

# PPL WORKOUT GUIDE

The PPL Workout Guide is a website intended to teach people what a "Push, Pull, Legs" workout routine is like and provide example workouts to help people begin their fitness journey.



The PPL Workout is a workout that focuses on building muscle groups together, as opposed to working out isolated parts of your body. For building strength and attaining a certain physique, the PPL workout is one of the best ones you can do. This website was created to allow people of any fitness level to learn something about this workout. It gives example workouts for each split, with how-to videos so even the most novice lifter can learn how to do the exercise correctly.

## Personas



### **Fitness Beginners**

Looking to get into a simple to follow workout routine



### **Gyms**

Want to give members resources to stay competitive in market



### **Sports Doctors**

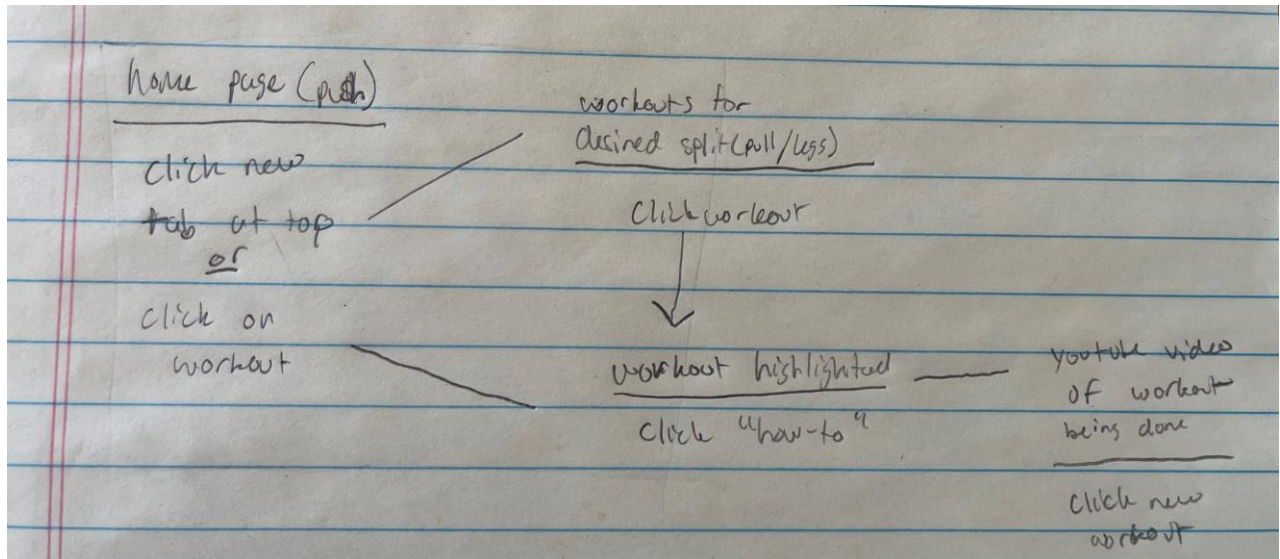
Want to help clients perform workouts properly to avoid injury

## Comps

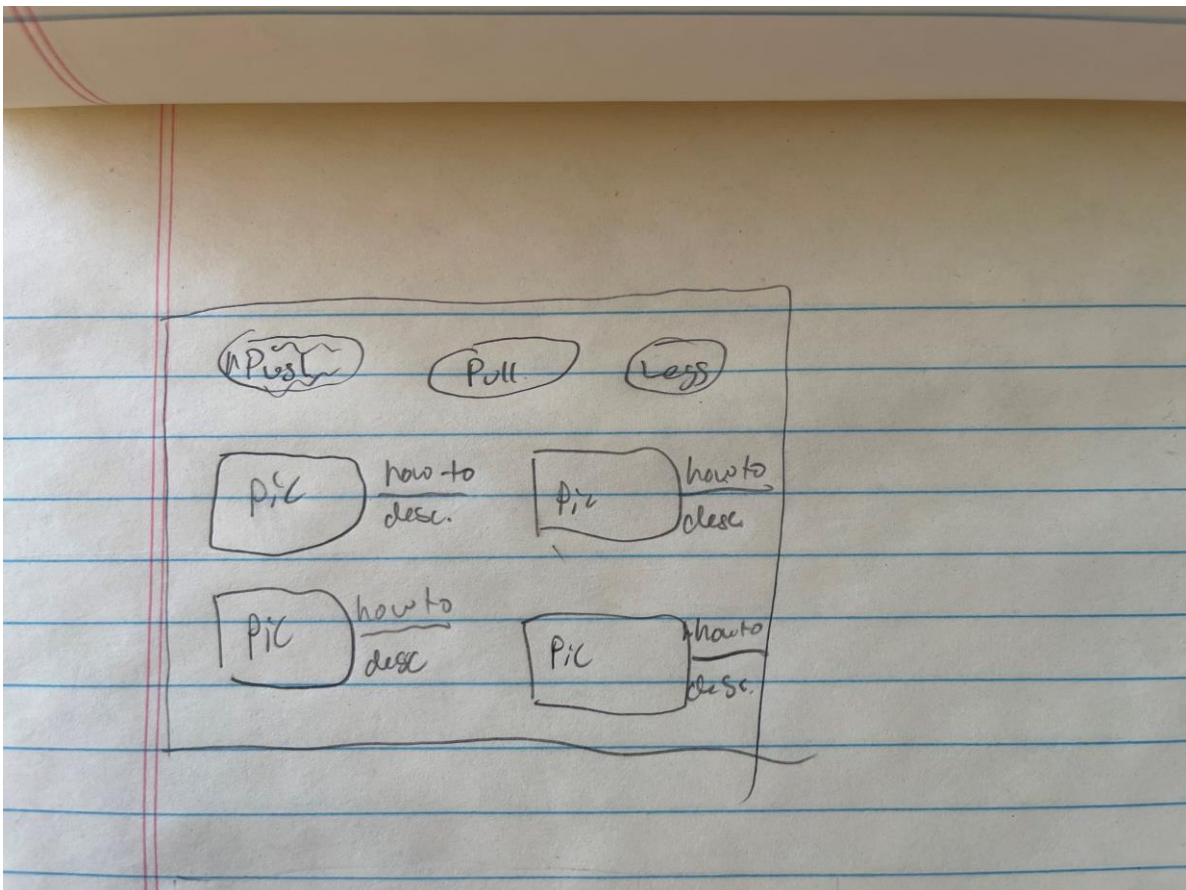


## Design Process

### User Flow



### Simple Wireframe



## Comp Wireframe

### PUSH

### PULL

### LEGS

The “Push” portion of the PPL workout is designed to work the upper body muscles that do the “pushing”. These muscles are the chest, triceps, and shoulders.

i-frame video

#### Workout 1

Workout 1 Description

How-To

i-frame video

#### Workout 3

Workout 3 Description

How-To

i-frame video

#### Workout 2

Workout 2 Description

How-To

i-frame video

#### Workout 4

Workout 4 Description

How-To