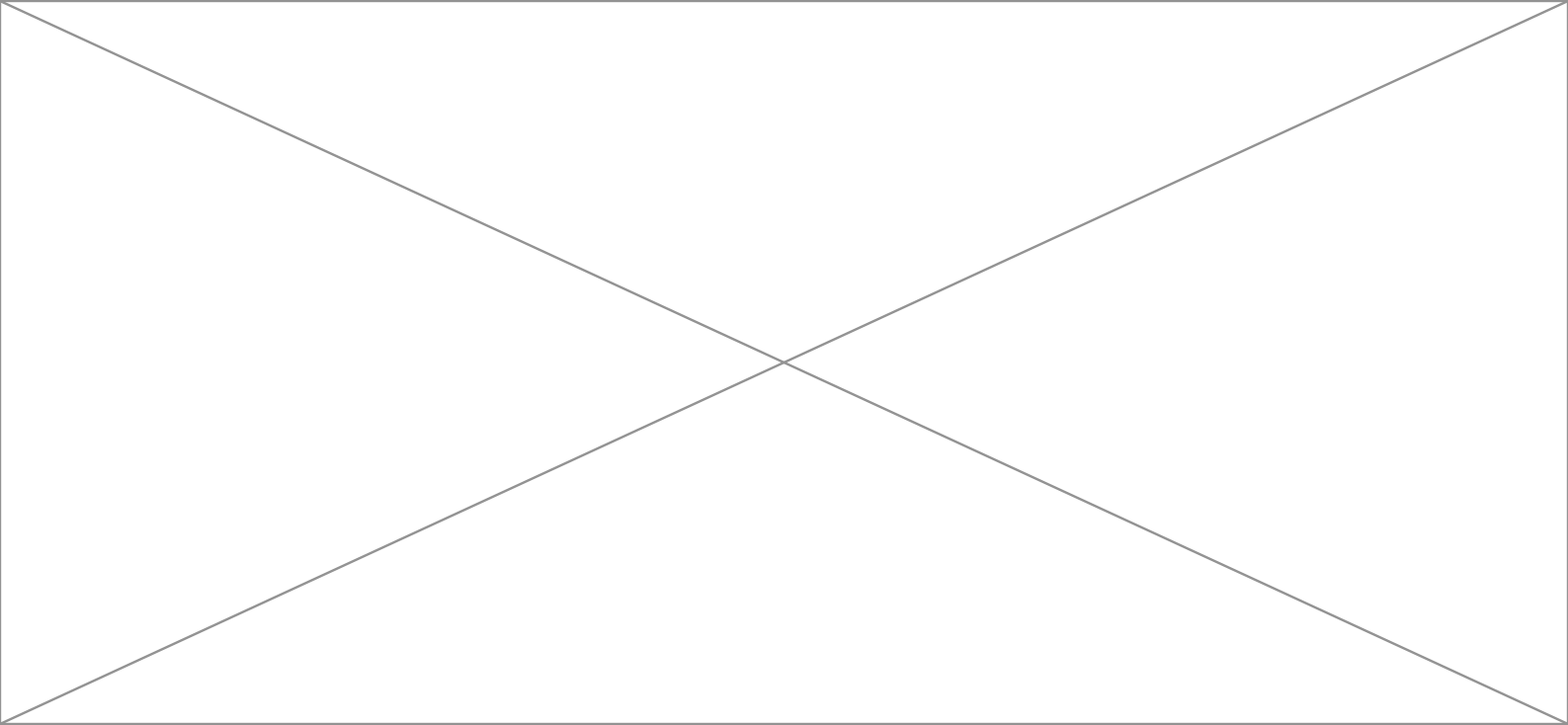


Description



Workout Plan Creation
Description

Workout Plan Name
Text Field

Workout 1			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 2			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 3			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 4			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Preview Plan

Heading

Day	Weekly						
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
00:00							
01:00							
02:00							
03:00							
04:00							
05:00		Workout 1	Workout 3	Workout 1	Workout 3	Workout 1	
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00		Workout 2		Workout 2		Workout 2	
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

Heading

Description

Heading

Description

Heading

First Name
Text Field

Surname
Text Field

Email
Text Field

Phone Number
Text Field

Password

Text Field

Heading

Email
Text Field

Password	
Text Field	
Reset Password	Signup

Heading

- Personal Information
- Manage Plans

Heading

Name	Lorem Ipsum	
Email	Lorem Ipsum	Update Email
Change Password		
Current Password	Text Field	
New Password	Text Field	
	Confirm Button	
2 Factor Authentication	<input type="checkbox"/> Checkbox Field	
Delete Account		

Heading

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5
EditDelete	EditDelete	EditDelete	EditDelete	EditDelete
Workout 6	Workout 7	Workout 8	Workout 9	Workout 10
EditDelete	EditDelete	EditDelete	EditDelete	EditDelete
Workout 11	Workout 12	Workout 13	Workout 14	Workout 15
EditDelete	EditDelete	EditDelete	EditDelete	EditDelete