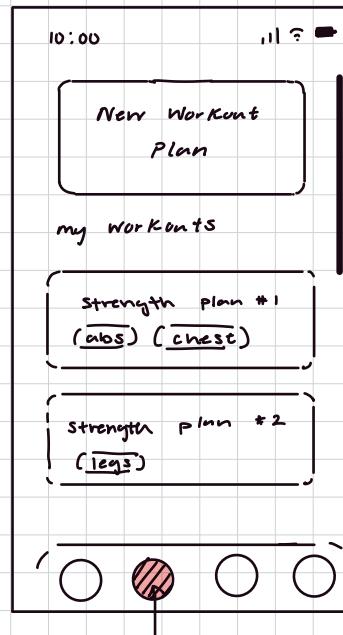
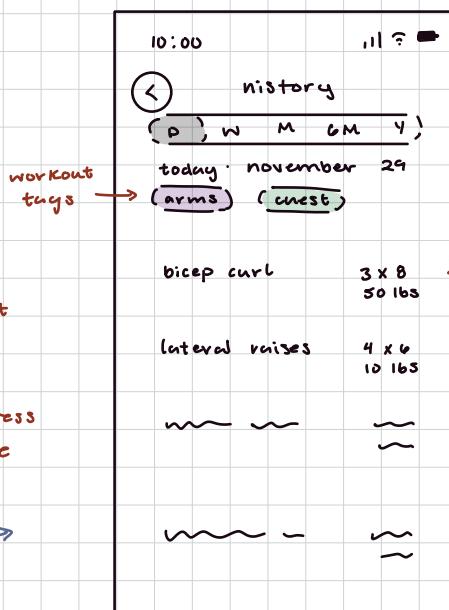


- full-body
 - core
 - arms
 - back
 - legs
 - chest
- gives detailed history of workout when typed
- allows users to change what progress they want to see
- taping on calendar



10:00

11:?

(2) strength plan #1

bicep curl 3×8
50 lbs

↳ 30 sec break
between reps

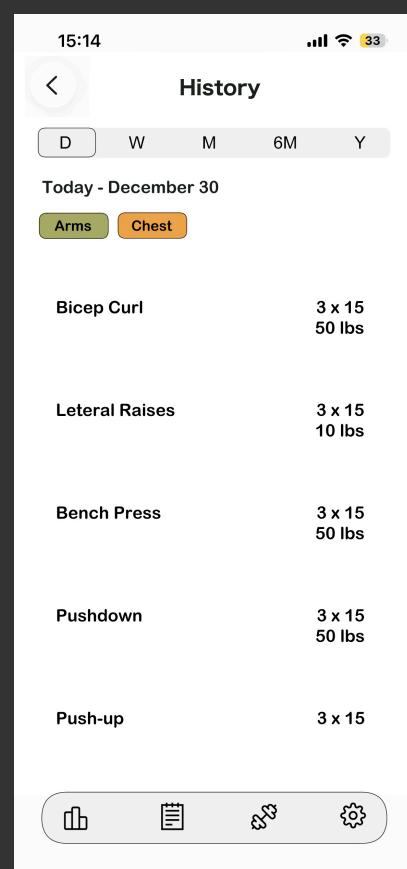
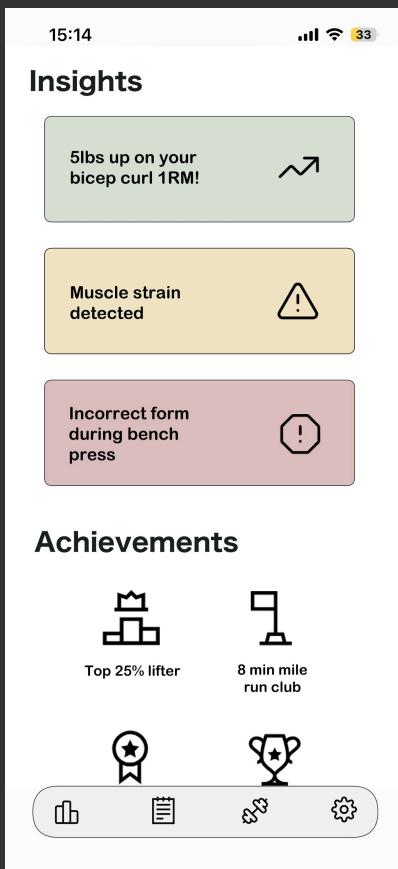
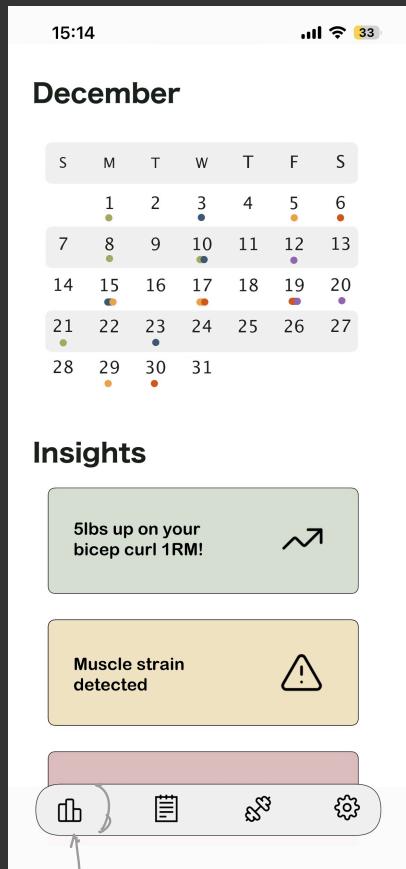
↳ 2 min break

