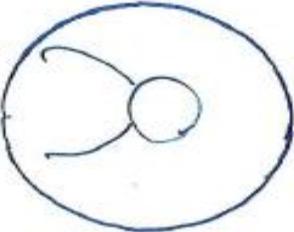
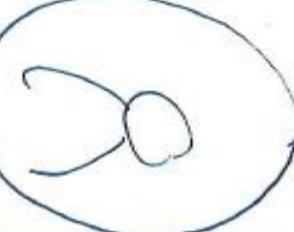


≡ COMMUNITY 

FIND FRIENDS | YOUR FRIENDS | SEARCH

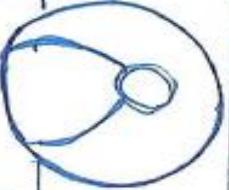
FILTER BY ▾
LOCATION 

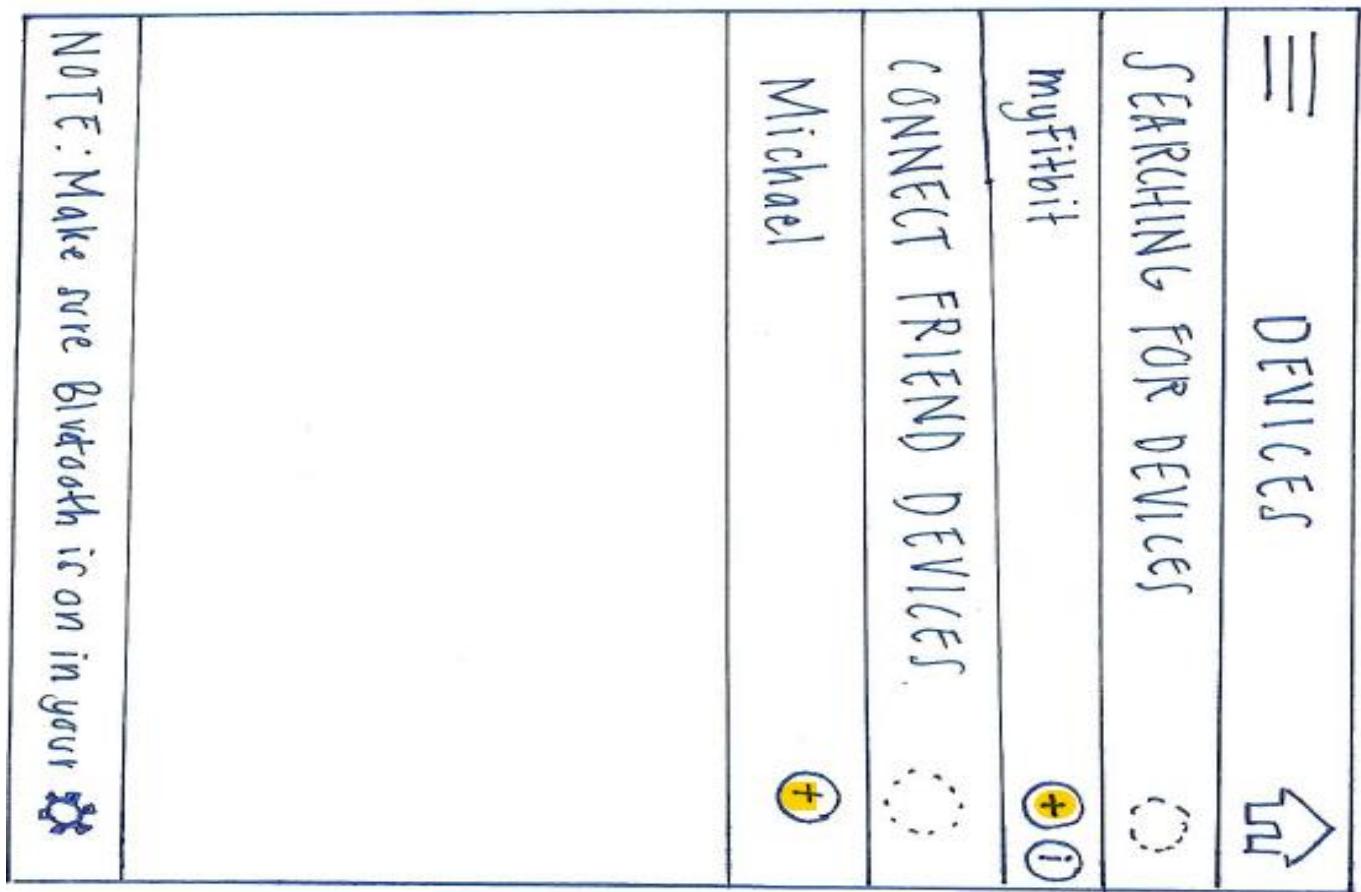
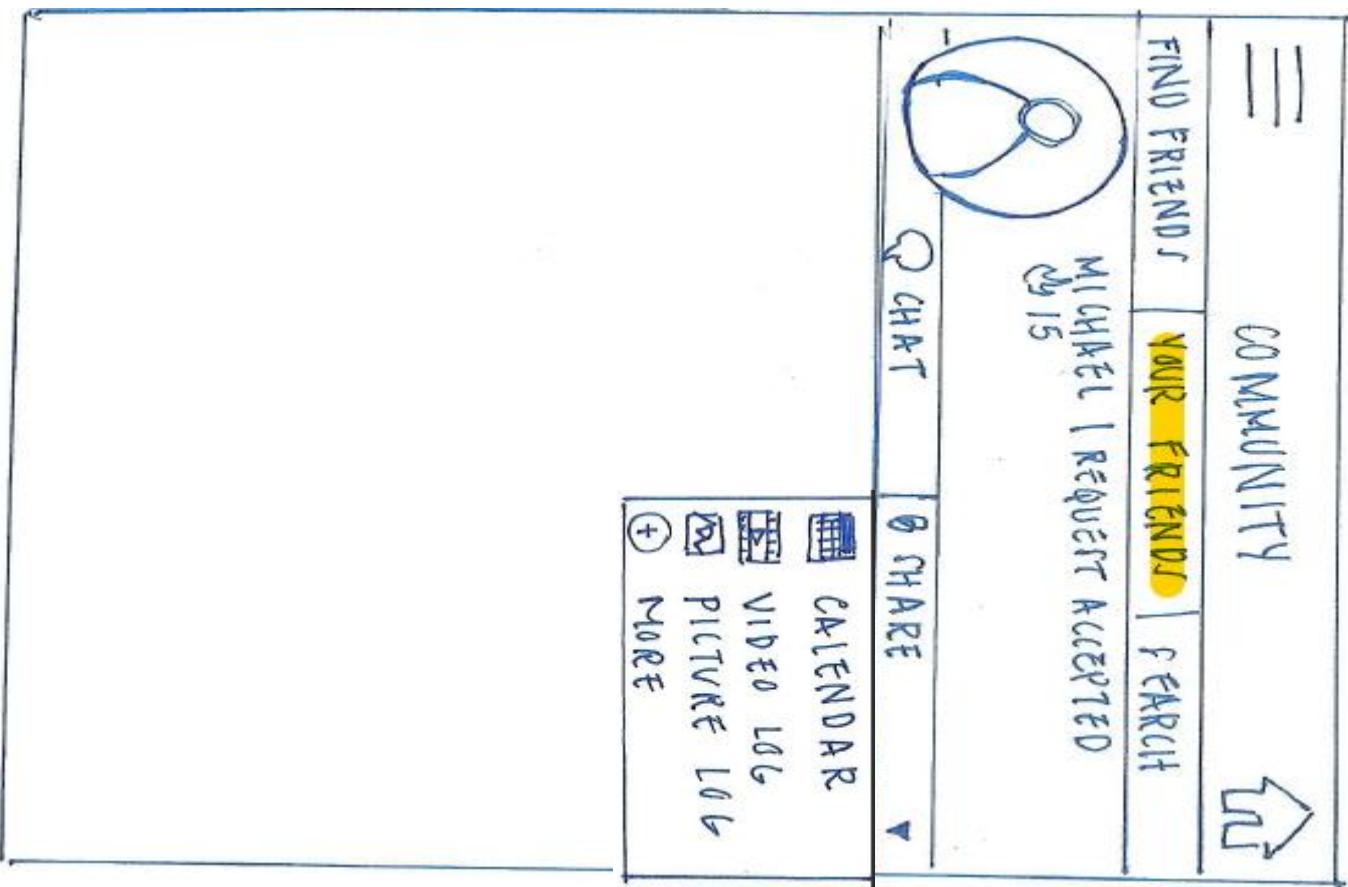
 MICHAEL 0.5 miles 15 INTERMEDIATE SEND REQUEST	 JASON 1.6 miles 26 BEGINNER SEND REQUEST	 MATTHEW 2.6 miles 19 INTERMEDIATE SEND REQUEST
--	--	--

