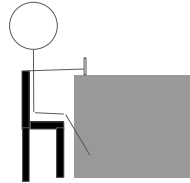


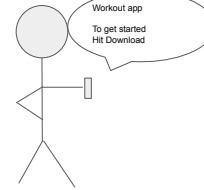
Ben used to spend the majority of his time practicing track and staying in shape while in high school. As one of the fastest kids in the school he made sure to be at peak athleticism.



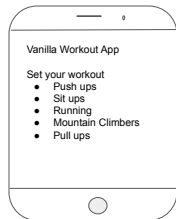
But, once he graduates high school he realizes how he has very little time for anything other than work, and he wants to get back in shape.



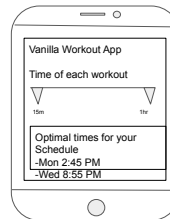
Although, he didn't decide to give up and stumbled upon a workout app that really peaked his interest. So, he decided to download it and see exactly what it had to offer.



Upon downloading the app Ben is hit with a multitude of options as to what workouts to do in order to stay in shape.



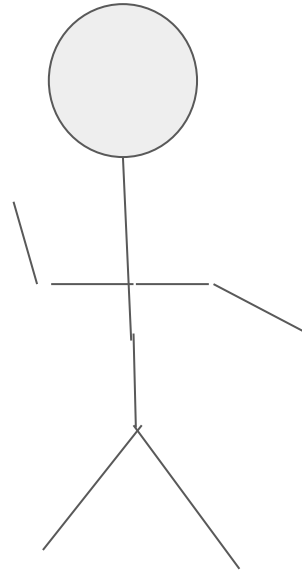
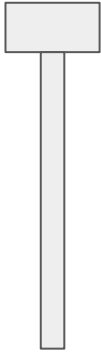
With the option to create workout plans it also gives us the option to create the time for how long we want each workout to last. Also, upon creating a schedule with the app it shows us the best optimal times for us to cram a workout in which is perfect for Ben due to the fact that he is so busy with his job at amazon.



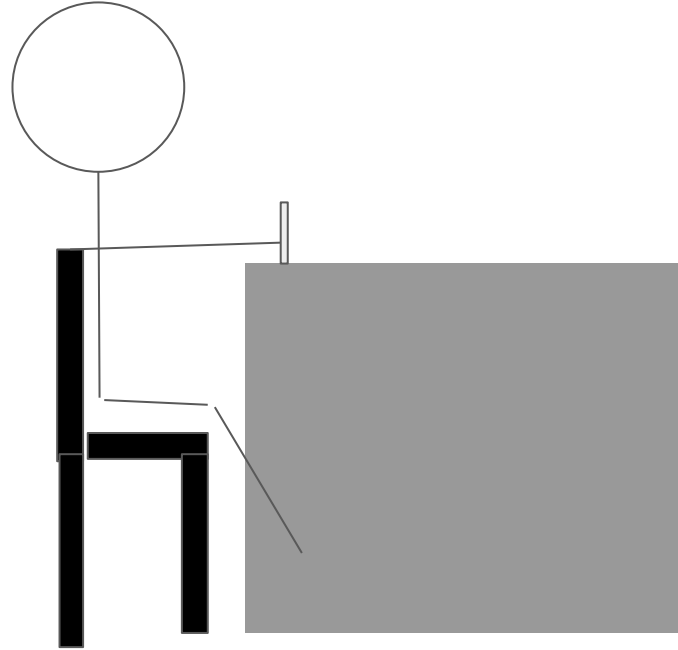
Upon creating his workout plan he's realized that he actually does have the time to workout if he follows the strict plan set in place for him. Finally Ben feels as if he is doing something to make his body healthier instead of just rotting away at his desk job.



