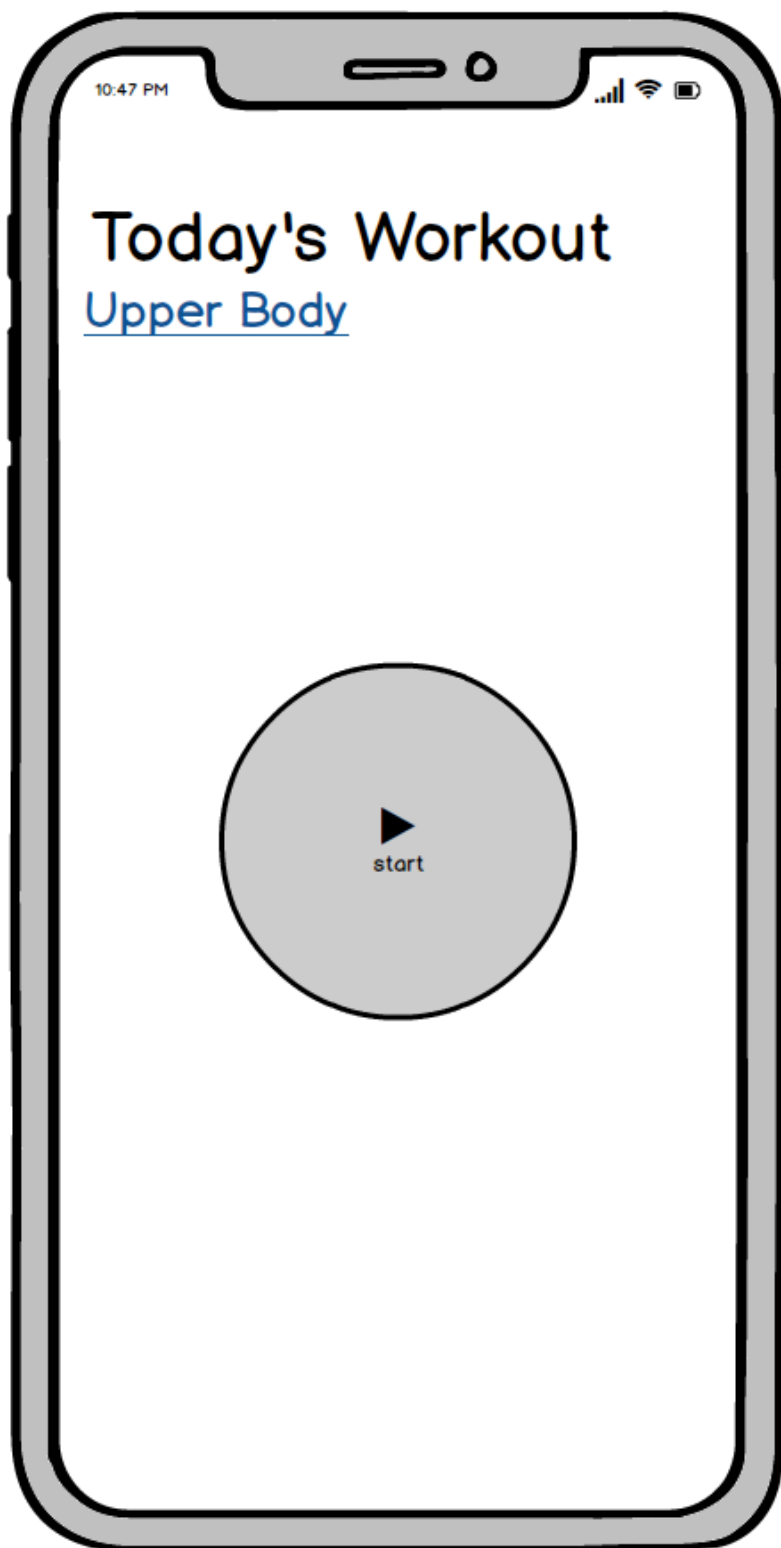


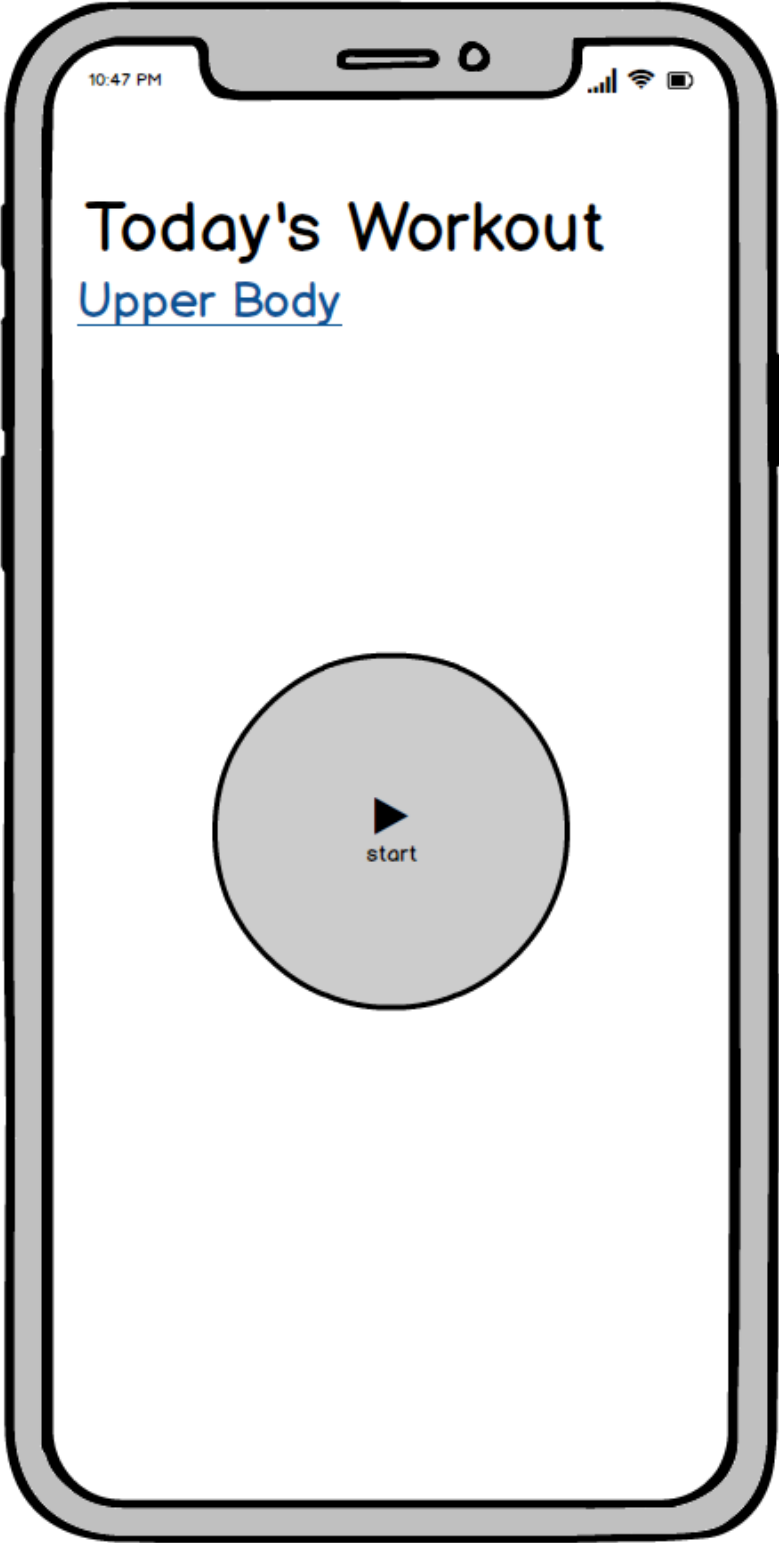
Nola can quickly start the day's workout

