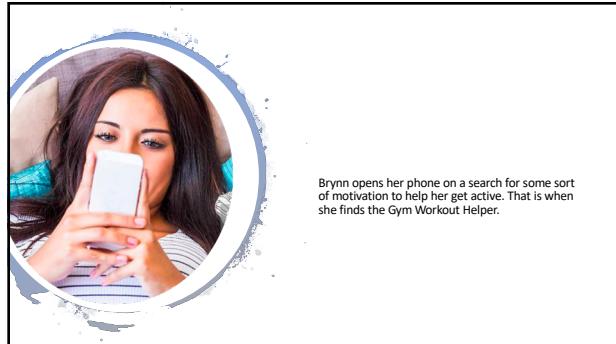


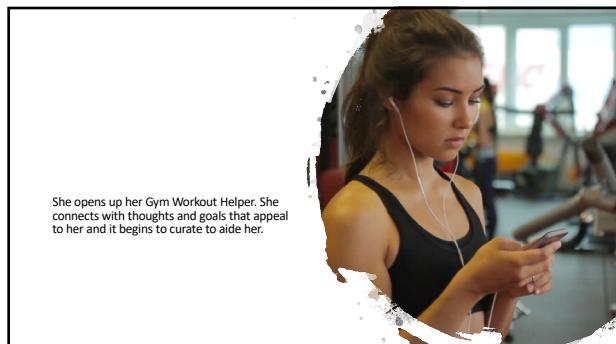
1



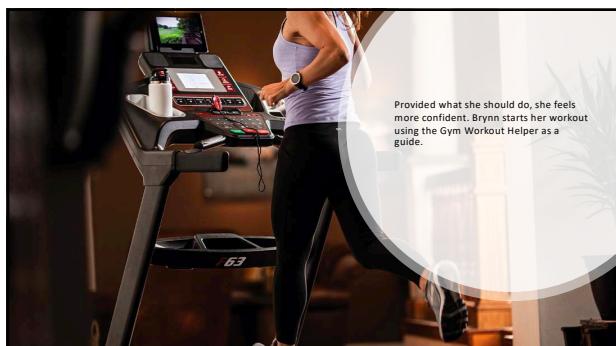
2



3



4



5



6



Brynn is sitting at home after a lazy Sunday morning of brunch and movies, and she just does not feel great about herself. She wants to get up and active but does not know what to do.