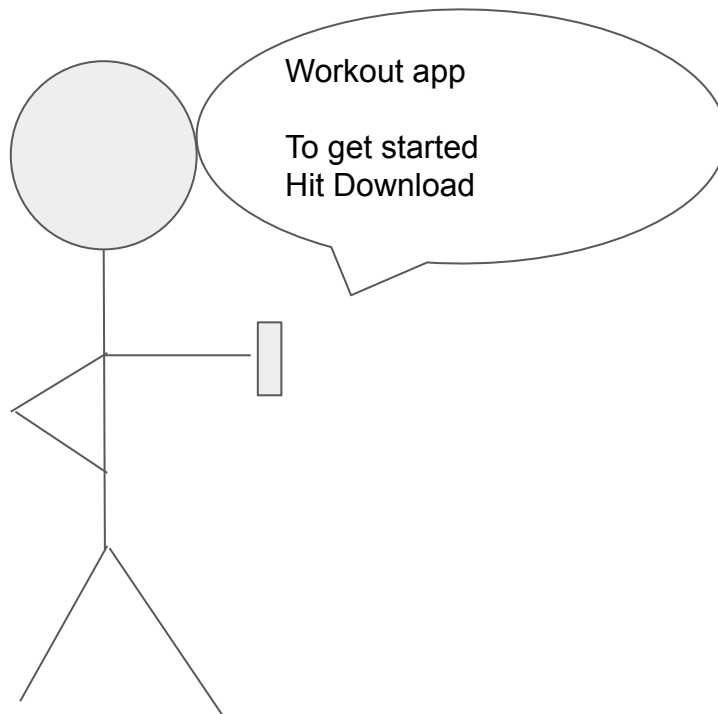
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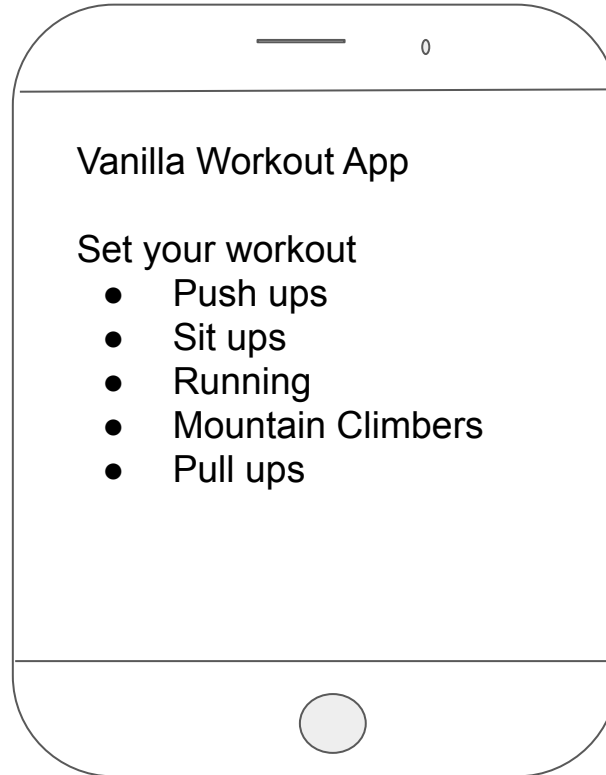
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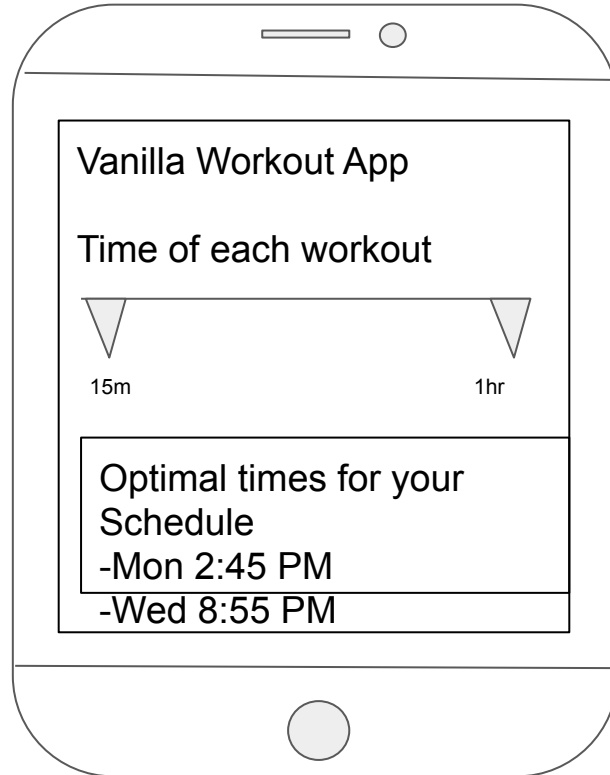
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