





Welcome to Ript Fitness

Log in

Sign up

# Log in

Sign into your account

Username

Password



Log in

[I don't have an account](#)

# Log in

Sign into your account

Username

realsteve

Password

• • • • • • • •



Log in

I don't have an account

# Sign up

Join the Ript community

Email

email@gmail.com

Username

realSteve

Password

• • • • • • • •



Sign up

I'm already registered



For You

Friends



**muscleman99**

...

Just hit a new PR on my deadlift! 300lbs!



36



7

9/27/2024



**realsteve**

...



10 minute planks get the job done



23



17

9/27/2024



**muscleman99**



Home



Workout



Food



Profile



For You

Friends



**muscleman99**

Just hit a new PR on my deadlift! 300lbs!

## Comments



**muscleman99** 20m

Nice job!

Reply

2

— View 4 replies



**muscleman99** 43m

I hate planks

7

Reply

— Hide replies



**muscleman99** 1d

Great progress, man!

13

Reply



**muscleman99** 32m

you inspire meeee

1

Reply



**muscleman99** 17m

nice

1



Add a comment





Cancel

New Post

Share



**realsteve**

What's happening?



"The"

the

to

q w e r t y u i o p

a s d f g h j k l

z x c v b n m

ABC

space

return





# Welcome, Steve!



## My Workouts

View your workouts



## Add Workout

Create a workout



## Ript Workouts

Explore Ript workouts



## My Notes

Write down anything

Start Empty Workout



Home



Workout



Food



Profile



# My Workouts

## Push

Bench Press, Tricep Dips,  
Shoulder Press, Lateral Ra...

[Edit](#)[Start](#)

## Lower Body

Calf Raise, RDLs, Leg  
Press, Seated Leg Extensi...

[Edit](#)[Start](#)

## Pull

Bicep Curls, Seated Row,  
Reverse Fly, Chin-Ups

[Edit](#)[Start](#)

## Full Body

Bench Press, Tricep Dips,  
Leg Press, Lateral Raises

[Edit](#)[Start](#)[Home](#)[Workout](#)[Food](#)[Profile](#)



## Add Workout



### Workout Name

Use the '+' button to add an exercise to your workout

Create Workout



Home



Workout



Food



Profile



## Add Workout



### Full Body

#### Bench Press

4 Sets



#### Leg Curl



Sets

Reps

1

8

2

10

3

5

4

10

#### Core

3 Sets



Create Workout



Home



Workout



Food



Profile



# Add Workout



## Full Body

Enter exercise (X)

Set	Reps
1	<input type="text"/> <span>trash can icon</span>

Add Set Save

Create Workout



Home



Workout



Food



Profile



## Add Workout



# Full Body

### Chest Press



#### Set

1

2

3

#### Reps

8

10

5



Add Set

Save

Create Workout



Home



Workout



Food



Profile



# Ript Workouts

Lower Body:  
Free Weight

Advanced: 45 min

Lower Body:  
Machines

Intermediate: 35 min

Upper Body:  
Free Weight

Advanced: 50 min

Upper Body:  
Machines

Beginner: 25 min

Back/Biceps

Advanced: 40 min

Chest/  
Shoulder/Tri

Advanced: 35 min

Full Body:  
Free Weight

Beginner: 30 min

Full Body:  
Dumbbells

Intermediate: 35 min



Home



Workout



Food



Profile



## Workout Details

# Full Body: Dumbbells

Intermediate: 35 min

### Bicep Curl

4 sets x 10 reps | 30 lbs

### Goblet Squat

4 sets x 8 reps | 35 lbs

### Hammer Curl

3 sets x 12 reps | 25 lbs

### Tricep Kickbacks

5 sets x 8 reps | 15 lbs

### RDLs

3 sets x 10 reps | 40 lbs

Add to My Workouts



Home



Workout



Food



Profile



# My Notes



Search

## Try These

Goblet Squats, RDLs, skullcrushers.

1/2/25

## Food Prep

Chicken, salt, pepper, garlic, and pasta.

11/13/24

## My Note

I don't have to use a notebook anymore!

