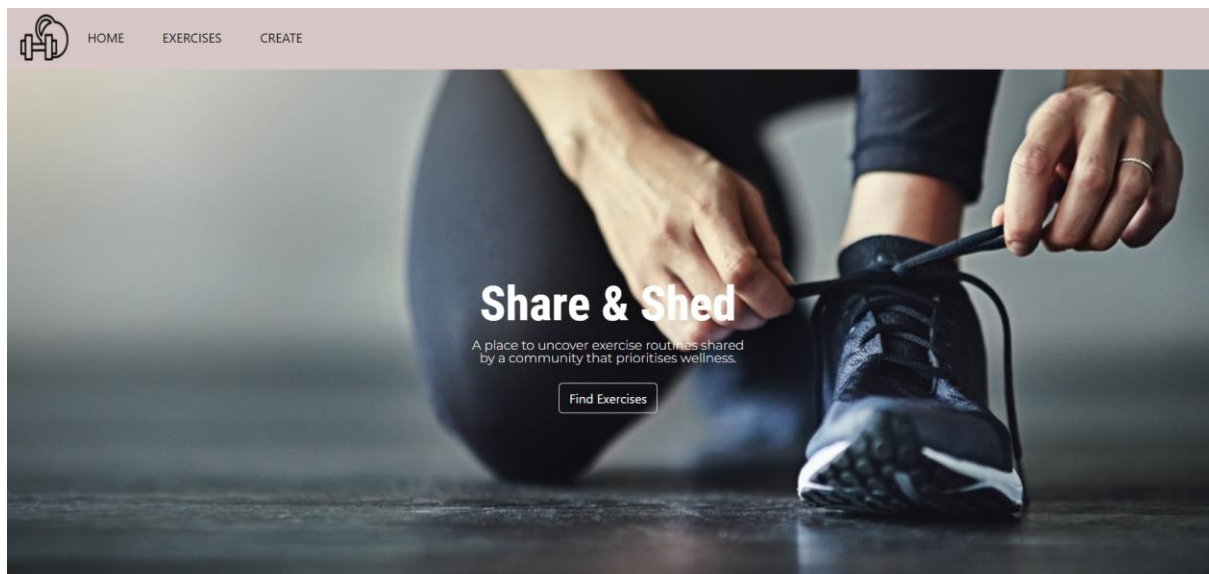


**Fig 1. Home page**



**Fig 2. Exercise page**

Select type:

Select type

▼

Select Intensity:

Select intensity


▼

Select Target Area:

Select target area



▼

Total of 13 results displayed



### Bodyweight workout

Basic home workout that you can build muscle mass with bodyweight exercises, by continuously challenge your muscles.




**Fig 3. Exercise page filter**

Select type:  
Cardio

Select Intensity:  
Intermediate

Select Target Area:  
Whole Body

Total of 1 results displayed





### Cardio exercises to do at home

People do not need a lot of equipment for cardiovascular exercise. Instead, they can take part in cardio training at home by working their own body weight.

**No equipment required**

Shared by: Shanny Toh




**Fig 4. Edit and delete buttons**

Select type:  
Select type

Select Intensity:  
Select intensity

Select Target Area:  
Select target area



Total of 13 results displayed




### Bodyweight workout

Basic home workout that you can build muscle mass with bodyweight exercises, by continuously challenge your muscles.

Shared by: Samuel Lee







### Leg stretch

This 10min Routine is quick & effective to stretch your hamstrings, thighs, hip flexors and your beautiful booty.

**No equipment required** **No jumping**

Shared by: Pamela Reif



**Fig 5. Create new posting**

## Share your routine!

Title:

Your Name:

Exercise Image URL:

Description:

Exercise Moves:

Separate each move by an exclamation mark

Exercise Type:

Target Area:

Duration (mins):

Calories burnt:

Intensity:

☐ Beginner ☐ Intermediate ☐ Advanced

Tags:

☐ No equipment required ☐ No jumping


Add

**Fig 7. Select individual exercise**

## Bodyweight workout

Basic home workout that you can build muscle mass with bodyweight exercises, by continuously challenge your muscles.

Shared by: Samuel Lee

A muscular man in a grey tank top and dark pants is performing a kettlebell swing in a gym. He is in a powerful, low stance, lifting a black kettlebell with his right hand. The background shows gym lights and a blurred interior.

### Routine information

Duration: 20 minutes  
Type: HIIT  
Intensity: Beginner  
Target Area: Whole body  
Calories Burnt: 250

### Routine Moves

20 Bodyweight squats  
10 Push-ups  
10 Walking lunges (each leg)  
10 Dumbbell rows  
15 Second Plank  
30 Jumping jacks  
Repeat 3 circuits

**Fig 8. Confirm deletion**

## Confirm Deletion of Routine

Are you sure you wish to delete Leg stretch ?

Delete

Cancel

**Fig 6. Edit posting**

## Edit your routine!

Title:  Your Name:

Exercise Image URL:

Description:

Exercise Moves:

Exercise Type:  Target Area:  Duration (mins):  Calories burnt:

Intensity: ☒ Beginner ☐ Intermediate ☐ Advanced

Tags: ☒ No equipment required ☒ No jumping