

X

Here we go!

Do 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

DO LATER

Here we go!

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

X - Jack

Push-up

Squat

Sprinter sit-up

START TIMER

Here we go!

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

1/4

X-Jack



DO LATER

SKIP

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.

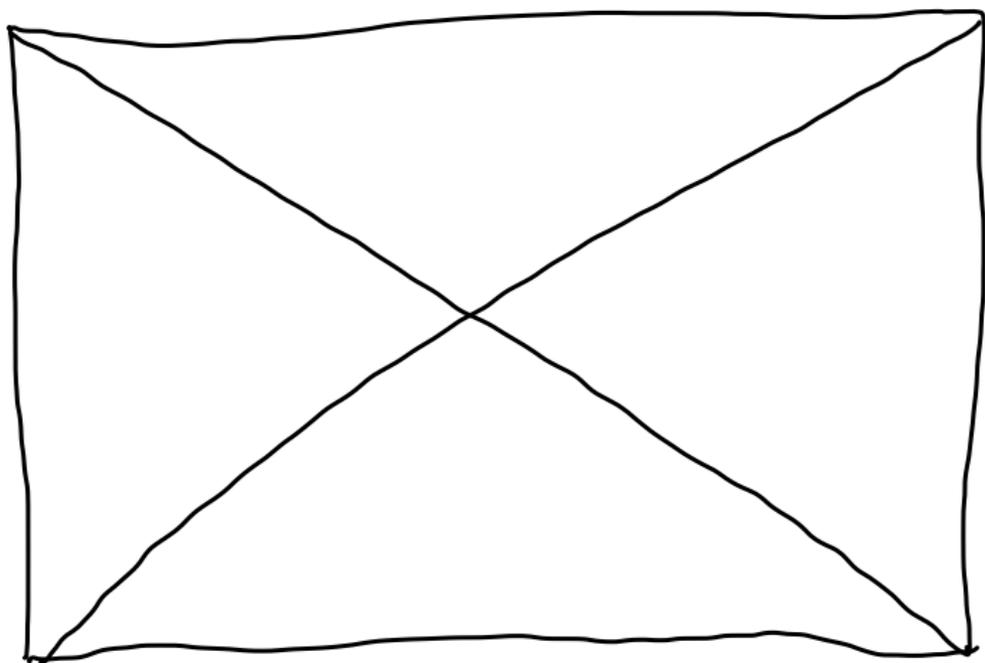
GET STARTED

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

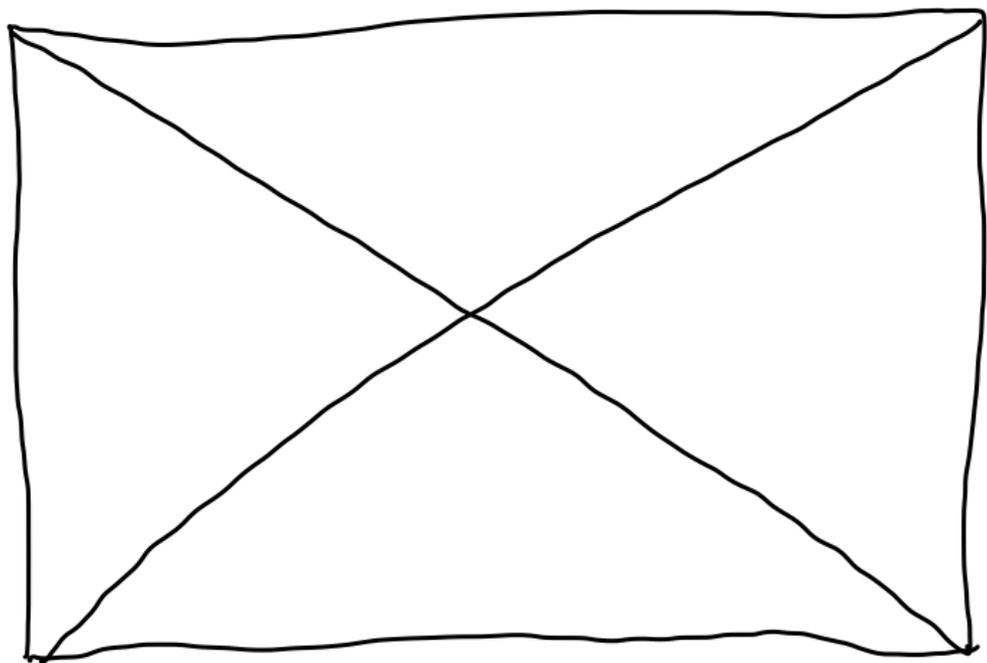
Save for later



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



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

Save for later

< ROUTINE NAME

🔍 SEARCH

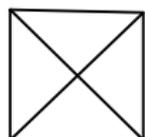
Upper-body

Lower-body

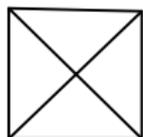
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Exercise name

