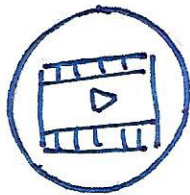




NJ Fit



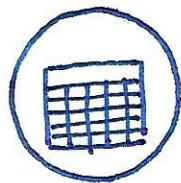
RECORD LOG



TUTORIALS



COMMUNITY



CALENDAR



CONNECT DEVICES





# COMMUNITY



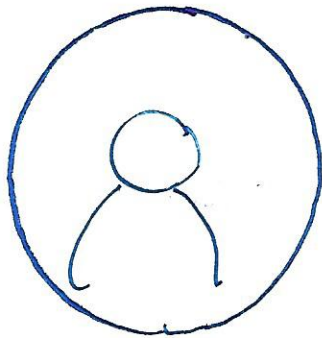
FIND FRIENDS

YOUR FRIENDS

SEARCH

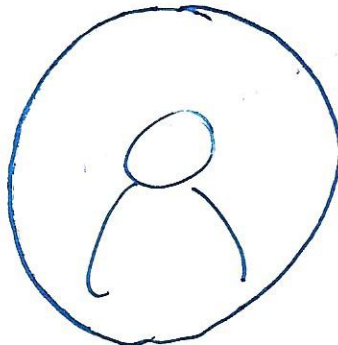
FILTER BY ▼

⊕ LOCATION



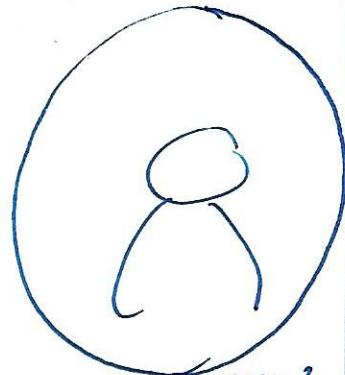
MICHAEL  
0.5 miles | M15  
INTERMEDIATE

