



adapt

workout smarter



LOG IN

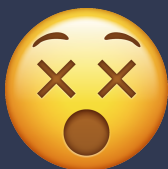
Username

Password

[Forgot Password?](#)

LOG IN

How are you feeling
today?



Hey Chadwick!

Previous Workouts

Wednesday night
leg pump



Daily Summary

Battery



96%



69%

Exercise Book



Home



Activity



Start Workout



Social



Profile

Hey Chadwick!

Previous Workouts

FRIDAY NIGHT
BACK PUMP



Daily Summary

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Social



Profile



Search



Barbell bench



Deadlift



Bicep curls



Deadlift



Bicep curls



Seated rows



Bicep curls



Seated rows



Home



Activity



Start Workout



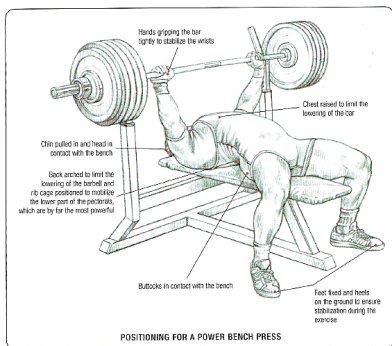
Social



Profile



BENCH PRESS



The bench press is the ultimate test of upper body strength

Video Tutorial



Tips and Cues



Home



Activity



Start Workout



Social



Profile

SELECT A WORKOUT TYPE:

Suggested

Empty



Saved



Home



Activity



Select



Social



Profile

EMPTY WORKOUT

Add exercise



CANCEL



Home



Activity



Social



Profile

EMPTY WORKOUT

03:45
Elapsed time

FINISH

DEAD LIFT

Weight	Reps	RPE	Completed
455lbs	4	7	<input checked="" type="checkbox"/>
455lbs	4	7	<input type="checkbox"/>

Notes:

Notes related to the workout

Rest: 02:00

UP NEXT

Add exercise



CANCEL



Home



Activity



Social



Profile

EMPTY WORKOUT

03:45

Elapsed time

FINISH

DEAD LIFT

Weight	Reps	RPE	Completed
455lbs	4	7	<input checked="" type="checkbox"/>
455lbs	4	7	<input type="checkbox"/>

Notes:

Notes related to the workout

Rest: 02:00

UP NEXT

Bicep Curls

Add exercise



CANCEL



Home



Activity



Social



Profile



Search



Barbell bench



Deadlift



Bicep curls



Deadlift



Bicep curls



Seated rows



Bicep curls



Seated rows



Home



Activity



Social



Profile



Search



Barbell bench



Deadlift



Bicep curls



Deadlift



Bicep curls



Seated rows



Bicep curls



Seated rows



Home



Activity



Social



Profile



SAVED WORKOUTS

1

PUSH



Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

2

LEGS



Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7



Home



Activity



Social



Profile

PUSH WORKOUT



Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

Squat 455 x 4 RPE 7

START WORKOUT



Home



Activity



Social



Profile

CHEST

03:45

Elapsed time

FINISH

INCLINE BENCH PRESS

Weight	Reps	RPE	Completed
455lbs	4	7	<input checked="" type="checkbox"/>
455lbs	4	7	<input type="checkbox"/>

Notes:

Notes related to the workout

Rest: 02:00

UP NEXT

Dumbbell Press

Bench Press

CANCEL



Home



Activity



Social



Profile

PUSH

03:45

Elapsed time

FINISH

INCLINE BENCH PRESS

Weight	Reps	RPE	Completed
455lbs	4	7	<input checked="" type="checkbox"/>
455lbs	4	7	<input type="checkbox"/>

Notes:

Notes related to the workout

Rest: 02:00

UP NEXT

Decline Bench Press

Bench Press

CANCEL



Home



Activity



Social



Profile

DASHBOARD

STEPS



10000 STEPS PER WEEK

LEGS



5 WORKOUT PER WEEK

CHEST



2 WORKOUT PER WEEK

ARMS



3 WORKOUT PER WEEK

CARDIO



3 WORKOUT PER WEEK



Home



Activity



Start Workout



Social

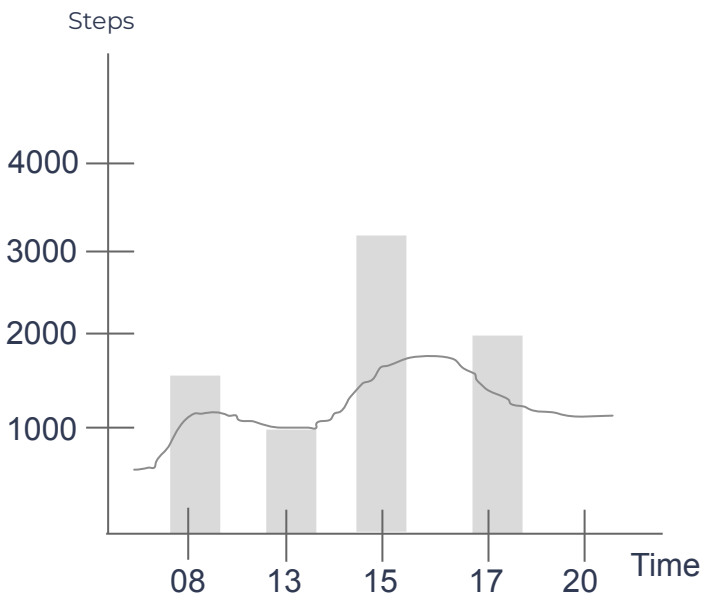


Profile



STEPS

D	W	M	Y
----------	----------	----------	----------



About:

Step count is the number of steps you take throughout the week.



Home



Activity



Start Workout



Social



Profile



STEPS

D	W	M	Y
---	---	---	---



About:

Step count is the number of steps you take throughout the week.



Home



Activity



Start Workout



Social



Profile

**Are you sure you
want to cancel?**

YES

NO

**Are you sure you
want to cancel?**

YES

NO

**You sure you want
to cancel?**

YES

NO

**You sure you want
to cancel?**

YES

NO

Are you sure you
want to cancel?

YES

NO

Workout complete!



LOG OUT



Zyzz



Fitness Legend

Score: 880

Weight: 185lbs
Height: 185cm
Age: 26



Calories Burned
2,000,000
(all time)

Friends



VIEW

Top achievements



VIEW



Home



Activity



Start Workout



Social



Profile



SETTINGS

Notifications



Customer Service



Language



Change Password



Device List



LOG OUT



Home



Activity



Start Workout



Social



Profile

SOCIAL FEED



Your story



Aasher



Asjad



Brendin



Nav



Van_theBuilder



Liked by Zyzz and 100k others



Disiked by Karen and 1k others



Add a comment



Home



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Social



Profile



MESSAGES



Seach messages



Aasher

Legs today at 9pm?



Asjad

What time you going to the gym today?



Brendin

Hit a new PR today!



Nav

Cute chick come at 10 am



Van

Need help with training tommorow



JLB

I LOVE CROSSFIT



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ACHIEVEMENTS



Score

Current Level

Next Level

880

900

WORKOUT 5 DAYS IN A ROW

05/13/2021



DEADLIFT PERSONAL BEST

05/19/2021



LOGIN 3 DAYS IN A ROW

05/13/2021



LOGIN 10 DAYS IN A ROW

05/13/2021



Home



Activity



Start Workout



Social



Profile