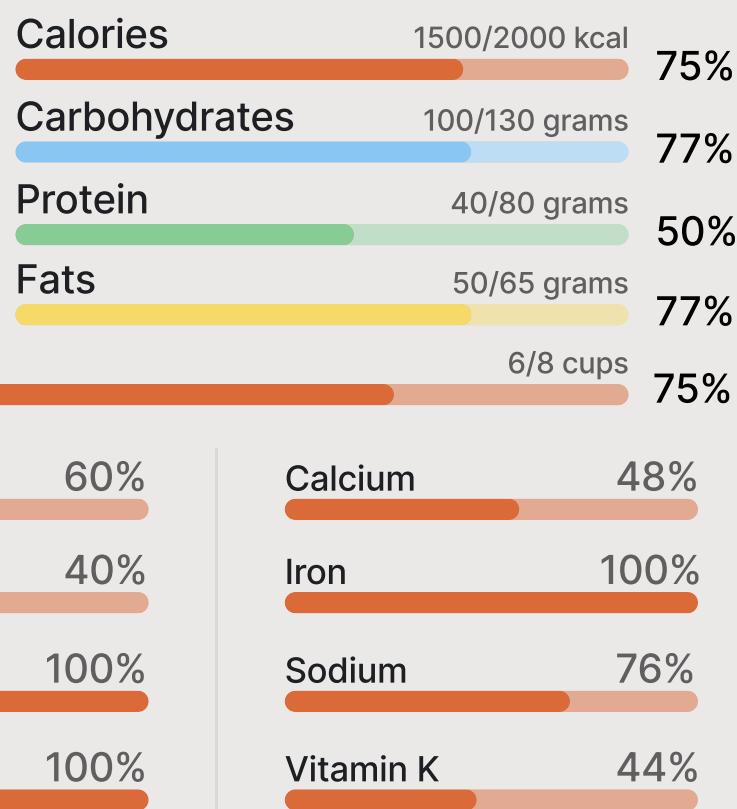
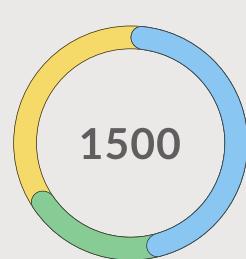
Total Time: 1:06:32

[Continue](#)


9:41



My Nutrition



McDonalds, McNuggets

10 pack



Generic, Applesauce

1 container



Oikos, Greek Yogurt, Plain

1 cup



Generic, Asparagus, Cooked

8 stalks



9:41



Add New Entry

Search our item nutrition records here...



Add Via Barcode

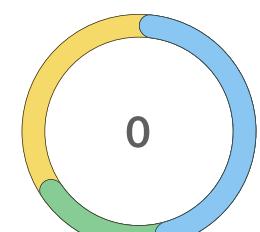
Or enter info below manually

Item name

Value

Amount

1 lb, 1 gram, 1 container, etc.



Calories

Value

kcal

Carbs

Value

g

Protein

Value

g

Fats

Value

g

Vitamins and Nutrients

Recipe

Add New Entry



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Explore



People You May Know



some_user
3 mutuals



another_user
Popular near you



testuser1
1 mutual

Shared Workouts

Recommended For You

- PPL split ★ 1247
by somename

- Core Day ★ 242
by someone

- Marathon Training ★ 764
by name_last



9:41



My Account



firstname_lastname13

150 days on Bodymorph

14 mutuals

Edit Account

Badges



Public Workouts

Share New Workout

Cross Country Training

★ 4

Recent Achievements

Highest Total Volume 12/11/2024

40,837 lbs

New PR for Deadlift 12/11/2024

315 lbs

