| e e | mail        |                  |  |
|-----|-------------|------------------|--|
| pa  | assword     |                  |  |
|     | remember me | forgot password? |  |
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|     | REGI        | STER             |  |

| email email |                  |
|-------------|------------------|
| password    |                  |
| remember me | forgot password? |
| LOG         | SIN              |
| REGIS       | STER             |
|             |                  |

- email
- password
- confirm password

REGISTER



password

confirm password

REGISTER

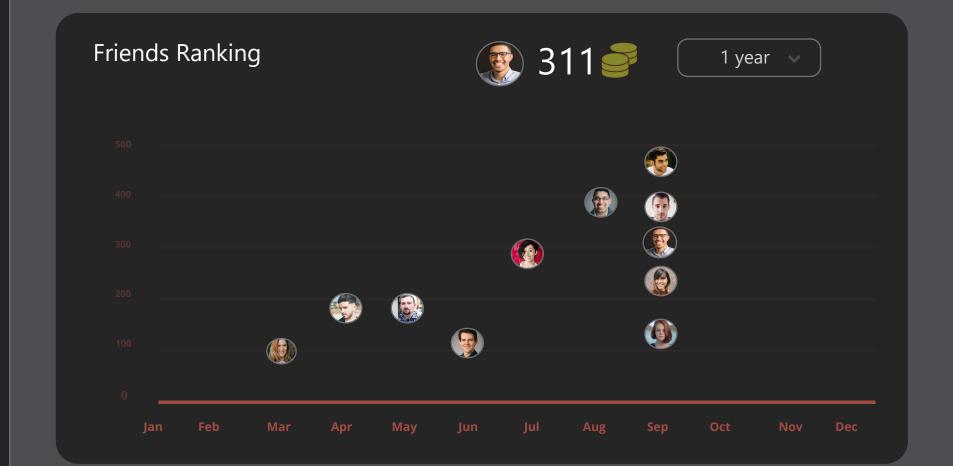
#### Dashboard

GYMPION

Dashboard

Workouts

Your plans

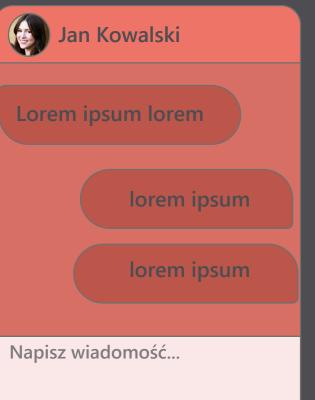


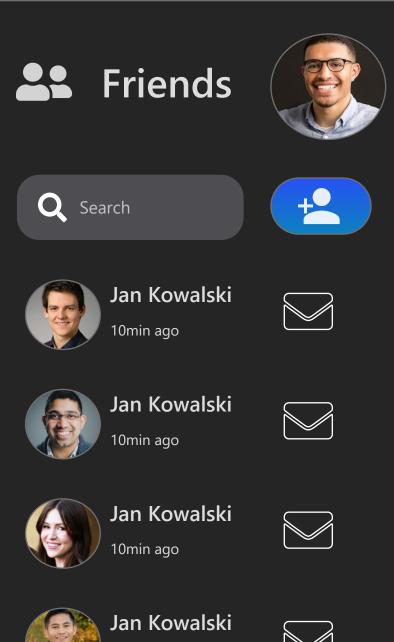






+2







10min ago













Jan Kowalski





#### **Friends**



Q

Search





Jan Kowalski 10min ago





Jan Kowalski 10min ago





Jan Kowalski 10min ago





Jan Kowalski <sup>10min ago</sup>





Jan Kowalski





Jan Kowalski 10min ago







#### Jan Kowalski 10min ago



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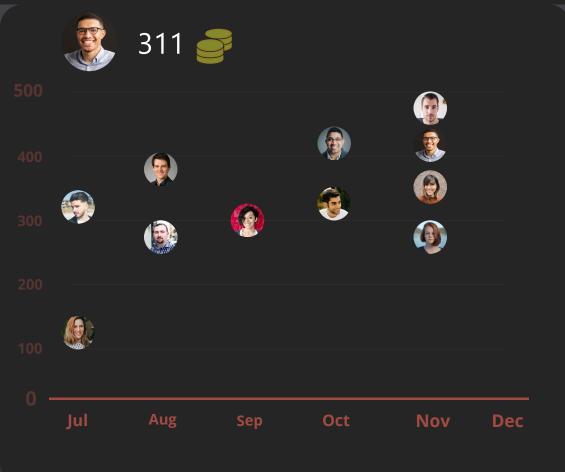
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Napisz wiadomość...

#### Friends Ranking



- Dashboard
- Workouts
- Your plans

Logout

Settings Settings

Your plans

SINGLE DAY PLANS

SHARE

**ADD** 

**WEEKLY PLANS** 

ADD

Excepteur sint. **Excepteur sint occaecat** 

Excepteur sint. Excepteur sint occaecat

Edit SHARE

Excepteur sint.

**Excepteur sint occaecat** 

Excepteur sint.

Edit

**Excepteur sint occaecat** 

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Excepteur sint. **Excepteur sint occaecat** Edit SHARE

Excepteur sint.

Excepteur sint occaecat

Edit SHARE

Excepteur sint.

**Excepteur sint occaecat** 



#### **WEEKLY PLANS**

Excepteur sint.

Excepteur sint occaecat

Edit SHARE

Excepteur sint.

Excepteur sint occaecat

Edit SHARE

Excepteur sint.

Excepteur sint occaecat



