



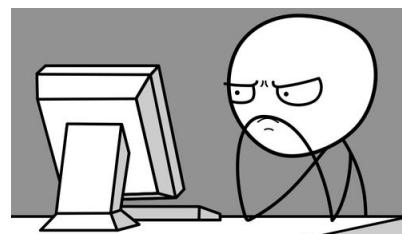
Trey Lance is a 5-star prospect out of high school. It is his first year as a North Dakota State's quarterback. He wants to be the best to come through the school.



As the season goes on, Trey Lance performance on the field is lack-luster. He seems to not have the physical strength and arm strength that the prospects were looking for when he was recruited. We dreams of being the best. He knows he needs additional help if he wanted to do well and win games.



Trey began working out on his own after practice. He trained and trained but did not see any results. If anything he felt weaker and the workouts didn't do him any justice.



Trey wanted to become great. he wanted to be the best on the field. He decided to surf the web. He searched and came across our app that allows you to track and learn workouts designed for your body type and age.



He began using the workout modification app and his physique and strength began to soar. He found workouts that is great for his body and great for football. He also learned the right ways to lift weights and train efficiently. Trey was even able to improve his diet to help him get in better shape as well.



Trey's performance on the field also improved. He is harder to tackle and has more arm strength to really throw the deep ball. All in his first year at North Dakota State University, He racked up 1000 rushing yards, 2000 yards throwing, and 20 rushing touchdowns. Trey even led his team to the college football playoffs and won.



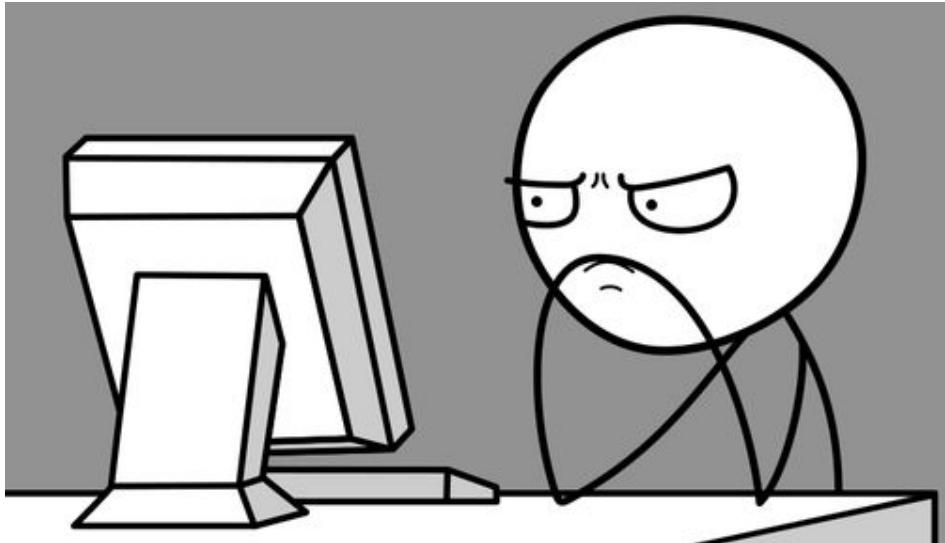
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Ryan Smith is an Army veteran who left service a little over a year ago. He now works a desk job and has noticed that he has put on some weight and just doesn't feel as fit as he used to.



Ryan wants to get back to working out at least 3-4 days a week, but has trouble creating a routine for himself like he was used to with Army PT. He also has a knee injury that he has to work around when it comes to certain exercises.



Ryan finds the Fortress Fitness app and appreciates the simple easy to use interface.



With the app he is able to create a basic, 4 days a week workout that covers all the muscle groups and even shows modifications to exercises to protect his knee.



Using the app, Ryan is able to maintain his motivation to get into the gym every week. The workouts are simple but challenging and help him be sure that he is doing the exercises the correct way with pictures and videos.



After a few months, Ryan has lost all the weight he put on since leaving the Army and feels more fit than even when he was serving.



