

**MGX
TECHNOLOGIES**

LOADING...

**PLEASE SELECT
EQUIPMENT**

BODYBLADE

FREE WEIGHT

**ATTACH SENSOR
STRAP NOW**

**ATTACH SENSOR
STRAP NOW**

**CLICK TO BEGIN
WORKOUT SESSION**

**CLICK TO BEGIN
WORKOUT SESSION**

SET # PROGRESS

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SET # PROGRESS

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**COOL DOWN
5..4..3..2..1**

**COOL DOWN
5..4..3..2..1**

**PLEASE SLOW DOWN
OR INCR. WEIGHT**

**PLEASE SLOW DOWN
OR INCR. WEIGHT**

**SESSION
TERMINATED**

**SESSION
TERMINATED**

NOTES:

1. SET # WILL KEEP TRACK OF THE CURRENT SET - PROGRAM WILL TERMINATE WORKOUT AFTER 3 COMPLETED SETS
2. SET PROGRESS WILL KEEP TRACK OF THE REPETITIONS IN THE CURRENT SET - A SET TERMINATED AFTER 8 REPETITIONS - 1 REPETITION IS ONE UP AND DOWN MOTION (2 BLOCKS ON SCREEN)
3. IF THE TIME BETWEEN REPETITIONS IS MORE THAN A CERTAIN AMOUNT OF TIME (I'M THINKING 2 SECONDS RIGHT NOW BUT THAT MIGHT BE TOO LONG FOR BODYBLADE) A NOTE WILL COME UP SAYING TO SLOW DOWN OR INCREASE WEIGHT.
4. A REST SESSION WILL BE ACTIVATED AFTER EACH SET.
5. I HAVE TEXTUAL PROOF FOR # OF REPETITIONS AND SETS