≡ COMMUNITY 

FIND FRIENDS | YOUR FRIENDS | SEARCH

MICHAEL | REQUEST ACCEPTED
15

  CHAT  SHARE ▾



NOTE: Make sure Bluetooth is on in your

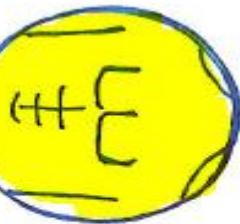
TUTORIALS



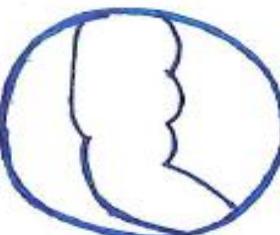
TUTORIALS



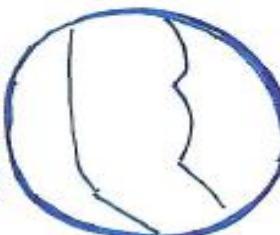
AB WORKOUTS



ABS



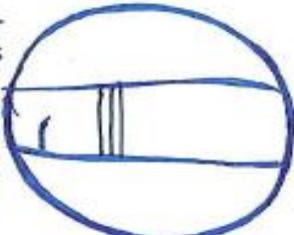
BICEPS



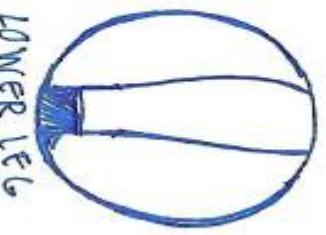
TRICEPS



FOREARM



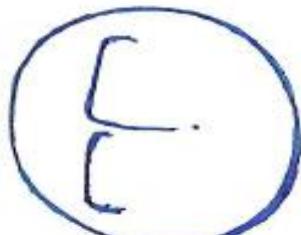
UPPER LEG



LOWER LEG



CARDIO



CHEST



BACK



REGULAR CRUNCHES



HIGH CRUNCHES



SIT-UPS



SIDE JACK-KNIVES



HOLLOW HOLD



SCISSORS

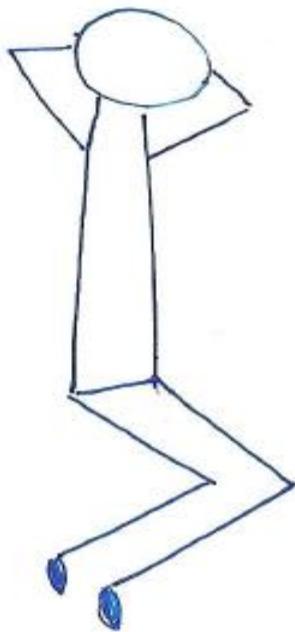




REGULAR CRUNCHES

STEP 1

Lie down on the floor. Place your hands behind your head and bend your knees



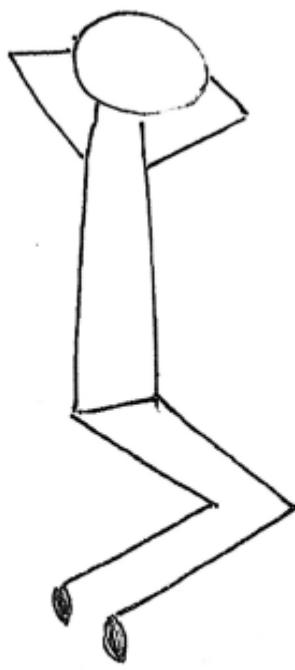
WATCH VIDEO TUTORIAL

NEXT
STEP



REGULAR CRUNCHES

STEP 3



WATCH VIDEO TUTORIAL

NEXT
STEP



≡ RECORD LOG