Nola opens app and is automatically on the day's workout

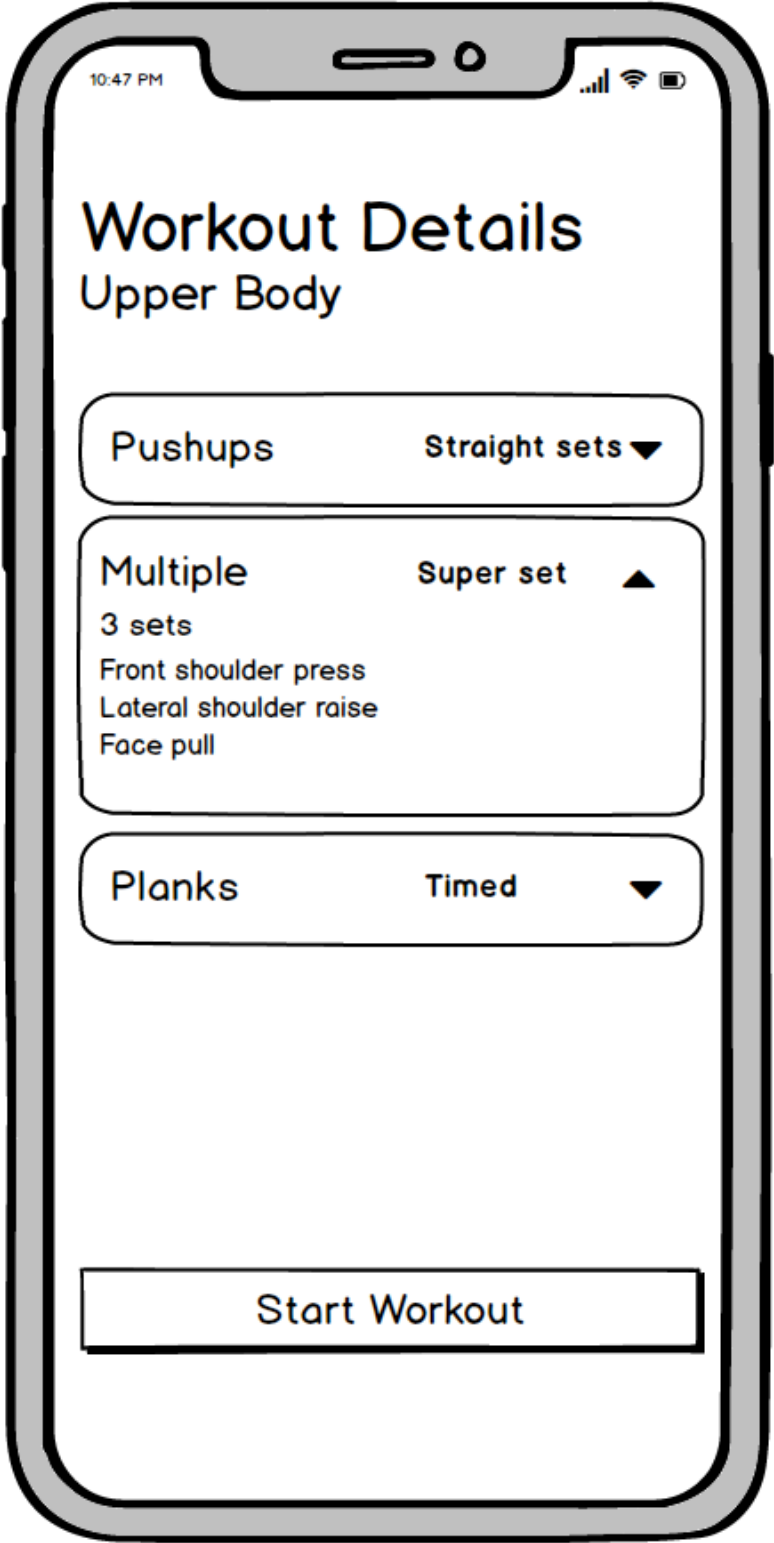


Nola can quickly view details for the day's workout

Nola opens app and is automatically on the day's workout

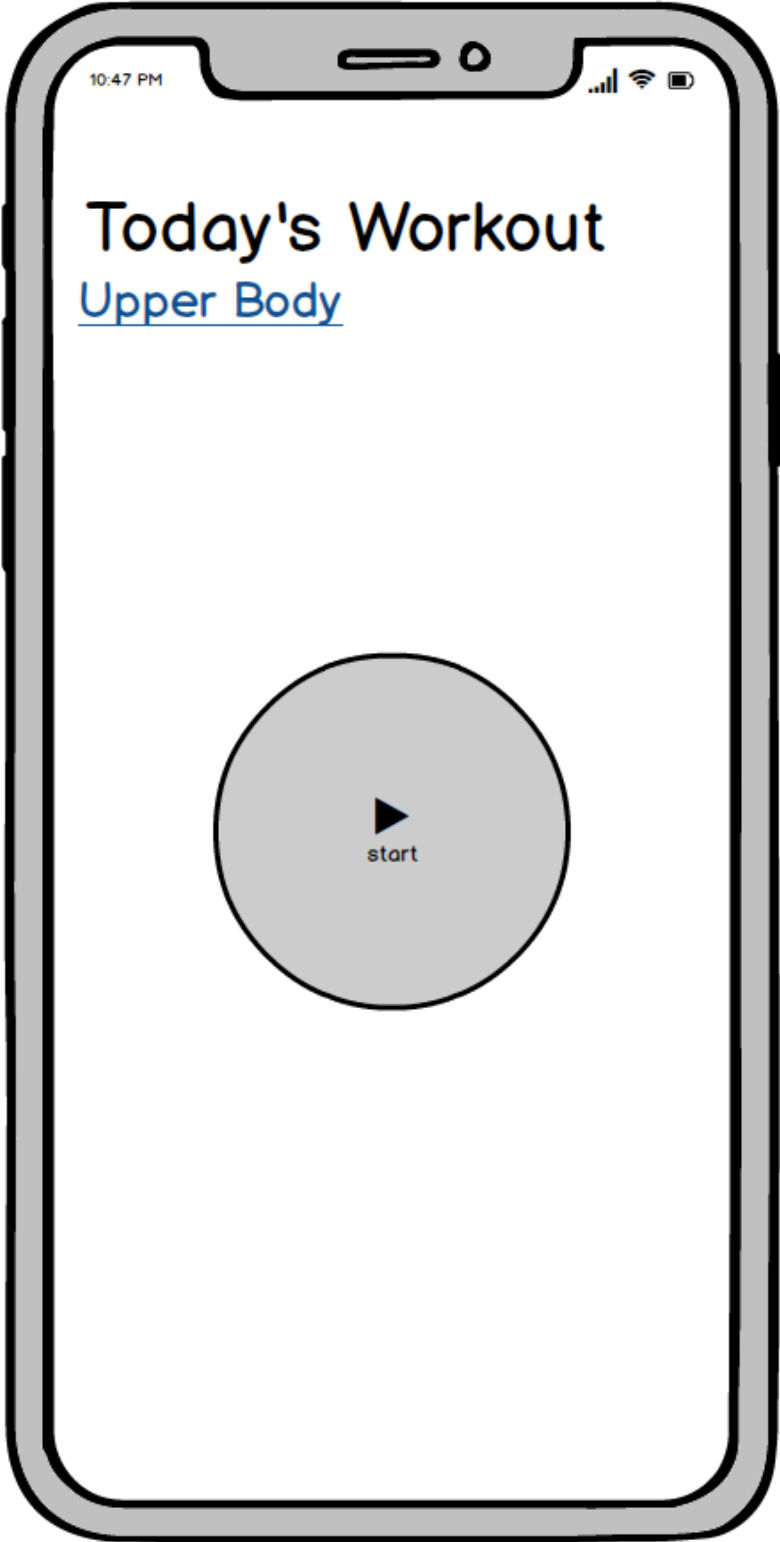


