



STRENGTH MATRIX

LOGIN

[FORGOT PASSWORD?](#)

[NOT A MEMBER YET?](#)

START FREE TRIAL

DASHBOARD

TODAY'S WORKOUT

THURSDAY, 21ST FEBRUARY



WORKOUT NAME 1 - DAY 1



NEXT WORKOUT

MONDAY, 26TH FEBRUARY



WORKOUT NAME 1 - DAY 1



RECENT ACTIVITY

NEW MESSAGE(S)

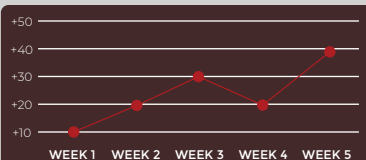


GARY MUSCLETON

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READ

WEEK 5 COMPLETED



START WORKOUT

WORKOUT NAME 1 - DAY 1



EXERCISE NAME #1

SETS: 3 REPS: 10 TEMPO: LEVEL 2

SET 1

GOAL: 10 REPS

NOT ABLE TO COMPLETE ALL REPS?



ENTER THE NUMBER OF REPS COMPLETED



COMPLETED ALL REPS? CLICK NEXT SET!



GOAL MET!

NEXT SET

REST PERIOD

0:02

SET 2 UP NEXT

GOAL: 10 REPS



WORKOUT STARTED

0:14