

opt:  
Implement  
rest  
wk?



history

planner

start  
a workout

settings

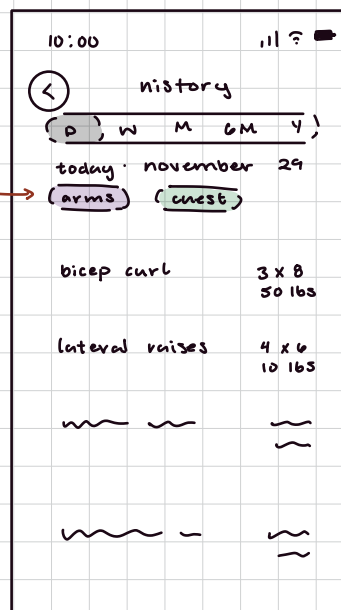
scroll

- full-body
- core
- arms
- back
- legs
- chest

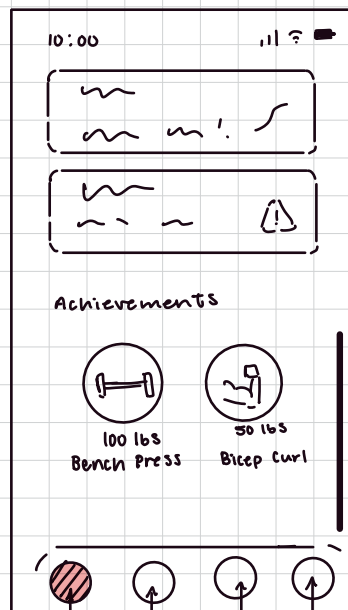
gives detailed  
history of workout  
when tapped

