

# ACTIVEIM

Start A Workout

Exercise by Body Part

My Workout Profile

Workout Log

MENU



WORKOUT ROUTINES

BEG

INT

ADV



MUSCLE TONER



CALORIE BURN



CARDIO MAX



STRETCHING

MENU



BEGINNER

MUSCLE TONER

5 TOTAL EXERCISES

\*1 Dumbell Curls (?)

\*2 Lateral Raises (?)

\*3 Wall Sits (?)

\*4 Front Raises (?)

\*5 Ab Crunches (?)

START

MENU



MUSCLE TONER

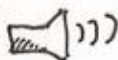
0:21

1 of 5

## DUMBBELL CURLS



Perform 3 sets of 10-12  
reps using a weight



NEXT

MENU



MUSCLE TONER

10:28

5 of 5

Ab Crunches



Perform 50 Ab crunches  
focusing on breathing



FINISH

MENU



# WORKOUT COMPLETE!

Great Job! Here is  
your workout summary:

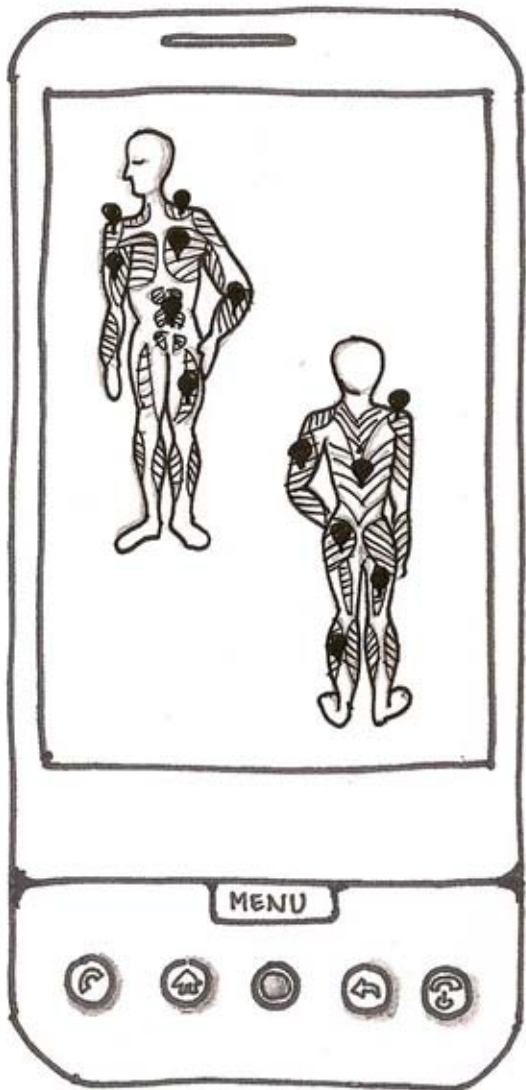
<u>EXERCISES</u>	<u>TIME</u>
3 sets of Dumbbell Curls	2:48
12 Lateral raises	1:20
60 second wall sit	1:05
12 Front Raises	2:54
50 Ab crunches	3:50