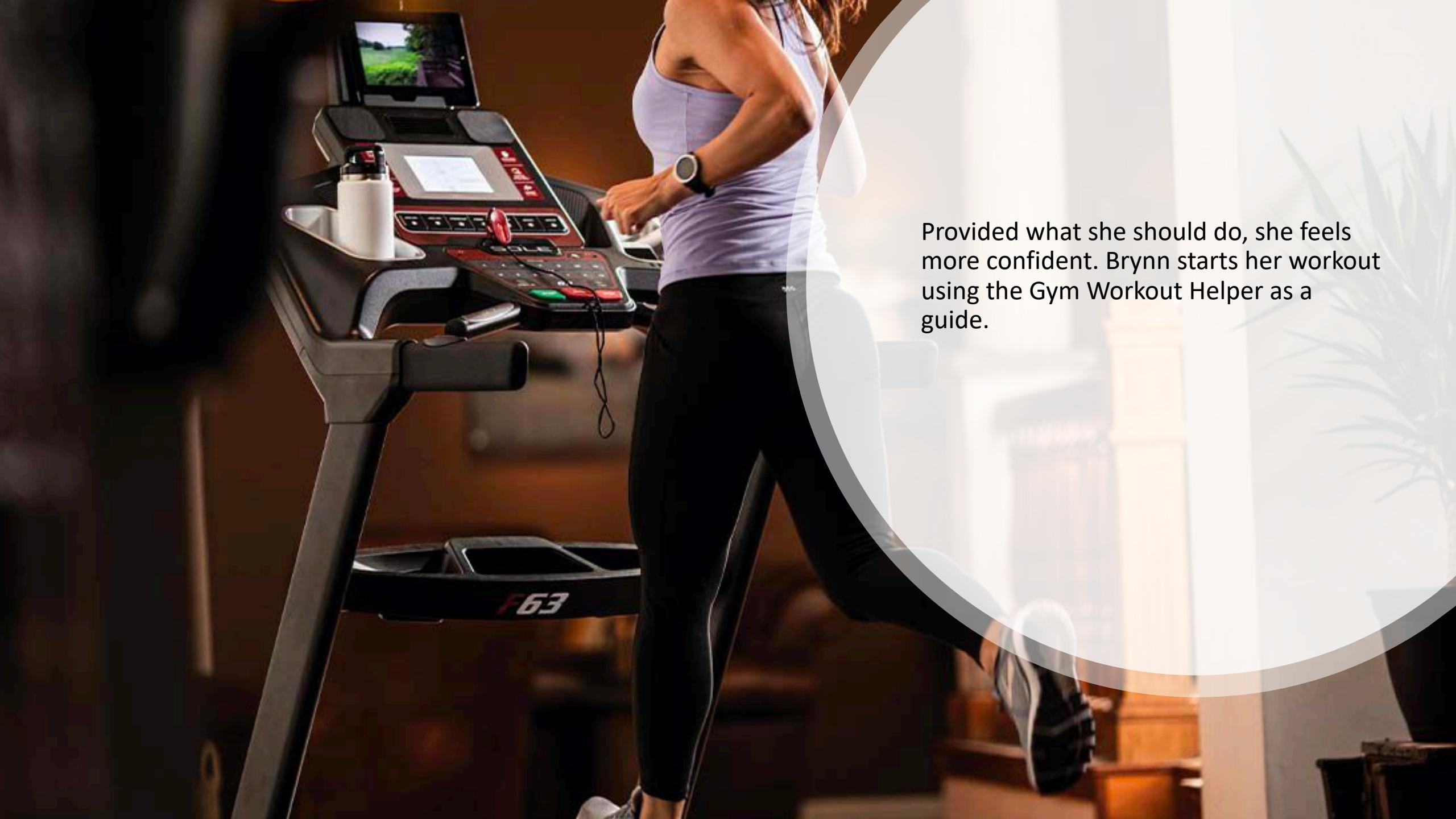
Brynn opens her phone on a search for some sort of motivation to help her get active. That is when she finds the Gym Workout Helper.

Brynn heads to the gym. As she walks in she feels frazzled and lost, unsure where to start.



She opens up her Gym Workout Helper. She connects with thoughts and goals that appeal to her and it begins to curate to aide her.



A woman in a purple tank top and black leggings is running on a dark-colored treadmill. A small screen on the treadmill displays a scenic landscape. She is wearing a smartwatch on her left wrist. The treadmill has a control panel with several buttons and a small screen. The brand name "F63" is visible on the front of the machine.

Provided what she should do, she feels more confident. Brynn starts her workout using the Gym Workout Helper as a guide.



Leaving the gym Brynn feels happy, satisfied and excited to learn more about getting into her fitness groove!



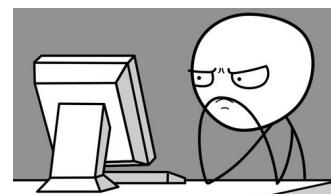
Trey Lance is a 5-star prospect out of high school. It is his first year as a North Dakota State's quarterback. He wants to be the best to come through the school.



As the season goes on, Trey Lance's performance on the field is lackluster. He seems to not have the physical strength and arm strength that the prospects were looking for when he was recruited. We dream of being the best. He knows he needs additional help if he wanted to do well and win games.



Trey began working out on his own after practice. He trained and trained but did not see any results. If anything he felt weaker and the workouts didn't do him any justice.



Trey wanted to become great. He wanted to be the best on the field. He decided to surf the web. He searched and came across our app that allows you to track and learn workouts designed for your body type and age.



He began using the workout modification app and his physique and strength began to soar. He found workouts that are great for his body and great for football. He also learned the right ways to lift weights and train efficiently. Trey was even able to improve his diet to help him get in better shape as well.



Trey's performance on the field also improved. He is harder to tackle and has more arm strength to really throw the deep ball. All in his first year at North Dakota State University. He racked up 1000 rushing yards, 2000 yards throwing, and 20 rushing touchdowns. Trey even led his team to the college football playoffs and won.



