Dashboard

Mo Tu We Th Fr Sa

Maximum Splits

Back Biceps

Workouts

Bro Splits

Chest Tricep Shoulder

Bro

Ba

Libraries

Female Workout Programs

Home Programs Settings

Programs

Female

Male

Full Body Mass & Strenght

Male

Maximum Splits

Male

Programs

BETA VERSION 1.2

APP SCREENS

Screen 1: Dashboard

9:41

Dashboard

Mo Tu We Th Fr Sa Su

Maximum Splits

Back Biceps

Workouts

Bro Splits

Chest Tricep Shoulder

Bro S

Ba

Libraries

Female Workout Programs

Home | Programs | Settings

Screen 2: Programs

9:41

Programs

Male Female

Full Body Mass & Strenght

Male

Maximum Splits

Male

Home | Programs | Settings

Screen 3: Routine

9:41

Routine

Mo Tu We Th Fr Sa Su

Maximum Splits

Deadlift

Sets: 4 | Reps: 12   Play Video

Wide Grip Pull Ups

Sets: 4 | Reps: 10   Play Video

One Arm Dumbbell Row

Sets: 4 | Reps: 12   Play Video

Barbel Row

Sets: 4 | Reps: 12   Play Video

Underhand Grip Barbel Row

Home | Programs | Settings