Tapping workout name takes you to details

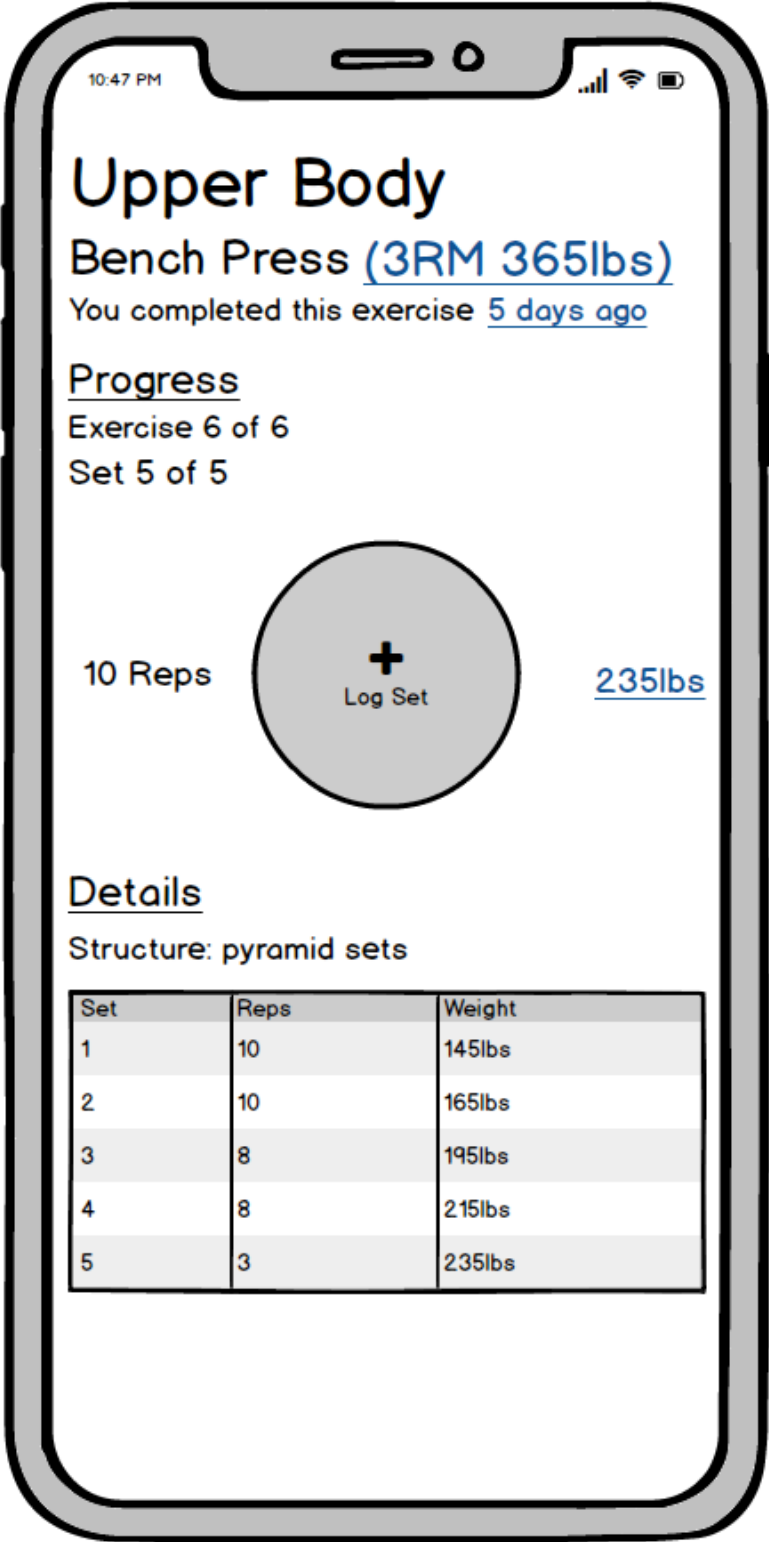


Nola can see an overview of how her workout went

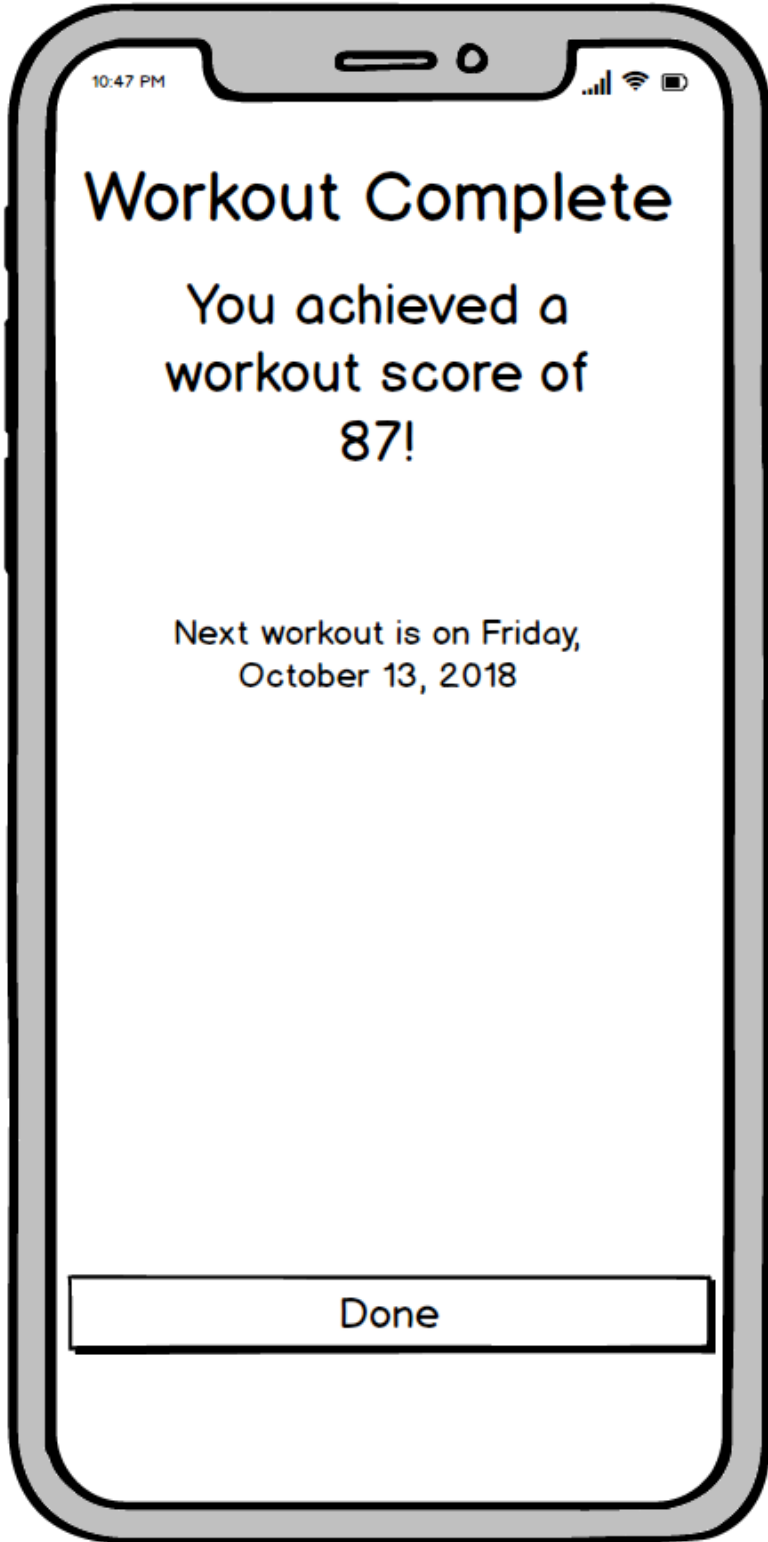
Nola opens app and is automatically on the day's workout



