

Dashboard Workouts section Community section Admin admin@getsmm.com

### Weight Recommendation from AI

Focus on maintaining form and gradually increasing weight while keeping reps consistent. Aim for strength gains with controlled progressive overload.

2025-03-22 2025-04-01

**Set 1** ↑ increase  
 WEIGHT: 85 kg REPS: 8  
*Previous best was 9 reps at 60 kg, increase weight to 85 kg for 8 reps.*

**Set 2** ↑ increase  
 WEIGHT: 95 kg REPS: 6  
*Previous best was 8 reps at 80 kg, increase to 95 kg for 6 reps.*

**Set 3** ↑ increase  
 WEIGHT: 100 kg REPS: 5

Close Regenerate

### Create Workout Plan - Step 1 of 3

Plan Name  
Enter plan name

Number of Workout Days  
1

Do you want the plan to be public?

Do you want to generate it by AI?

Do you want to use your profile data to generate the plan? (goals, experience, injuries, etc.)

Additional information  
Enter additional information for plan generation

Reset all data Generate Plan

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### Create Workout Plan - Step 2 of 3

Workout Days

Day 1

Workout 2

Exercises for Day 1

Barbell Squat

Deadlift

Add notes for this exercise...

Set 1 10 reps 60 sec

Set 2 9 reps 60 sec

Barbell Squat

Add notes for this exercise...

Set 1 10 reps 60 sec

Set 2 8 reps 60 sec

Reset all data Back Preview

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### Full Body Strength Split

Edit Delete this plan

#### Lower Body Power

3 exercises

- Barbell Squat**  
Legs Barbell Squat Rack  
Go below parallel. Maintain light core.  
Set 1: 5 (2m) Set 2: 5 (2m) Set 3: 5 (2m)
- Romanian Deadlift**  
Hamstrings Barbell  
Focus on stretch in hamstrings.  
Set 1: 8 (1m 30s) Set 2: 8 (1m 30s)
- Calf Raise**  
Calves Machine Dumbbells