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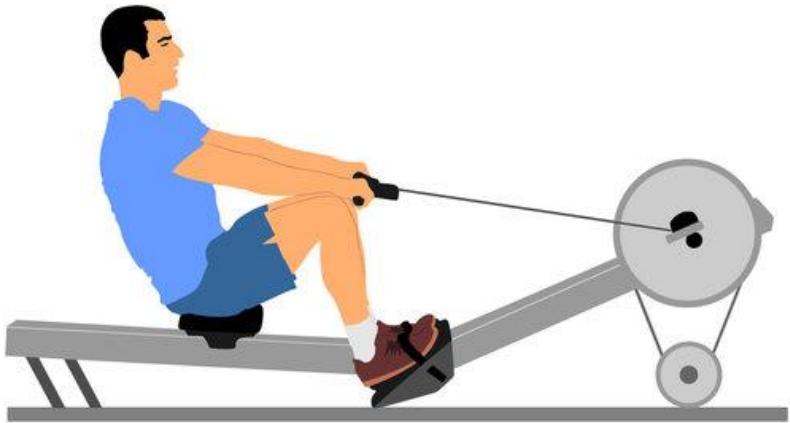
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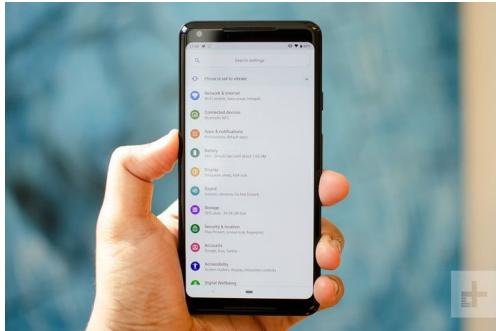
Leeroy Jenkins is an elementary school science teacher. He's been teaching for roughly 10 years at this point and his work gets pretty stressful from time to time.



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Leeroy started to gain some extra weight from not doing anything but hangout with his wife and kids when he arrives home. With that going on, he decided he might want to try working out.



Leeroy decided to check out the Fortress Fitness App and began to find simple routines that he could do since he usually does not work out.

#### 4-Day Split Workout

Day 1 Chest and Shoulders Muscle group		Exercises	Sets	Reps	Rest
Chest	Barbell bench press	3	10-12	1 min	
	Dumbbell bench press	3	10-12	1 min	
	Dumbbell incline press	3	10-12	1 min	
Shoulders	Machine lateral raise	3	10-12	1 min	
	Dumbbell lateral raise	3	10-12	1 min	
	Smith machine upright row	3	10-12	1 min	
Day 2 Biceps and Triceps Muscle group		Exercises	Sets	Reps	Rest
Biceps	Barbell curls	3	10-12	2 min	
	Smith machine barbell curls	3	10-12	2 min	
	Seated hammer curls	3	10-12	2 min	
Triceps	Tricep cable pushdowns	3	10-12	2 min	
	Tricep dips	3	10-12	2 min	
	Lying tricep extension	3	10-12	2 min	
Day 3 Legs and Abs Muscle group		Exercises	Sets	Reps	Rest
Legs	Barbell squats	3	10-12	1 min	
	Lunges	3	10-12	1 min	
	Squat jumps	3	10-12	1 min	
Abs	Lying leg curlies	3	10-12	1 min	
	Barbell standing calf raise	3	10-12	1 min	
	Seated knee raises	3	10-12	1 min	
Back	Crunch	4	20-25	1 min	
	Diamond crunch	3	20-25	1 min	
	Leg lifts	3	20-25	20 sec.	
Trape	Barbell rows	4	10-12	1 min	
	One arm bent over row	4	10-12	1 min	
	Lateral pull downs	4	10-12	1 min	
	Extensions	4	10-12	1 min	
	Smith machine shrug	3	10-12	1 min	

Leeroy began to plan out a schedule based on a workout routine that he found. With the routine, he will workout about 3-4 days each week.

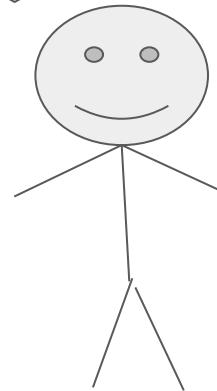


With the app by his side, Leeroy begins to progress with his workout routine that he picked and slowly begins to learn each of the exercises. He begins to slowly make progress to his goal of losing a bit of weight.



After a few months of sticking with his workout, Leeroy has lost quite a bit of weight and has gained muscle mass that he has never had before.

