

Nutrition

Search recipes...



Get AI Recipe Recommendations



Protein-Packed Chicken Salad

25 min 1 servings

350
Cal

35g
Protein

10g
Carbs

20g
Fat



Exercises

Search exercises...



Get AI Exercise Recommendations



Barbell Squat

Quadriceps, Hamstrings, Glutes, Lower Back, Core



intermediate

strength



Bench Press

Chest, Front Deltoids, Triceps



intermediate

strength

Deadlift

Lower Back, Glutes, Hamstrings, Trapezius, Forearms



advanced

strength



Pull-Up

Latissimus Dorsi, Biceps, Rear Deltoids, Rhomboids

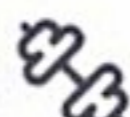


intermediate

strength



Home



Machines



Exercises



Nutrition



Schedule



Settings

Machines

Search machines...



Leg Press Machine

Quadriceps, Hamstrings, Glutes



Chest Press Machine

Pectorals, Front Deltoids, Triceps



Lat Pulldown Machine

Latissimus Dorsi, Biceps, Rhomboids, Rear Deltoids



Seated Row Machine

Middle Back, Latissimus Dorsi, Rhomboids, Biceps



Shoulder Press Machine

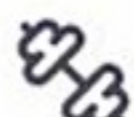
Deltoids, Triceps, Upper Trapezius



Home



Machines



Exercises



Nutrition



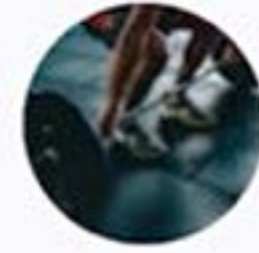
Schedule





Settings


Home


Welcome back,
Coach




 **Today's Workout**
45 minutes • Strength Training 

Quick Actions


Machines
Browse gym equipment


Exercises
Get AI recommendations


Nutrition
Healthy recipes

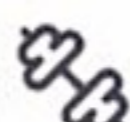

Schedule
Plan workouts

Recent Activity

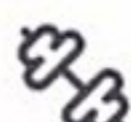
Your recent activity will appear here



Home



Machines



Exercises



Nutrition



Schedule



Settings