



# Exercise Bar



30 Day Challenge →

Physical Therapy →

Burn & Sculpt →

Yoga →

Full Body →



< Burn & Sculpt



Preview Exercises

6:25 AM  
PM

CANCEL OK

A time picker interface with a circular dial. The dial has numbers 1 through 12. A blue dot is positioned at the 6 o'clock mark. A vertical blue line extends from the center of the dial to the 6 o'clock mark. The time 6:25 is displayed at the top, with AM and PM options.

Start Workout

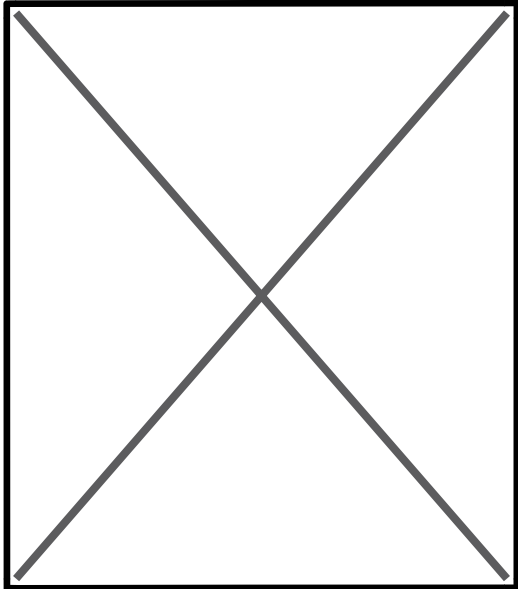


📶 📶 📶 🔋 18:25

← Burn & Sculpt

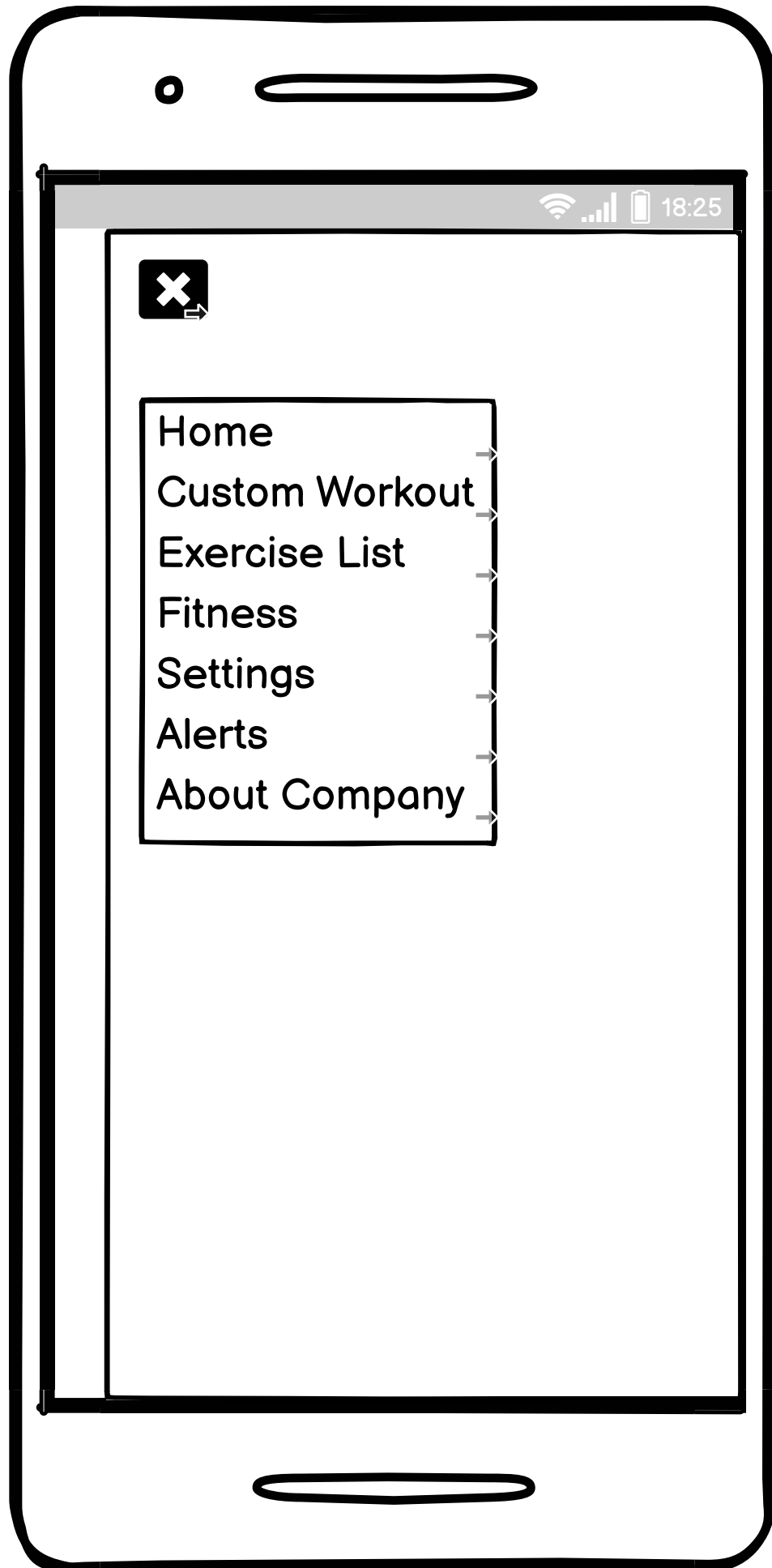
X:XX

### Hip and Thigh Sculpt



X:XX





Home

Custom Workout

Exercise List

Fitness

Settings

Alerts

About Company



📶 📶 📶 🔋 18:25

# Custom Workouts



Custom Options  
Get Premium



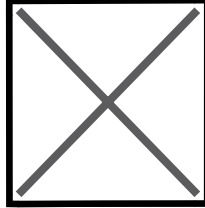


📶 18:25

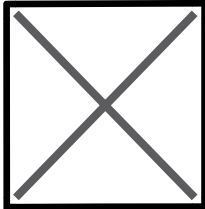
# Exercise List



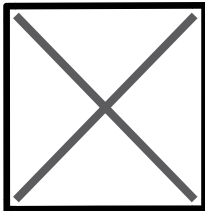
*Placeholder text for exercise description*



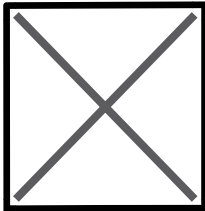
*Placeholder text for exercise description*



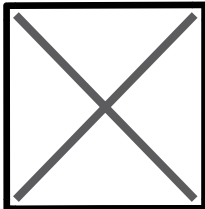
*Placeholder text for exercise description*



