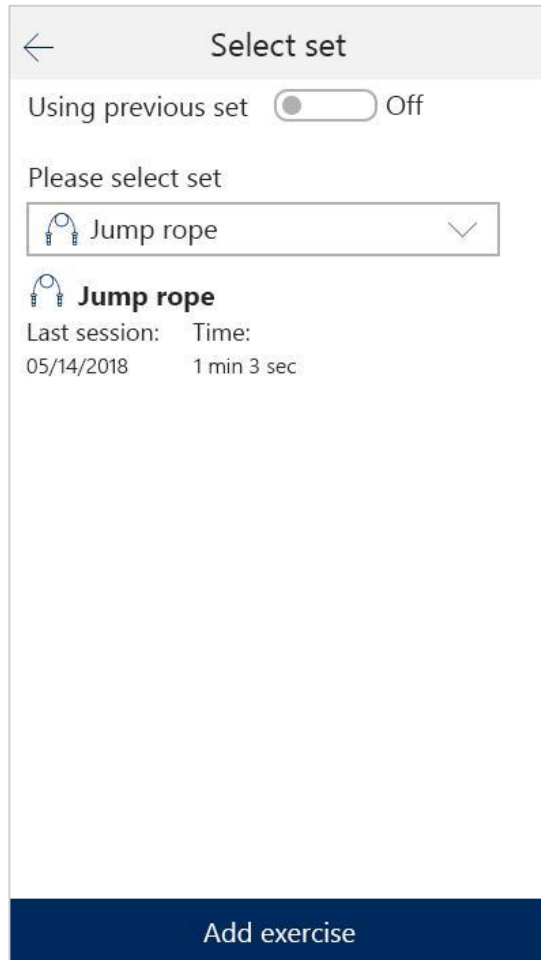
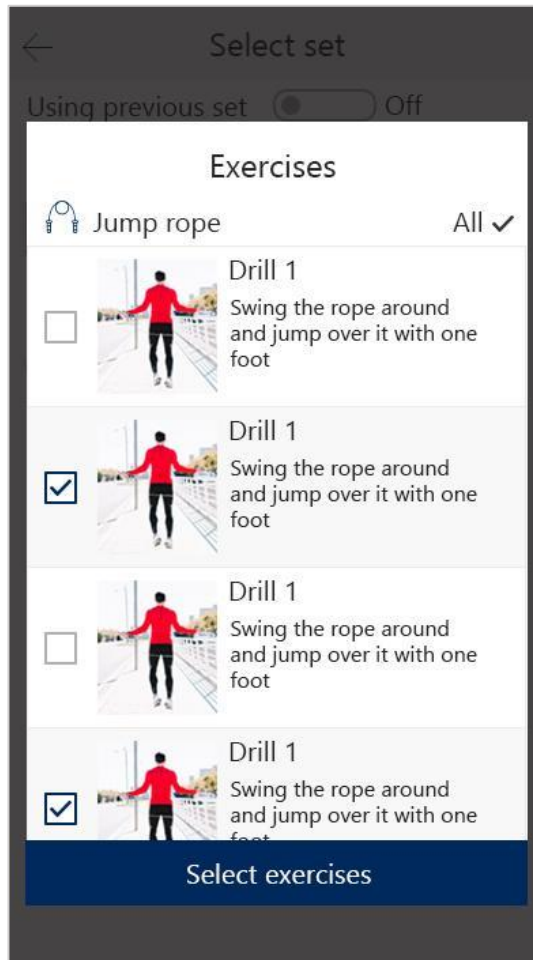


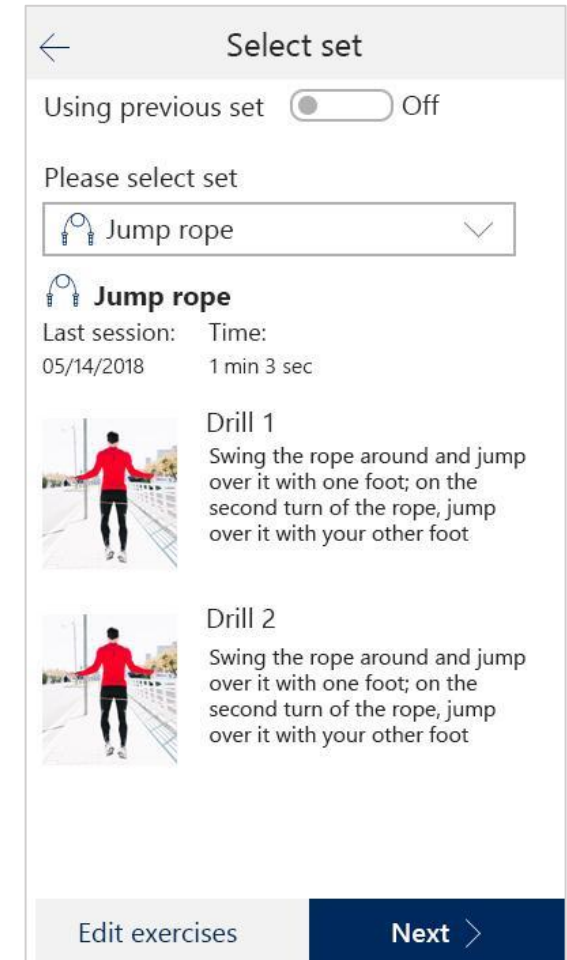
Choosing exercises



Page without any chosen exercises



The list of exercises from Jump rope workout



Page with exercises. User can edit the list or go to the next step

Sets and Reps

Cardio

Jump rope 10:39

SET 1

1	00:01:05	<input checked="" type="checkbox"/>	
2	00:02:53	<input checked="" type="checkbox"/>	

SET 2

1	00:01:05	<input checked="" type="checkbox"/>	
2	00:02:53	<input type="checkbox"/>	

ADD SET

00:02:53

Next >

Option 1

Cardio

Jump rope 10:39

SET 1

	REPS		
1	00:01:05	<input checked="" type="checkbox"/>	
2	00:02:53	<input checked="" type="checkbox"/>	

SET 2

	REPS		
1	00:01:05	<input checked="" type="checkbox"/>	
2	00:02:53	<input type="checkbox"/>	

+

ADD SET

00:02:53

Next >

Option 2