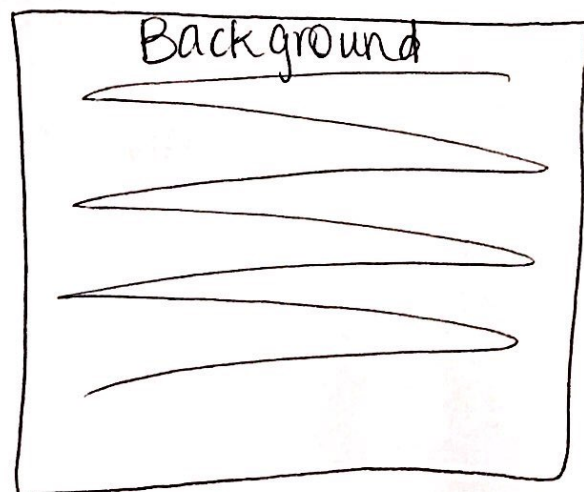
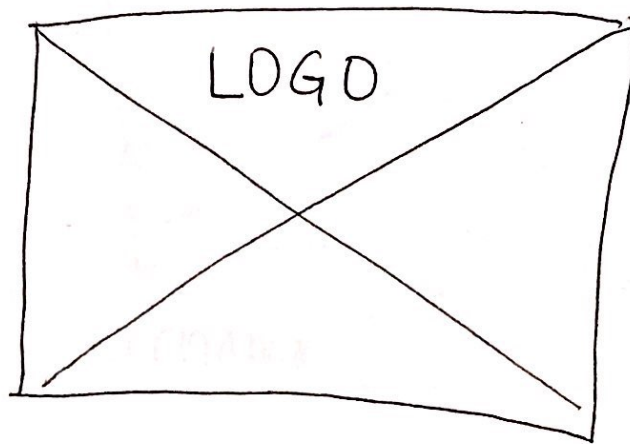


MOBILE FITNESS JOURNAL

Login

SignUp

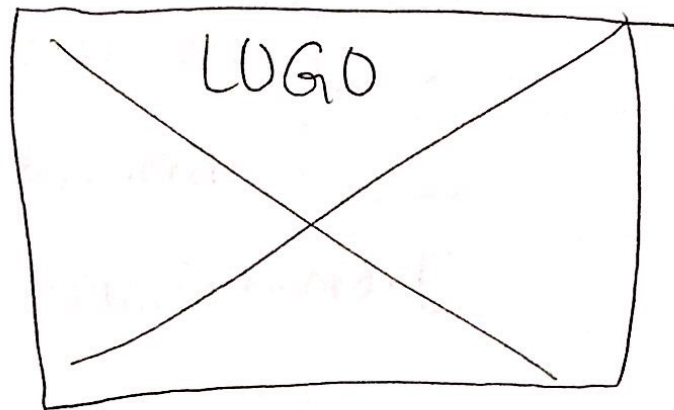


Create a workout

MOBILE FITNESS JOURNAL

Login

Sign Up



Username:

Password:

LOGIN

MOBILE FITNESS JOURNAL

LOGIN

Username:

Password:

Confirm Password:

create
account

MOBILE FITNESS JOURNAL

Journal

Logout

Step 1: Pick your muscle group?

- ☐ Upper Body
- ☐ Lower Body
- ☐ Core

Step 2: Choose the duration
of your workout

- ☐ 15 minutes
- ☐ 30 minutes
- ☐ 40 minutes

Step 3: Generate workout

I'm ready

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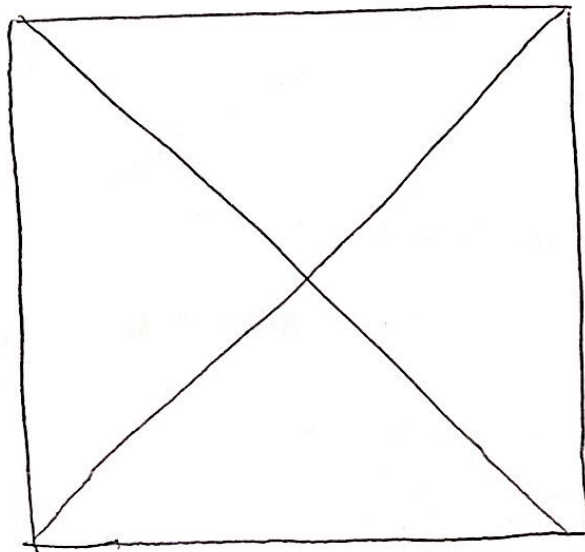
Journal

Logout

Enjoy your workout

Workout name:

Date:



Workout
completed

Not what you're looking
to do today?

create new
workout

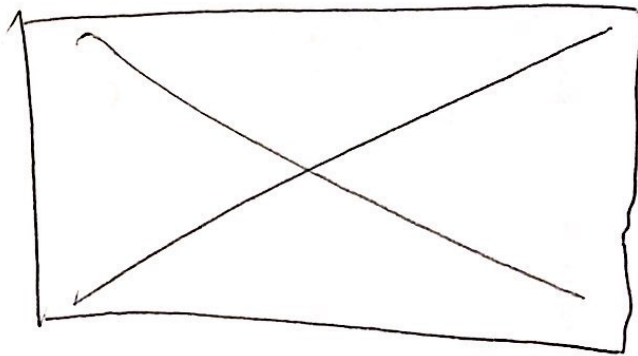
MOBILE FITNESS JOURNAL

Journal

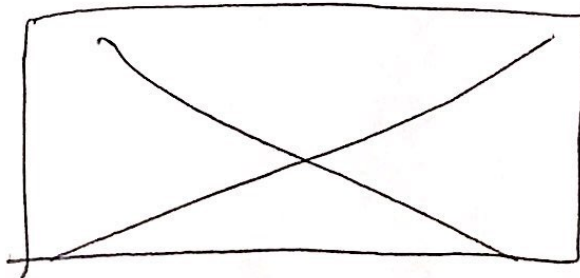
Logout

Exercise Journal

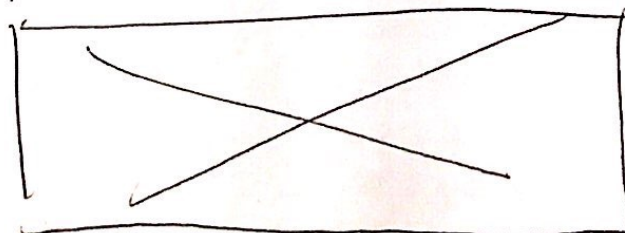
Workout name:
Date:



Workout name:
Date:



Workout name:
Date:



MOBILE FITNESS JOURNAL

login

sign up

See you next
time!