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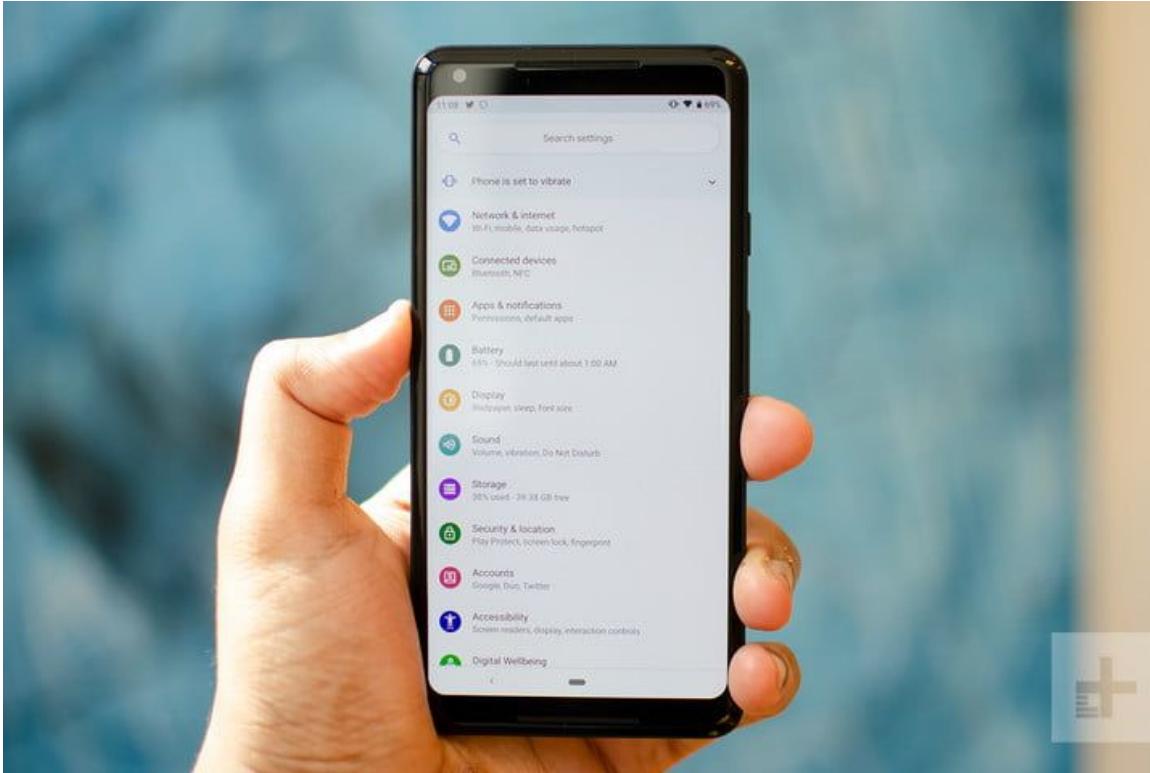
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## 4-Day Split Workout

<b>Day 1 Chest and Shoulders</b>				
Muscle group	Exercise	Sets	Reps	Rest
Chest	Barbell bench press	3	10-12	1 min
	Incline bench press	3	10-12	1 min
	Dumbbell incline press	3	10-12	1 min
	Dumbbell flyes	3	10-12	1 min
Shoulders	Machine lateral raise	3	10-12	1 min
	Dumbbell overhead press	3	10-12	1 min
	Smith machine upright row	3	10-12	1 min
<b>Day 2 Biceps and Triceps</b>				
Muscle group	Exercise	Sets	Reps	Rest
Biceps	Barbell curls	3	10-12	1 min
	Alternate dumbbell curls	3	10-12	1 min
	Seated hammer curls	3	10-12	1 min
	Preacher curls	3	10-12	1 min
Triceps	Tricep cable pushdowns	3	10-12	1 min
	Dumbbell kickbacks	3	10-12	1 min
	Lying tricep extension	3	10-12	1 min
<b>Day 3 Legs and Abs</b>				
Muscle group	Exercise	Sets	Reps	Rest
Legs	Barbell squats	3	10-12	1 min
	Leg extension	3	10-12	1 min
	Dumbbell lunges	3	10-12	1 min
	Lying leg curlis	3	10-12	1 min
	Still-leg deadlifts	3	10-12	1 min
	Barbel standing calf raise	3	10-12	1 min
	Seated calf raise	3	10-12	1 min
Abs	Crunch	4	20-25	1 min
	Obllique crunch	3	20-25	1 min
	Leg lifts	3	20-25	30 secs.
<b>Day 4 Back and Traps</b>				
Back				
Back	Barbell Rows	4	10-12	1 min
	One arm bent over row	4	10-12	1 min
	Lat pulldowns	4	10-12	1 min
	Extensions	4	10-12	1 min
Traps	Smith machine shrug	3	10-12	1 min