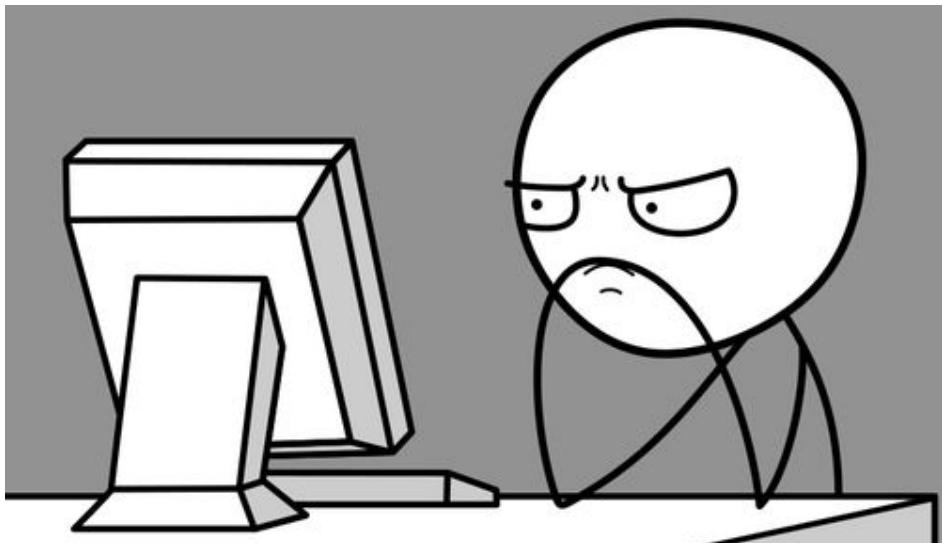
Trey Lance is a 5-star prospect out of high school. It is his first year as a North Dakota State's quarterback. He wants to be the best to come through the school.



As the season goes on, Trey Lance performance on the field is lack-luster. He seems to not have the physical strength and arm strength that the prospects were looking for when he was recruited. We dreams of being the best. He knows he needs additional help if he wanted to do well and win games.



Trey began working out on his own after practice. He trained and trained but did not see any results. If anything he felt weaker and the workouts didn't do him any justice.



Trey wanted to become great. he wanted to be the best on the field. He decided to surf the web. He searched and came across our app that allows you to track and learn workouts designed for your body type and age.



He began using the workout modification app and his physique and strength began to soar. He found workouts that are great for his body and great for football. He also learned the right ways to lift weights and train efficiently. Trey was even able to improve his diet to help him get in better shape as well.



Trey's performance on the field also improved. He is harder to tackle and has more arm strength to really throw the deep ball. All in his first year at North Dakota State University, He racked up 1000 rushing yards, 2000 yards throwing, and 20 rushing touchdowns. Trey even led his team to the college football playoffs and won.



Ryan Smith is an Army veteran who left service a little over a year ago. He now works a desk job and has noticed that he has put on some weight and just doesn't feel as fit as he used to.



Ryan wants to get back to working out at least 3-4 days a week, but has trouble creating a routine for himself like he was used to with Army PT. He also has a knee injury that he has to work around when it comes to certain exercises.



Ryan finds the Fortress Fitness app and appreciates the simple easy to use interface.



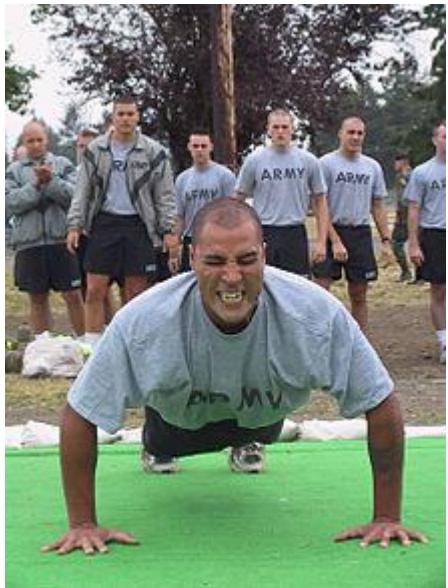
With the app he is able to create a basic, 4 days a week workout that covers all the muscle groups and even shows modifications to protect his knee.



Using the app, Ryan is able to maintain his motivation to get into the gym every week. The workouts are simple but challenging and help him be sure that he is doing the exercises the correct way with pictures and videos.