APRIL 6, 2018 ▾

CREATE ROUTINE



ADD NOTES



ADD VIDEO



ADD PHOTOS



APRIL 6, 2018

SAVE

X ADD EXERCISE TO ROUTINE



NONE ADDED

TIMER: ---:---:---

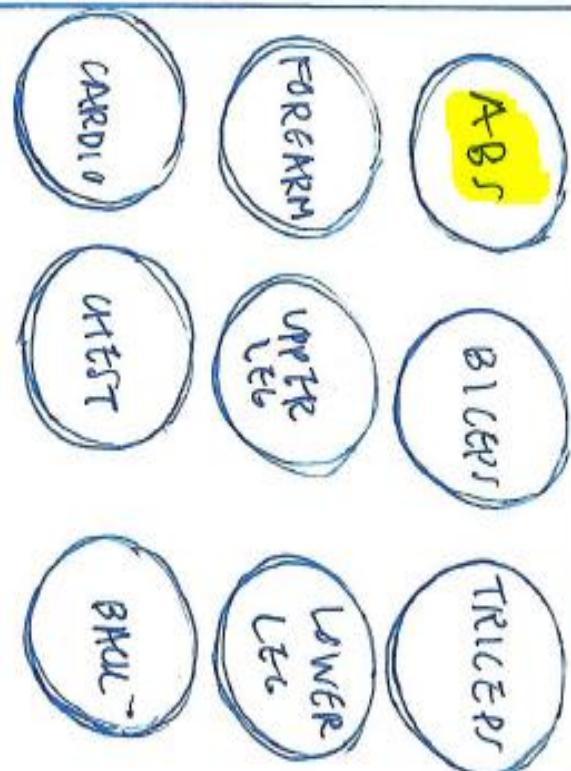
START RESET

←

APRIL 6, 2018

SAVE

* ADD EXERCISE TO ROUTINE



ADD YOUR OWN



←

APRIL 6, 2018

SAVE

* ADD EXERCISE TO ROUTINE



-
- ABS
MARCH CRUNCHES
SIT-UPS
SLOE STEAK-UNIVERSE
CIRCLES



< APRIL 6, 2018

SAVE

• ADD EXERCISE TO ROUTINE **⊕**

REGULAR CRUNCHES

SET 1

▼ 30min **⊕**

TIMER: 30:00:00

START | **RESET**

<

APRIL 6, 2018

SAVE

• ADD EXERCISE TO ROUTINE **⊕**

REGULAR CRUNCHES

SET 1

▼ 30min **⊕**

TIMER: 30:00:00

START | **RESET**

STATISTICS



31 DAYS



83 BPM



27/30 MINS ACTIVE

LOG FROM NATHENI

AMOUNT: — ▾

⊕

≡



USERNAME

STREAK: 31 | LEVEL: INTERMEDIATE



LOGS

MEDIA

STATS

CALENDAR

31

APRIL 6, 2018
REGULAR CRUNCHES | 1 SET



30

APRIL 5, 2018



29

APRIL 4, 2018



28

APRIL 3, 2018

