



LAUNCH KIT

Your training, written down.

A workout log built for one gym, one
programme and one person. No
account, no signal, no app store.

PWA

Offline

No account

Free



THE PLAN

Your whole block, on one screen.

Three full-body days, eight weeks, and exactly where you are in it. Switch days along the top of the card.

Tuesday, September 15

Good evening, Nurriel

Day 1

Day 2

Day 3

Up next

Full Body B

8 exercises · 20 sets
15-20 min cardio

Start ▶

+



Phase 1 · Foundation

Week

Where you are

• Weight

109.5 kg

Target 80 kg

• BMI

33.7

Obesity

IN THE GYM

Machine taken? Do another.

Nothing is locked to a
weekday and nothing has to
be done in order. Tick them off
as the machines free up.

Day 1

Full Body A

Tap any exercise. Do them in whatever order the machines

☐

Warm-Up

Treadmill · 5-7 min · walking

☐

Leg Press

3 × 8-12 · 65 kg

☐

Machine Chest Press

3 × 8-12 · 27.5 kg · go up

☐

Lat Pulldown

3 × 8-12 · 45 kg

☐

DB Romanian Deadlift

3 × 8-12 · 20 kg each hand · go up

☐

DB Shoulder Press

2 × 10-12 · 10 kg each hand · go up

☐

Seated Row

2 × 10-12 · 45 kg · go up

☐

DB Bicep Curl

2 × 10-15 · 10 kg each hand · go up

EVERY EXERCISE

See the lift before you do it.

Forty-two looping drawings
and the official MATRIX video,
on the same screen as your
sets.

<

Day 1 · Full Body A
1 of 8

Motion of



Leg Press

3 × 8-12 reps

Quads

Glutes

Knees bend in, legs drive out. Never lock them hard at the top.