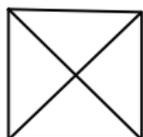
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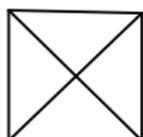
HOME



EXPLORE



COMMUNITY



PROFILE

< ROUTINE NAME

🔍 SEARCH

Upper-body

Exercise name

---

Exercise name

---

Exercise name

---

Exercise name

---

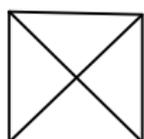
Lower-body

Exercise name

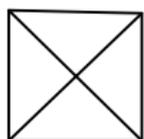
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Exercise name

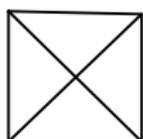
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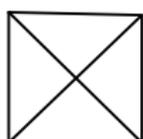
HOME



EXPLORE

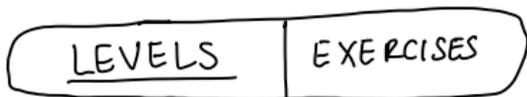


COMMUNITY



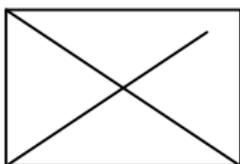
PROFILE

# EXPLORE

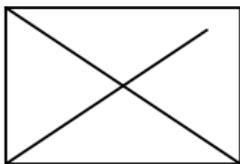


LEVEL 1

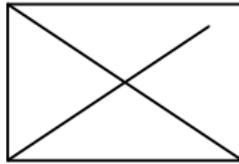
VIEW MORE



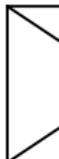
Name  
Time



Name  
Time



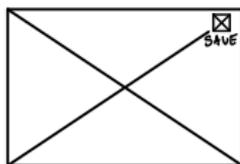
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Time



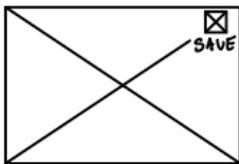
Name  
Time

LEVEL 2

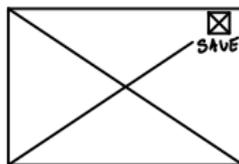
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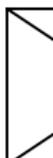
Name  
Time



Name  
Time



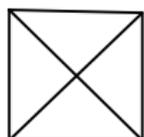
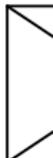
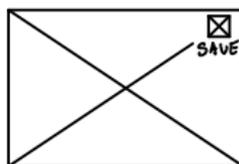
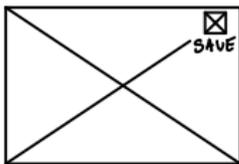
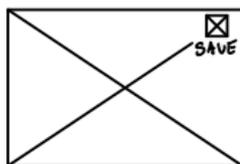
Name  
Time



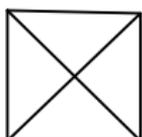
Name

LEVEL 3

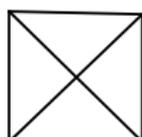
VIEW MORE



HOME



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# EXPLORE



PROFILE

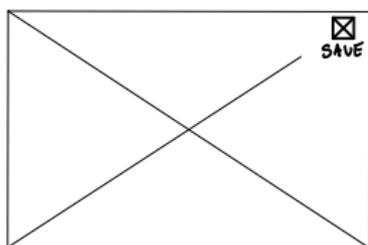
LEVELS

EXERCISES

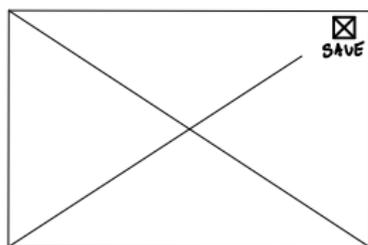
LEVEL 1

LEVEL 2

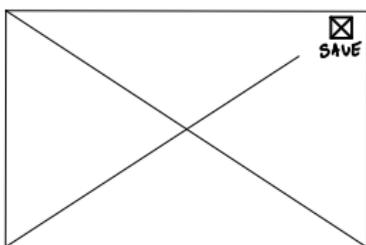
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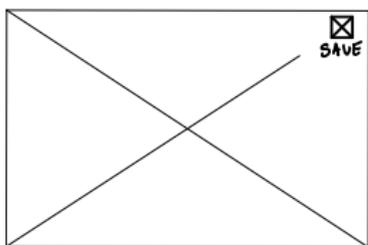
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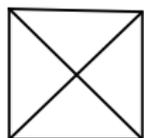
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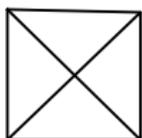
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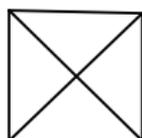
Name  
Time