lateral raises 4×6
10 lbs

↳ 1 min break
between reps

↳ 2 min break

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~~~~



15:14

. 33

WORKout Planner

④ add a new plan

new plan

leg Day

12 workouts 30 min

All Body Workout

35 workouts 1 hr 30 min

Plan #1

5 workouts 10 min



15:14

. 33

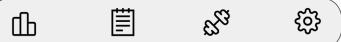
break | workout

exercise

push-up | pull-up

Keyboard

← suggestions



15:14

. 33

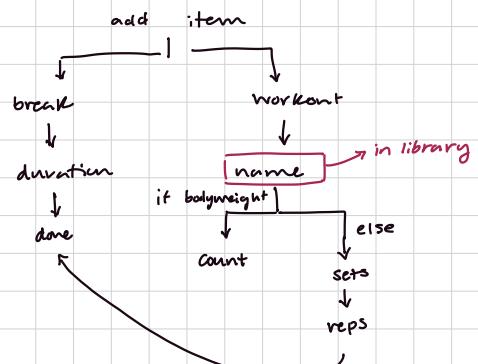
push-up

pull-up

1 min break

④ add item

new item



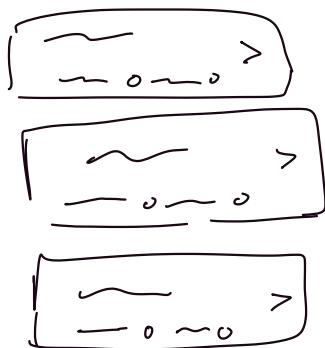
5mm

. HAPPYSTUDY

15:14

.33

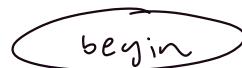
Select a workout
plan



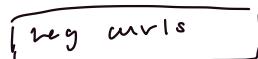
15:14

.33

Leg Day



up next:



15:14

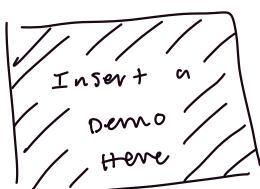
.33

Leg Curl

Set
REP

2
5

←
based on
wearable



up next:

Lunges



15:14

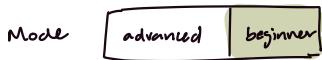
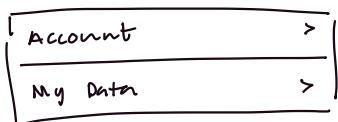
.33

user
input
break

Break



Settings



← ???

in advanced, the app will
show the exact muscle names.

in beginner mode just the
basic muscle group.



My Data

