

## Wireframes

### IT Business Software Solutions

# Regional ICT Skills Championship 2025

## 1 Main Window

Exercises

Templates

### Your latest workouts

Workout Name	Start	End	Duration	Action
Push	2025-02-02 09:55	2025-02-02 11:02	1h 7min	<button>DELETE</button>

EDIT WORKOUTVIEW WORKOUTADD WORKOUT

## 2 Exercises Window

Back

### Exercises

Exercise	Description	Type	Action
Barbell Squat	Place the barbell on your upper back, squat down by bending your knees and hips, then return to standing.	Barbell	<button>MY PROGRESS</button>

EDITDELETEADD

## 3 Templates Window

[Back](#)

### Templates

Name
Push Workout
Pull Workout

[EDIT](#) [DELETE](#) [ADD](#)

## 4 Add / Edit Template Window

[Back](#)

### Add template

Name

[EDIT](#) [DELETE](#) [ADD](#)

Exercise	Sets	Reps
Barbell Bench Press	2	8
Shoulder Press	3	12

[CANCEL](#) [SAVE](#)

# Regional ICT Skills Championship 2025

## 5 Add / Edit Workout Window

Back

### Add workout

Exercise

Barbell Squat

Add

Workout name

Chest & Back

Start - End

2022-02-02 10:10 - 11:45

Barbell Bench Press

Set	kg	Reps
1	40	8
2	Fill	Fill

Lat Pulldown

Set	kg	Reps

CANCEL
SAVE

## 6 View Workout Window

Back

### Workout "Full Body"

Barbell Bench Press

Set	kg	Reps
1	40	8
2	40	8

MY PROGRESS

Lat Pulldown

Set	kg	Reps
1	45	12
2	50	10

MY PROGRESS

Stats

Total Volume: **1100kg**  
Total Sets: **4**  
Total Reps: **38**

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## 7 Progress Window