HOME



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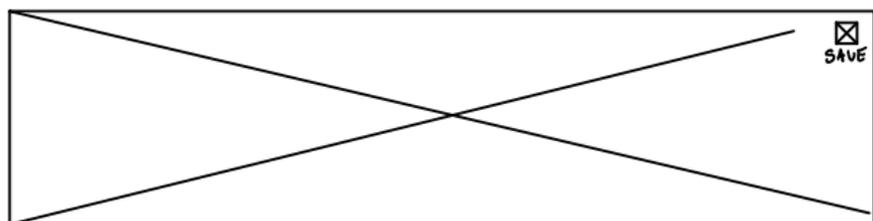


COMMUNITY

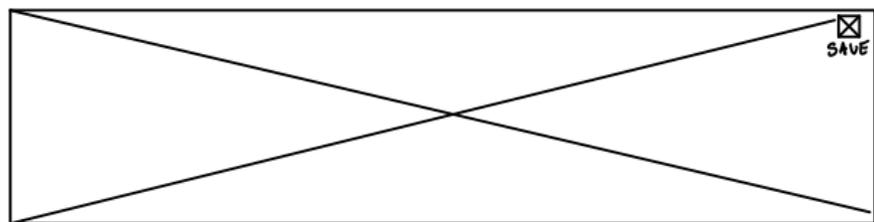
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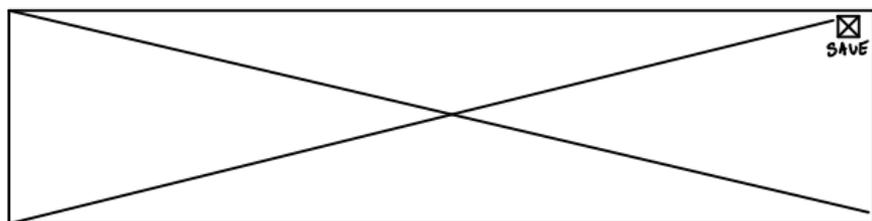
FILTERS : LEVEL 1 Clear



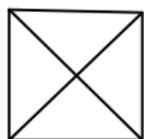
Name · Time



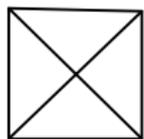
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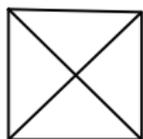
Name · Time



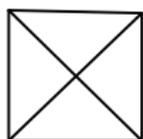
HOME



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PROFILE

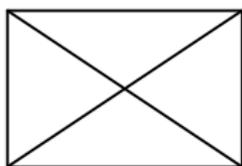
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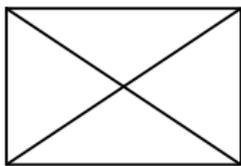
FITNESS SCORE

## SAVED ROUTINES

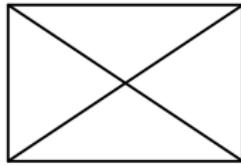
[View more](#)



Name



Name



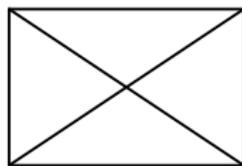
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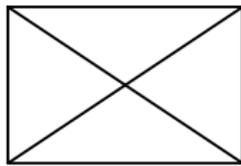
Name

## EXPLORE

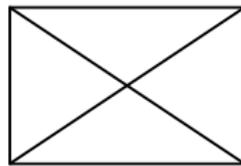
[View more](#)



Name



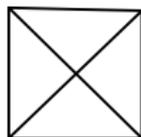
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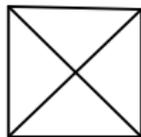
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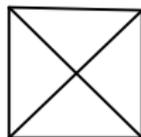
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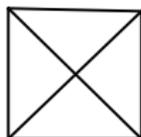
HOME



