

## 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

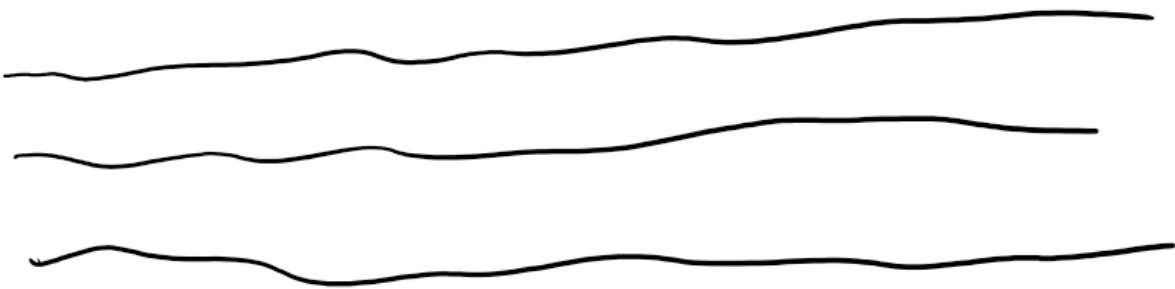
Would you like more  
workouts similar to  
this?                      Yes or No

# Squat (3 x 10)

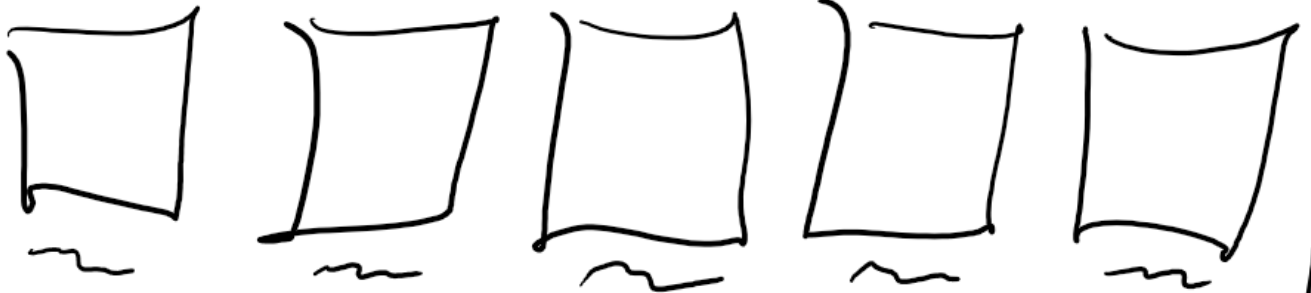


(video)

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

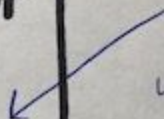
Too static |-----| Too Dynamic



Choose your Workout



Functional  
Training



User  
picks  
Workout  
type



Cardio



Crossfit



# Work out: Functional Calculated Data Results

## Superset

Chest Press 3x10

Shoulder Flys 3x10

## Single set

Dips 4x10

(added  
weight)

Click to Preview  
Exercises

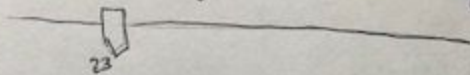
Using data  
and workout  
selection a  
program is  
designed for  
you



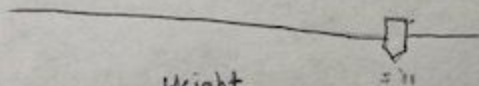


## Data slider

Age



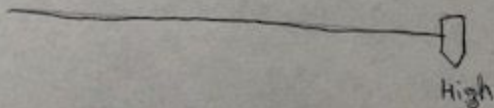
Height



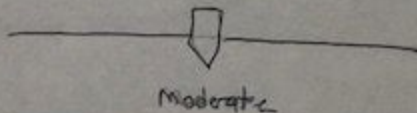
Weight



Activity Level



Workout Intensity



Input  
Data  
about the  
user



Welcome!

WORKOUTS

Equipment

WORKOUTS  
SELECT STYLE

+

Strength

Cardio

# WORKOUT Option Selected

WORKOUT  
Select Intensity  
(Select all that apply)

High

Medium

Low



WORKOUT  
Select length

0 - 30

30 - 60

60 - 90

WORKOUT

Best Fit suggestions!

Workout  
1

Select

Workout  
2

Select

BEGIN YOUR  
WORKOUT



## Equipment Selected


Equipment

Search by name ) 9

	
Equip1	Equip2
	
	

Equipment

Equipments Name



→ muscles: ~~~~~

→ How to use: ~~~~~

→ Suggested length: ~~~~~

## Design 2

WORKOUT  
Helper!

let's begin

WORKOUT Helper

Input Info

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Fitness Level: \_\_\_\_\_

Goal: \_\_\_\_\_

WORKOUT Helper

Options for you!

Workout1	Workout2	Workout3

WORKOUT Helper

Workout 1

Equipment needed:

Time: ~~~~~

Goal: ~~~~~

## WORKOUT 1

1) Set 1

EXERCISE:

→ Name:

form ~~~~~

→ Name:

form ~~~~~

TIMER GO:

## WORKOUT

### Complete!

Rate:

\* \* \* \* \*





# Sketch 3

Let's  
WORKOUT!

BROWSE RESOURCES

B  
R  
O  
W  
S  
E  
R  
E  
S  
O  
U  
R  
C  
E  
S

WORKOUTS FOR  
YOUR goals

Equipment  
Information

EXERCISE  
Explanation







WORKOUTS

lose weight 	gain muscle 
tone 	flexibility 
 	 

f  
O  
R  
Y  
O  
U  
R  
g  
o  
a  
l  
s

Equipment

gym or outside

name 	name 
name 	name 
name 	name 

i  
n  
f  
o  
r  
m  
a  
t  
i  
o  
n

EXERCISE

name

PIC

name

name

name

EXPLANATIONS

Select exercises  
to create WORKOUT!

Personalized

Exercises Selected

WORKOUT created

Begin

WORKOUT

WORKOUT

complete ✓

Great job!