#### Name of workout plan

| Exercise    | Series | Reps | Kg |
|-------------|--------|------|----|
|             |        |      |    |
| Bench Press | 4      | 10   | 80 |
| Squat       | 4      | 10   | 80 |
| Dead Lift   | 4      | 10   | 80 |
| Scizors     | 4      | 10   | 80 |
| Biceps bar  | +      | +    | +  |
| Triceps bar | +      | +    | +  |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |
|             |        |      |    |

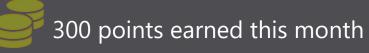


Dashboard

Workouts

#### Workouts









Triceps bar



**ADD** 

Name of workout plan

| - | Vour | plans  |
|---|------|--------|
|   | TOUL | Piaris |

| Jur   | ne 2 | 020 |   |
|-------|------|-----|---|
| CIINI | MON  | THE | , |

| <b>J</b> |     |     |     |     |     |     |
|----------|-----|-----|-----|-----|-----|-----|
| SUN      | MON | TUE | WED | THU | FRI | SAT |
|          | 01  | 02  | 03  | 04  | 05  | 06  |
| 07       | 80  | 09  | 10  | 11  | 12  | 13  |
| 14       | 15  | 16  | 17  | 18  | 19  | 20  |
| 21       | 22  | 23  | 24  | 25  | 26  | 27  |
| 28       | 29  | 30  |     |     |     |     |

| Exercise    | Series | Reps | Kg | Points |
|-------------|--------|------|----|--------|
| Bench Press | 4      | 10   | 80 | 50     |
| Squat       | 4      | 10   | 80 | 50     |
| Dead Lift   | 4      | 10   | 80 | 50     |
| Scizors     | 4      | 10   | 80 | 50     |
| Biceps bar  | +      | +    | +  |        |

GYM2ION





## 6 Y M 2 I O N

Series

4

Reps

10

10

10

10



200

Kg

80

80

80

80



**ADD** 

**Points** 

50

50

50

50

June 2020 16 Tuesday

Name of workout plan

Exercise

**Bench Press** 

Squat

**Dead Lift** 

Scizors

Biceps bar

Triceps bar



5 workouts this month



300 points earned this month



14 points to beat



#### June 2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     | 01  | 02  | 03  | 04  | 05  | 06  |
| 07  | 08  | 09  | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  |     |     |     |     |