





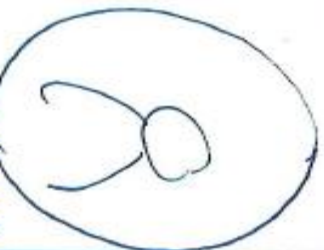
	Ntfit	
	RECORD LOG	>
	TUTORIALS	>
	COMMUNITY	>
	CALENDAR	>
	CONNECT DEVICES	>

	USERNAME STREAK 30  LEVEL: INTERMEDIATE	
	HOME	>
	PROFILE	>
	PROGRESS STATS	>
	PROGRESS MEDIA	>
	CALENDAR	>
	DEVICES	>
	COMMUNITY	>
	SETTINGS	>
	VICES	>



SEARCLIT

④ LOCATION



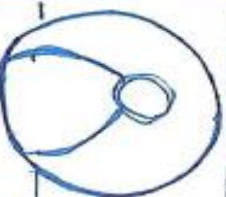
MATTHEW  
3.6 miles | 2014  
INTERMEDIATE

### STUDENT RESULTS



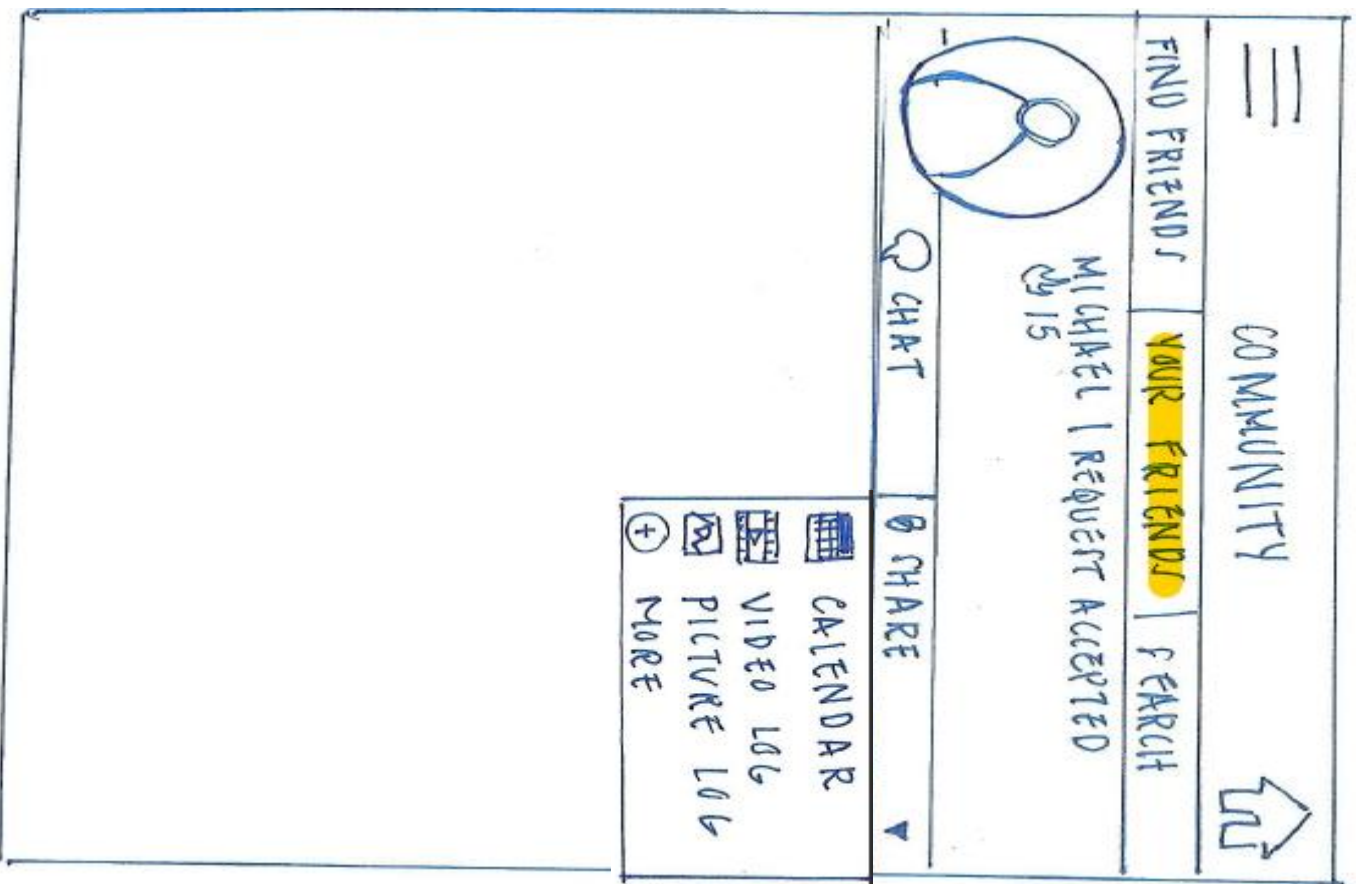
FAUCH

MICHAEL REQUEST ACCEPTED  
09/15



## SHARE









TUTORIALS



ABS



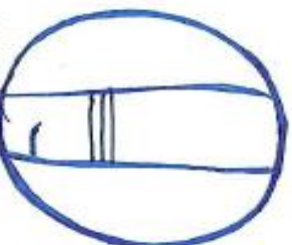
FOREARM



CARDIO



BICEPS



UPPER LEG



CHEST



TRICEPS



LOWER LEG



BACK



TUTORIALS

AB WORKOUTS



REGULAR CRUNCHES



HIGH CRUNCHES



SIT-UPS



SIDE JACK-KNIVES



HOLLOW HOLD



SCISSORS



## REGULAR CRUNCHES



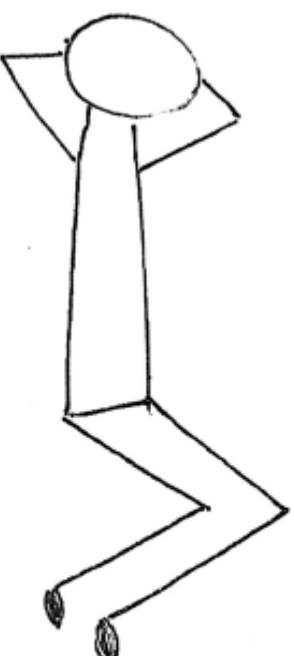
### STEP 1

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 VIDEOS	(+)	
ADD PHOTOS	(+)	

←	APRIL 6, 2018	(SAVE)
✱	ADD EXERCISE TO ROUTINE	(+)
NONE ADDED		
<div>             TIMER: --:--:--             <div>                 START                 RESET             </div> </div>		



APRIL 6, 2018

(SAVE)



ADD EXERCISE TO ROUTINE



ABS	BICEPS	TRICEPS
FOREARM	UPPER LEG	LOWER LEG
CARDIO	ARTIST	BACK

ADD YOUR OWN



APRIL 6, 2018

(SAVE)



ADD EXERCISE TO ROUTINE



←	ABS	X
REGULAR CRUNCHES		
HIGH CRUNCHES		
SIT-UPS		
SIDE-SACK-KNIVES		
SCISSORS		





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



AMOUNT: - ▼



31 DAYS



83 BPM



27/30 MINS

ACTIVE



LOG FROM MATTHEW







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  
\_\_\_\_\_ | \_\_\_\_\_

