

DeskTrainer

Workout Settings

Unproductive Sites

Active Time/Days

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Daily start time

9:00 AM

Daily end time

5:00 PM

Workout breaks (optional)

Take a break every

60

minutes

This is independent of your unproductive sites timer

Workout duration

2



minutes



Add 30 second penalty for delaying workout



Seated stretches only

Save

Cancel

DeskTrainer

Workout Settings

Unproductive Sites

Unproductive Sites

<http://facebook.com>
<http://reddit.com>
<http://buzzfeed.com>
<http://upworthy.com>

Time Allowed on Unproductive Sites

60

minutes

This is aggregated time across all sites on your unproductive list

Save

Cancel



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2014

Founded



Hackfit

2 hours ago

Hackfit Boston! (69 photos)
Back in action! — at Microsoft New England.



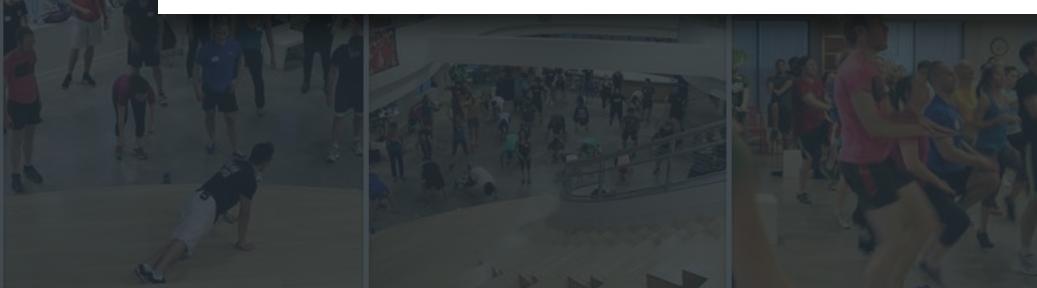
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You have spent **20 min** on unproductive sites today
Time to regain focus!

[Start workout](#)[Defer 20 mins](#)[Like](#) · [Comment](#) · [Share](#)

2 people like this.

[Top Comments](#)

Write a comment...



Christina Yung Thanks Chi Bang Bodies, LLC!

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Had such a great weekend! I would definitely attend another HackFit. The organizers obviously worked so hard, and it was super impressive for a first time event in SF.

Like · about a month ago



David Corbera



Justin and Dan were welcoming, friendly and energetic. Dan did 15 burpees with me for fitness challenge.

Like · about 9 months ago

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29



leg raises

Hackfit
2 hours ago

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[Like](#) · about 9 months ago

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Christina Yung Thanks Chi Bang Bodies, LLC!
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 rest

10

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Hackfit

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29



V-up

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Like · about 9 months ago ·



Write a comment...



Christina Yung Thanks Chi Bang Bodies, LLC!

Like · Reply · 10 hours ago

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Hackfit

2 hours ago

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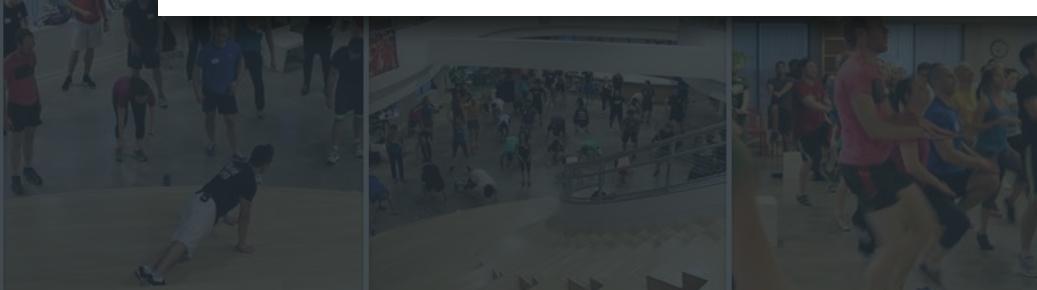


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Great job

Now get back to work!

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