Official MATRIX



MATRIX
Leg Press

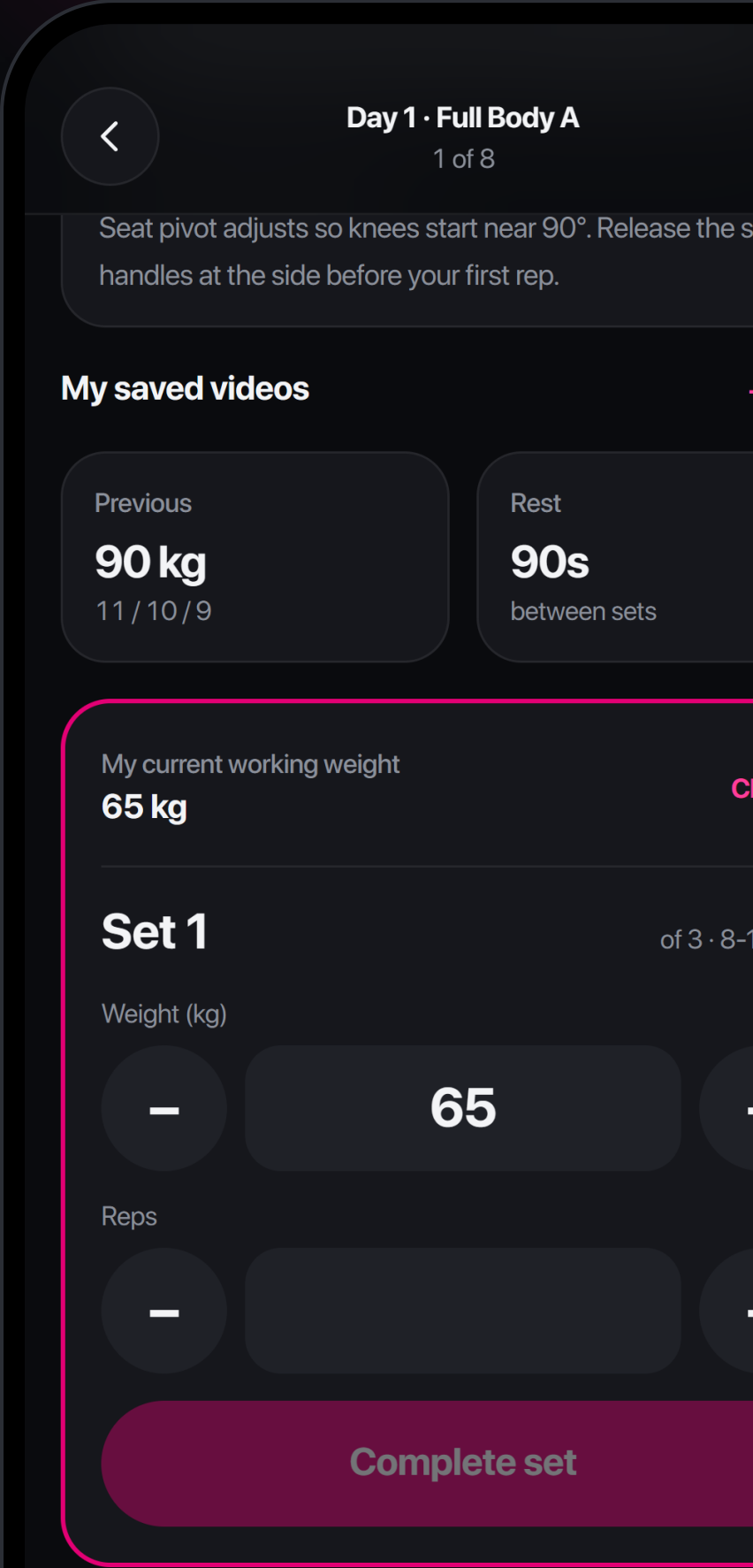
MATRIX machine notes

Seat pivot adjusts so knees start near 90°. Release the s

ONE RULE

It tells you when to go up.

Hit the top of the rep range on every set and the next session says go heavier. It suggests; you decide.



Picking the weight

THE NUMBERS

Weight, waist, and the trend.

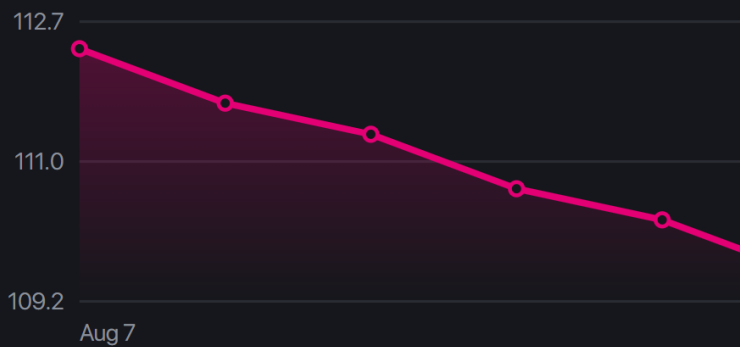
One chart, three measures, and your target on the same axis so the gap is never a guess.