SEND REQUEST



JASON  
1.6 miles | M36  
BEGINNER

SEND REQUEST



MATTHEW  
3.6 miles | M19  
INTERMEDIATE

SEND REQUEST



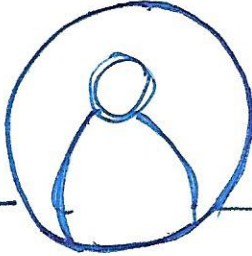
# COMMUNITY



FIND FRIENDS

YOUR FRIENDS

SEARCH



MICHAEL | REQUEST ACCEPTED  
👍 15

💬 CHAT

🔗 SHARE





## DEVICES



SEARCHING FOR DEVICES



myFitbit



CONNECT FRIEND DEVICES



Michael

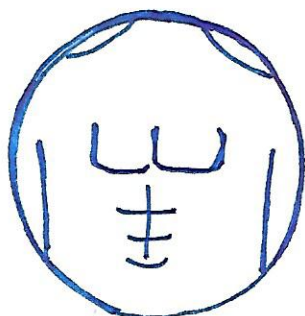


NOTE: Make sure Bluetooth is on in your 

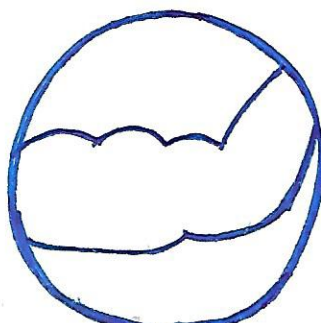




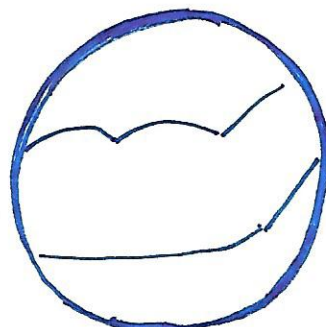
# TUTORIALS



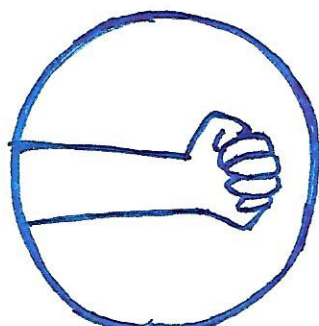
ABS



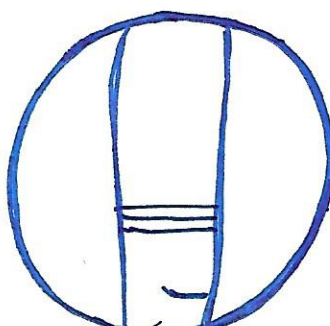
BICEPS



TRICEPS



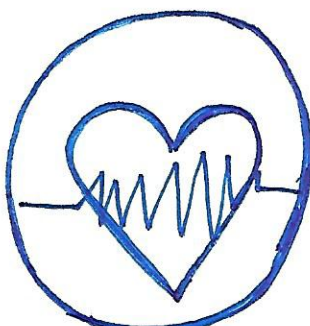
FORE ARM



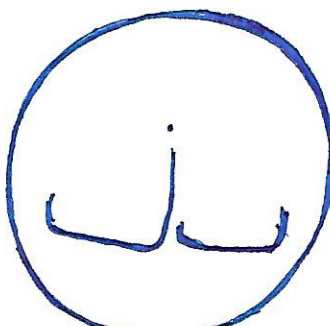
UPPER LEG



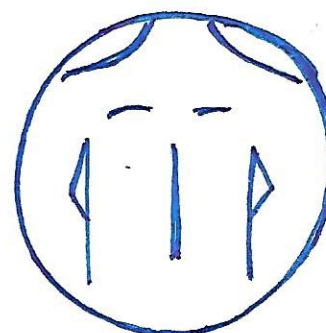
LOWER LEG



CARDIO



CHEST



BACK

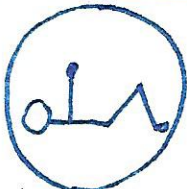


## TUTORIALS

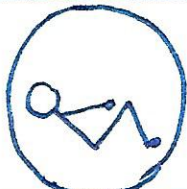
### AB WORKOUTS



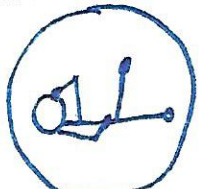
REGULAR CRUNCHES



HIGH CRUNCHES



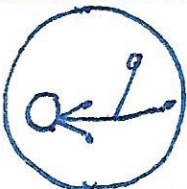
SIT-UPS



SIDE JACK-KNIVES



HOLLOW HOLD

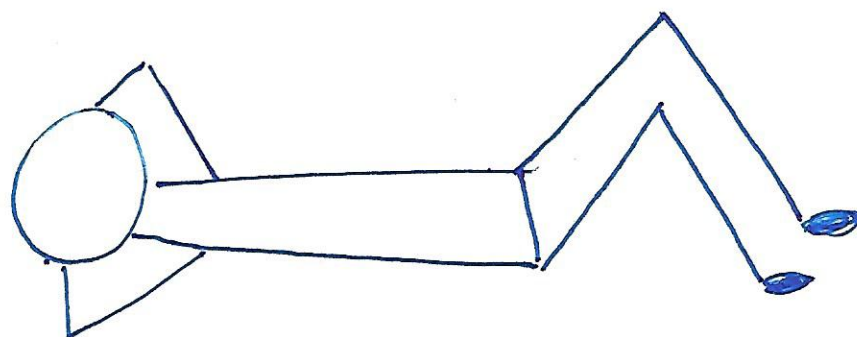


SCISSORS





## 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

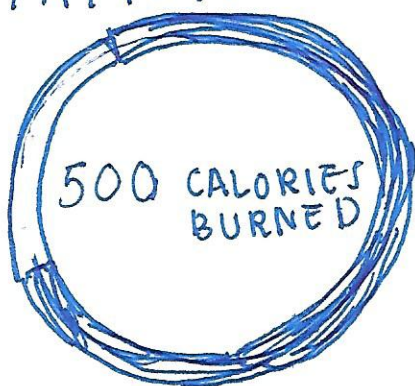
30 ▼

TIMER: 30:00:00

START

RESET

## STATISTICS



AMOUNT: — ▼



31 DAYS



83 BPM

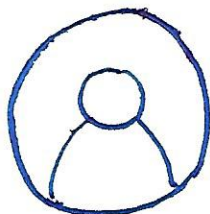


27/30 MINS ACTIVE



LOG FROM MATTHEW





USERNAME



STREAK: 31  | LEVEL: INTERMEDIATE

LOGS

MEDIA

STATS

CALENDAR

31 

APRIL 6, 2018

REGULAR CRUNCHES | 1 FET



30 

APRIL 5, 2018

\_\_\_\_\_ 1 \_\_\_\_\_



29 

APRIL 4, 2018

\_\_\_\_\_ 1 \_\_\_\_\_



28 

APRIL 3, 2018

\_\_\_\_\_ 1 \_\_\_\_\_









# 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



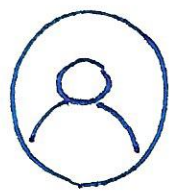
SHARE WITH FRIENDS



TURN ON NOTIFICATIONS







USERNAME  
STREAK 30 🔥  
LEVEL: INTERMEDIATE



HOME



PROFILE



PROGRESS STATS



PROGRESS MEDIA



CALENDAR



DEVICES



COMMUNITY



SETTINGS



CALENDAR



VIDEO LOG



PICTURE LOG



MORE

your friends  
← ~~share~~ share  
menu

ABS

BICEPS

TRICEPS

FOREARM

UPPER  
LEG

LOWER  
LEG

CARDIO

CHEST

BACK

ADD YOUR OWN



ABS



REGULAR CRUNCHES

HIGH CRUNCHES

SIT-UPS

SIDE SACK-KNIVES

SCISSORS

≡ Menu ↗



