

Matt Larsen

Welcome to

MuscleScore

Register

Log In

*will stay signed in after
first time

Muscle Score

Trany
videos

cooling
videos

Types of
lifts

Set
workout plan

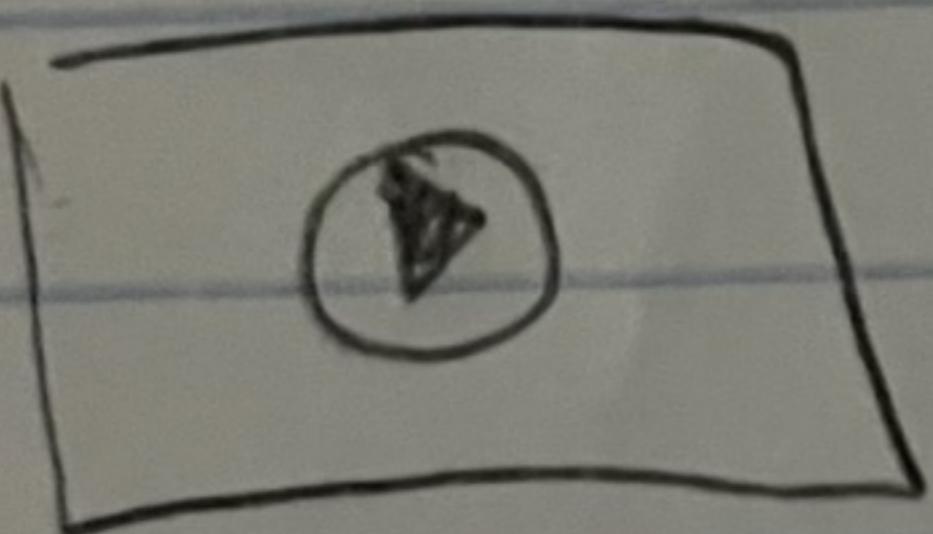
Diet Plans

Help

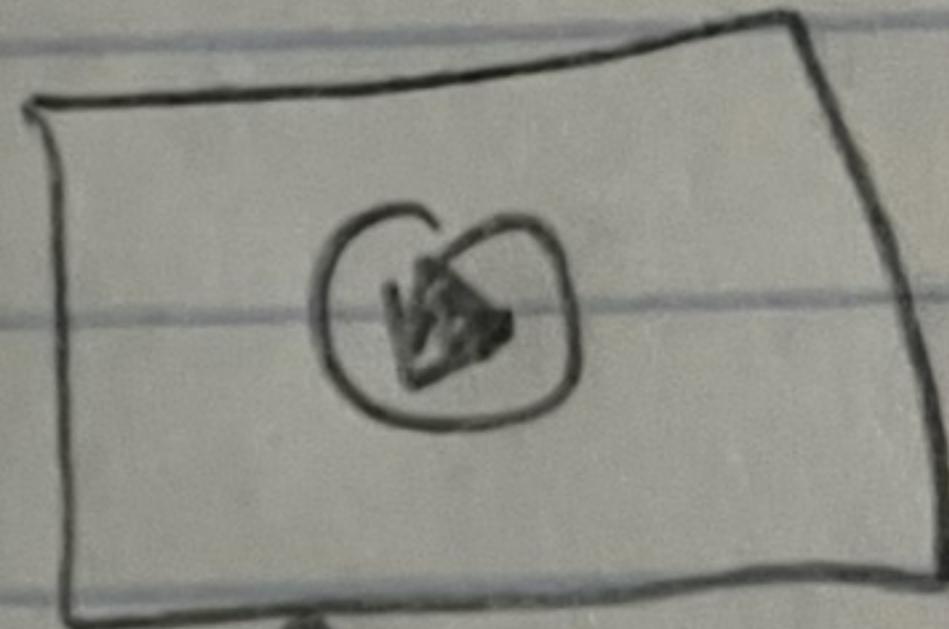
*will stay signed in after
first time

MuscleScore

Training Waves



Bench Press

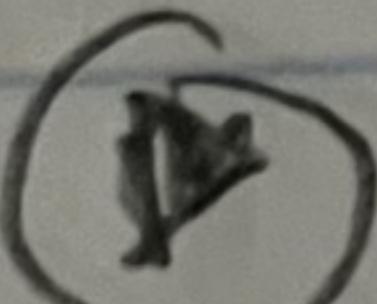


Banell Squat

etc.