After a few months, Ryan has lost all the weight he put on since leaving the Army and feels more fit than even when he was serving.



Ryan Smith is an Army veteran who left service a little over a year ago. He now works a desk job and has noticed that he has put on some weight and just doesn't feel as fit as he used to.



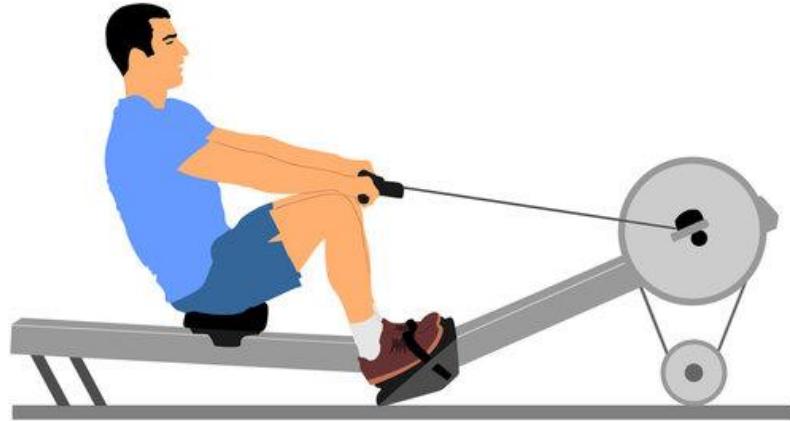
Ryan wants to get back to working out at least 3-4 days a week, but has trouble creating a routine for himself like he was used to with Army PT. He also has a knee injury that he has to work around when it comes to certain exercises.



Ryan finds the Fortress Fitness app and appreciates the simple easy to use interface.



With the app he is able to create a basic, 4 days a week workout that covers all the muscle groups and even shows modifications to exercises to protect his knee.



Using the app, Ryan is able to maintain his motivation to get into the gym every week. The workouts are simple but challenging and help him be sure that he is doing the exercises the correct way with pictures and videos.

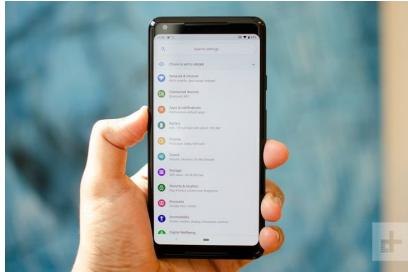


After a few months, Ryan has lost all the weight he put on since leaving the Army and feels more fit than even when he was serving.



Leeroy Jenkins is an elementary school science teacher. He's been teaching for roughly 10 years at this point and his work gets pretty stressful from time to time.

Leeroy started to gain some extra weight from not doing anything but hangout with his wife and kids when he arrives home. With that going on, he decided he might want to try working out.



Leeroy decided to check out the Fortress Fitness App and began to find simple routines that he could do since he usually does not work out.

4-Day Split Workout

| | Day 1 Chest and Shoulders | Day 2 Biceps and Triceps | Day 3 Legs and Abs | Day 4 Back and Legs |
|---------------------------|---------------------------------|--------------------------|--------------------|---------------------|
| Muscle group | Exercise | Sets | Reps | Rest |
| Day 1 Chest and Shoulders | Push-ups | 3 | 10-12 | 1 min |
| | Front bench press | 3 | 10-12 | 1 min |
| | Diamond bench press | 3 | 10-12 | 1 min |
| | Diamond dumbbell press | 3 | 10-12 | 1 min |
| Shoulders | Diamond lateral raise | 3 | 10-12 | 1 min |
| | Diamond shoulder press | 3 | 10-12 | 1 min |
| | Diamond overhead shoulder press | 3 | 10-12 | 1 min |
| Day 2 Biceps and Triceps | Push-ups | 3 | 10-12 | 1 min |
| | Hammer curls | 3 | 10-12 | 1 min |
| | Hammer dumbbell curl | 3 | 10-12 | 1 min |
| | Hammer diamond hammer curl | 3 | 10-12 | 1 min |
| Triceps | Tricep cable pushdowns | 3 | 10-12 | 1 min |
| | Cable tricep dips | 3 | 10-12 | 1 min |
| | Long tricep extensions | 3 | 10-12 | 1 min |
| Day 3 Legs and Abs | Push-ups | 3 | 10-12 | 1 min |
| | Bent-knee situps | 3 | 10-12 | 1 min |
| | Chair situps | 3 | 10-12 | 1 min |
| | Plank | 3 | 10-12 | 1 min |
| | Mountain climbing calf raises | 3 | 10-12 | 1 min |
| Abs | Crunches | 4 | 20-25 | 1 min |
| | Oblique crunch | 3 | 20-25 | 30 sec |
| Day 4 Back and Legs | Push-ups | 3 | 10-12 | 1 min |
| | Barbell rows | 4 | 10-12 | 1 min |
| | One arm barbell row over head | 4 | 10-12 | 1 min |
| | Deadlifts | 4 | 10-12 | 1 min |
| Legs | Gymn machine shrug | 3 | 10-12 | 1 min |