allows users to  
change what progress  
they want to see

taping on  
calendar



sets x reps

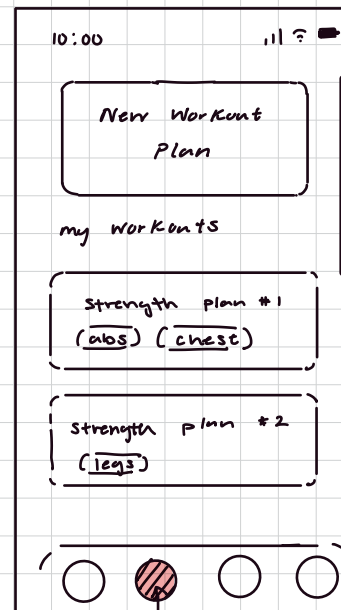


history

planner

start  
a workout

settings





10:00

11:00

## ② Strengthen plan #1

bicep curl 3 x 8  
50 lbs

↳ 30 sec break  
between reps

↳ 2 min break

lateral raises 4 x 6  
10 lbs

↳ 1 min break  
between reps

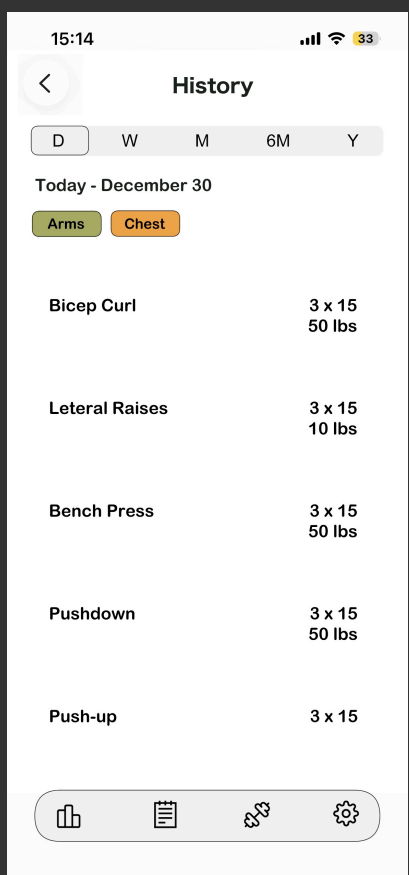
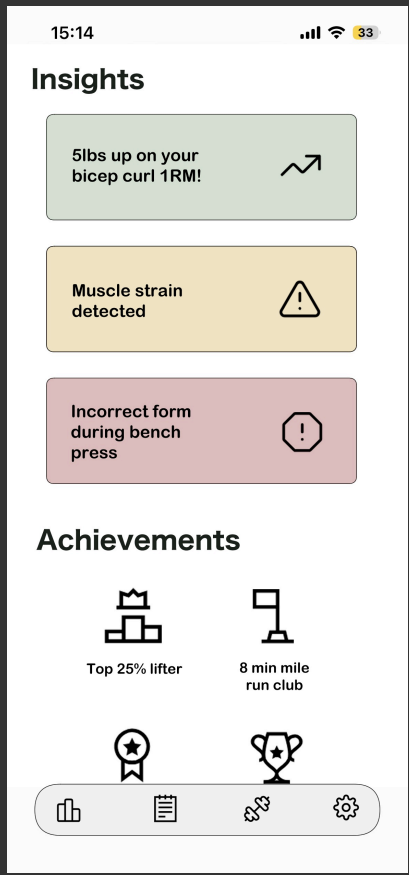
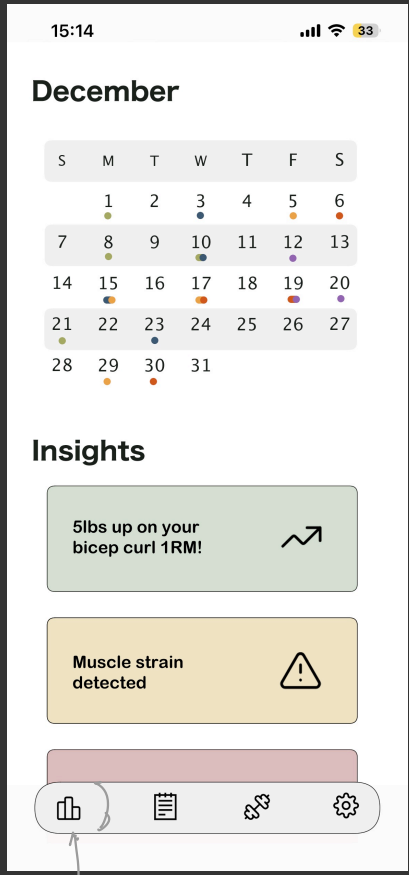
↳ 2 min break

~~~~~



tap calendar

scroll





## Workout Planner

+ add a new plan

Leg Day  
12 workouts 30 min

All Body Workout  
35 workouts 1 hr 30 min

Plan #1  
5 workouts 10 min

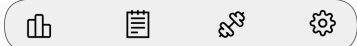


break | workout

exercise

push-up | pull-up ← suggestions

keyboard



push-up

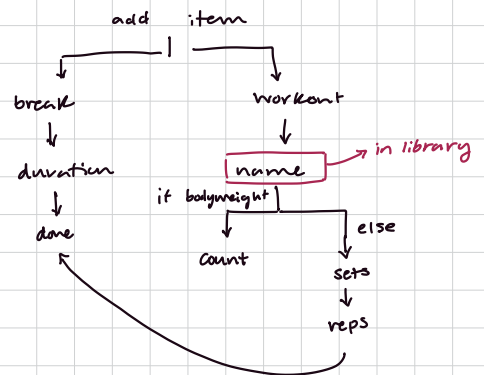
pull-up

1 min break

+ add item



new item





15:14

33

Select a workout  
plan

~ ~ ~ >  
~ o ~ o >

~ ~ ~ >  
~ o ~ o >

~ ~ ~ >  
~ o ~ o >



15:14

33

Key Day

begin

up next:

key curls



15:14

33

key curl

Set

2

Rep

5

based on  
wearable

Insert a  
Demo  
Here

take a break

up next:

lunges



15:14

33

user  
input  
break

Break

continue





15:14

33

## Settings

|         |   |
|---------|---|
| Account | > |
| My Data | > |

|            |           |
|------------|-----------|
| Hard Wired | connected |
|------------|-----------|

|      |          |          |
|------|----------|----------|
| Mode | advanced | beginner |
|------|----------|----------|

← ???

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

in beginner mode just the  
basic muscle group.

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |
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

15:14

33

## My Data

|             |
|-------------|
| export data |
|-------------|

|                |
|----------------|
| delete my data |
|----------------|

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |
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