## User From

Username:

Age:

Goals:

Continue

FirstName, LastName
30     6'0

Goals: Get in better shape.

CREATE WORKOUT

Your Workouts:

wokrout2

## wokrout2

Bench Press

10 reps

4 Sets

Desc:

**DELTE WORKOUT**

**(FORM)**

Workout:

Reps:

Sets:

Description:

Add Workout

## wokrout2

**(FORM)**
Workout:
Reps:
Sets:
Description:

**Add Workout**

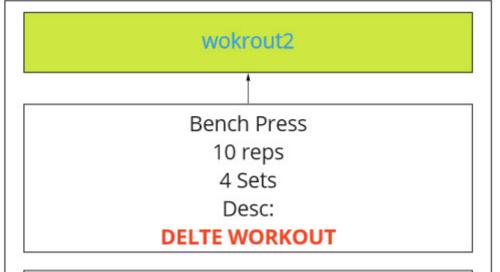User From

Username:

Age:

Goals:

Log In

## Left Panel

Username
30    6'0

Goals: Get in better shape.

CREATE WORKOUT

Your Workouts:

wokrout2

## Right Panel

wokrout2

Bench Press
10 reps
4 Sets
Desc:
**DELTE WORKOUT**

**(FORM)**
Workout:
Reps:
Sets:
Description:

Add Workout