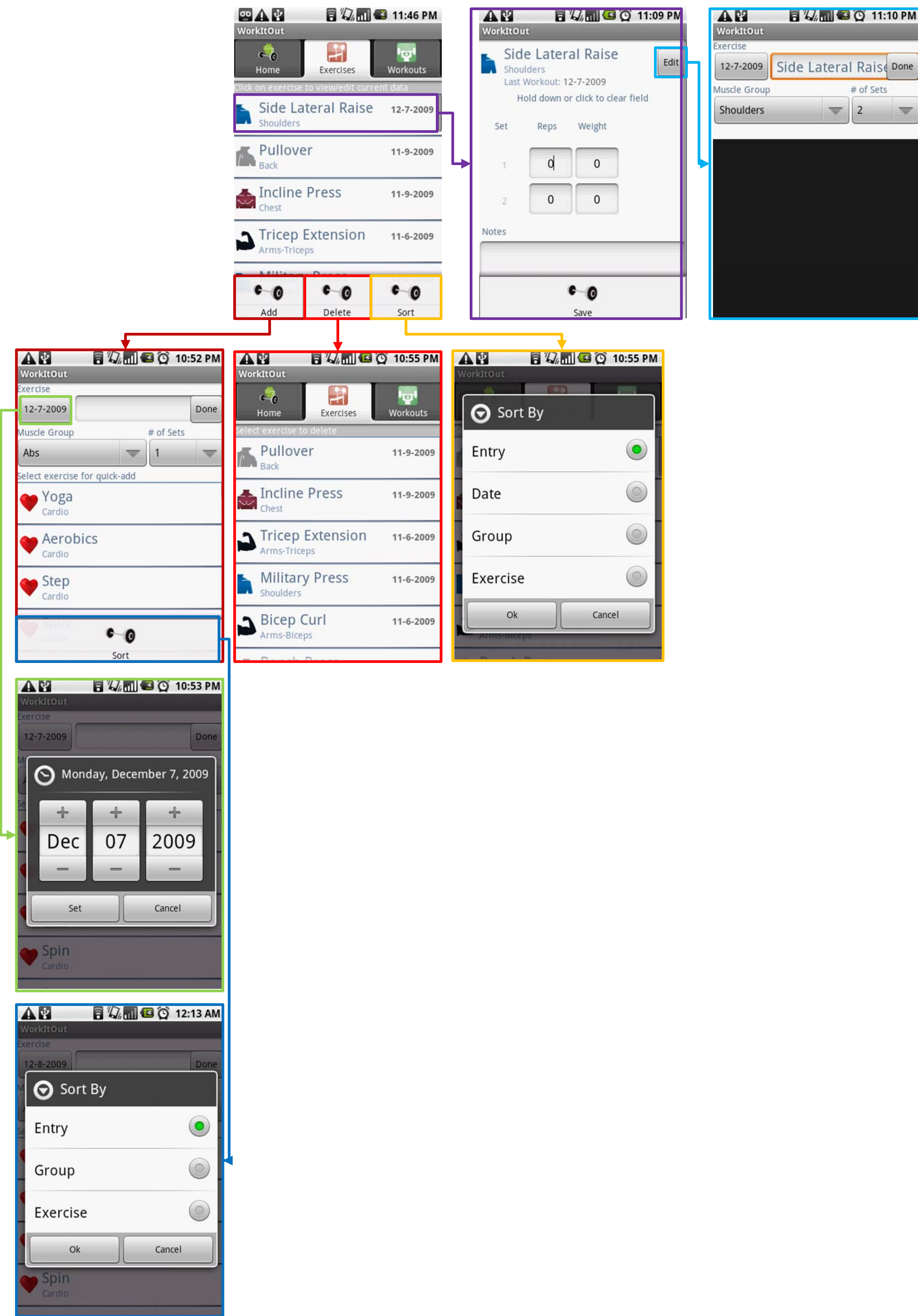


Add Exercises



Plan Workouts