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PROFILE

HOME

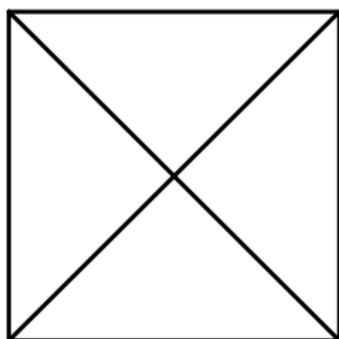
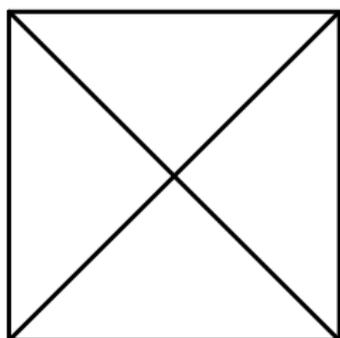


FITNESS LEVEL

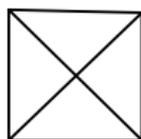


SAVED ROUTINES

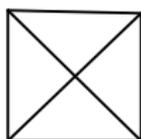
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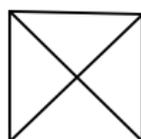
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# COMMUNITY

Your rank

# 2

LEADERBOARD

ADD YOUR FRIENDS

1. Name

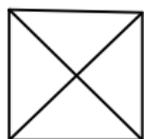
Points

② User

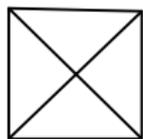
Points

3. Name

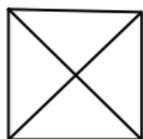
Points



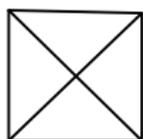
HOME



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PROFILE

# COMMUNITY



Your rank

# 2

---

## LEADERBOARD

1. Name

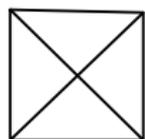
Points

② User

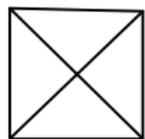
Points

3. Name

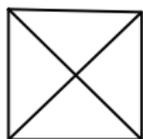
Points



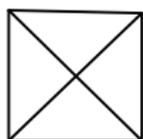
HOME



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PROFILE

# COMMUNITY



YOUR  
RANK

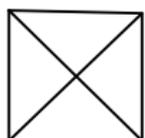
# 2

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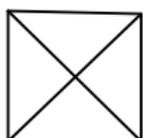
## LEADERBOARD

1. Name	Points
② User	Points
3. Name	Points

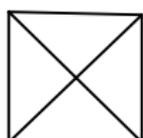
ADD FRIENDS



HOME



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ITEM 1 > ROUTINE NAME



Set 1

Exercise Name	Work	Rest
Exercise 1	0:20	0:10
Exercise 2	0:20	0:10
Exercise 3	0:20	0:10

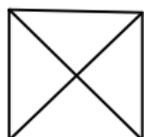
# of Rounds  
2

Rest between rounds  
0:30

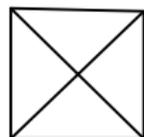
Set 2

Exercise Name	Work	Rest
Exercise 1	0:20	0:10
Exercise 2	0:20	0:10
Exercise 3	0:20	0:10

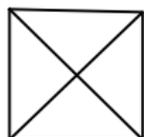
BEGIN ROUTINE



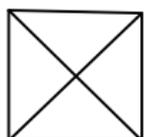
HOME



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PROFILE

< EXPLORE



SAVE



CUSTOMIZE

## ROUTINE NAME

Set 1

Repeat 2 rounds · Rest 30 seconds

Exercise 1

---

Exercise 2

---

Exercise 3

Set 2

Repeat 2 rounds · Rest 30 seconds

Exercise 1

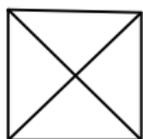
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Exercise 2

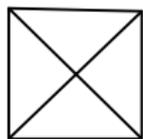
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Exercise 3

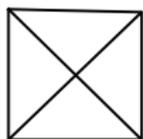
BEGIN ROUTINE



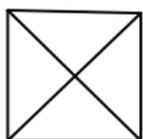
HOME



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PROFILE

< EXPLORE



SAVE



PROFILE

## ROUTINE NAME

Set 1

Repeat 2 rounds · Rest 30 seconds

Exercise 1	W 0:20 / R 0:10
Exercise 2	W 0:20 / R 0:10
Exercise 3	W 0:20 / R 0:10

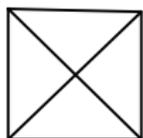
Set 2

Repeat 2 rounds · Rest 30 seconds

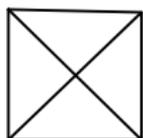
Exercise 1	W 0:20 / R 0:10
Exercise 2	W 0:20 / R 0:10
Exercise 3	W 0:20 / R 0:10

**BEGIN ROUTINE**

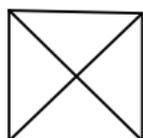
Changes  
when  
editing



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