Previous Current

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### Profile Information

Complete your profile to get personalized workout recommendations

- Basic Info
- Physical Stats
- Fitness Profile
- Preferences

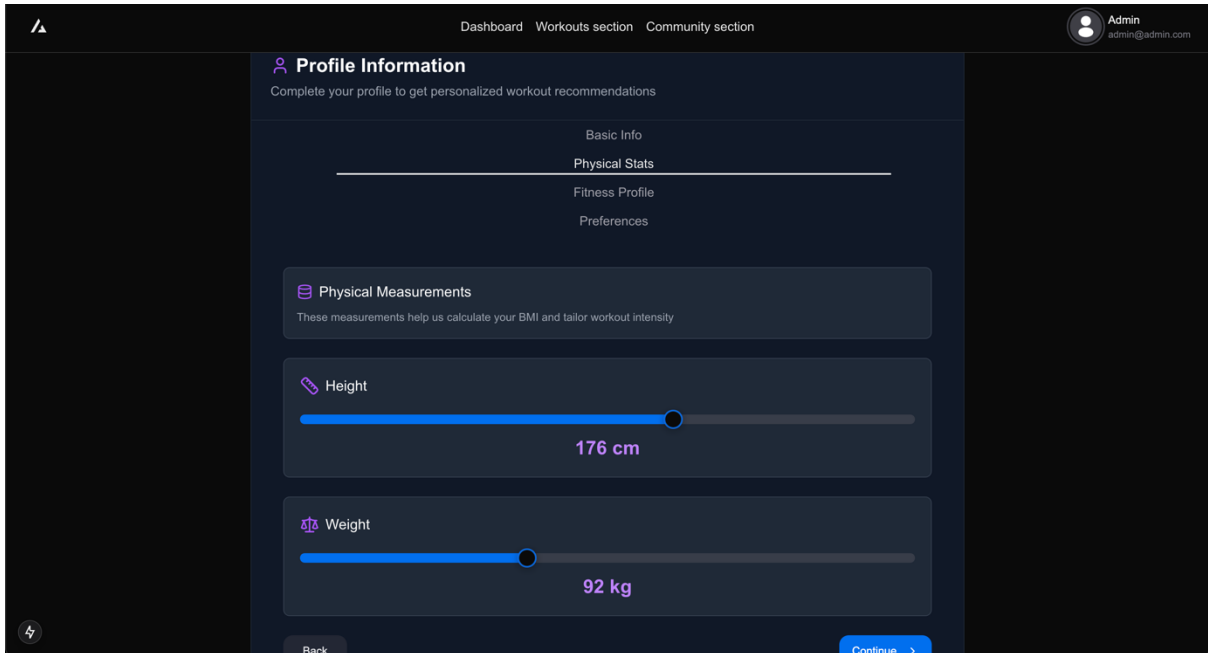
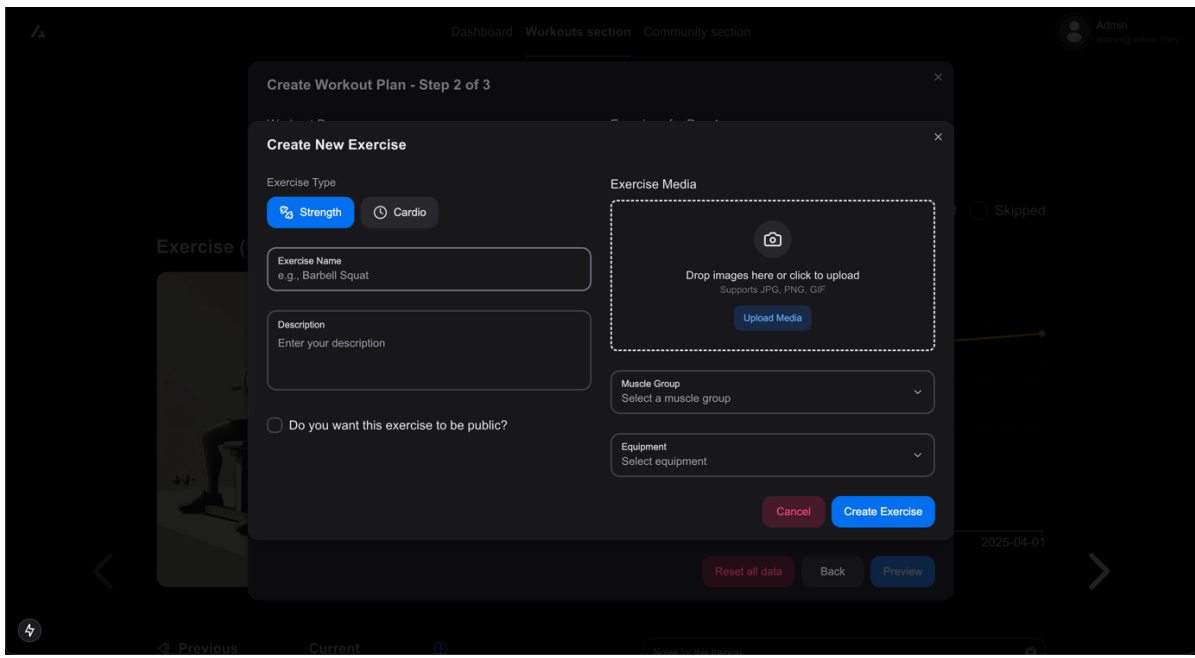
Upload

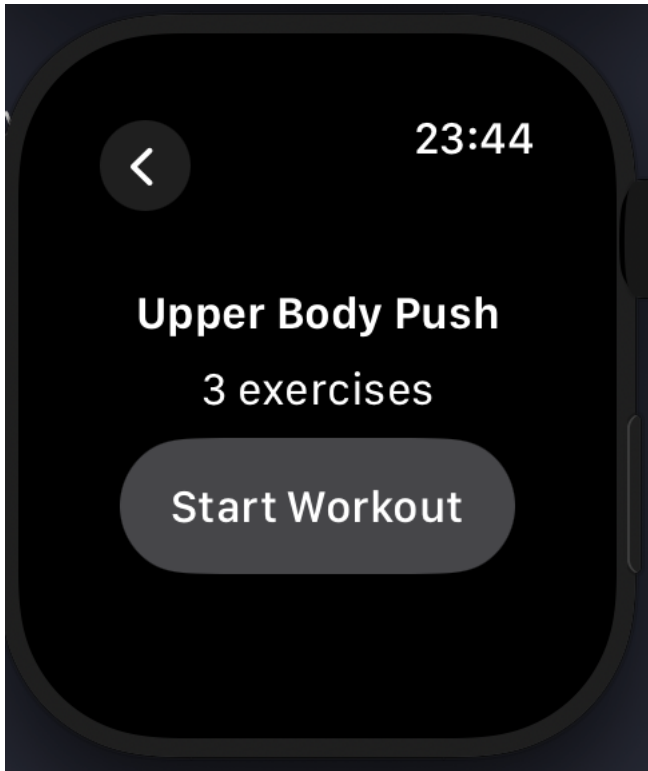
First Name: John Last Name: Doe

Date of Birth: 17/07/2002

Male  Female  Other

Continue





Day

🕒 23:44

**Bench Press**  
Exercise 1/3  
Set 1/3 • 6 reps  
59 bpm

**Complete**

a

🕒 23:44

**Rest: 117 sec**  
Up Next:  
Bench Press  
Set 2/3 • 6 reps

**Next Set**

