

Login Screen

09:52 AM

41 100

RivalUp

Welcome Back,  
Rival!

Sign in

Enter username or email

Enter password

Login

Don't have an account? [Sign up here.](#)

Profile Page

09:52 AM

41 100

Welcome back!

Username

Lvl 22

728/1000 points

Friday, October 31st, 2025

Week 5

Cardio Split 1

Split 2

Cardio Split 3

Split 4

October Stats

Stat 1

Stat 2

Stat 3

Badges

View all

View all

Community Page

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41 100

RivalUp Community

Help Center

Friends

Discussion Board

Challenge of the Month

Challenge Title

1 day left!

Your Progress

50% complete

Points Earned: 842

Leaderboard

User 1

X points

User 2

X points

User 3

X points

User 4

X points

User 5

X points

You

X points

Planning

09:52 AM

41 100

Search for new exercise

Today's Workout Plan

Cardio

1 mile run

Add Exercise

Split 3

Exercise 1

# of Sets 3

# of Reps 12

Exercise 2

# of Sets 3

# of Reps 12

Exercise 3

# of Sets 3

# of Reps 10

Exercise 4

# of Sets 4

# of Reps 8

Exercise 5

# of Sets 4

# of Reps 10

Exercise 6

# of Sets 3

# of Reps 12

Add Exercise

Start Workout

Workout

09:52 AM

41 100

Cardio

1 mile run

Time Elapsed: 10 m 35 s

Split 3

Exercise 1

3/3

Exercise 2

3/3

Exercise 3

1/3

Exercise 4

0/4

Exercise 5

0/4

Exercise 6

0/3

Progress

Completing Set 2/3

Exercise 3

Complete Set

Time Elapsed: 0 m 36 s

Rest Timer

PAUSED

Goals and Tracking

09:52 AM

41 100

October Progress

Goals

Goal Progress

65%

Goal 1

76%

Goal 2

50%

Goal 3

100%

Goal 4

28%

Tracking

Stat 1

Stat 2

Stat 3

Edit Stats

Add to Stats

