

PT Remix - Home

PT Remix

Email

Your email

Password


Your password

Log in

Create account

- View all exercises
- New routine
- Past routines
- Log out

Injury type	
Ankle	
Foot	
Arm	
Leg	
etc.	

Duration (min) 

○ Equipment?

Build my routine



Menu

View all exercises

New routine

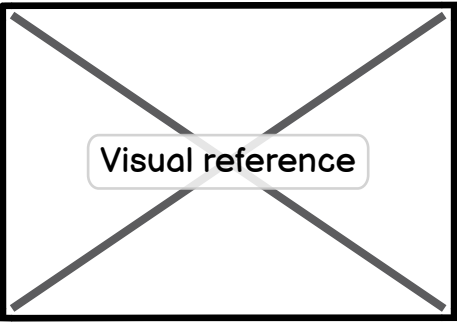
Past routines

Log out

All Exercises

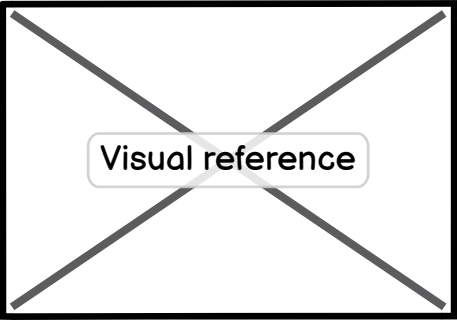
Exercise 1

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.



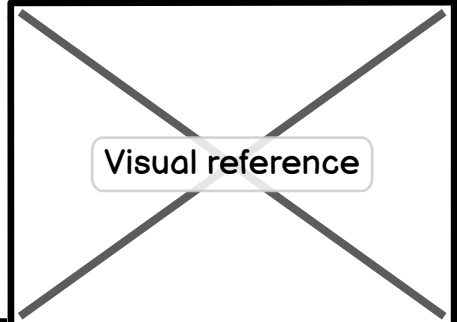
Exercise 2

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.



Exercise 3

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.





Menu

View all exercises

New routine

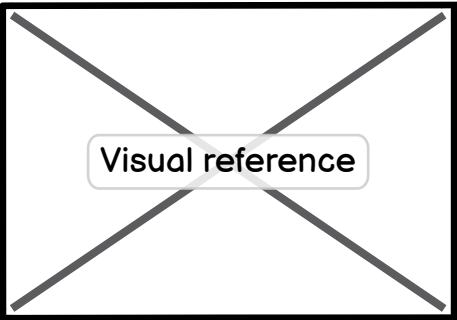
Past routines

Log out

Your Routine

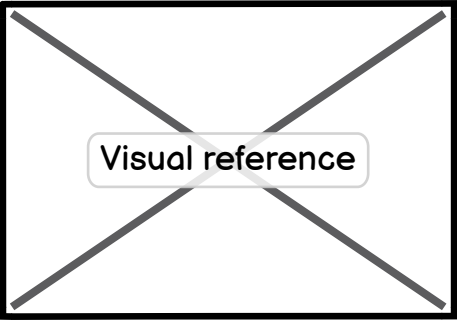
Exercise 1

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.



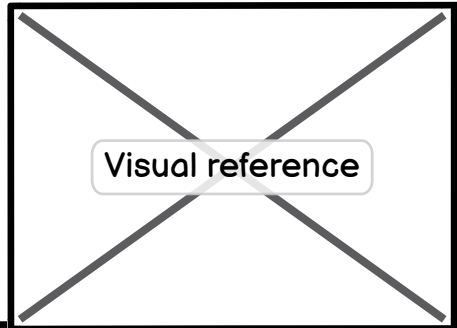
Exercise 2

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.



Exercise 3

Lorem ipsum dolor sit amet consectetur
 adipiscing elit. Sed ut elit
 sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.
 Sed ut elit. Sed ut elit. Sed ut elit.





Menu

View all exercises

New routine

Past routines

Log out

Your Previous Routines

Date, 10 min routine

List of exercises by name

Date, 20 min routine

List of exercises by name

Date, 15 min routine

List of exercises by name

Date, 30 min routine

List of exercises by name