Tap Start

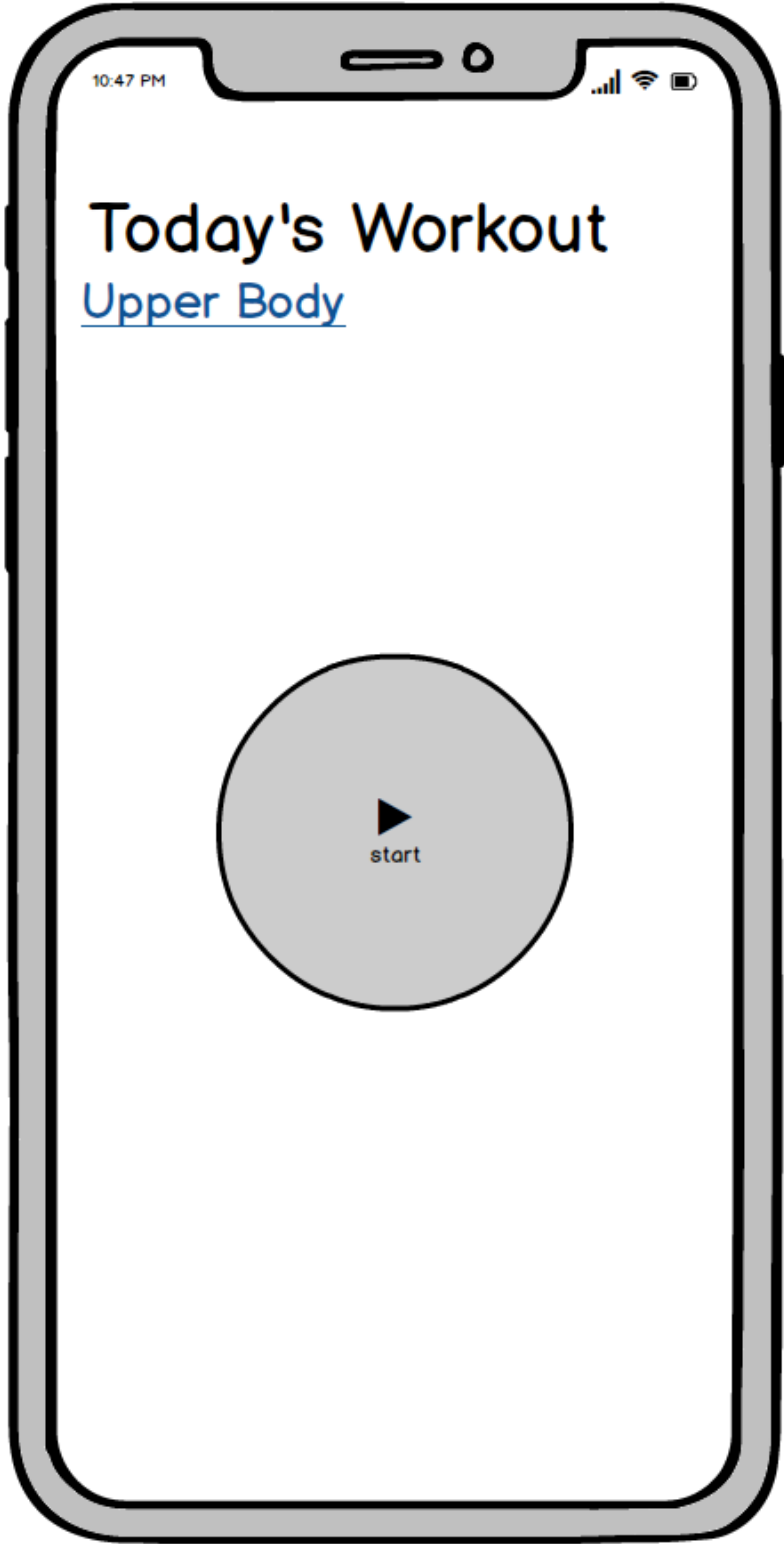


Log last set of last exercise

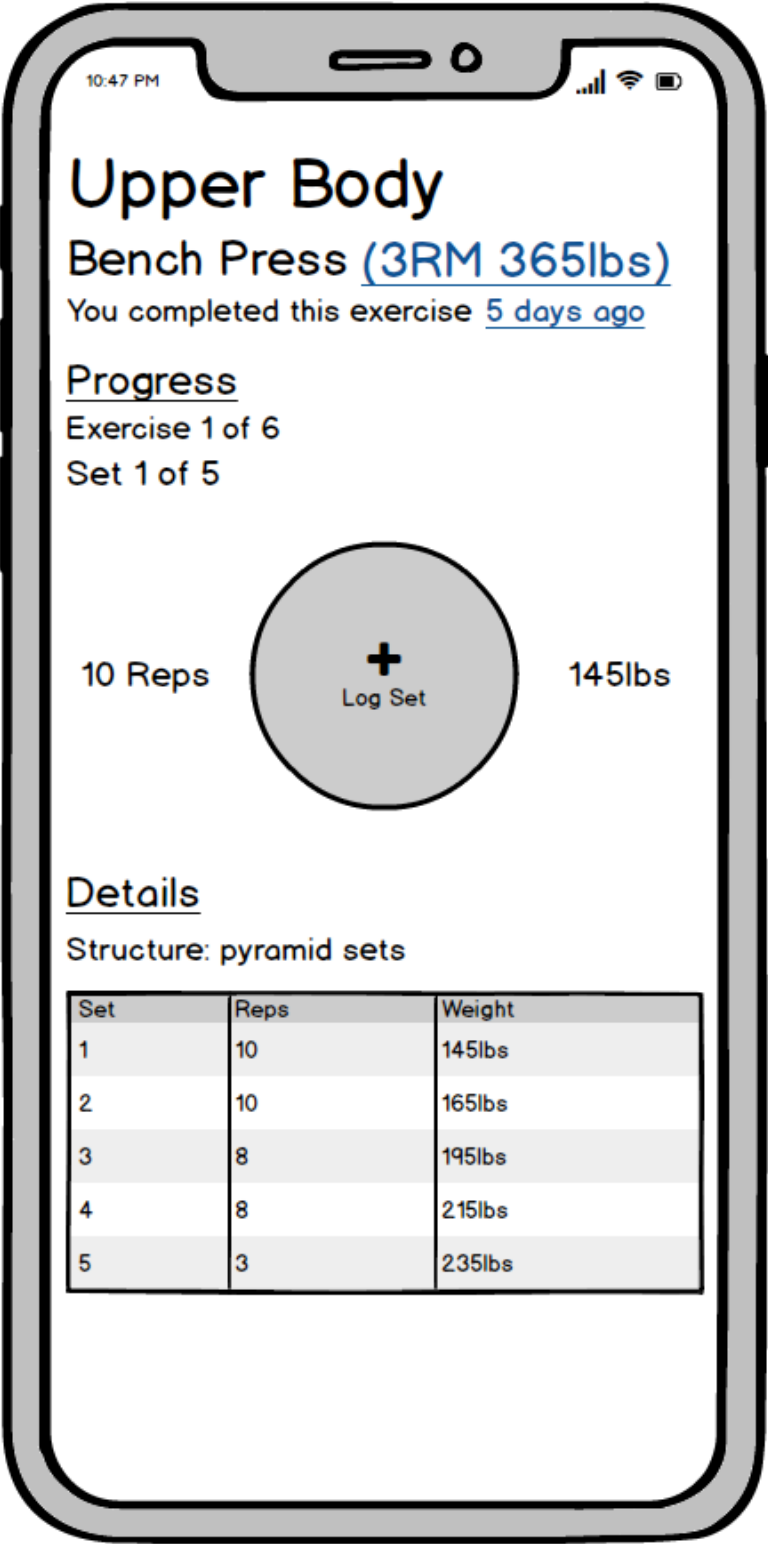


