

09:52 AM

SignUp

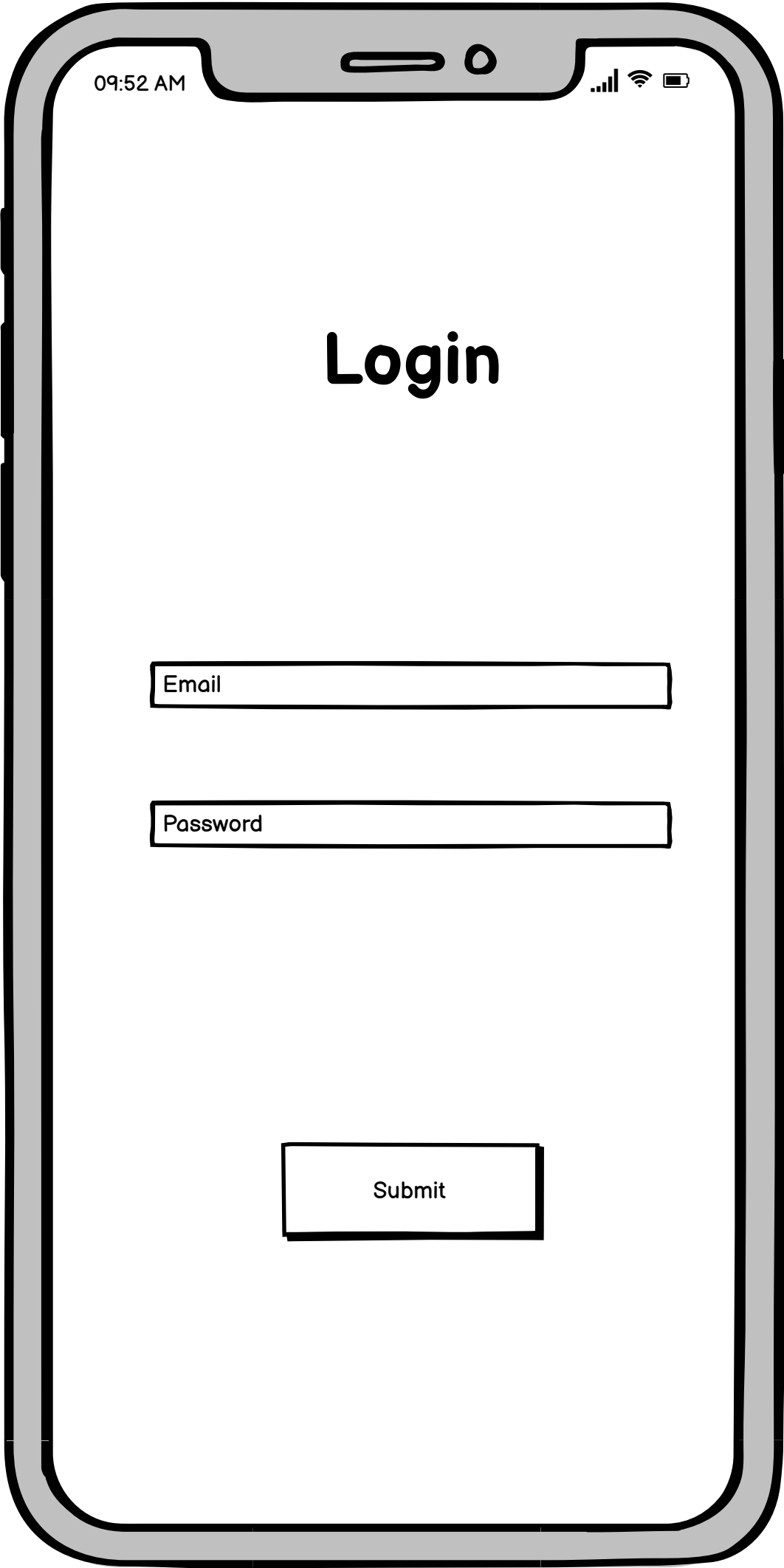
First Name

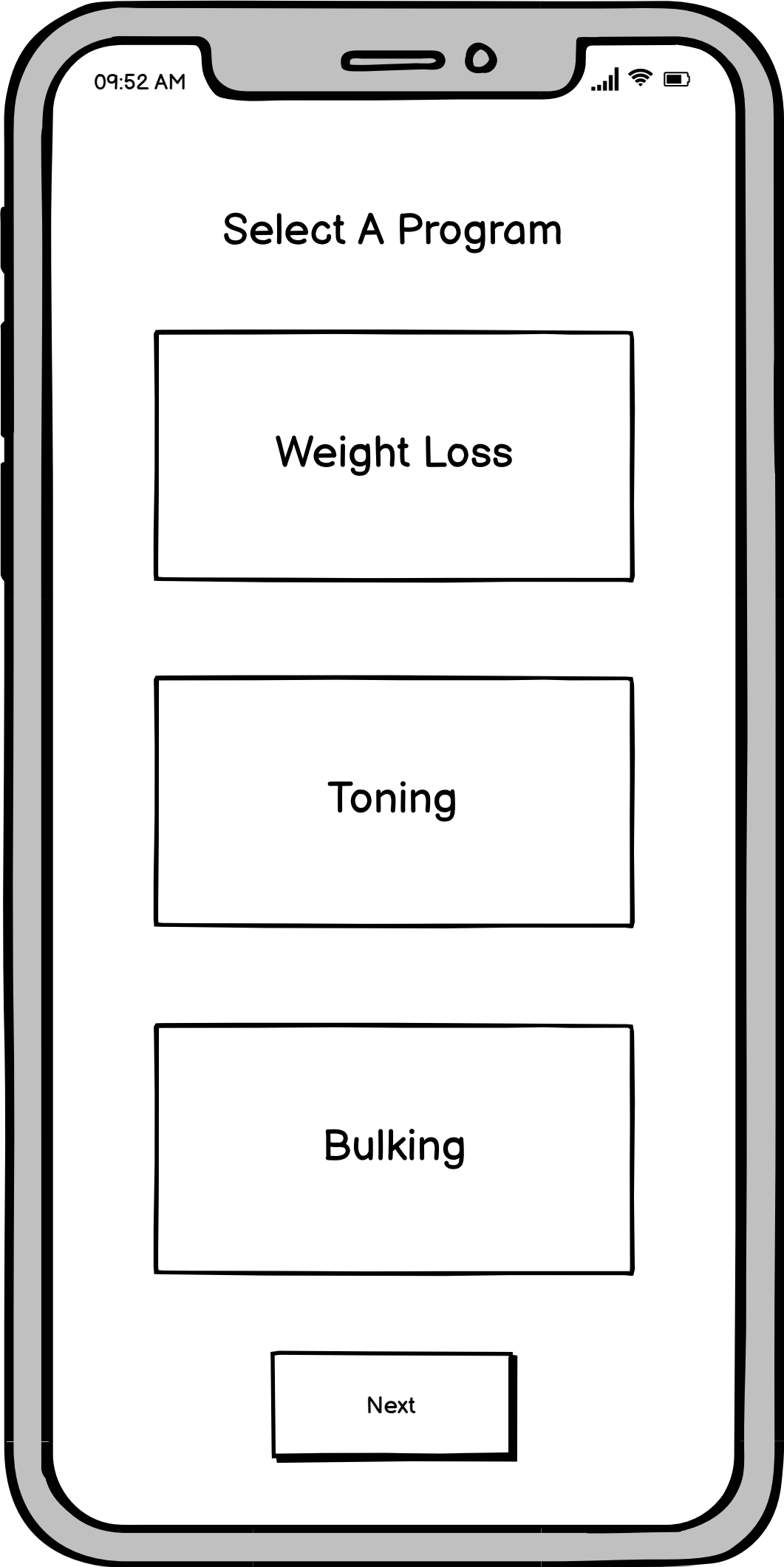
Last Name

Email

Password

Submit





Select A Program

Weight Loss

Toning

