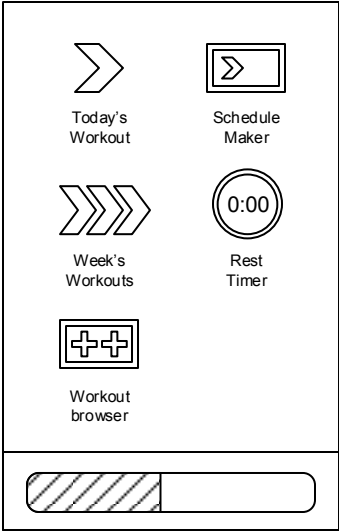
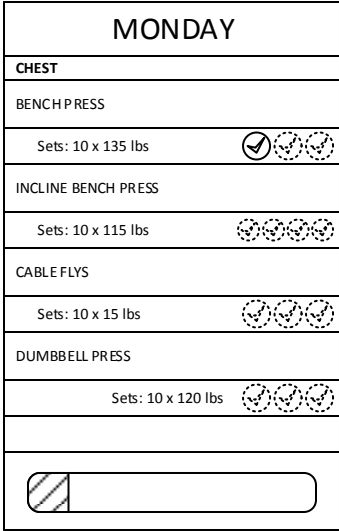




Splash screen



Main menu; can be implemented as icons or as page-based; constant progress bar



Today's workout screen: can check off exercises as completed. Internal timer prevents cheating



Another example of Today's workout screen

MONDAY
CHEST
TUESDAY
REST
WEDNESDAY
BACK
THURSDAY
CARDIO
FRIDAY
LEGS
SATURDAY
ARMS/DELTOIDS
SUNDAY

Week's workout screens; overview, viewing purposes only; no progress bar

Schedule Planner
MONDAY >
TUESDAY >
WEDNESDAY >
THURSDAY >
FRIDAY >
SATURDAY >
SUNDAY >

1st level in the hierarchy of the schedule planner

MONDAY
Edit Workouts
CHEST
BENCH PRESS >
INCLINE BENCH PRESS >
CABLE FLYS >
DUMBBELL PRESS >

2nd level in the hierarchy of the schedule planner, add exercises here

MONDAY
ADD
CHEST
BENCH PRESS >
INCLINE BENCH PRESS >
CABLE FLYS >
DUMBBELL PRESS >

2nd level in the hierarchy of the schedule planner, edit screen

Exercise Name
Number of reps
Weight
**Cardio: Type
**Cardio: Minutes


3rd level of the schedule planner; edit workout information for a given day here

Muscle Group

1st Level of workout browser hierarchy; select which muscle group to browse here

CHEST WORKOUTS
BENCH PRESS >
INCLINE BENCH PRESS >
DECLINE BENCH PRESS >
CABLE FLYS >
DUMBBELL FLYS >
DUMBBELL PRESS >
INCLINE DUMBBELL PRESS >
PEC DECK MACHINE >

2nd Level of workout browser hierarchy; select a workout to see more information

Cable Flys
<div>  <div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> </div>

3rd Level of workout browser hierarchy; web View from bodybuilding website on workout

0 : 0 0
<div> <div>Reset</div> <div>Start</div> </div>

Rest Timer; simply start from 0:00; reset as needed. You must manage it

0 : 23
<div> <div>Reset</div> <div>Pause</div> </div>

Another view of the Rest Timer