proto.io

Project Prototype

Zohayb Bhatti

13

screens

Go-Fit
Designed & Implemented by Zohayb Bhatti

2022

Welcome to Go-Fit!
The best app for fitness on-the-go

"

The body achieves

what the mind believes

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First Time Here? No Worries, Click Below to Sign Up!

Sign-Up

Already locked In? Lets get back into it!
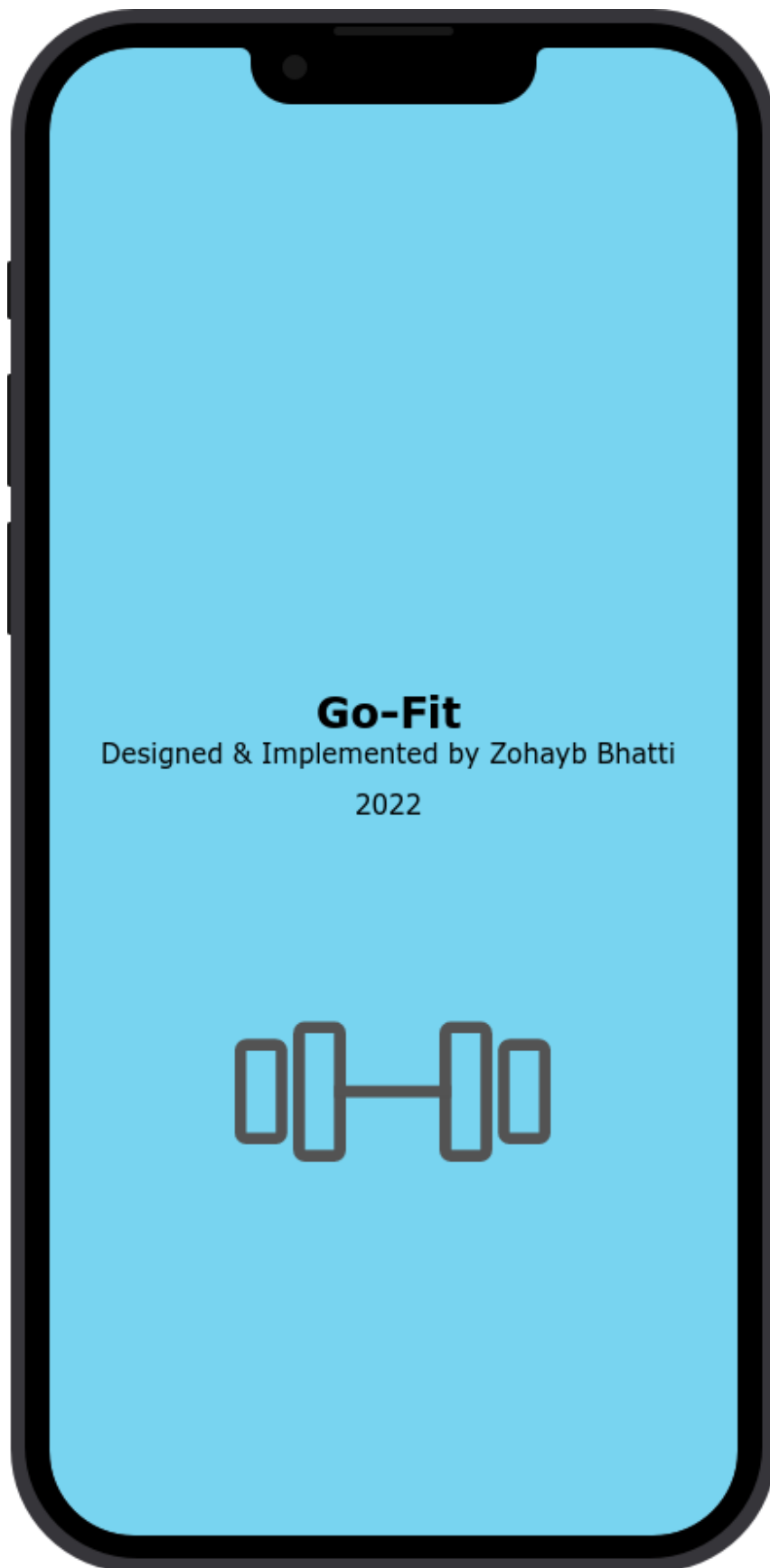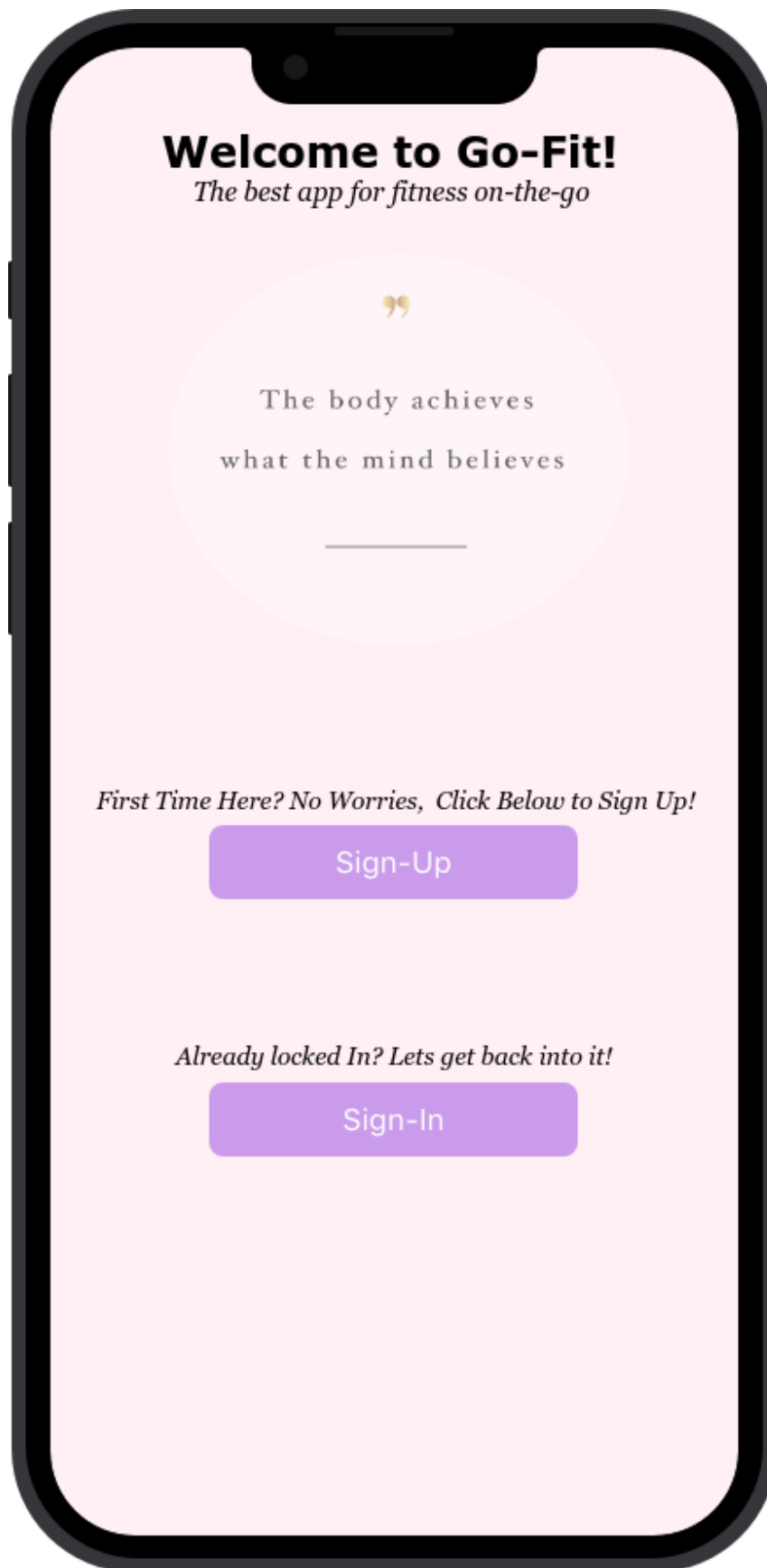
Sign-In