LOG WORKOUT

SKIP

MENU





MENU





TRICEPS

WORKOUTS

Machines

Free Weights

Calisthenics

MENU



TRICEPS : FREEWEIGHTS

BEG

INT

ADV



KICKBACKS



TRICEPS  
EXTENSIONS



BARBELL  
TRICEPS PRESS

MENU



INTERMEDIATE  
KICKBACKS

LOG

GRAPH

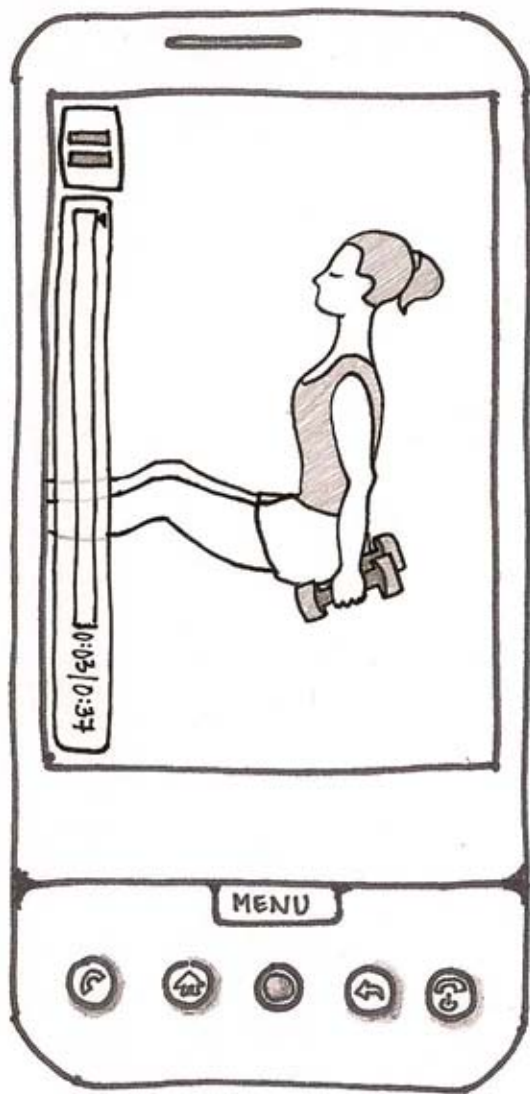


1. HOLD MEDIUM WEIGHT  
IN HANDS AND BEND BODY
2. BEND ARMS DOWN WHILE  
PULLING ELBOWS UP
3. STRAIGHTEN ARMS
4. REPEAT FOR 10-16 REPS



MENU





INTERMEDIATE  
KICKBACKS

LOG

GRAPH



DATE

NOTES

WEIGHT

 lb  kg

REPS

LOG

PREVIOUS LOGS

MENU



INTERMEDIATE  
KICKBACKS

LOG

GRAPH

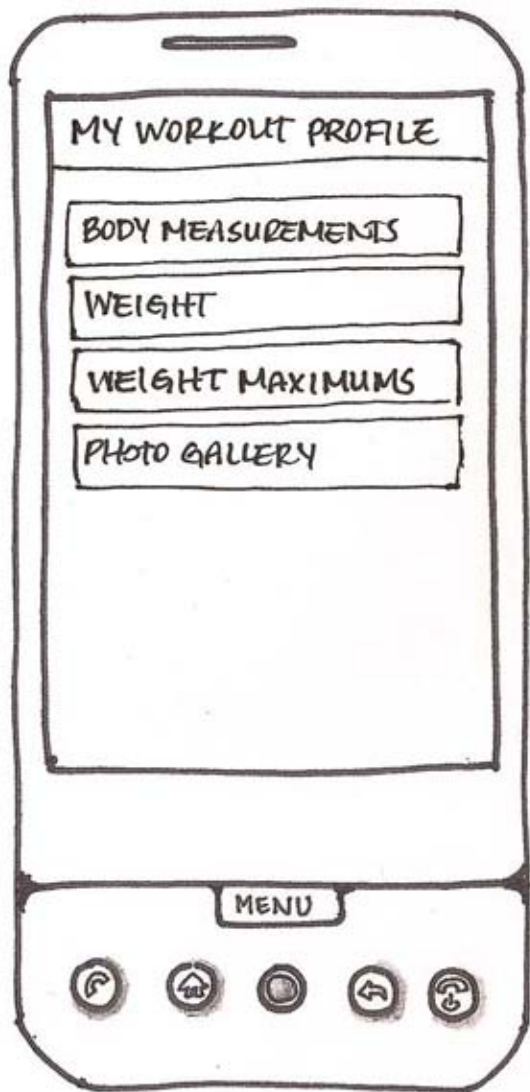
ENTER DATE

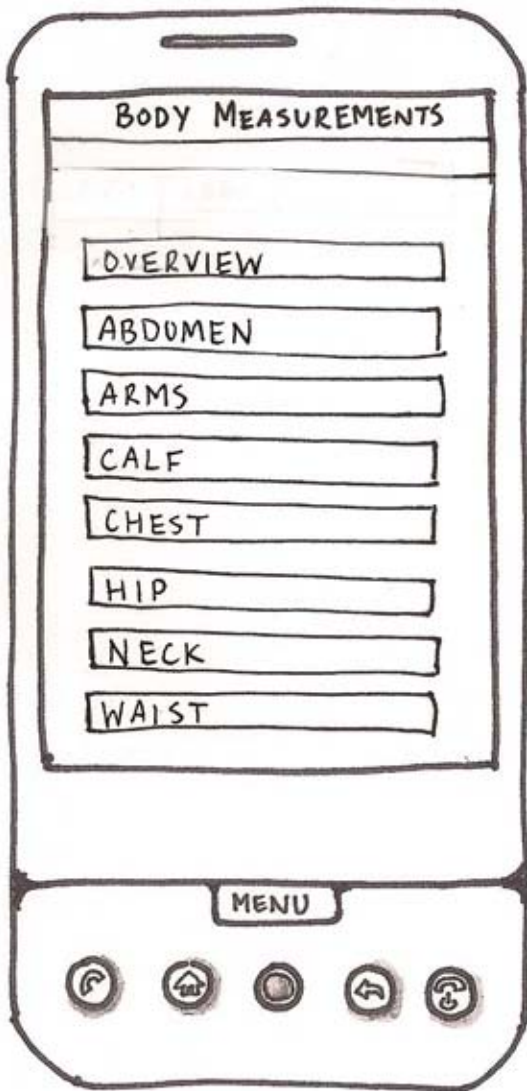
NOVEMBER	11	2007
DECEMBER	12	2008
JANUARY	13	2009
FEBRUARY	14	2010
MARCH	15	2011

