

Charles Fan

Window 1

Please enter name, height, and weight.

Name

Height

Feet inches

☐ pounds

↓

Window 2

What type of workout do you want to do today?

☐ Endurance
☐ Strength
☐ Mix

Window 3

What area of your body would you like to focus on today?

☐ Upper Body
☐ Lower Body
☐ Full Body

↓

Window 4

Here is your workout:

Do you have access to a gym?
Yes/No

What difficulty?