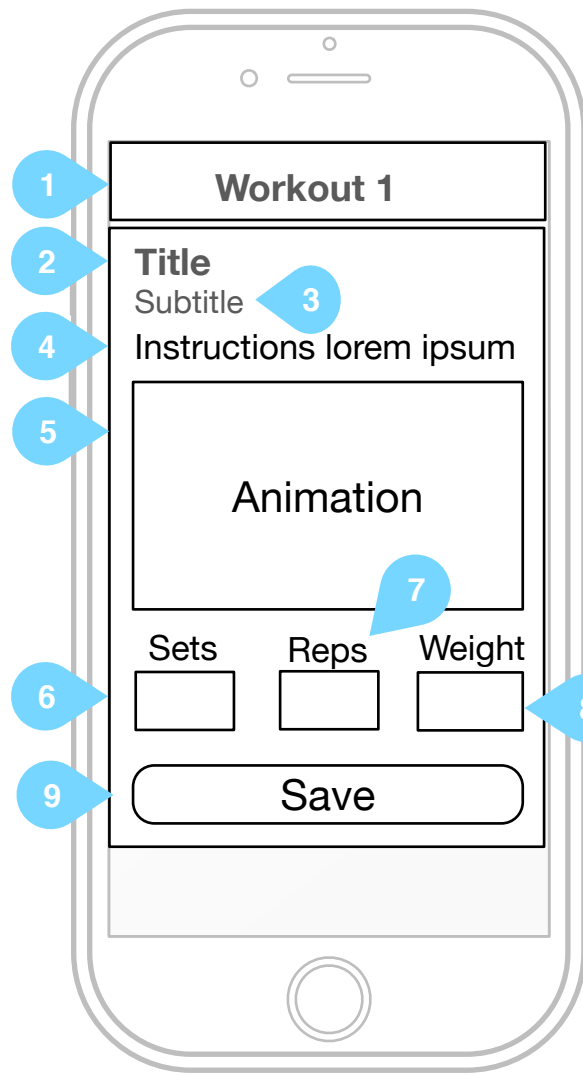
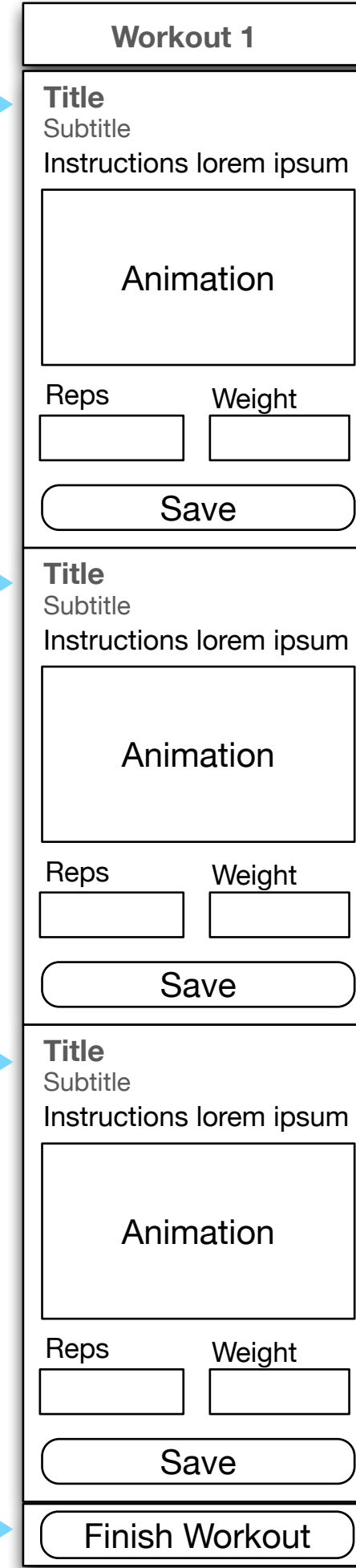