10/26/24

## Rest Times

1 min - chest press  
2 min - cardio  
5 min - full rest

10/6/24



Home



Workout



Food



Profile



Title

Note

Save

Delete



Home



Workout



Food



Profile



# Start Workout

## Workout Name

Notes

Enter Exercise

Add

Finish Workout



Home



Workout



Food



Profile



# Start Workout

Workout Name

Notes

Bench Press

Add

Finish Workout



Home



Workout



Food



Profile



# Start Workout

## Push

Notes

Enter Exercise

Add

### Bench Press

Set

1

lbs

Reps



Add Set

Finish Workout



Home



Workout



Food



Profile



# Start Workout

## Push

Notes

Enter Exercise

Add

### Bench Press

Set	Ibs	Reps	Remove
1	90	10	
2	110	7	
3	120	8	

Add Set

Finish Workout



Home



Workout



Food



Profile



Today



0  
Calories

0g  
Protein

0g  
Carbs

0g  
Fat

0oz  
Water



Logged

Saved

Add

Apple 95 Calories

Scrambled Eggs 182 Calories

Toast 165 Calories

Avocado 225 Calories

Chicken Breast 231 Calories

Grilled Cheese 300 Calories



Home



Workout



Food



Profile



Today



0  
Calories

0g  
Protein

0g  
Carbs

0g  
Fat

0oz  
Water



Logged

Saved

Add

Search

Apple 95 Calories

Scrambled Eggs 182 Calories

Toast 165 Calories

Avocado 225 Calories

Chicken Breast 231 Calories



Home



Workout



Food



Profile



Today



0  
**Calories**

0g  
**Protein**

0g  
**Carbs**

0g  
**Fat**

0oz  
**Water**



Logged

Saved

Add

## Nutrition Facts

Enter the details from the label

Name

Add Name

Calories

Add Calories

Total Fat

Add Grams

Protein

Add Grams

Number of Servings

Add Servings

**Save Food****Log Food Today**

Home



Workout



Food



Profile

0  
Calories

0g  
Protein

0g  
Carbs

0g  
Fat

0oz  
Water



## Apple



Calories	95
Total Fat	95g
Protein	2g
Number of Servings	1

[Edit](#)[Log Today](#)

Scrambled Eggs 182 Calories

Toast 165 Calories

Avocado 225 Calories

Chicken Breast 231 Calories

Grilled Cheese 300 Calories



Home



Workout



Food



Profile



Steve

I do gym 💪



Progress

Photos

Posts

← September 2024 →



Home



Workout



Food



Profile



Steve

I do gym 💪



Progress

Photos

Posts



Home



Workout



Food



Profile



## Steve

I do gym 💪



Progress

Photos

Posts



**realsteve**

Just hit a new PR on my Deadlift! 300lbs!

36

7

11/05/2024



**realsteve**

Feeling amazing after my workout today!

19

2

10/17/2024



Home



Workout



Food



Profile



# muscleman99



## Mitchell

Muscle dad 🏋️

Friends



+13



**muscleman99**

Gym today, tomorrow, and forever.

1

0

10/21/2024



**muscleman99**

Just hit a new PR on my deadlift! 300lbs!