Progress

- Weight
- Waist
- BMI

109.5 kg

↓ 2.9 kg since Aug 7



29.5 kg to your target

BMI

NHLB



33.7

Obesity

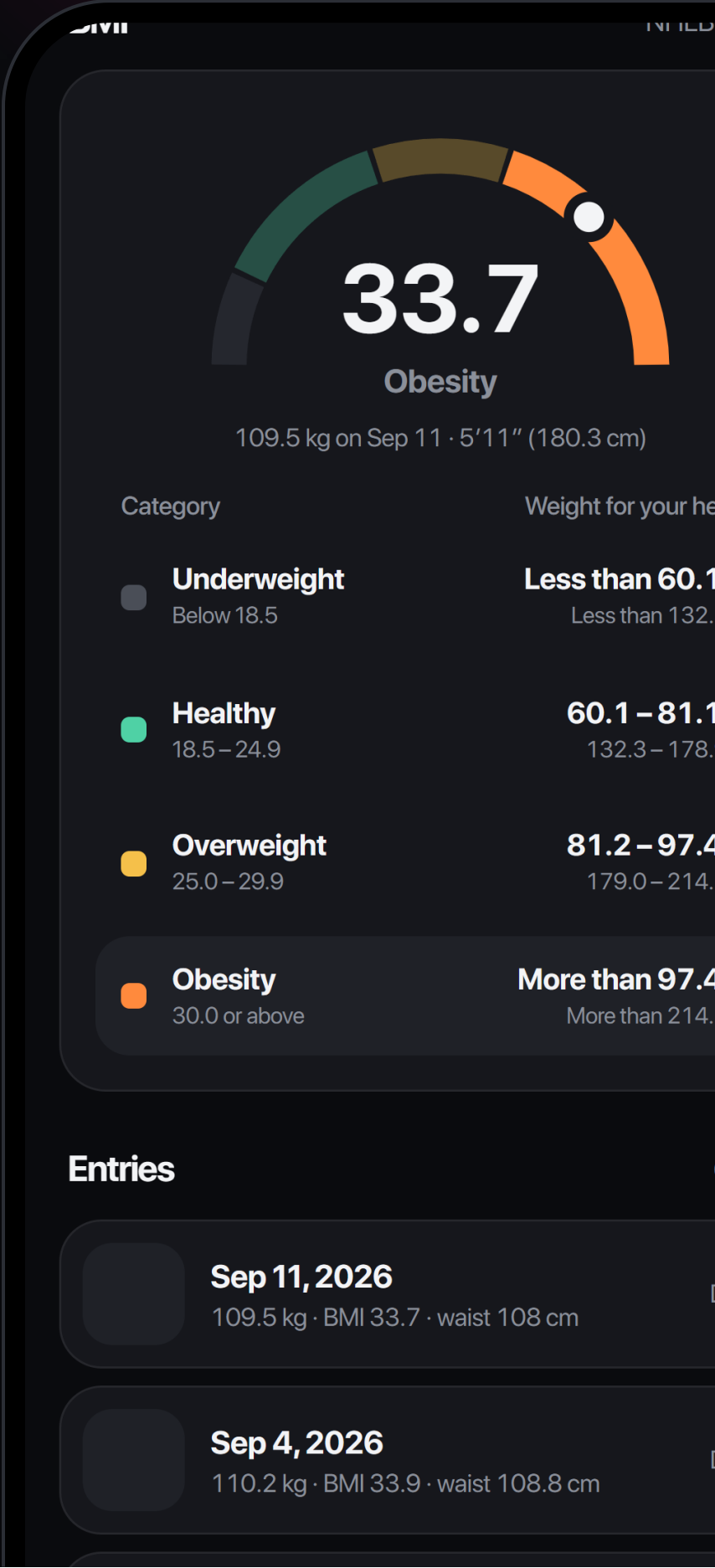
109.5 kg on Sep 11 · 5'11" (180.3 cm)

Category

Weight for your he

BMI, worked out like NHLBI does.

The same arithmetic as the NIH calculator, with the weight range for your height in kg and lbs.



THE RECORD

Every session, every set, kept.

Sixteen workouts, 330 sets,
89% adherence — and any
one of them opened to the last
rep.

History

16

workouts

330

sets

89%

adherence

Wed	Thu	Fri	Sat	Sun	Mon
9	10	11	12	13	14
●		●		●	

All workouts



Full Body A

Sun, Sep 13 · 20 sets · 74 min

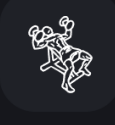
good



Full Body C

Fri, Sep 11 · 22 sets · 71 min

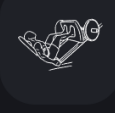
hard



Full Body B

Wed, Sep 9 · 20 sets · 68 min

good



Full Body A

Sun, Sep 6 · 20 sets · 65 min

easy

PHASE TWO

Three ways to get the next block.

The app writes it from your log offline, or ChatGPT writes it and you paste it back. Only the photo route needs a key.

< **Build a phase**

Three ways to get the next phase. The first needs nothing, the others are there when you want a second opinion or to have a plan written down.

Option 1 · no internet needed

Let the app write it

Reads your finished sessions and applies the rules a coach would: keep what is going up, change the reps where it slows down, swap what you cannot get to, walk a little longer. Works on any log, no account.

Generate the next phase

Option 2 · your own AI

Ask ChatGPT, bring the answer back

Step 1 · copy your results

Copy my results for GPT

Step 2 · paste what it writes back

Paste the plan here. \n\nJSON is read straight away. Plain text needs an API key.

PRIVATE

It never leaves your phone.

No account, no server, no analytics. Progress photos stay at full resolution on the device, and back up to a file you hold.

Settings

Profile

Name

Nurriel

Target weight (kg)

—

80

Height

5

ft

11

in

18

Workout days

Sun

Mon

Tue

Wed

Thu

Fri

During a workout

Sound when rest finishes. Tap one to hear it.

Beep

Two short tones

Chime

Soft rising three-note



INSTALL

Add to Home Screen. Done.

It is a web app: open the link in Safari,
add it, and it runs full screen and
offline like any other icon.

PWA

Offline

No account

Free