Charlie can view details for last time he did the exercise

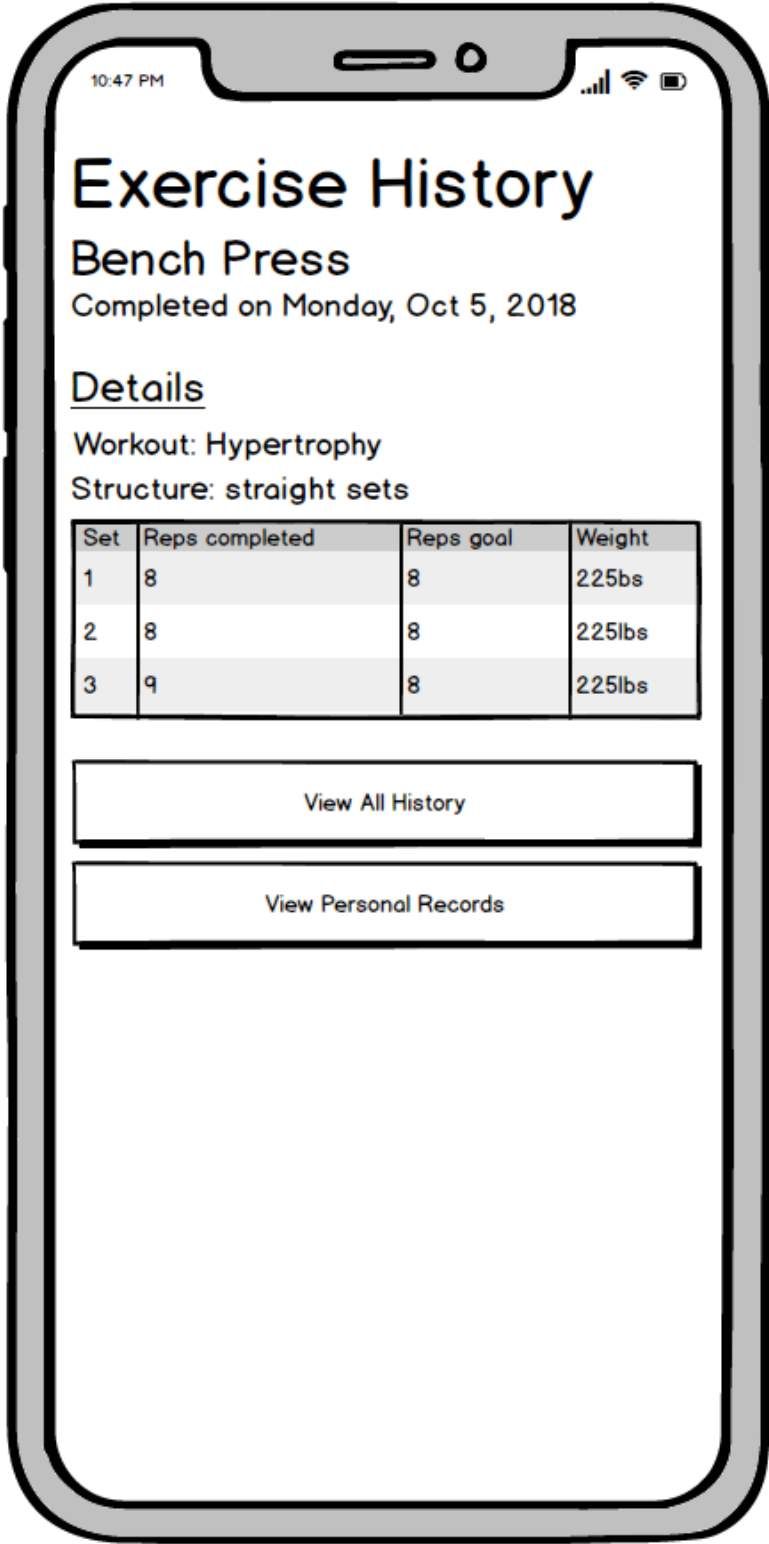
Charlie opens app and is automatically on the day's workout



