🔔 Please be patient. A whole new experience is on the horizon...

🧭 **CREATE TRAIL**

🏛 SAVE & EXIT

CHOOSE KIND	CREATE TITLE	BUILD GOAL	ADD ELEMENTS	ASSEMBLE	ADD DETAILS	CUSTOMIZE	FINISH

〜 **ACTIVE TRAIL**   Your Trail Title Here

Zone ❓ | Open ⬍   **Duration** ❓ | [#] | Second(s) ⬍

MANAGE SETS

Order | 1 ⬍ |

Select Elements

— Select Element — ⬍

⊕ Add Element

Reps	**Target Intensity**	**Amount**	**Rest Amount**
[#]	N/A ⬍	[#]	[#]
		Amount Measure	**Rest Measure**
		N/A ⬍	N/A ⬍

Exercise Name/Instructions

Provide details on how this set can be accomplished.

⊕ Add Step

CANCEL

CONTINUE

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