

SCAN

flex

GET CODE

BACK DECADE OF BIRTH

2000 1990 1980

1970 1960 1950

1940 1930 1920

YEAR OF BIRTH

1989 1988 1987

1986 1985 1984

1983 1982 1981

1980

MONTH OF BIRTH

JAN FEB MAR

APR MAY JUN

JUL AUG SEP

OCT NOV DEC

DATE OF BIRTH

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

31

PICK A MAGIC NUMBER

1

-

-

-

1

2

3

4

5

6

7

8

9

x

0

MAGIC
NUMBER

MAIN
GENDER BODY
TYP

MALE

PREFER NOT TO
SAY

FEAMLE

MAIN BODY TYPE

ENDOMORPHIC

ENDOMORPHIC
ENDOMORPHIC
ENDOMORPHIC
ENDOMORPHIC

ECTOMORPHIC

ECTOMORPHIC
ECTOMORPHIC
ECTOMORPHIC
ECTOMORPHIC

MESOMORPHIC

MESOMORPHIC
MESOMORPHIC
MESOMORPHIC
MESOMORPHIC

MAIN GOAL

WEIGHT LOSS

MUSCLE GAIN

ENDURANCE

STRENGTH



CANCEL



BEGIN

WELCOME BACK,
MATTHEW

DIFFERENT MESSAGE
EVERY TIME





CANCEL



SWAP EXERCISE



BEGIN

BENCH PRESS

52KG

SETS 4

REPS 8

• • • •

X
CANCEL

REVIEW
INSTRUCTIONS

►
NEXT

BENCH PRESS

TOO EASY



TOO HARD

FRUSTRATING



ENJOYABLE

TIRED



PUMPED

MORE FEEDBACK EQUALS
BETTER WORKOUTS

• • • • •



X
CANCEL

REVIEW
INSTRUCTIONS

►
NEXT

BENCH PRESS

EASY

HARD



FRUSTRATING

ENJOYABLE



TIRED

PUMPED



THAT'S NO GOOD! WE WON'T
MAKE YOU DO THAT AGAIN.