Leeroy began to plan out a schedule based on a workout routine that he found. With the routine, he will workout about 3-4 days each week.

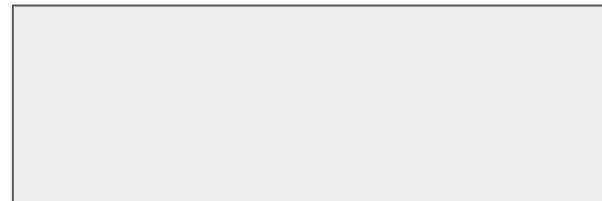
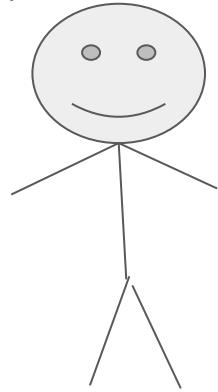


With the app by his side, Leeroy begins to progress with his workout routine that he picked and slowly begins to learn each of the exercises. He begins to slowly make progress to his goal of losing a bit of weight.



After a few months of sticking with his workout, Leeroy has lost quite a bit of weight and has gained muscle mass that he has never had before.

Science is
pretty
quirky!



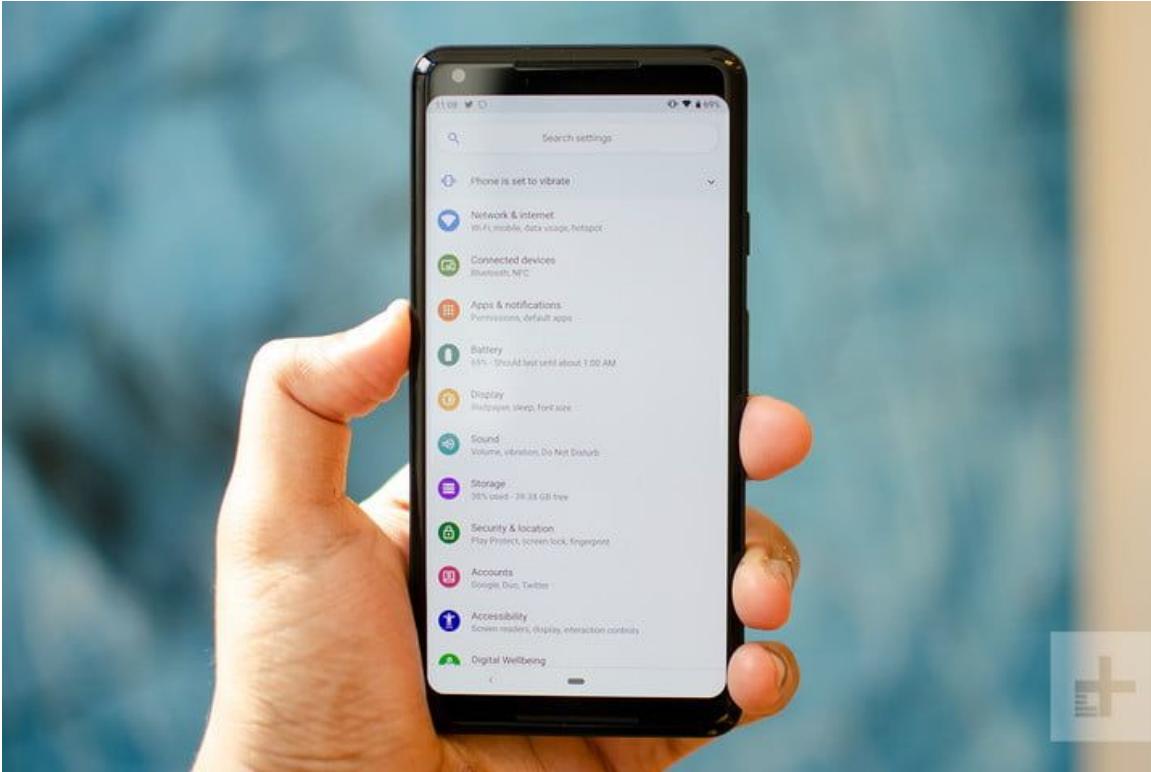
Leeroy Jenkins is an elementary school science teacher. He's been teaching for roughly 10 years at this point and his work gets pretty stressful from time to time.