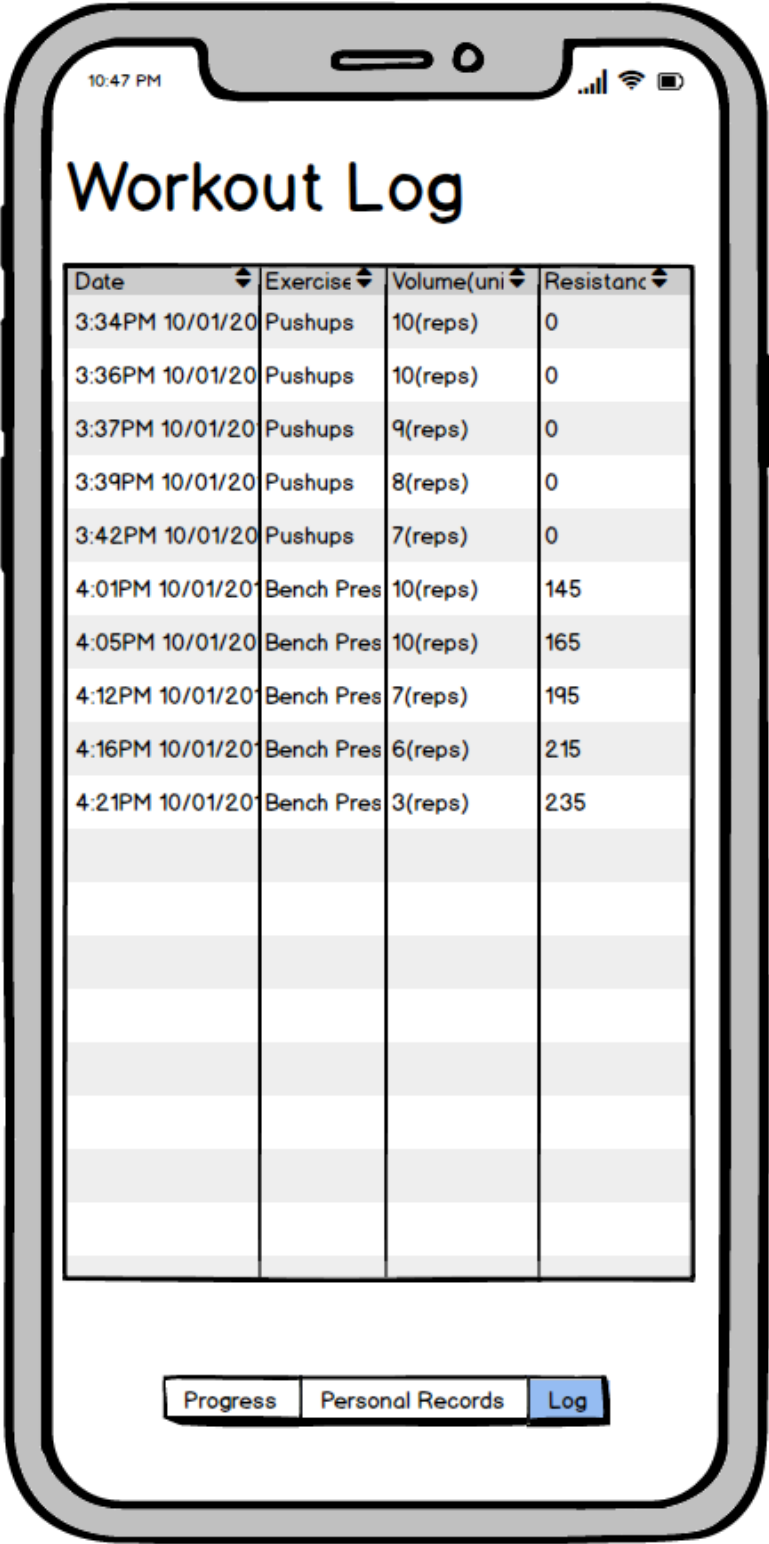
Tap Start



Tap 5 days ago

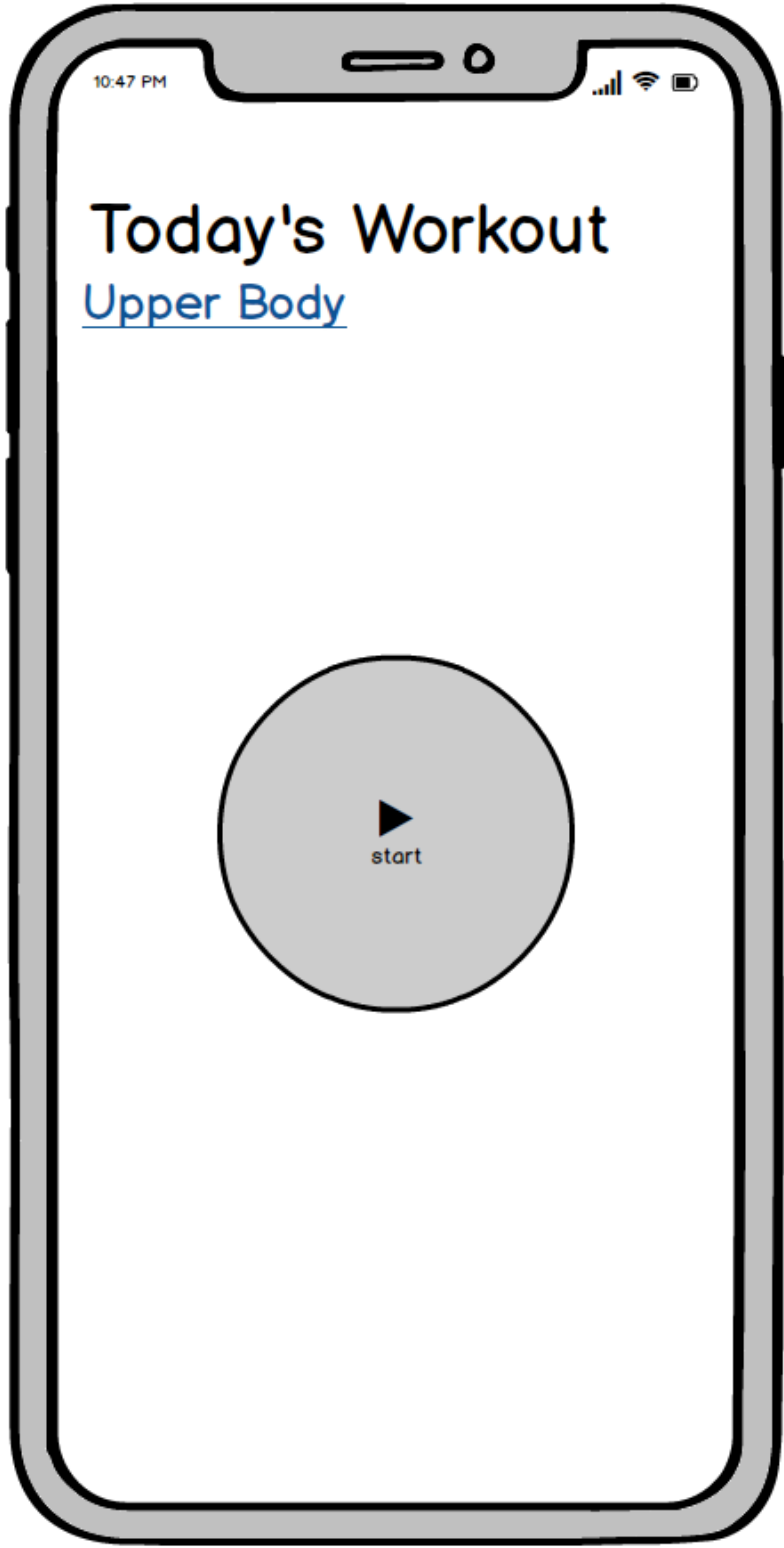


Tap View all history

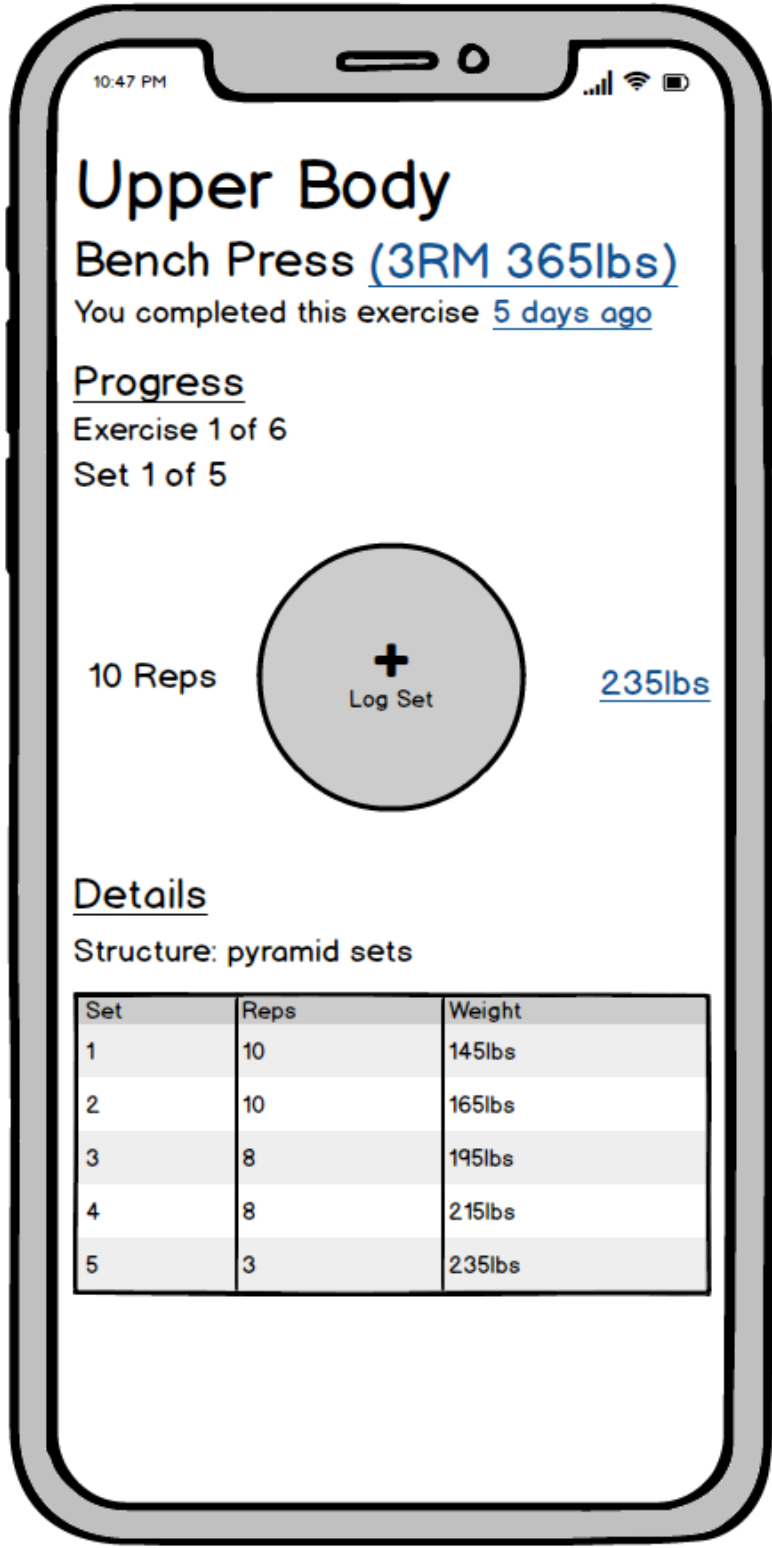


Charlie can see how to load the bar

