

## Workout Routine Helper



Beginner



Advanced



Hardcore

## Beginner Workouts!

4 Squats for 2-4 sets!



Video for learning the proper  
technique

## Review on Workout

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Was it too difficult?                      Yes or No

Was it too easy?                      Yes or No

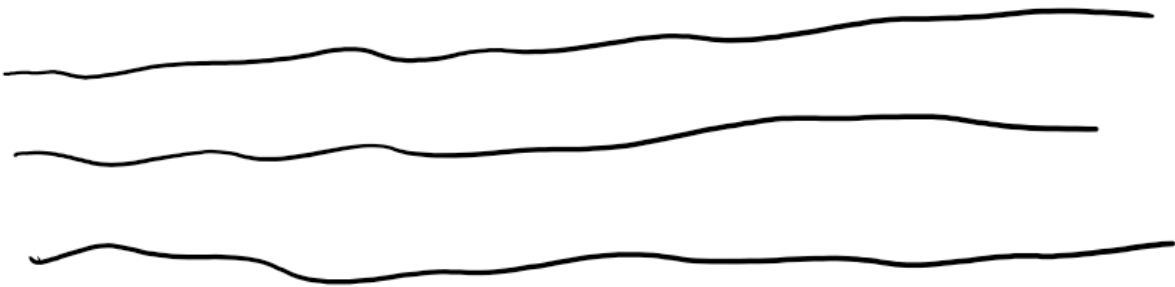
Would you like more  
workouts similar to  
this?                      Yes or No

# Squat (3 x 10)

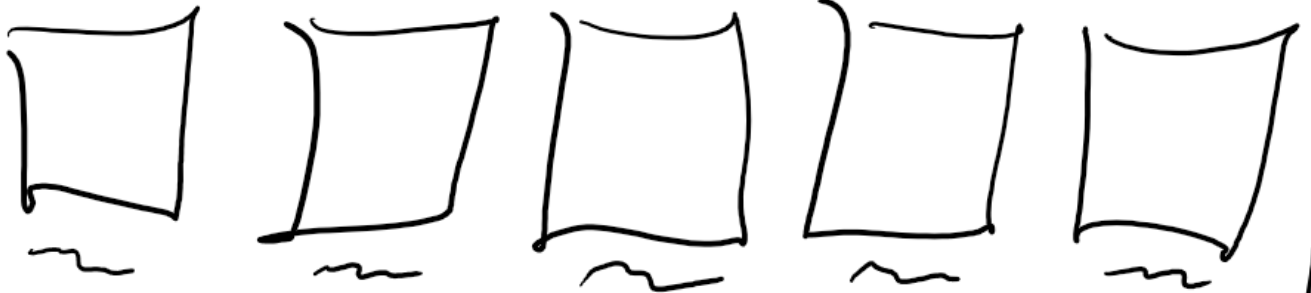


(video)

How to do it right:



Try something New:  
upper body



Back/Shoulders



# Work out Review:

How was your workout?

Intensity

Too easy |-----| Too Hard

Length

Too short |-----| Too long

Movement

Too static |-----| Too Dynamic



Choose your Workout



Functional  
Training

User  
picks  
Workout  
type



Cardio



Crossfit



# Work out: Functional Calculated Data Results

## Superset

Chest Press  $3 \times 10$

Shoulder Flys  $3 \times 10$

## Single set

Dips  $4 \times 10$

(added  
weight)

Click to Preview  
Exercises

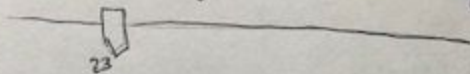
Using data  
and workout  
selection a  
program is  
designed for  
you



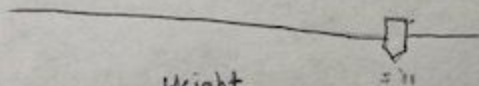


## Data slider

Age



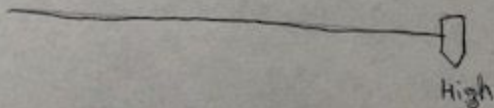
Height



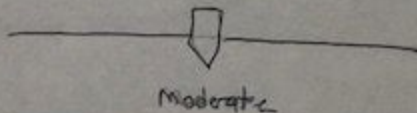
Weight



Activity Level



Workout Intensity



Input  
Data  
about the  
user