02:50

< **Sign up**

Email*

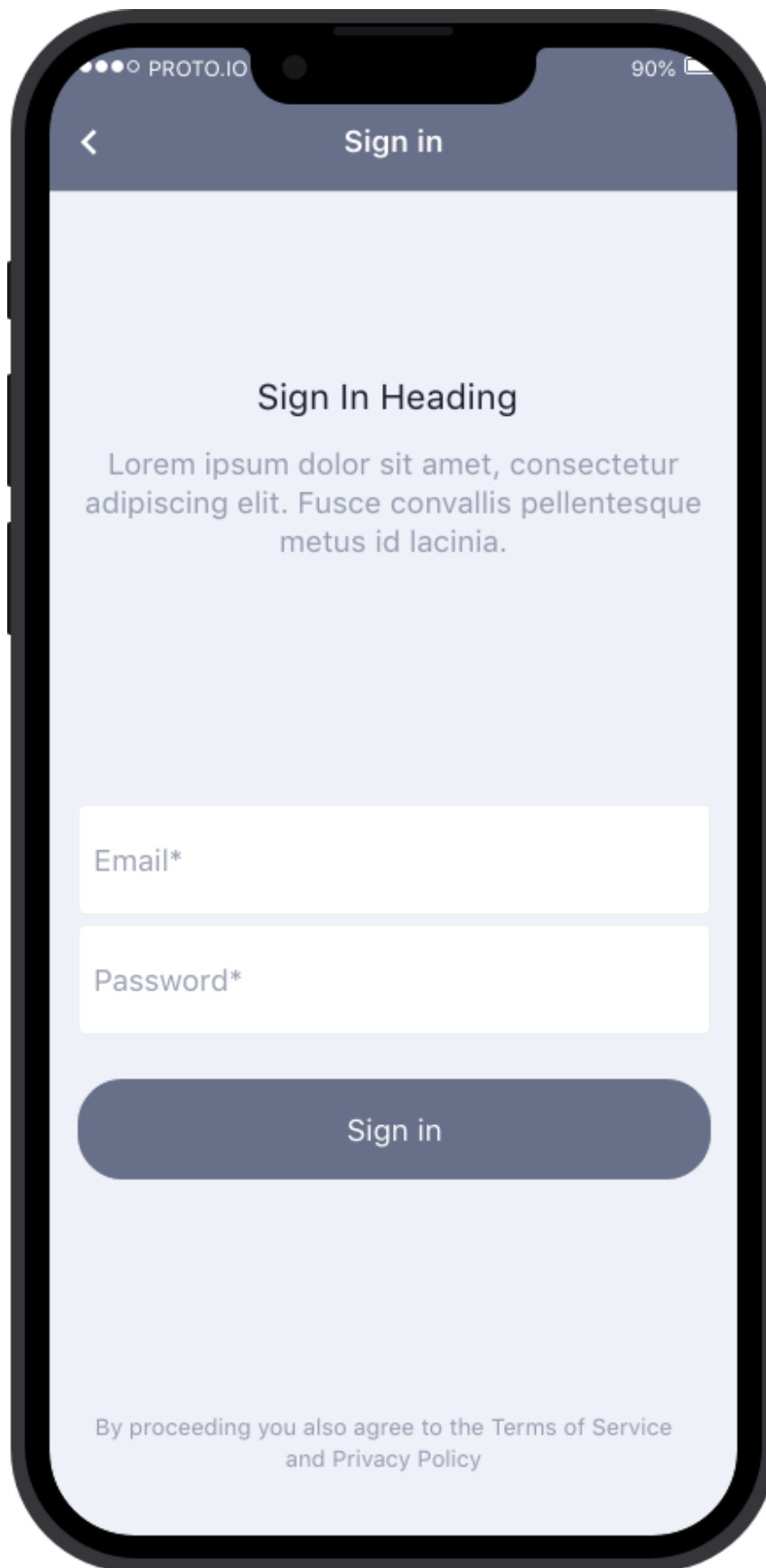Choose password*

Choose username*

Date of birth*

Goal*

By proceeding you also agree to the Terms
of Service and Privacy Policy

Sign up

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< **Sign in**

Sign In Heading

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce convallis pellentesque metus id lacinia.