Single Tile Example

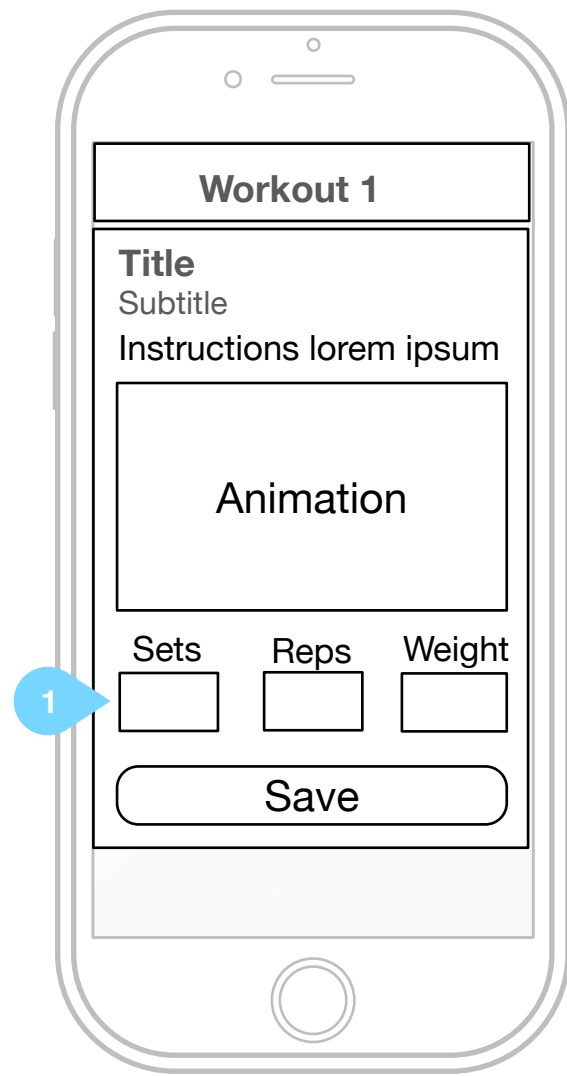


- 1 Work Out Number
- 2 Exercise Name
- 3 Exercise Subtitle
- 4 Especial Instructions recommended Sets
- 5 Animation
- 6 Sets
- 7 Repetitions
- 8 Weight
- 9 Save to Workout Routine

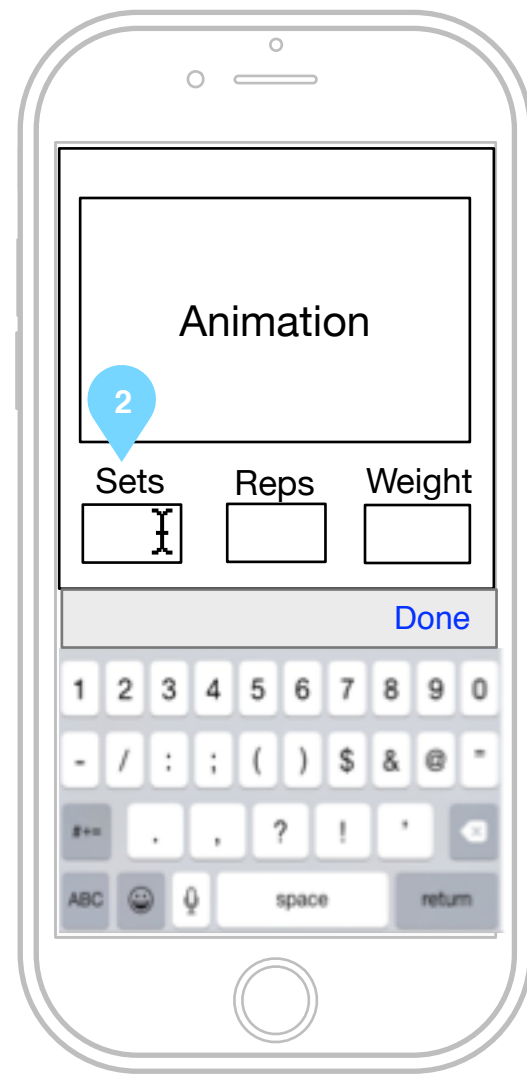


- 10 Exercise Name 1
- 11 Exercise Name 2
- 12 Exercise Name 3
- 13 Finish Workout