VectorStock®

VectorStock.com/27408237

Leeroy started to gain some extra weight from not doing anything but hangout with his wife and kids when he arrives home. With that going on, he decided he might want to try working out.



Leeroy decided to check out the Fortress Fitness App and began to find simple routines that he could do since he usually does not work out.

4-Day Split Workout

| Day 1 Chest and Shoulders | | | | | |
|---------------------------|----------------------------|------|-------|----------|--|
| Muscle group | Exercise | Sets | Reps | Rest | |
| Chest | Barbell bench press | 3 | 10-12 | 1 min | |
| | Incline bench press | 3 | 10-12 | 1 min | |
| | Dumbbell incline press | 3 | 10-12 | 1 min | |
| | Dumbbell flies | 3 | 10-12 | 1 min | |
| Shoulders | Machine lateral raise | 3 | 10-12 | 1 min | |
| | Dumbbell overhead press | 3 | 10-12 | 1 min | |
| | Smith machine upright row | 3 | 10-12 | 1 min | |
| Day 2 Biceps and Triceps | | | | | |
| Muscle group | Exercise | Sets | Reps | Rest | |
| Biceps | Barbell curls | 3 | 10-12 | 1 min | |
| | Alternate dumbbell curls | 3 | 10-12 | 1 min | |
| | Seated hammer curls | 3 | 10-12 | 1 min | |
| | Preacher curls | 3 | 10-12 | 1 min | |
| Triceps | Tricep cable pushdowns | 3 | 10-12 | 1 min | |
| | Dumbbell kickbacks | 3 | 10-12 | 1 min | |
| | Lying tricep extension | 3 | 10-12 | 1 min | |
| Day 3 Legs and Abs | | | | | |
| Muscle group | Exercise | Sets | Reps | Rest | |
| Legs | Barbell squats | 3 | 10-12 | 1 min | |
| | Leg extension | 3 | 10-12 | 1 min | |
| | Dumbbell squats | 3 | 10-12 | 1 min | |
| | Lying leg curls | 3 | 10-12 | 1 min | |
| | Still-leg deadlifts | 3 | 10-12 | 1 min | |
| | Barbel standing calf raise | 3 | 10-12 | 1 min | |
| | Seated calf raise | 3 | 10-12 | 1 min | |
| Abs | Crunch | 4 | 20-25 | 1 min | |
| | Oblique crunch | 3 | 20-25 | 1 min | |
| | Leg lifts | 3 | 20-25 | 30 secs. | |
| Day 4 Back and Traps | | | | | |
| Back | | | | | |
| Back | Barbell Rows | 4 | 10-12 | 1 min | |
| | One arm bent over row | 4 | 10-12 | 1 min | |
| | Lat pulldowns | 4 | 10-12 | 1 min | |
| | Extensions | 4 | 10-12 | 1 min | |
| Traps | Smith machine shrug | 3 | 10-12 | 1 min | |

Leeroy began to plan out a schedule based on a workout routine that he found. With the routine, he will workout about 3-4 days each week.



With the app by his side, Leeroy begins to progress with his workout routine that he picked and slowly begins to learn each of the exercises. He begins to slowly make progress to his goal of losing a bit of weight.



After a few months of sticking with his workout, Leeroy has lost quite a bit of weight and has gained muscle mass that he has never had before.