Welcome To Fitness Plus!

THE BEST WORKOUT APP
Homepage

Fitness Plus  LOG IN  REGISTER

SERVICES

Efficient, Powerful, and Most Importantly Free

Prepared Workout Routines
Simply click on the body part you want to work on, and our application will generate workouts for you.

Helpful Goals
Goals designed for you to improve in the gym. With our application your gains are guaranteed.

Security
Rest assured, your personal information is safe on our site. Your gains are for your eyes only.
WORKOUTS

Designed for you.

Chest
Pectoralis Major

Abs
Rectus Abdominis

Arms
Biceps and Triceps
Homepage
ABOUT

PURPOSE
Fitness Plus is designed to help new and veteran gym users who want to get more out of their workouts.

PROCESS
No need to research the endless amount of workouts on the web. We've done that for you. Simply click on the links to get to useful workout articles and videos.
Fitness Plus

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24/7 SUPPORT
Commitment to our users
At Fitness Plus, our users are our top priority. If you need support help, please type your question into the 'Contact Us' box below. We will get back to you as quickly as possible.

PERSONAL POSTING
Post your personal pictures
If you have a picture that you want to upload, simply click the 'New Post' link in the nav bar after you've signed in.
Homepage

Fitness Plus

LOG IN	REGISTER

KEEP PUSHING YOURSELF

OUR AMAZING TEAM

CMPE/SE 131 Group Members.
OUR AMAZING TEAM
CMPE/SE 131 Group Members.

Tien Nguyen
Software Engineer

Justin Leinbach
Software Engineer

Thomas Martin
Manufacturing Engineer

Software Engineering I class, Spring 2017.
Contact Us

We'd love to hear from you.

YOUR NAME *

YOUR EMAIL *

YOUR PHONE *

YOUR MESSAGE *

Send Message
Contact Form

Contact Us
We'd love to hear from you.

Tom

1martin293@yahoo.com

650-207-6354

Love the web app. Great job.

Send Message
Contact Form Success

localhost:3000 says:
Your message has been received

CONTACT US
We’d love to hear from you.

tom
1martin293@yahoo.com
650-207-6354

Love the web app. Great job.

SEND MESSAGE
SIGN UP

Email
martin293@gmail.com

Password (6 characters minimum)
********

Password confirmation
********

Name
Thomas

Experience level (1-5)
3

Sign up

Log in
Sign Up Success

Welcome To Fitness Plus!

THE BEST WORKOUT APP
Log In Page

Email

Password

Remember me

Log in

Sign up

Forgot your password?
Profile Page

Fitness Plus

HELLO THOMASI

WORKOUT ROUTINES

CHEST WORKOUTS

AB WORKOUTS

ARM WORKOUTS

EXPERIENCE (1-5): 3
Profile Page

Fitness Plus

CHEST WORKOUTS

AB WORKOUTS

ARM WORKOUTS

SHOULDER WORKOUTS

BACK WORKOUTS

LEG WORKOUTS

ADD POST

POSTS

NEVER GIVE UP
Profile Page
New Post Page
Post Successful
Profile Page After Posting Picture
Chest Workout Page

CHEST WORKOUTS THAT ROCK

"PAIN IS TEMPORARY. QUITTING LASTS FOREVER"
- LANCE ARMSTRONG

EXERCISE INSTRUCTIONS

1. BARBELL BENCH PRESS
2. FLAT BENCH DUMBBELL PRESS

GOALS
RECOMMENDED BY PROFESSIONALS

Barbell Bench Press: 5 sets of 5 (30 lbs)
Flat Bench Dumbbell Press: 5 sets of 5 (20 lbs)

PERFORMANCE
AB WORKOUTS THAT ROCK

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EXERCISE INSTRUCTIONS

1. CRUNCHES
2. FLUTTER KICKS

GOALS
RECOMMENDED BY PROFESSIONALS
Crunches: 5 sets of 30 reps
Flutter Kicks: 5 sets of 5 (20 lbs)
ARM WORKOUTS THAT ROCK

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EXERCISE INSTRUCTIONS
1. BARBELL CURLS
2. SKULL CRUSHERS

GOALS
RECOMMENDED BY PROFESSIONALS
Barbell Curls: 5 sets of 5 (30 lbs)
Skull Crushers: 5 sets of 5 (20 lbs)
SHOULDER WORKOUTS THAT ROCK

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EXERCISE INSTRUCTIONS

1. SHOULDER PRESS
2. SHOULDER FLYS

GOALS
RECOMMENDED BY PROFESSIONALS
Shoulder Press: 5 sets of 5 (30 lbs)
Shoulder Flies: 5 sets of 5 (20 lbs)
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EXERCISE INSTRUCTIONS
1. DEADLIFTS
2. SEATED ROWS

GOALS
RECOMMENDED BY PROFESSIONALS
Deadlifts: 5 sets of 5 (30 lbs)
Seated Rows: 5 sets of 5 (20 lbs)

PERFORMANCE

Back Workout Page
LEG WORKOUTS THAT ROCK

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EXERCISE INSTRUCTIONS
1. SQUATS
2. LEG PRESS

GOALS
RECOMMENDED BY PROFESSIONALS
Squats: 5 sets of 5 (30 lbs)
Leg Press: 5 sets of 5 (20 lbs)

PERFORMANCE

[Image of a man lifting weights]