

Maximized View

LOGO

HOME ABOUT LOGIN

Search

DESIGN YOUR OWN WORKOUT

DESIGNER
TOOL

mandatory

* (Workout/Routine) Name :

Drop Menu:

Beginner
Intermediate
Advance

- More General Settings

Button

↑
minimize
button

Style :

Difficulty :

Length :

Goal :

General Info/Description :

Placed in
More General
Setting

tag

hr/line

Cycle :

clear

clear cycle

clear day

clear exercise

Day :

clear

clear

Type is suppose
to be on same
horizontal as Order

* Exercise :

* Type :

Order :

Warm Up
Working Set

drop box

* Length :

* weight :

- More Exercise Setting

button

↑
minimize button

RPE :

Notes :

Placed in
more exercise setting

⊕ Exercise :

↑ add another exercise

⊕ Day :

↑ add another day

hr tag
line

⊕ Cycle :

↑ add another cycle

Export

Default view when user first enters page

LOGO

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DESIGN YOUR OWN WORKOUT

Designer Tool

* (Workout/Routine) Name:

More General Setting

Cycle:

Day:

* Exercise:

Order:

* Type:

* Length:

* Weight:

More Exercise Setting

⊕ Exercise

⊕ Day

⊕ Cycle

Export