Muscle Score

Cooking videos



Chicken + Rice



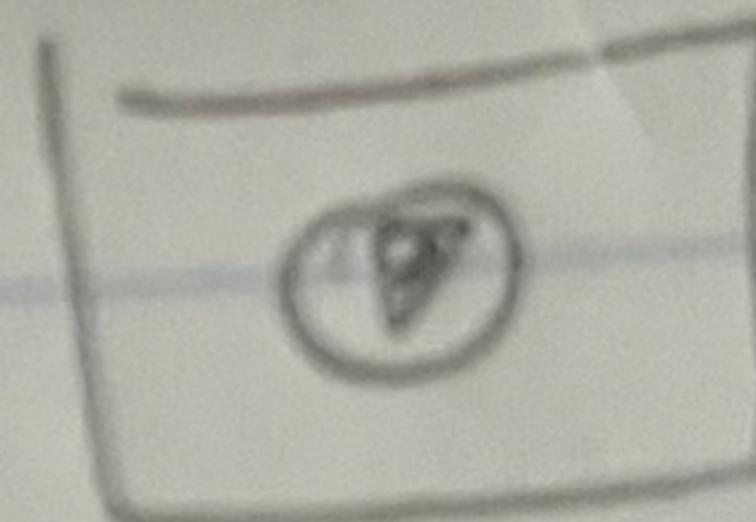
Mediterranean Sub

etc... ,

Musical Score Types of Lifts

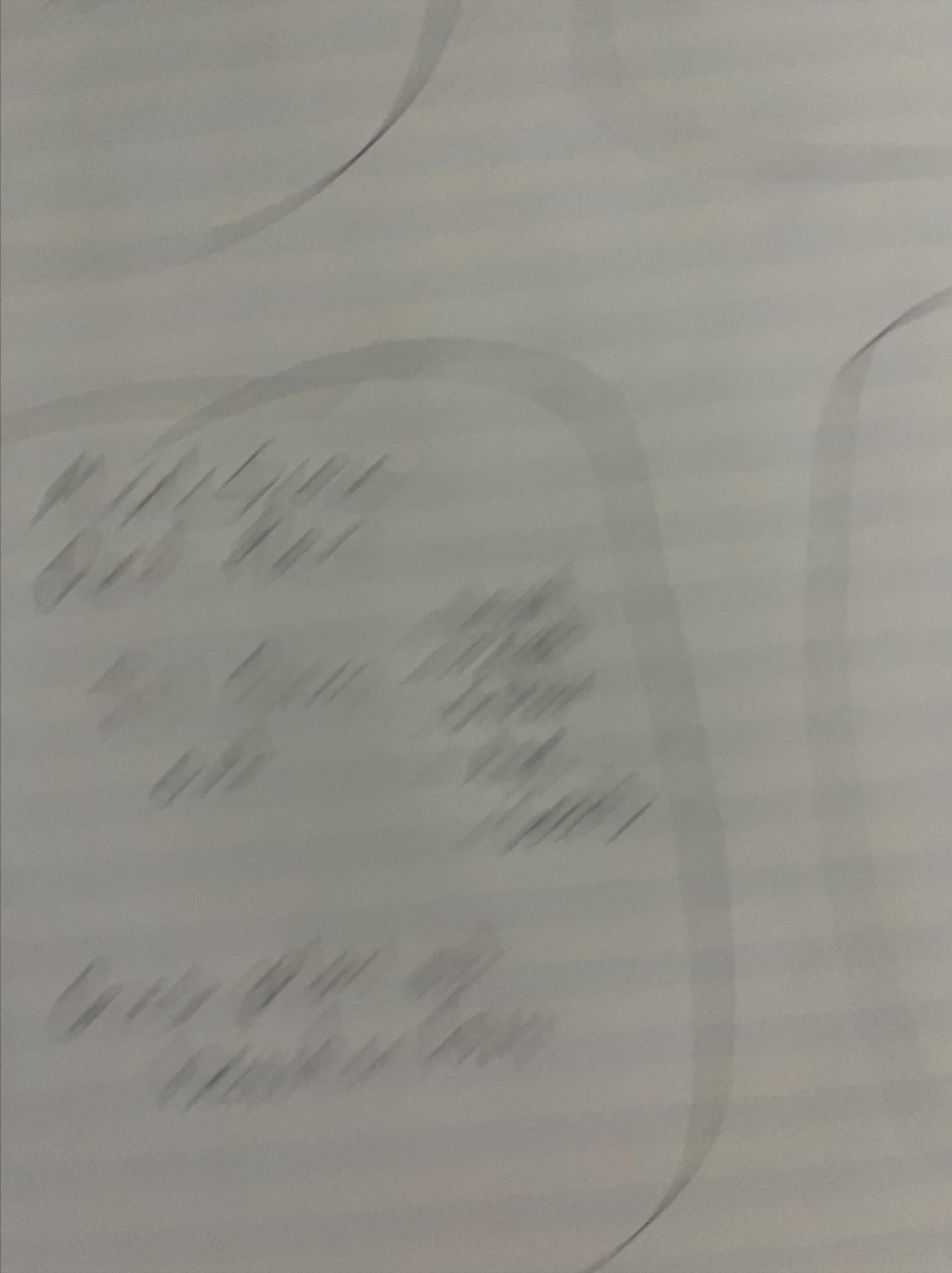


Bench Press



Squat

etc . . .



Muscle Score

Diet Plan

Self form

out

- Height
- weight
- Gender
- Age
- Goals

Gives plan out
based on form

MuscleScore
Help

Settings

Account

etc...)