The background of the login screen shows a group of people in a gym setting, likely a CrossFit or similar fitness center. Several individuals are using rowing machines, while others are standing or sitting nearby. A person in the foreground is wearing a red cap and a blue t-shirt with the word "ATHLETE" printed on it.

FITFRIENDS

USERNAME

PASSWORD

LOGIN

New? Sign up [HERE!](#)

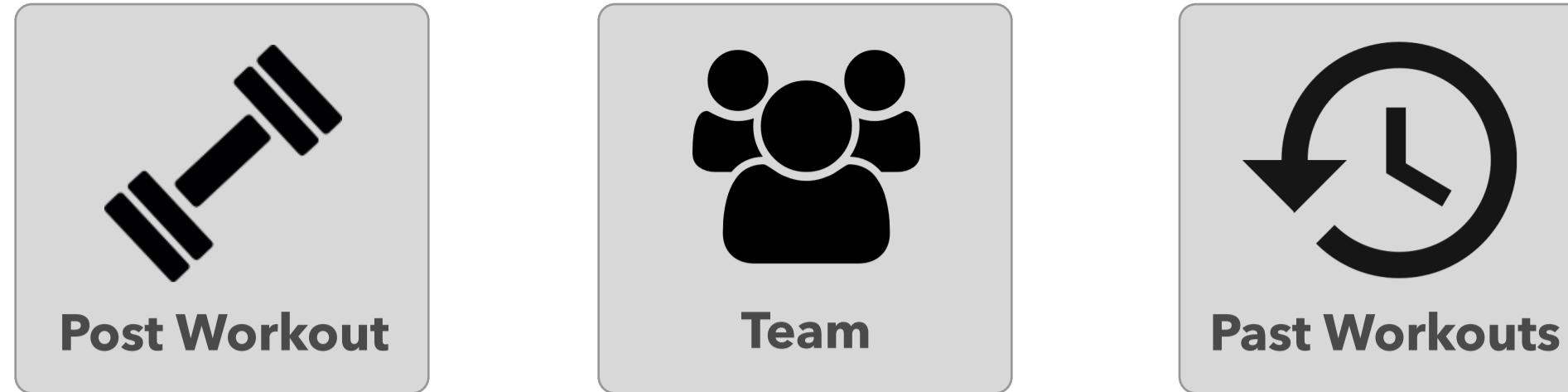


"Big O"

Home

Your Profile

Settings



Felipe posted a workout!

Felipe

Time:
0:48:37

Score:
105 pts

Workout: The Grinder

This one is a grinder people! Decided to get some push/pull movements going. And then mix it up with kb swings, plus a quick run after. Good luck!

Reps	Exercise
10	Burpees
8 - 10	Overhead Press (Barbell)
8 - 10	Standing Bent Row (Barbell)
8 - 10	Kettlebell Swings

1 Running

Pace: 0:08:47 **Distance:** 3 Miles

Time: 0:23:36

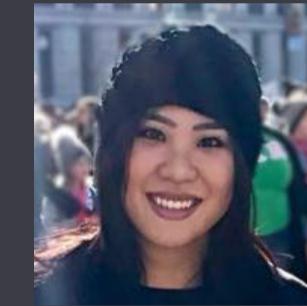


Leaderboard



Felipe

6 Workouts



Fion

5 Workouts



Meghan

4 Workouts

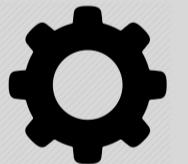


"Big O"



Home

Your Profile



Settings

Post Workout

Team

Past Workouts

Workout Name

Workout Description (Optional)

Exercises

8 - 10

Dumbbell Shoulder Press



Reps

Exercise



Fitbit Integration

Including a run in this work out? Use your Fitbit to record you run stats!

Run

09/24/2017

3 Miles

0:25:39