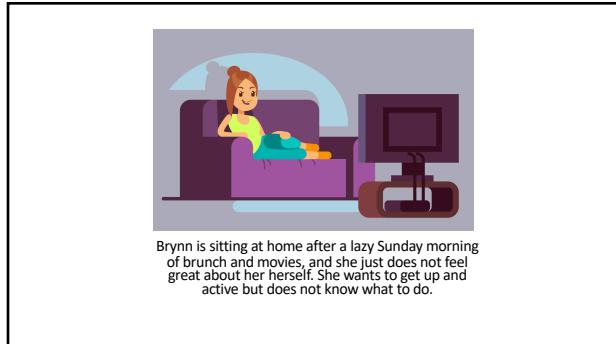
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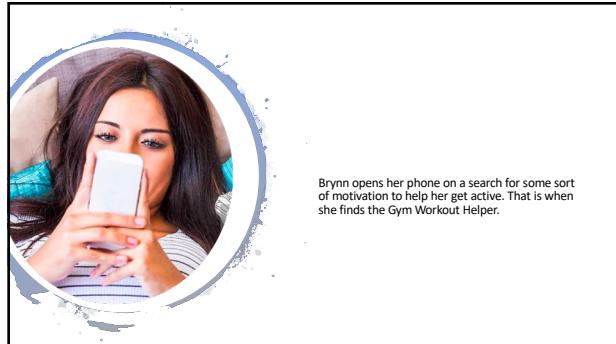
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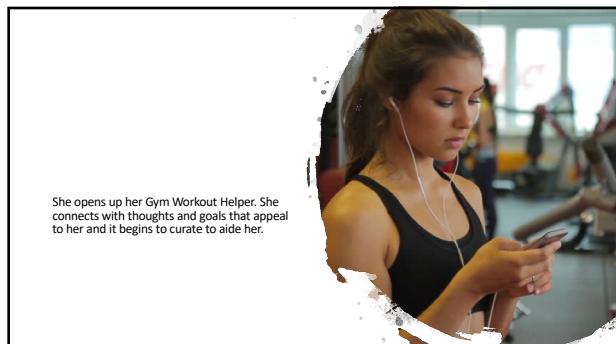
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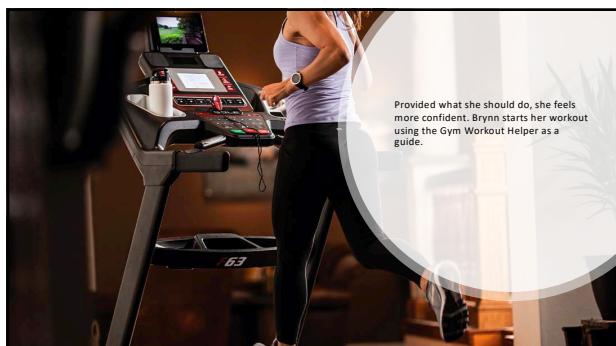
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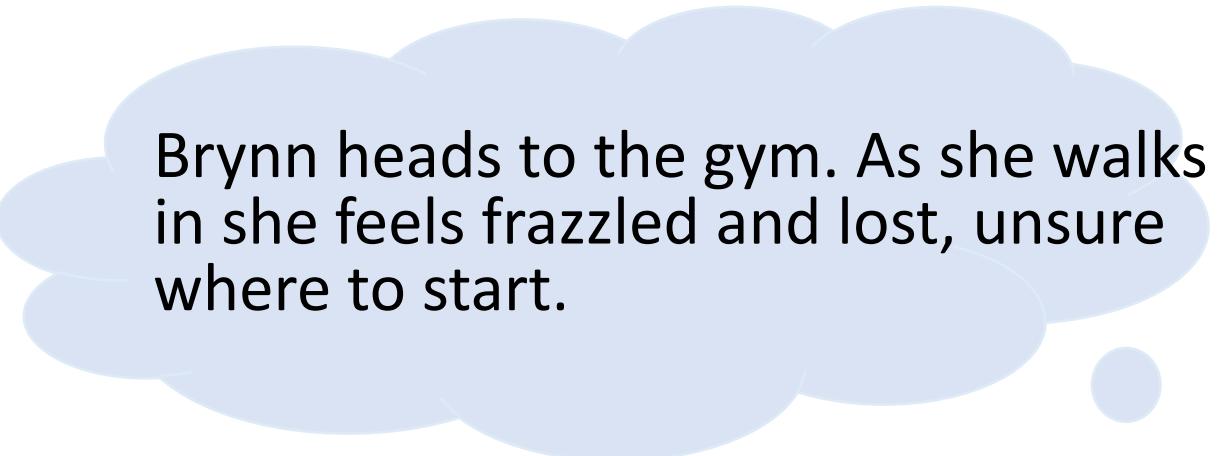
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Brynn is sitting at home after a lazy Sunday morning of brunch and movies, and she just does not feel great about herself. She wants to get up and active but does not know what to do.