Email*

Password*

Sign in

By proceeding you also agree to the Terms of Service and Privacy Policy

< Sign Out

Profile
Welcome Zohayb
Workouts Logged : 15

Email: Entered Email

Password: Entered Password

User Created: Date Created

Start Workout:

Start Workout Entry
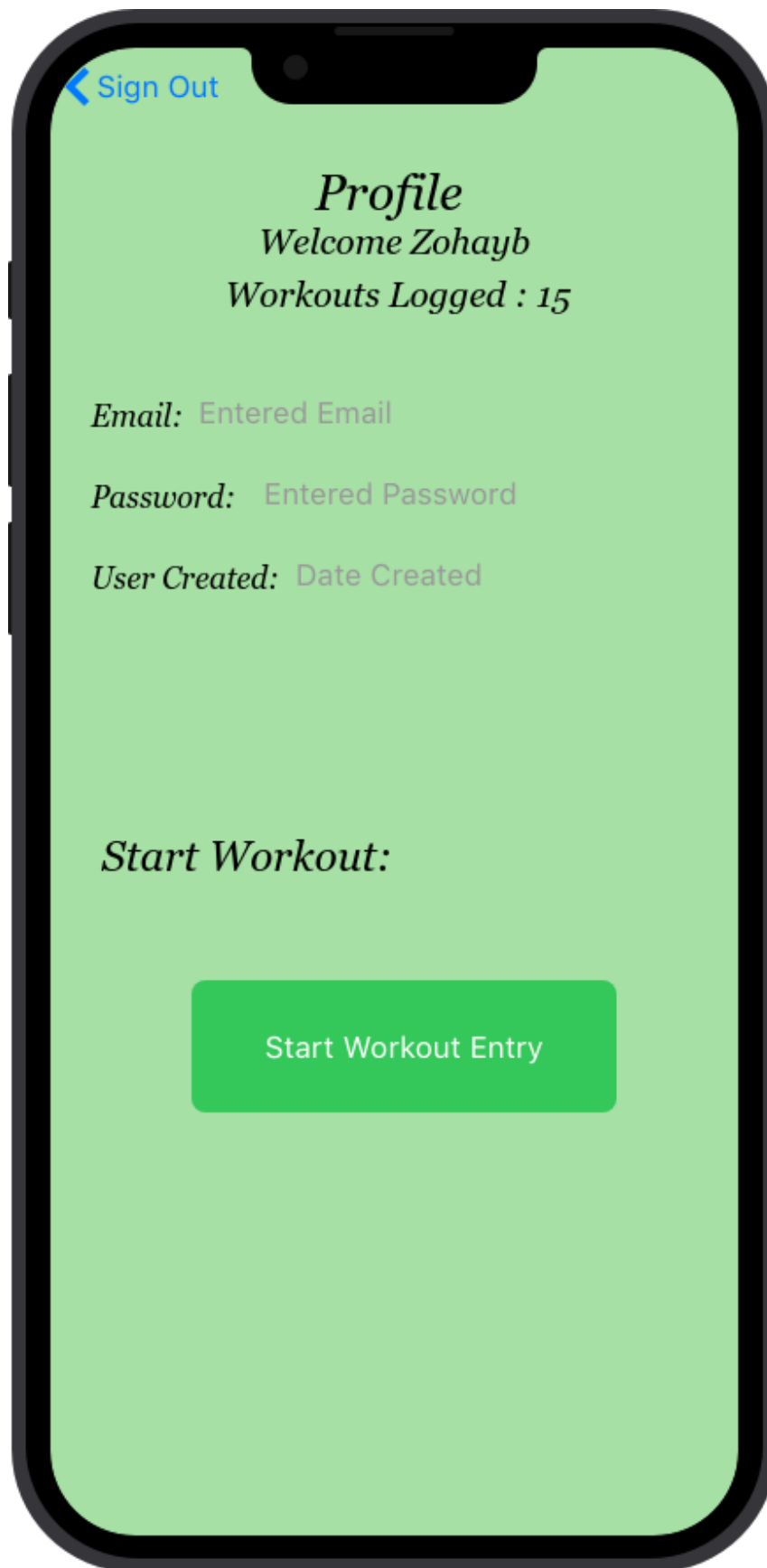
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Workout Entry