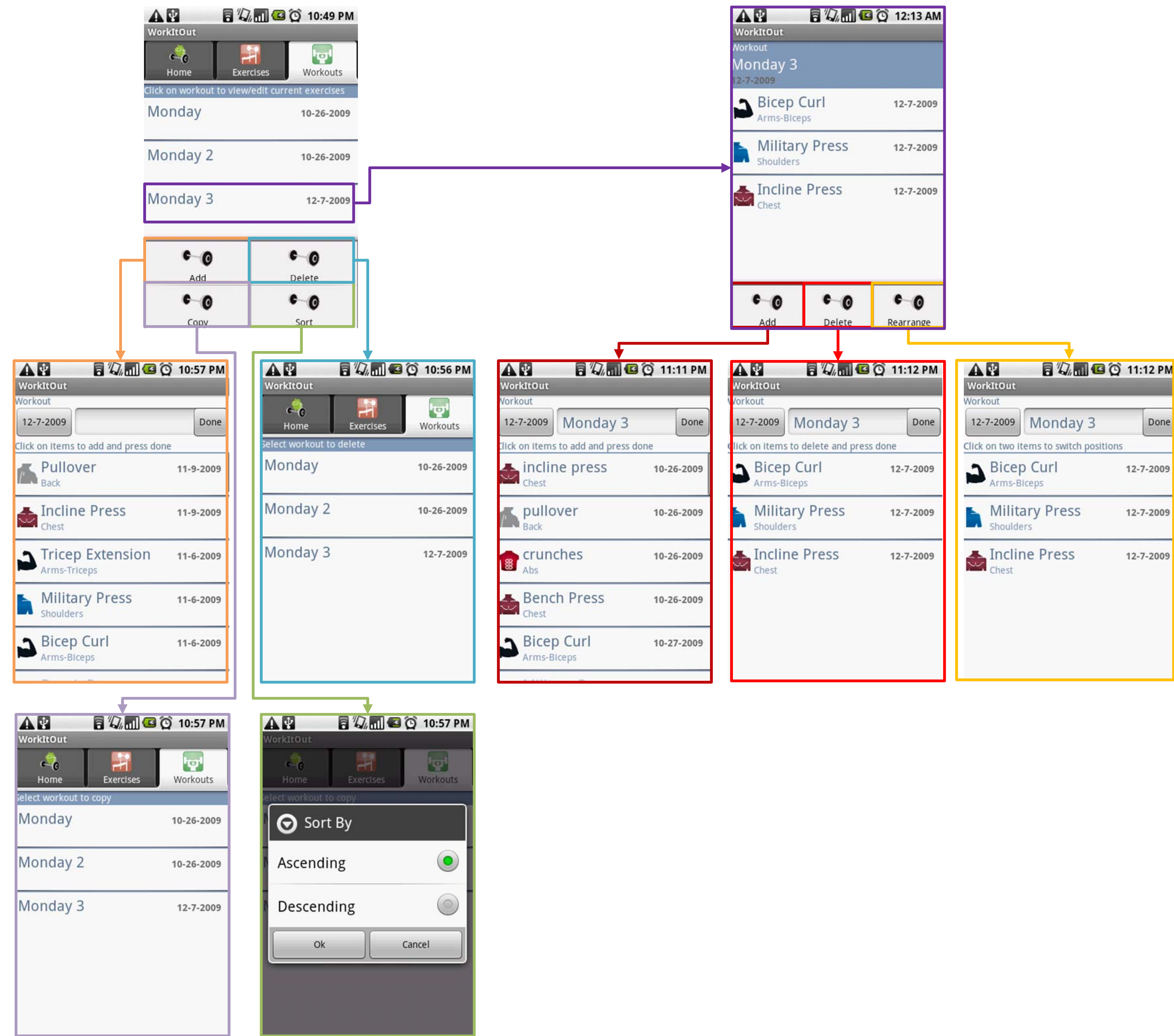
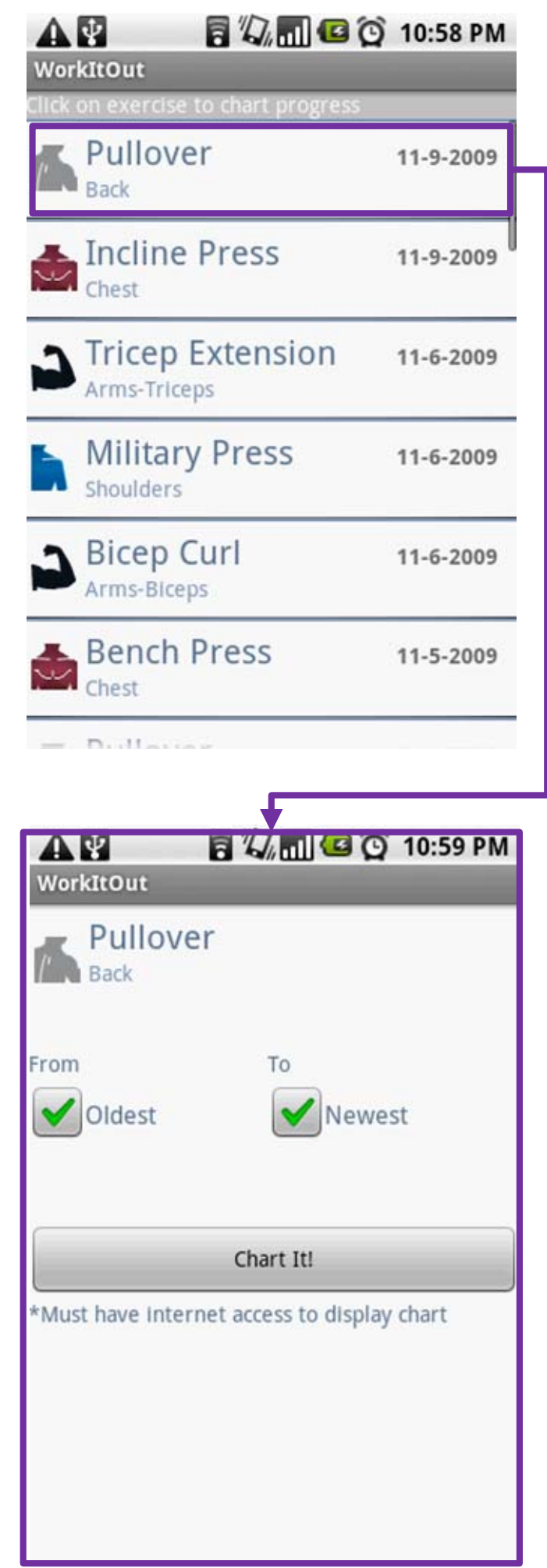
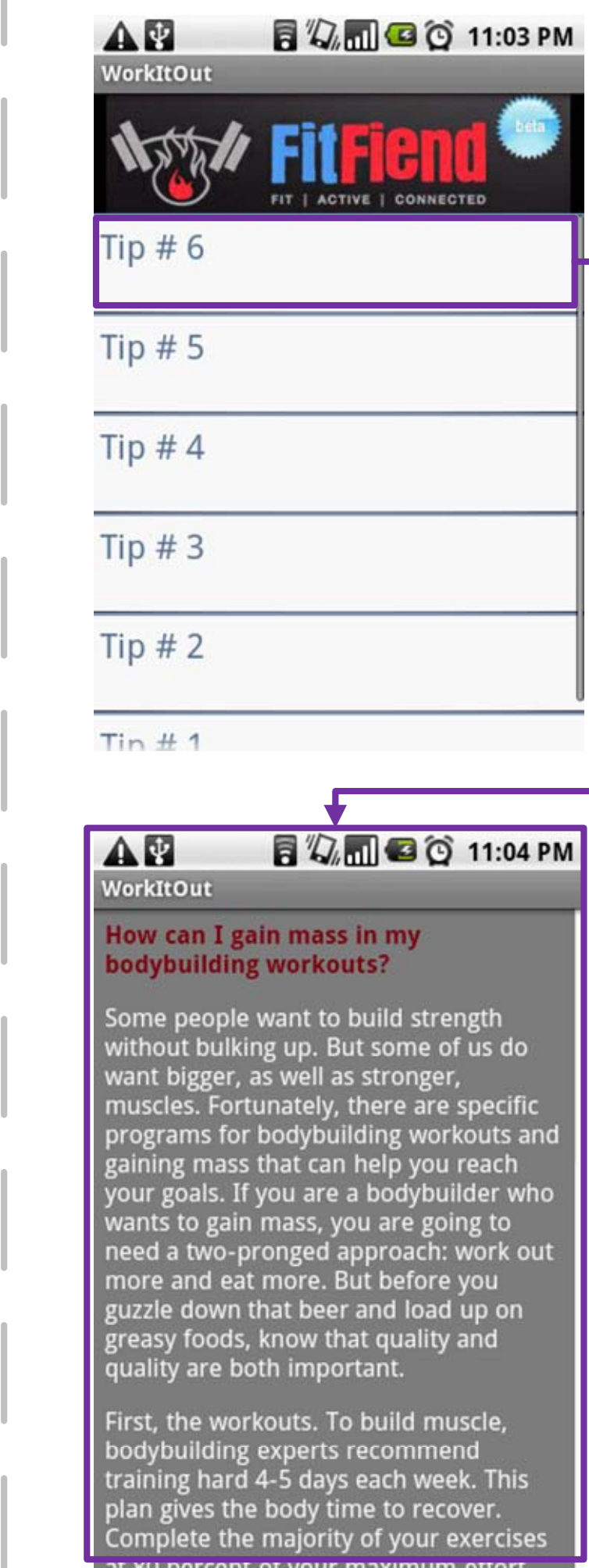


Chart Progress



Tip Of The Week



Import/Backup Data



About/Guide