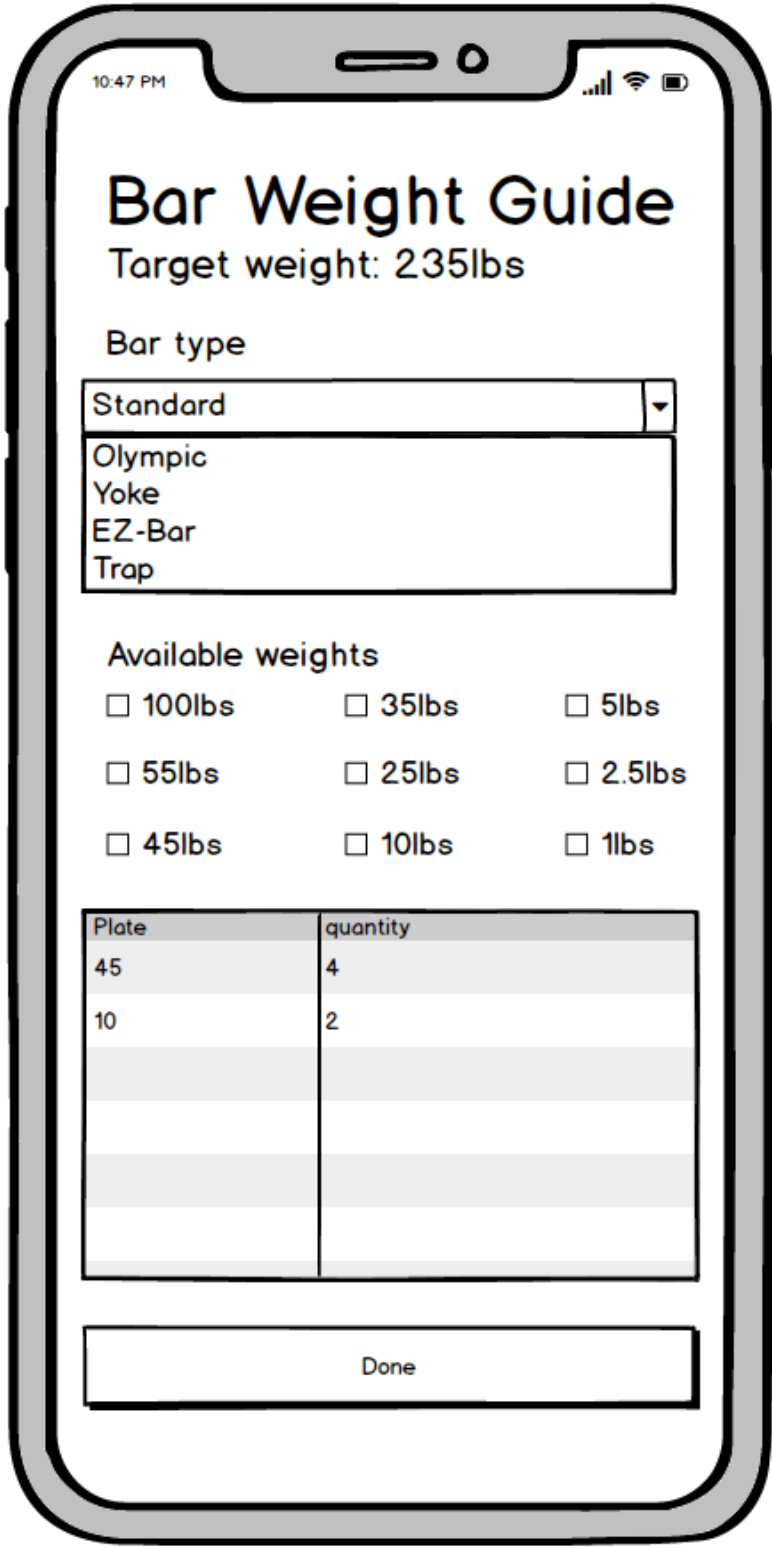
Charlie opens app and is automatically on the day's workout



Tap Start



Tap 235lbs



Tap Done to go back

This grid would actually take the weights you have on the bar from the previous set to reduce the amount of work needed to load the bar. It's much harder to take all the weights off and put the the heaviest weights possible on the bar than to leave some of the smaller weights you have on the bar and add what's needed.