*Placeholder text for exercise description*



*Placeholder text for exercise description*





📶 📶 📶 🔋 18:25

# Fitness



- Lose Weight
- Improve Health
- Feel Better
- Get in Shape
- Build Confidence





# Settings



Calorie Tracking

Height

Weight

Units

Coach Settings

Exercise







# Alerts



Notifications



Schedule





📶 📶 📶 🔋 18:25

# About



About Company

Rate Us

Share

Support

Contact

Disclaimer

Privacy



< Full Body



Preview Exercises

6:25 AM  
PM

CANCEL OK

Start Workout

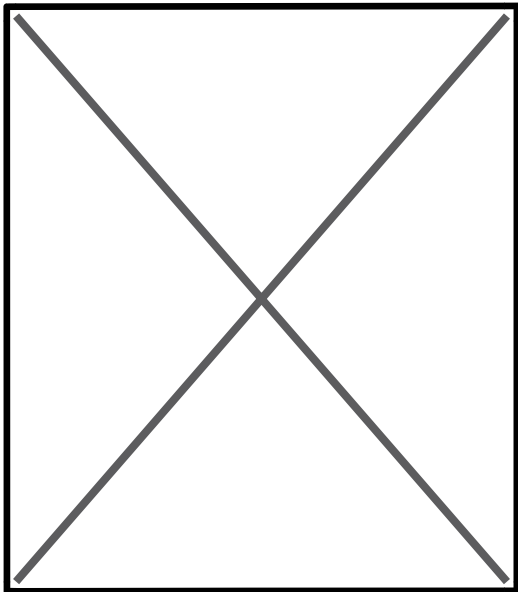


📶 📶 📶 🔋 18:25

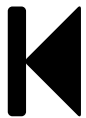