Bulking

Next

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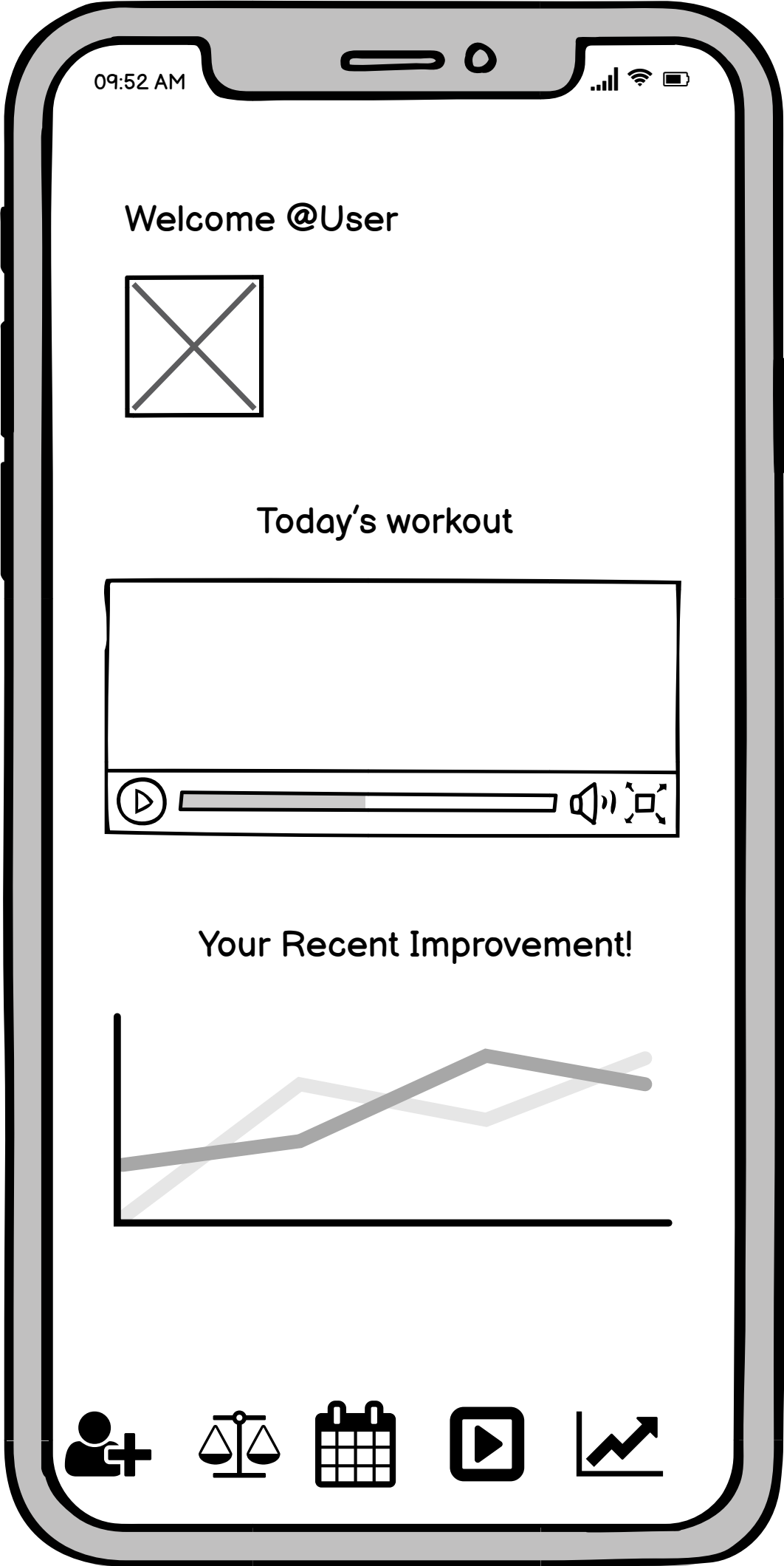
Select A Schedule

Light : 1 - 2 time a week

Medium : 3-5 time a week

Extreme: 5+

Next



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Home

Record a Workout

Region

Arms
Legs
Shoulder
Upper Back
LowerBack
Tricep

Sets

Reps

Min Weight

Max Weight

Complete

Next