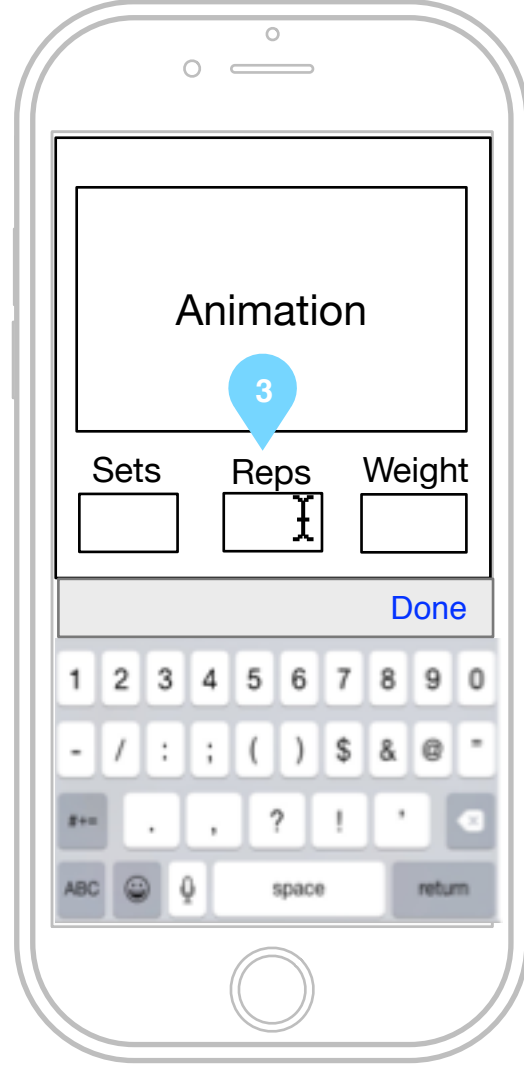
When typing Sets, Reps, Weight



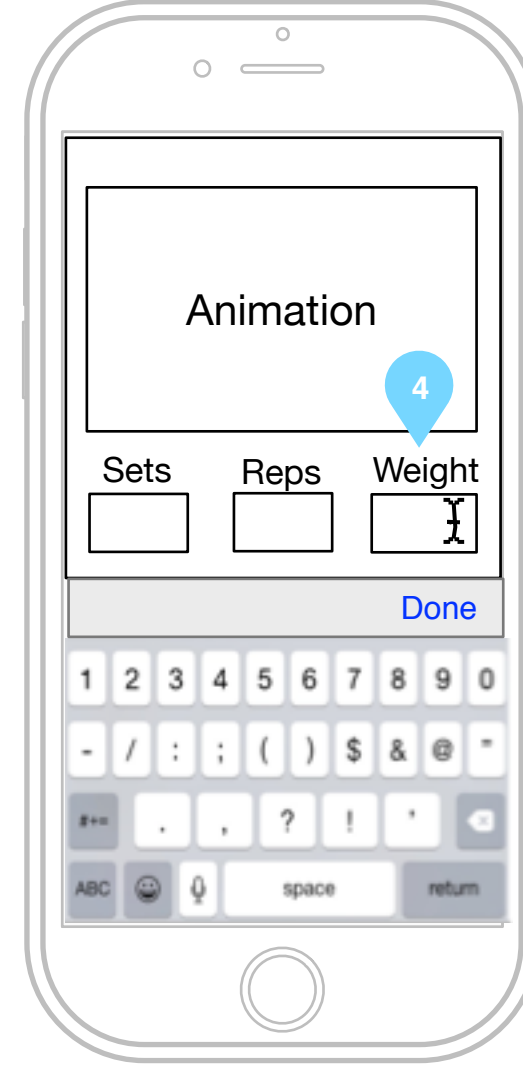
1 When selecting Set Push field to the top so keyboard will not cover the field