SAVE

MENU







## BODY MEASUREMENTS

OVERVIEW

ABDOMEN

ARMS

CALF

CHEST

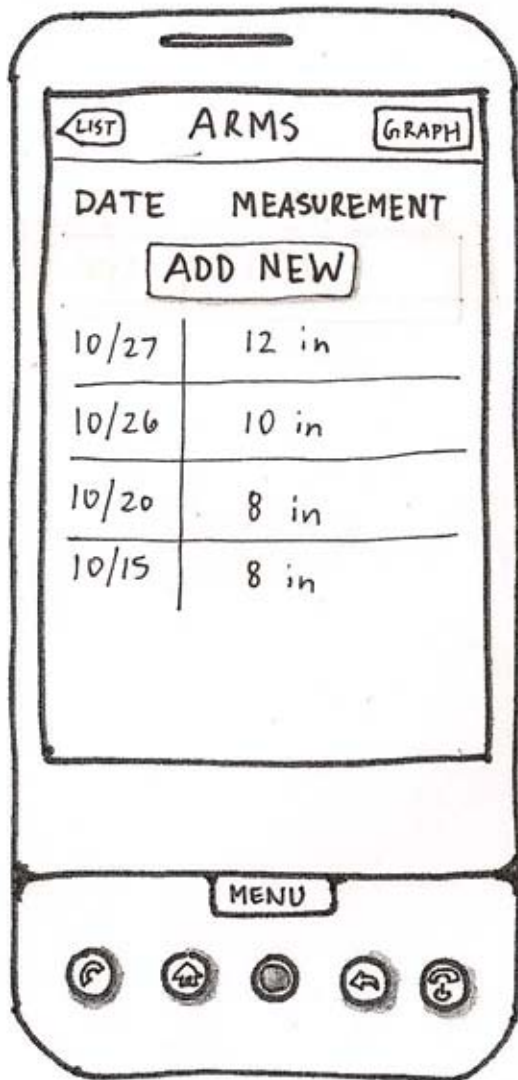
HIP

NECK

WAIST

MENU





# ARMS

ARM CIRCUMFERENCE

ENTER DATE

NOVEMBER	11	2007
DECEMBER	12	2008
JANVARY	13	2009
FEBRUARY	14	2010
MARCH	15	2011

SAVE

MENU



WEIGHT

LIST | LOG | GRAPH

DATE

WEIGHT

11/3/09

160.5 lb

10/31/09

160.0 lb

10/30/09

165.0 lb

10/15/09

166.0 lb

10/2/09

169.0

9/30/09

170.3

9/10/09

177.0

MENU



# WEIGHT

LIST

LOG

GRAPH

WEIGHT

16 | kg

0	4	9	9
1	5	0	0
2	6	1	1

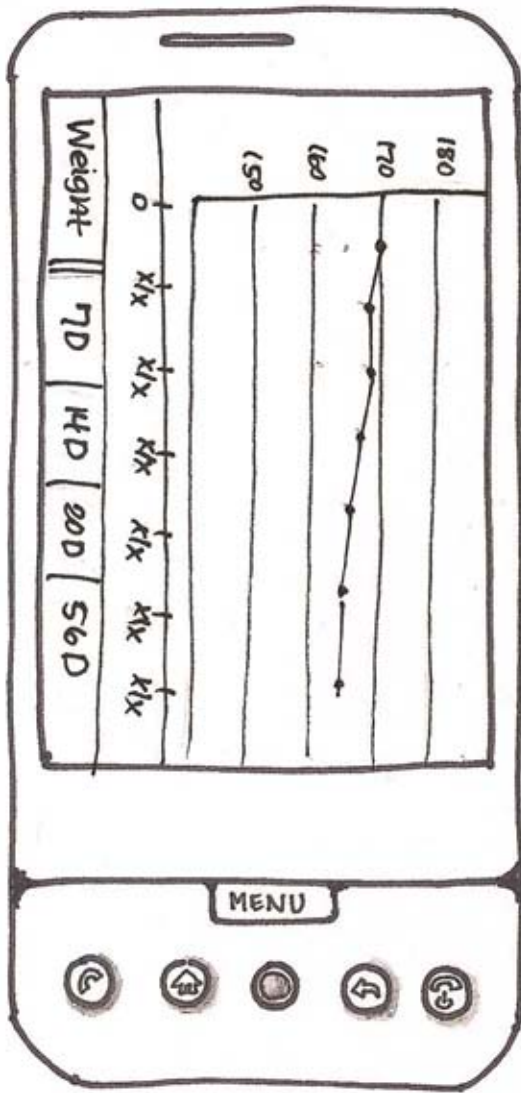
DATE

