



https://simplestrength.net



Simple Strength

Username:

Password:

Log In






Simple Strength

[Profile](#)[Workout Tracking](#)[Log Out](#)

Profile

Sex: ☒ Male ☐ FemaleAge: Bodyweight: Fitness Level: ☒ Beginner☐ Novice☐ Intermediate☐ Advanced☐ Elite

Tooltip on
hover





Select this option if you have little
to no prior strength training experience



Simple Strength

[Profile](#)[Workout Tracking](#)[Log Out](#)

Profile

Sex: ☒ Male ☐ FemaleAge: Bodyweight: Fitness Level: ☒ Beginner☐ Novice☐ Intermediate☐ Advanced☐ Elite

On submit,
displays
success
message



Save



Success! Your profile has been updated.



Simple Strength

[Profile](#) | [Workout Tracking](#)[Log Out](#)

Workout Tracking

~~~~~  
~~~~~

Strength

Hypertrophy

General Fitness

Brief
explanation
of options

sex, age,
bodyweight,
and fitness
level
determine the
weights

Bench Press: 105 lbs: 3 sets of 2 - 6

All Sets Completed!

Almost!

Too Heavy

Deadlift: 155 lbs: 3 sets of 2 - 6

All Sets Completed!

Almost!

Too Heavy

Bent-Over Row: 85 lbs: 3 sets of 2 - 6

All Sets Completed!

Almost!

Too Heavy

Squat: 120 lbs: 3 sets of 2 - 6

All Sets Completed!

Almost!

Too Heavy

Overhead Press: 85 lbs: 3 sets of 2 - 6

All Sets Completed!

Almost!

Too Heavy



Simple Strength

[Profile](#)[Workout Tracking](#)[Log Out](#)

Selection
determines
of sets
and reps

Workout Tracking

Hand-drawn scribbles representing a workout plan or notes.

[Strength](#)[Hypertrophy](#)[General Fitness](#)

Bench Press: 85 lbs: 3 sets of 8 - 12

[All Sets Completed!](#)[Almost!](#)[Too Heavy](#)

Deadlift: 135 lbs: 3 sets of 8 - 12

[All Sets Completed!](#)[Almost!](#)[Too Heavy](#)

Bent-Over Row: 65 lbs: 3 sets of 8 - 12

[All Sets Completed!](#)[Almost!](#)[Too Heavy](#)

Squat: 105 lbs: 3 sets of 8 - 12

[All Sets Completed!](#)[Almost!](#)[Too Heavy](#)

Overhead Press: 65 lbs: 3 sets of 8 - 12

[All Sets Completed!](#)[Almost!](#)[Too Heavy](#)



STRETCH FEATURES begin here.

1. Rest timer
2. Progress Pictures (with social media integration)
3. Nutrition Calculator

th

[Profile](#)

Drop-down
menu for
"Tools"

[Tools](#)

[Log Out](#)

Tools

Rest Timer
Progress Pictures
Nutrition Calculator



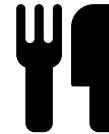
Rest Timer

||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||



Progress Pictures

||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||



Nutrition Calculator

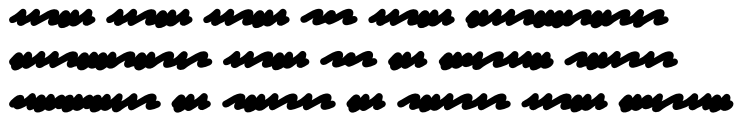
||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||
||||| ||||| ||||| ||||| |||||



Simple Strength

[Profile](#)[Workout Tracking](#)[Tools](#)[Log Out](#)

Rest Timer



| | | | | |
|----|----|----|----|----|
| 30 | 45 | 60 | 75 | 90 |
|----|----|----|----|----|

Selection changes duration of rest, based on generally recommended range

Countdown displays seconds & milliseconds

60.00

Start

Reset



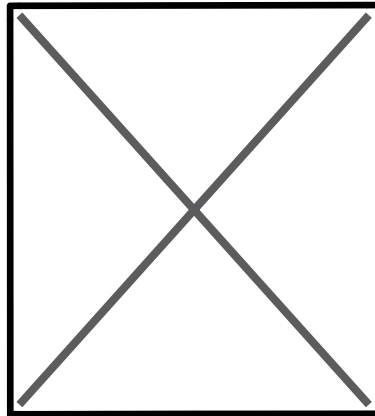
Simple Strength

[Profile](#)[Workout Tracking](#)[Tools](#)[Log Out](#)

Progress Pictures

~~~~~  
~~~~~

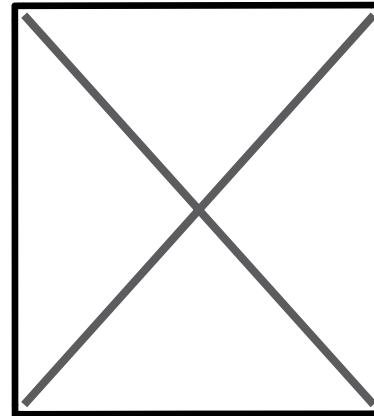
BEFORE



MM/DD/YYYY

Upload

AFTER



MM/DD/YYYY

Upload

Users can upload pictures to get a visual on their progress. Timestamp refers to the date of upload.

Social media integration



Post your progress:



Log Out

11201 11201 11201 102 11201 01112011201
01112011201 11201 102 01 0111201 101

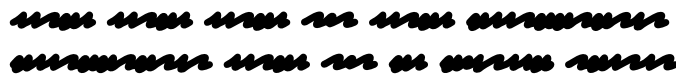
tooltip on hover (or
tap, on mobile)



Simple Strength

[Profile](#)[Workout Tracking](#)[Tools](#)[Log Out](#)

Nutrition Calculator



BMR: XXXX kcal/day 

Activity Level: ☒ Little to no exercise

☐ Light

☐ Moderate

☐ Heavy

Body Type: ☒ Ectomorph

☐ Mesomorph

☐ Endomorph

Calculate 

Calculations performed by the service layer are formatted and displayed here

Total Daily Energy Expenditure:

XXXX kcal/day

Macronutrient Breakdown:

Carbohydrates: XXX kcal, or about XX grams per day

Protein: XXX kcal, or about XX grams per day

Fat: XXX kcal, or about XX grams per day