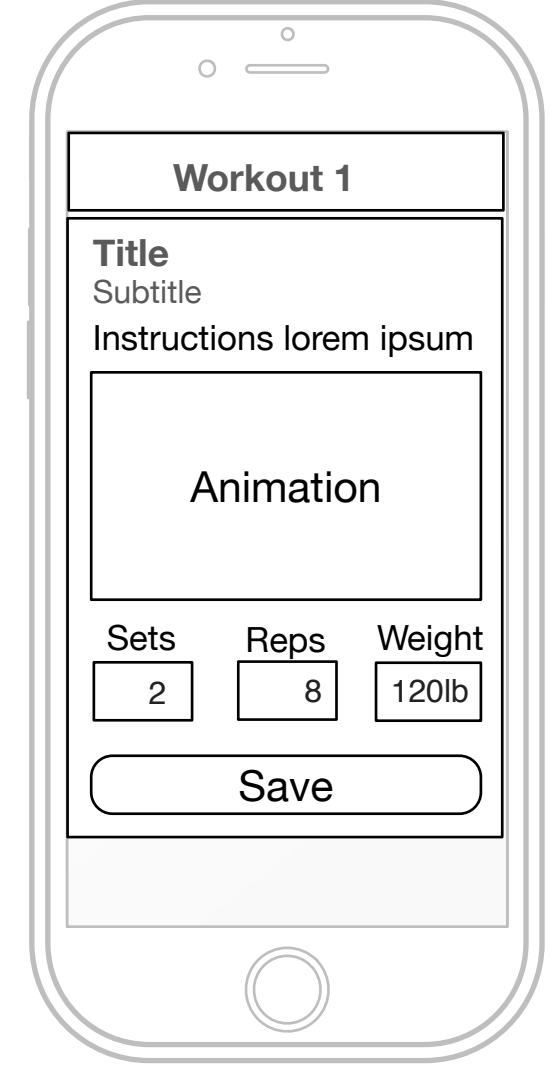
2 When selecting Sets Keyboard displays as follow