17

56

10/21/2024



Home



Workout



Food



Profile



# newuser201



## newuser201

no bio yet

+ Friend

0 Friends



## No post yet



Home



Workout



Food



Profile



# Friends

Search Friends



**gymbroo**

**Remove**



**muscleman99**

**Remove**



**yoga4life**

**Remove**



**gymfluence**

**Remove**



Home



Workout



Food



Profile



Account Settings



Log out

Photo  
1



1

8

15

22

29



Home



Workout



Food



Profile



# Account Settings

Save



Name Steve

Bio I do gym 💪

Email email@gmail.com

Change password



Home



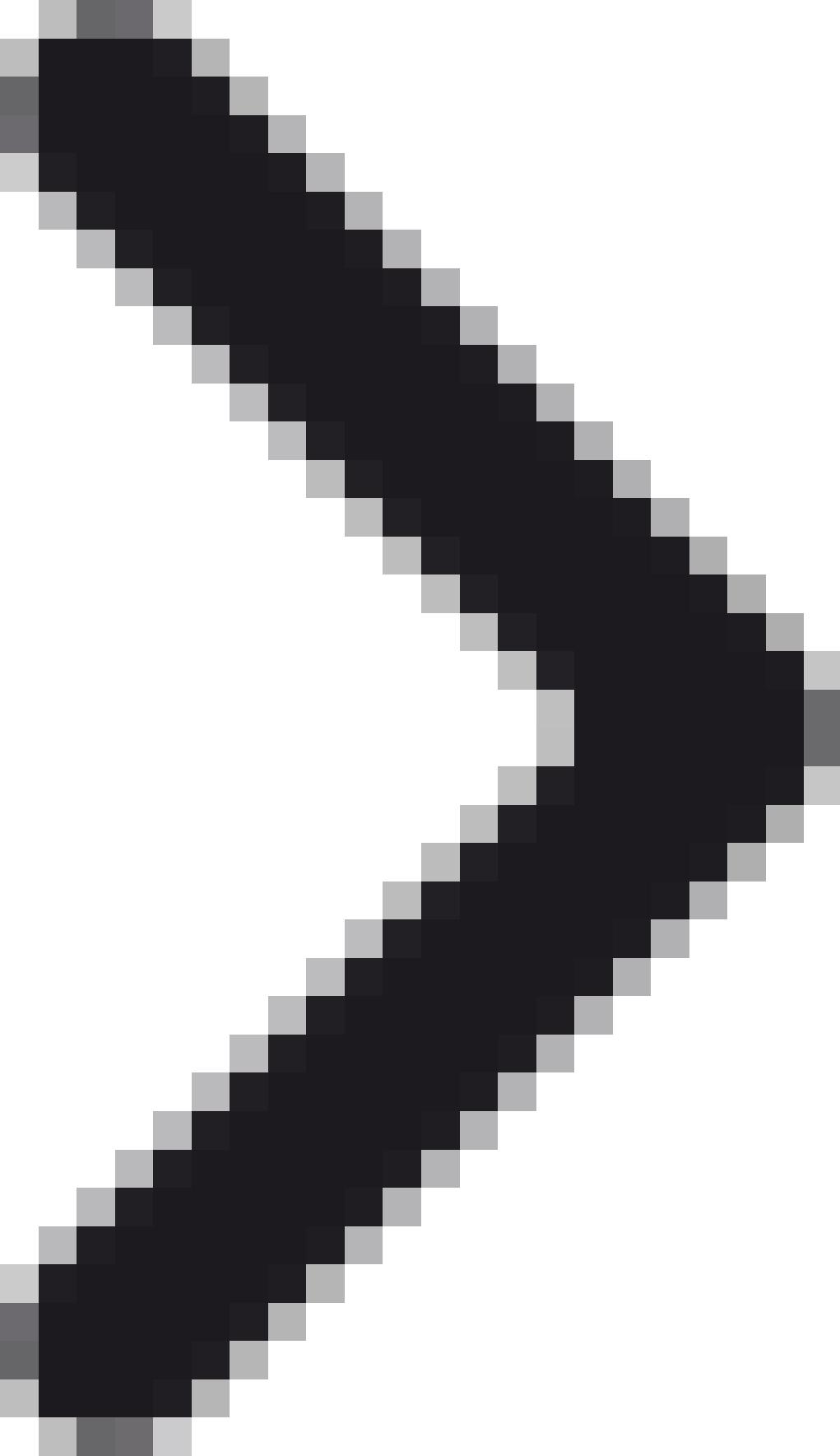
Workout



Food



Profile





# Change Password

Save

Password must be at least 8 characters and should include numbers, letters and special characters.

Current password

New password

Confirm password



Home



Workout



Food



Profile



# Change Password

Save

Password must be at least 8 characters and should include numbers, letters and special characters.

• • • • • • •



• • • • • •



• • • • •



New password does not match. Enter new password again.



Home



Workout



Food



Profile