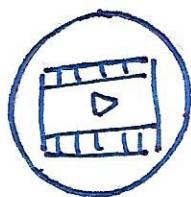




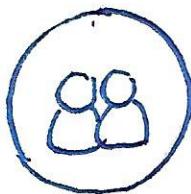
NJFIT



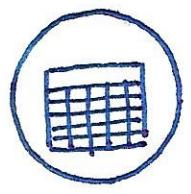
RECORD LOG



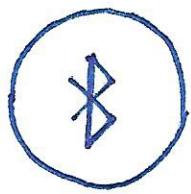
TUTORIAL'S



COMMUNITY



CALENDAR



CONNECT DEVICES



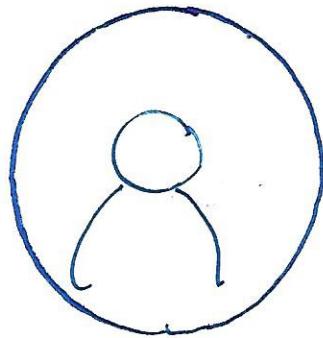
COMMUNITY



FIND FRIENDS | YOUR FRIENDS | SEARCH

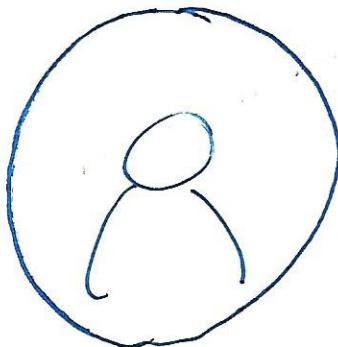
FILTER BY ▾

+ LOCATION



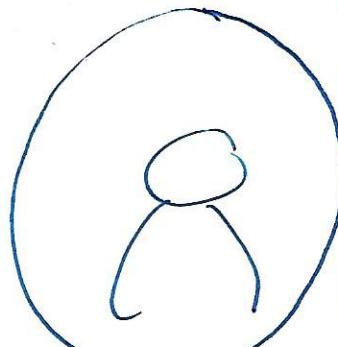
MICHAEL
0.5 miles | M15
INTERMEDIATE

SEND REQUEST



JASON
1.6 miles | NY36
BEGINNER

SEND REQUEST



MATTHEW
3.6 miles | NY19
INTERMEDIATE

SEND REQUEST



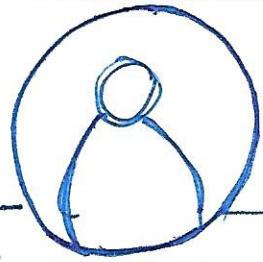
COMMUNITY



FIND FRIENDS

YOUR FRIENDS

SEARCH



MICHAEL | REQUEST ACCEPTED

15

CHAT

SHARE





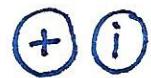
DEVICES



SEARCHING FOR DEVICES



myFitbit



CONNECT FRIEND DEVICES.