Workout Location:

Enter Gym Location (Opens
Maps)

Enter Start Time:

Enter Start Time

Enter End Time:

Enter End Time

Choose Exercise:

Push

Pull

Legs

Select

Finish

Push

Help

Bench Press(Barbell)

Sets	Reps	Weight
1	10	180
2	12	155
3	12	155
4	12	155

Incline Chest Press(Dumbell)

Sets	Reps	Weight
1	10	180
2	12	155
3	12	155
4	12	155

Chest-Flys(Cable)

Sets	Reps	Weight
1	10	180
2	12	155
3	12	155
4	12	155

Skull Crushers(Barbell)

Sets	Reps	Weight
1	10	180
2	12	155
3	12	155
4	12	155

Tricep Pulldowns(Cable)

Sets	Reps	Weight
1	10	180
2	12	155
3	12	155
4	12	155

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< 　　　　　　　　　　　　　　 Help

Pull

Pull-Ups

Sets	Reps	Weight
1	10	N/A
2	12	N/A
3	12	N/A
4	12	N/A

Bicep Curl(Barbell)

Sets	Reps	Weight
1	10	60
2	12	70
3	12	80
4	12	80

Cable Rows

Sets	Reps	Weight
1	10	121
2	12	141
3	12	141
4	12	141

Lat Pulldowns(Cable)

Sets	Reps	Weight
1	12	121
2	12	135
3	12	144
4	12	144

Hammer Curls(Dumbells)

Sets	Reps	Weight
1	10	30
2	12	35
3	12	35
4	12	35

Help

Legs

Barbell Squats

Sets	Reps	Weight
1	12	45
2	5	90
3	5	90
4	5	90

Leg Extensions(Machine)

Sets	Reps	Weight
1	12	120
2	12	130
3	12	140
4	12	140

Seated Leg Curl(Machine)

Sets	Reps	Weight
1	12	120
2	12	120
3	12	120
4	12	120

Leg Press(Machine)

Sets	Reps	Weight
1	12	150
2	12	160
3	12	160
4	12	160

Calf Raises(Machine)

Sets	Reps	Weight
1	12	90
2	12	90
3	12	90
4	12	90

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Push Workout Help

Bench Press(Barbell): Lie flat on the bench and retract elbows between 45 to 90 degree angle. Breathe in and lower bar to chest

Incline Chest Press(Dumbell): Lie on inclince bench holding dumbells with shoulder width pronated grip.

Chest Flys(Machine): Slightly bend eblows and squeeze chest to bring the handles together in front of the chest.

Skull Crushers(Bench): lay down flat on bench with barbell and lower the bar to your forehead by bending your elbows.

Tricep Pulldowns(Cable): Keep your back straight and pull arms down while keeping your elbows locked in a 90 degree position.

Pull Workout Help

Pull-Ups: Hold the bar with a neutral grip with arms fully extended. Retract the scapula and pull upwards by bringing the chest to the bar. Squeeze the back before lowering slowly to the starting position.

Bicep Curl(Barbell): Hold barbell at shoulder width with an underhand ggrip and elbows touch the side of the torso. Curl barbell with palm facing forward. Lift the bar towards the shoulder until the bicep is fully contracted.

Cable Rows: Grip attachment with both hands and sit with chest upright and back straight. Pull the handle towards the mid-torso.

Lat Pulldowns: Secure your knees under the knee pads.Grip the machine handles with a pronated grip at around than shoulder width. Pull handles down until it touches the upper chest.

Hammer Curls: Stand with dumbell in each hand and with elbows touching the side of the sorso. Pull forearms and hands until fully contracted.

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Workout Complete!

Congrats Zohayb! You have completed your workout!