3 When selecting Reps Keyboard displays as follow

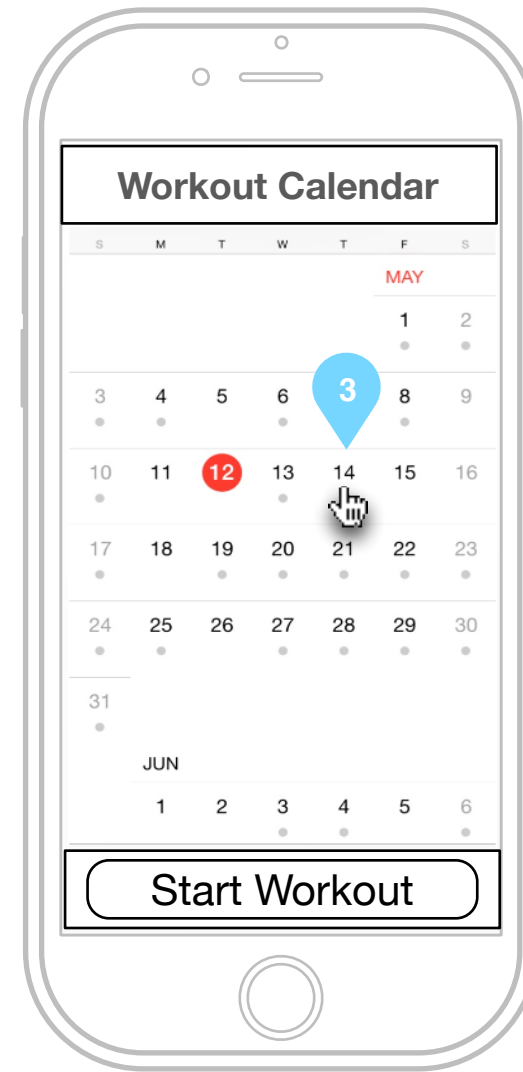
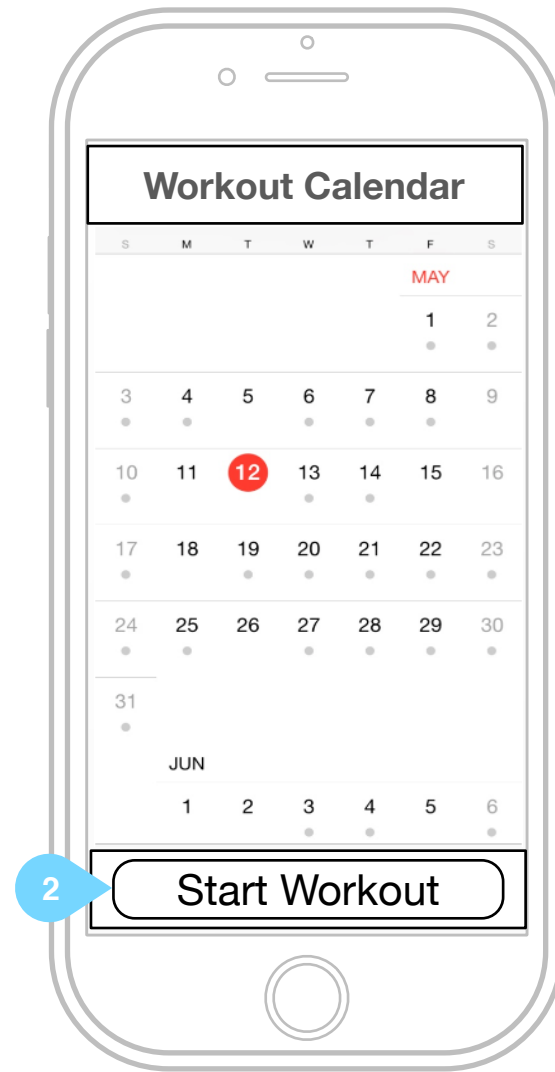
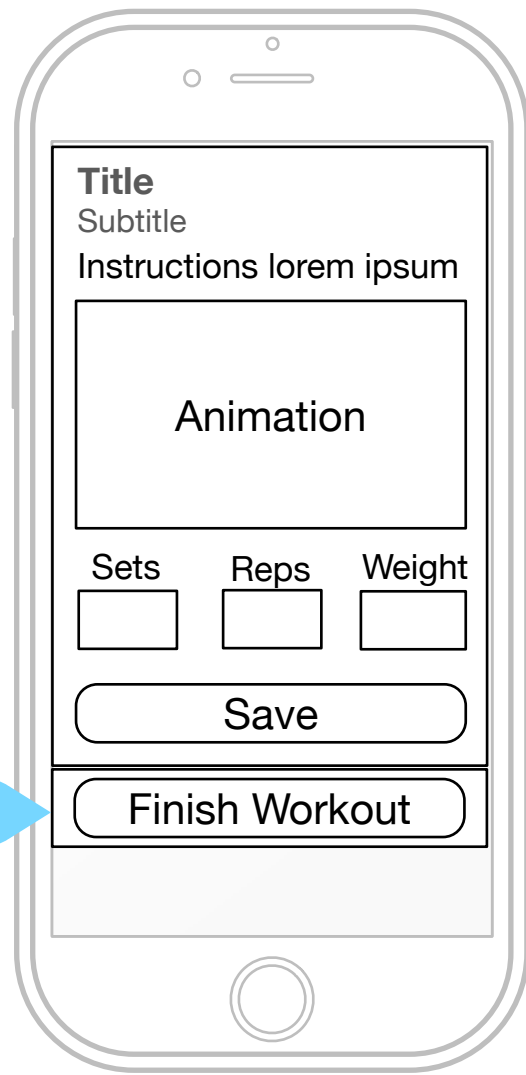


4 When selecting Weight Keyboard displays as follow



5 Values are display after completing each the form

Finish Workout



1 Finish workout will launch a calendar

2 User can start workout by pressing start start workout

3 User can view any workout by pressing any day