OCT	31	2008
NOV	01	2009
DEC	02	2010

SAVE

MENU

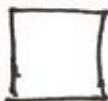




MENU



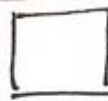
## WEIGHT MAXIMUMS



Bench Press  
150 lb



HINDU SQUATS  
100 lb

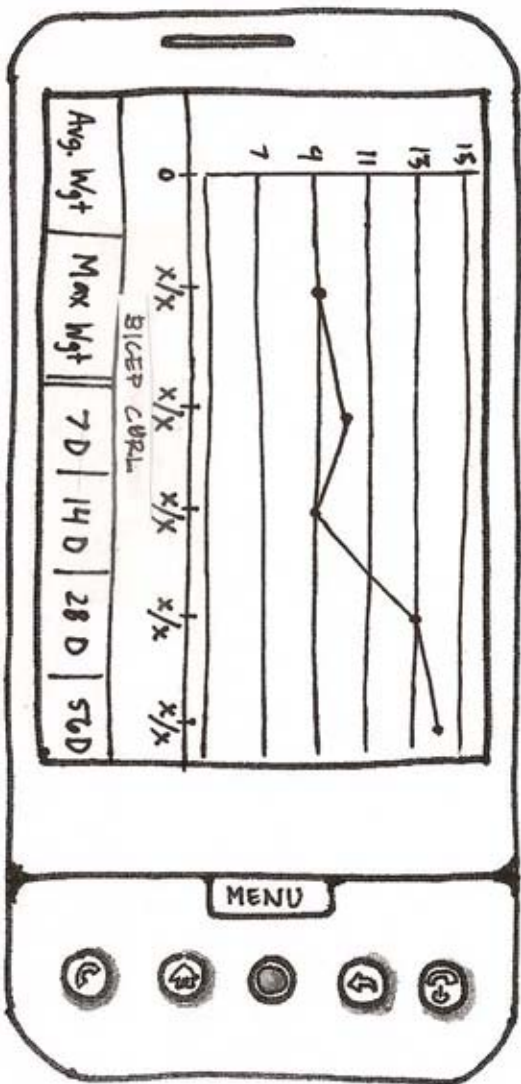


DEAD LIFT  
120 lb

— Navigates  
to individual  
exercise page

MENU



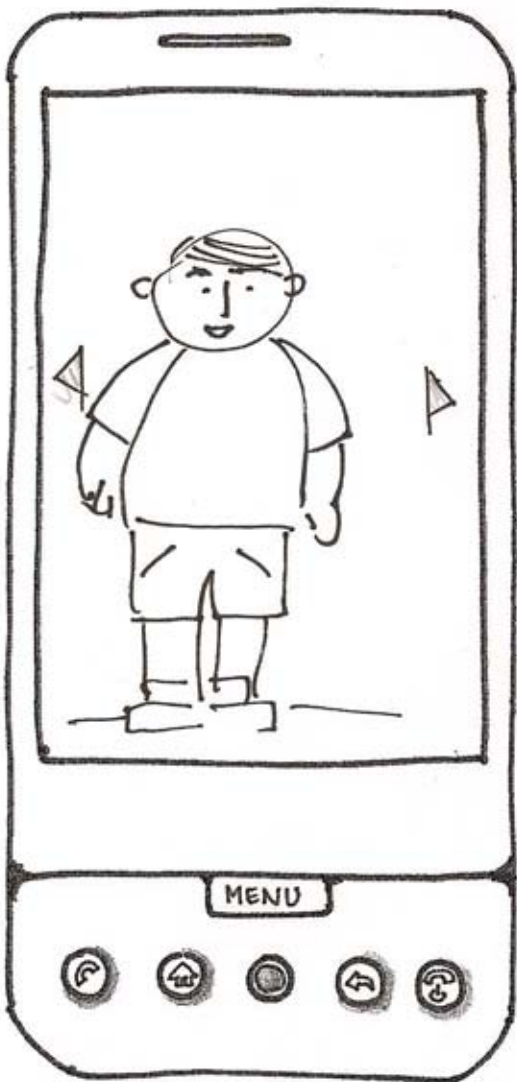


# PHOTO GALLERY



MENU







# Workout Log

TODAY



Bench Press

Set 1, 117.1 lbs for 2 reps

Set 2, 125.0 lbs for 3 reps



Bicep Curl

Set 1, 45.0 lbs for 7 reps

Set 2, 55.0 lbs for 10 reps

MENU