← Full Body

X:XX

Upper Cut



X:XX



< Yoga



Preview Exercises

6:25 AM PM

CANCEL OK

Start Workout

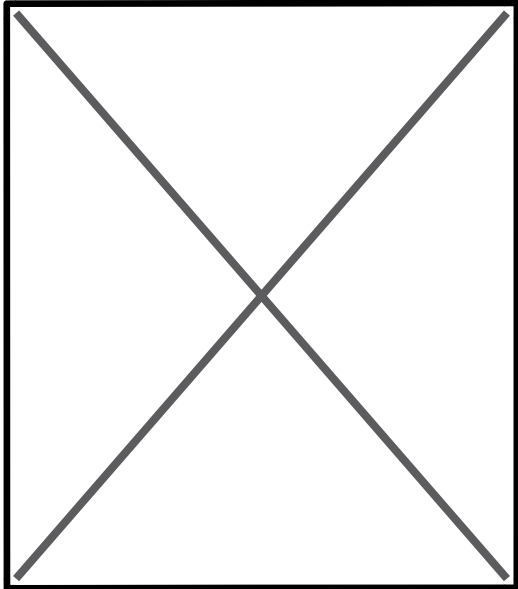


📶 📶 📶 🔋 18:25

< Yoga

X:XX

### Warrior 1



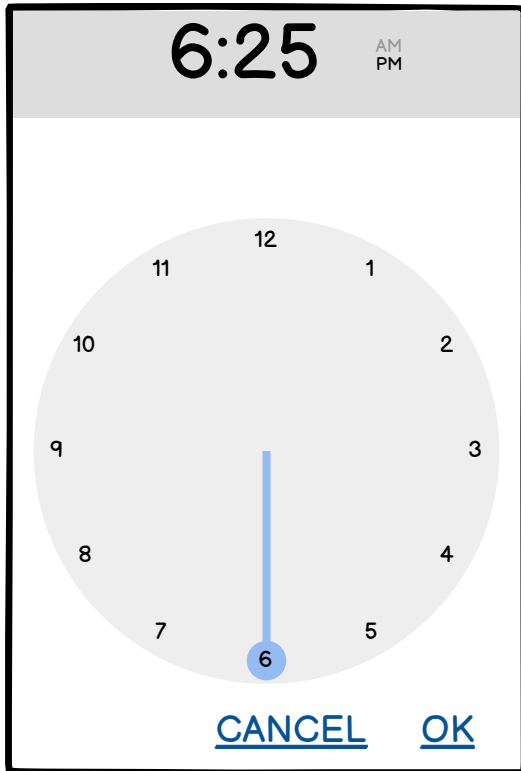
X:XX



< 30 Day Challenge



Preview Exercises



Start Workout

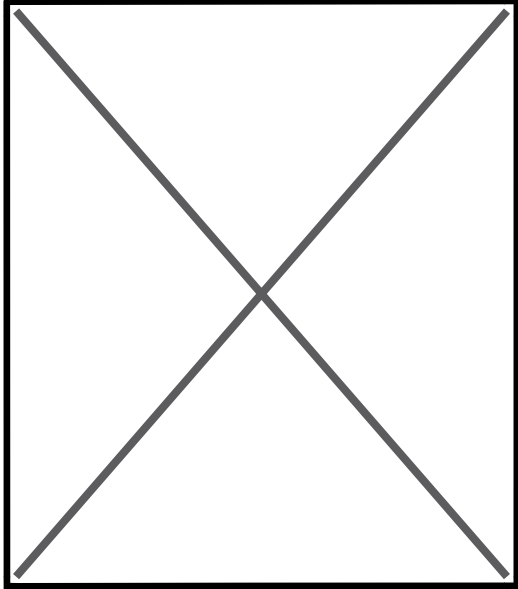


📶 📶 📶 🔋 18:25

← 30 Day Challenge

X:XX

Day 1



X:XX

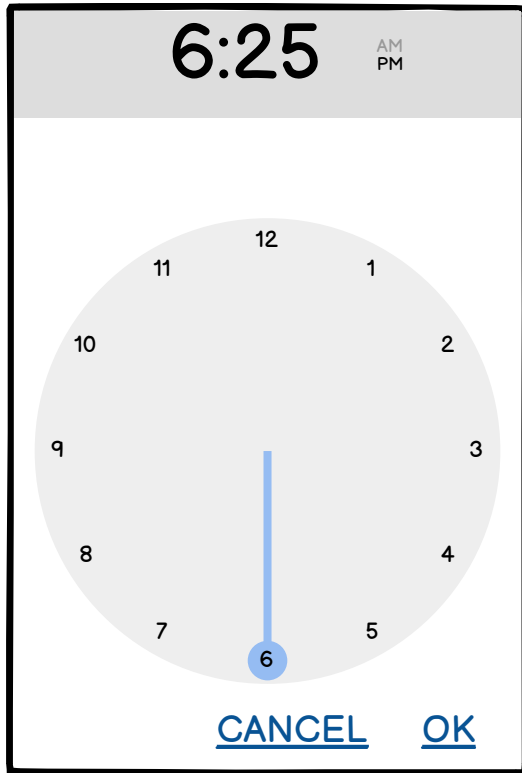




< Physical Therapy



Preview Exercises



Start Workout

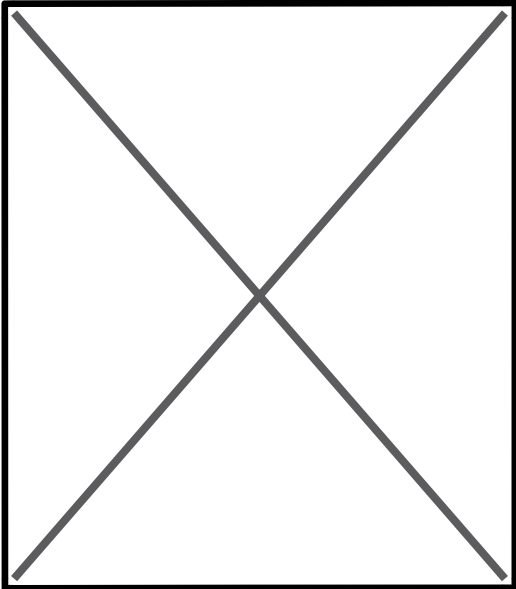


📶 📶 📶 🔋 18:25

← Physical Therapy

X:XX

### Arm Raises



X:XX