Brynn opens her phone on a search for some sort of motivation to help her get active. That is when she finds the Gym Workout Helper.

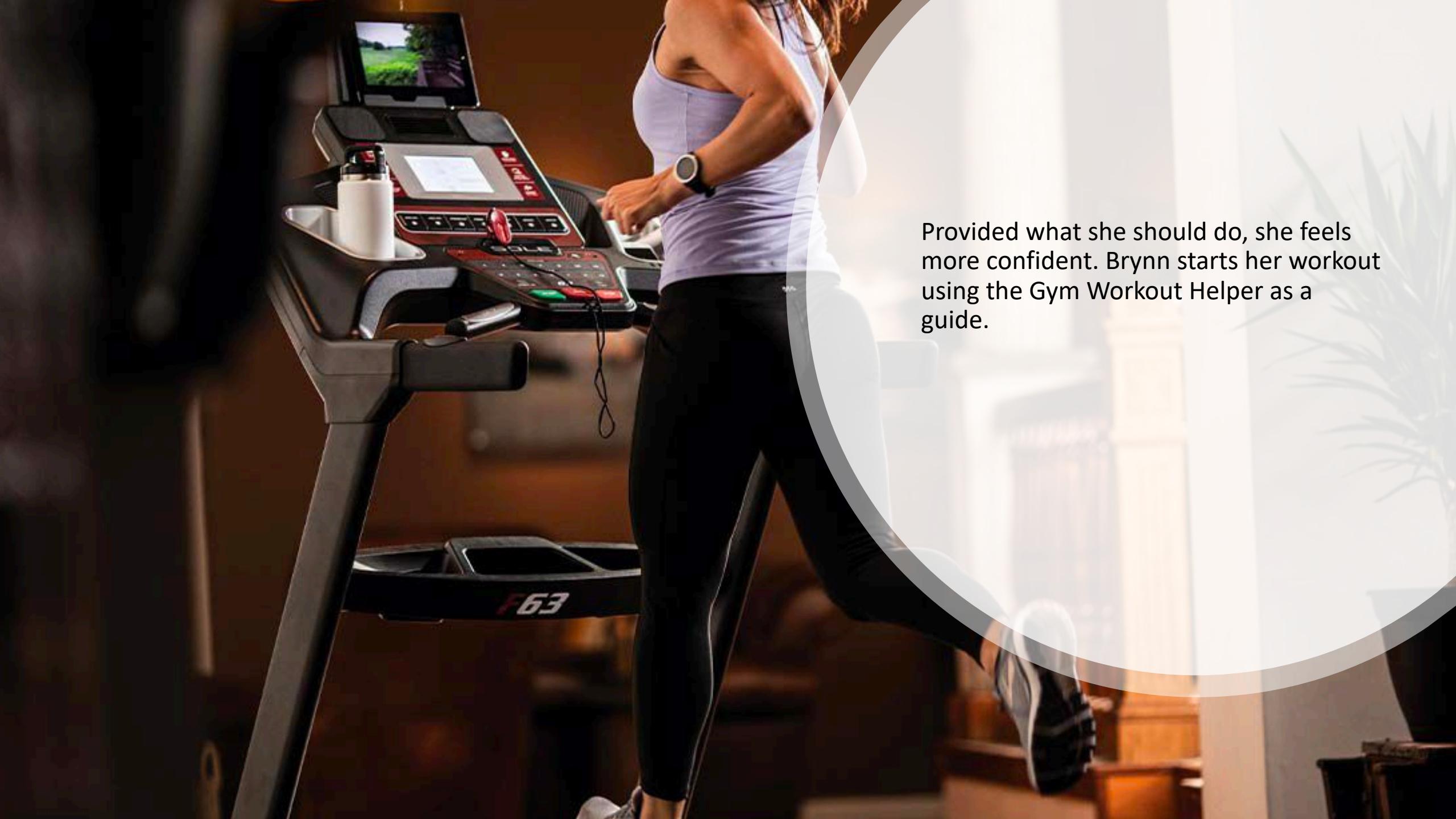


Brynn heads to the gym. As she walks in she feels frazzled and lost, unsure where to start.



She opens up her Gym Workout Helper. She connects with thoughts and goals that appeal to her and it begins to curate to aide her.



A woman in a purple tank top and black leggings is running on a dark-colored treadmill. The treadmill has a small screen displaying a scenic landscape. A white circular graphic overlaps the bottom right corner of the image, containing the following text.

Provided what she should do, she feels more confident. Brynn starts her workout using the Gym Workout Helper as a guide.



Leaving the gym Brynn feels happy, satisfied and excited to learn more about getting into her fitness groove!