



Let's start your fitness assessment.

To make sure we provide you with the most accurate programming, we should see where your fitness level is.

Get Started

Maybe Later

Here we go!

Perform each exercise for 30 seconds, then rest for 30 seconds. During your rest, record how many reps you completed.

1. X-Jack
2. Push-Up
3. Squat
4. Sprinter Sit-Up

Start Timer

Maybe Later

Work!

Perform each exercise for 30 seconds, then rest for 30 seconds. During your rest, record how many reps you completed.

1. X-Jack

2. Push-Up

3. Squat

4. Sprinter Sit-Up

Work

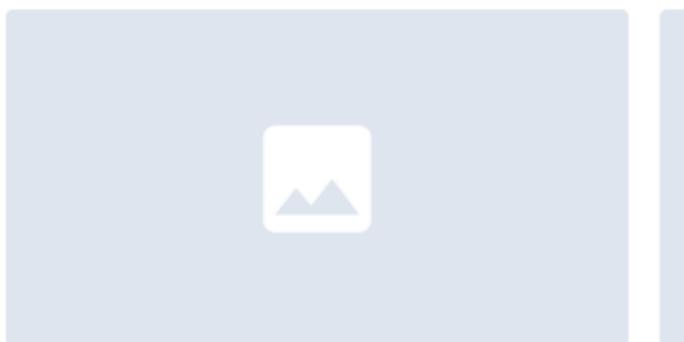
0:30

Home

Your Fitness Level



Saved Routines



Explore Routines



Home



Explore



Community



Profile

Explore

 Search

Levels

Exercises

All

Level 1

Level 2

Level 3



Home



Explore



Community



Profile



Exercises

 Search

All

Upper Body

Lower Body

Exercise 1

Exercise 2

Exercise 3

Exercise 4

Exercise 5

Exercise 6

Exercise 7

Swap Exercise



Routine Name

Set 1

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3

W 0:20 / R 0:10



Change Progression of Exercise

Long-press an exercise to change it to an easier or harder progression.

Set 2

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3

W 0:20 / R 0:10

Set 3

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3

W 0:20 / R 0:10

Start Routine



Routine Name

Set 1

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3



Swap Exercise

Tap an exercise to swap for a different exercise.

Set 2

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3

W 0:20 / R 0:10

Set 3

2 rounds + 30 seconds rest between rounds

Exercise 1

W 0:20 / R 0:10

Exercise 2

W 0:20 / R 0:10

Exercise 3

W 0:20 / R 0:10

Start Routine



Routine Name

Set 1

2 rounds + 30 seconds rest between rounds

Exercise 1 W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Progression 1

Progression 2

Progression 3

Exercise 1

W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Exercise 3 W 0:20 / R 0:10

Set 2

2 rounds + 30 seconds rest between rounds

Exercise 1 W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Exercise 3 W 0:20 / R 0:10

Start Routine



Routine Name

Set 1

2 rounds • 30 seconds rest between rounds

Exercise 1 W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Exercise 3 W 0:20 / R 0:10

Set 2

2 rounds • 30 seconds rest between rounds

Exercise 1 W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Exercise 3 W 0:20 / R 0:10

Set 3

2 rounds • 30 seconds rest between rounds

Exercise 1 W 0:20 / R 0:10

Exercise 2 W 0:20 / R 0:10

Exercise 3 W 0:20 / R 0:10

Start Routine

Community

Your Rank

#2

Leaderboard Your Friends

1	 Friend 1	100
2	 You	88
3	 Friend 2	76
4	 Friend 3	71
5	 Friend 4	63



Home



Explore



Community



Profile

Community

Your Rank



Leaderboard Your Friends

Add Friend

-  Friend 1 
-  Friend 2 
-  Friend 3 
-  Friend 4 



Home



Explore



Community



Profile