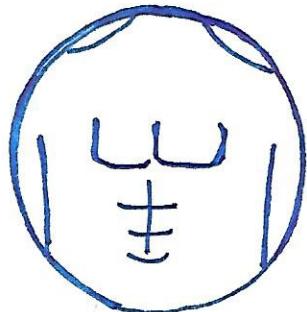
Michael



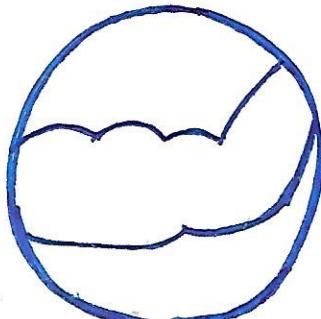
NOTE: Make sure Bluetooth is on in your



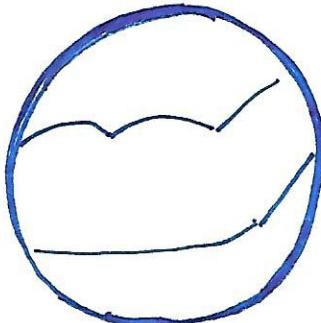
TUTORIALS



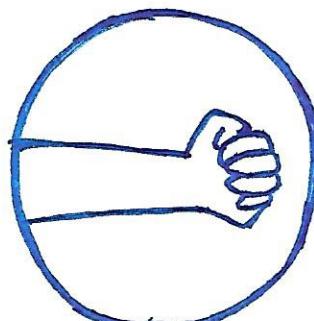
ABS



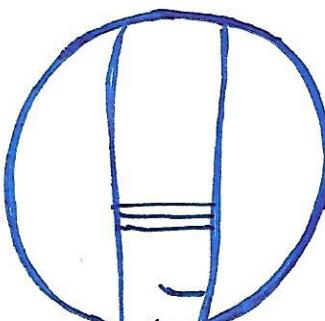
BICEPS



TRICEPS



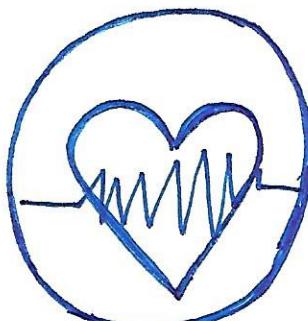
FOREARM



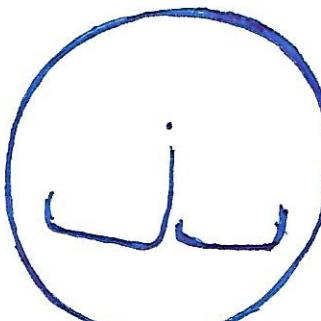
UPPER LEG



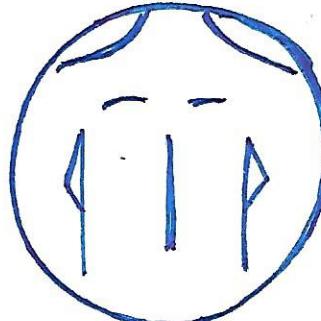
LOWER LEG



CARDIO



CHEST



BACK



TUTORIALS

AB WORKOUTS



REGULAR CRUNCHES



HIGH CRUNCHES



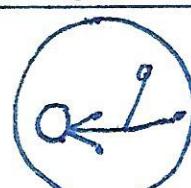
SIT-UPS



SIDE JACK-KNIVES



HOLLOW HOLD

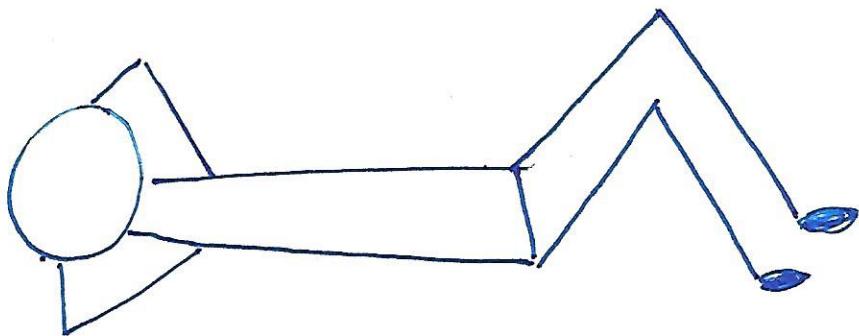


SCISSORS





REGULAR CRUNCHES



STEP 1

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

▶ WATCH VIDEO TUTORIAL | NEXT ➤



RECORD LOG



APRIL 6, 2018

CREATE ROUTINE



SINGLE EXERCISE



ADD NOTES



ADD PHOTOS





APRIL 6, 2018



REGULAR CRUNCHES

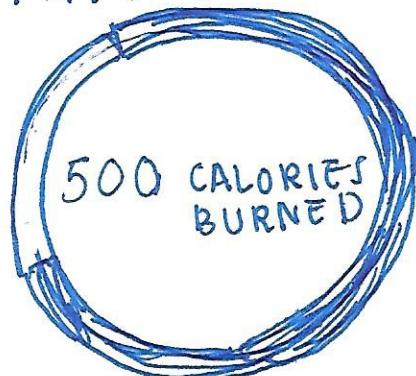


SET 1

30 ▾

TIMER: 30:00:00 [START] [RESET]

STATISTICS



AMOUNT: - ▾



31 DAYS



83 BPM

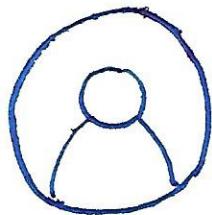


27/30 MINS ACTIVE



LOG FROM MATTHEW





USERNAME

STREAK: 31 🌟 | LEVEL: INTERMEDIATE



LOGS

MEDIA

STATS

CALENDAR

31 🌟

APRIL 6, 2018

REGULAR CRUNCHES | 1 FET



30 🌟

APRIL 5, 2018

|



29 🌟

APRIL 4, 2018

|



28 🌟

APRIL 3, 2018

|





CALENDAR



« « APRIL » »

1	2	3	4	5	6	7
	■		■	↔	🕒	✓
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

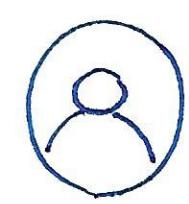
VIEW: DAY | WEEK | MONTH

- Events planned
- ↔ Log
- 🕒 Photo Log / Video Log
- ✓ Planned Workout

8 SHARE WITH FRIENDS



🔔 TURN ON NOTIFICATIONS



USERNAME
STREAK 30 🔥
LEVEL: INTERMEDIATE

- HOME
- PROFILE
- PROGRESS STATS
- PROGRESS MEDIA
- CALENDAR
- DEVICES
- COMMUNITY
- SETTINGS

≡ Menu ↑



CALENDAR



VIDEO LOG



PICTURE LOG



MORE

← your friends share menu

ABS	BICEPS	TRICEPS
FOREARM	UPPER LEG	LOWER LEG
CARDIO	ABEST	BACK

ADD YOUR OWN >



ABS



REGULAR CRUNCHES

HIGH CRUNCHES

SIT-UPS

SIDE JACK-KNIVES

SCISSORS

