

Add Attributes

Attributes are the things that are affected by the variables of your Navitent. This Navitent will change your...

ADD SELECTED (0)

- Abdominal
- Abdominal (External Obliques)
- Abdominal (Internal Obliques)
- Abdominal (Rectus Abdominus)
- Abdominal (Transverse Abdominus)
- Arm
- Bicep
- Forearm
- Forearm (Wrist Extender)
- Forearm (Wrist Flexor)
- Lower Arm
- Tricep
- Upper Arm
- Glutes (Gluteus Minimus)
- Hamstring
- Hip (Gluteal Muscles)
- Hip Abductor
- Hip Adductor
- Inner Thigh
- Leg (Anterior Tibialis)
- Leg (Gastrocnemius)
- Leg (Soleus)
- Lower Leg
- Outer Thigh
- Quadricep
- Thigh
- Function
- Hypertrophy
- Maintenance
- Mass
- Max Weight
- Maximum
- Mental Health
- Metabolism
- Mobility
- Mood
- Motion
- Muscle
- Pain

CANCEL

ADD SELECTED (0)

ADD RELATED NAVITENTS

ADD NAVITENTS

Navitent Title

No Related Navitents Selected

[Add some](#)

ANALYTICS & FEEDBACK

ADD ENVIRONMENTS

ADD AN ASSESSMENT

SCIENCE

ADD VARIABLES

ADD ATTRIBUTES

ADD HYPOTHESIS

PUBLISHING OPTIONS Can be changed in your Navitent Settings

- Restricted** Other Trailblazers cannot add this to their Navitents.
- Unrestricted** Other Trailblazers cannot add this to their Navitents.
- Unpublished** Only available to those who have the link
- Publish** Publishes your Navitent and its elements to the Marketplace.

CANCEL

CONTINUE

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Examples

- Athletic Coach
- Lifestyle Coach

