Types of Wants Needs Sharing Workout Diet Users Lifts Plan Advice **Sharing** Safety What types of workout **Tips** lifts do you Ability to Learning plans with prefer? **Faculty** about others save Tips for Deadlift exstensions videos caloric workout **Bulking** deficit plan on What are form **Possible** your group chat Ab **RDL** with other goals? save custom Routine Tips for University lifters workout plans Tips for health made for **Students** videos/diet Maintaining Cutting specific needs what type Calf Shoulder Ability to of lifter do **Press** Raises hear from Finding out you want What is the right What Ability to save lifting to be supplements other's the right to use food coaches workout foods to should Bicep plans/guides **Bench** eat Curls What is you avoid energy your drink Abiility to hear weight + Ability to from medical advice gender Tricep log/save your Diet advice for professionals Clean Work those with progress on plans/stratagies your custom dietary restrictions plan Development/IT Cardio Squat Work