

LIFTSTRONG

Lift Free. Lift Strong.

User Guide

Complete Feature Reference & Getting Started Guide

Version 1.0.0 | April 2026

iOS & Android

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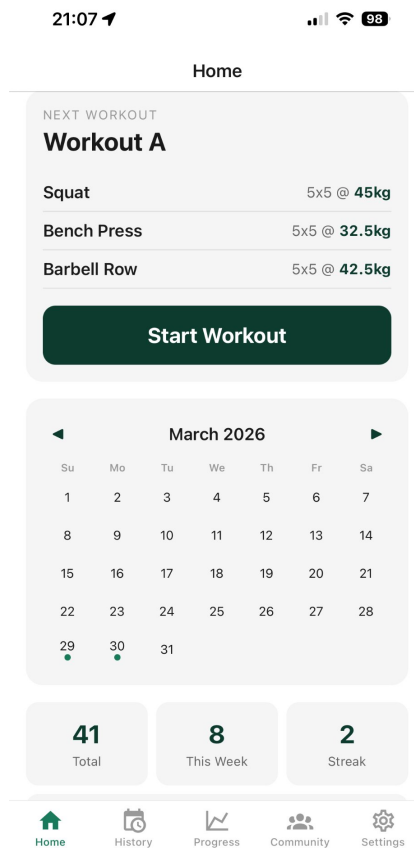
9. FAQ & Troubleshooting

1. Getting Started

Welcome to LiftStrong

LiftStrong is a free barbell workout tracker built around the proven 5x5 programme. It handles everything for you: which exercises to do, how much weight to lift, when to increase the weight, and when to deload. All you have to do is show up and lift.

The app is designed for beginners and intermediate lifters who want to build strength with a simple, structured approach. No subscription required. No hidden paywalls on core features. Available on both iOS and Android.



Home screen: next workout card with exercises and weights, calendar with workout dots, and training stats

Onboarding

When you first open LiftStrong, a quick onboarding process personalises your experience:

- **Experience level** — Beginner, Intermediate, or Advanced (determines starting weights)
- **Unit preference** — Kilograms (kg) or Pounds (lb)

- **Available equipment** — Bar weight and which plates you have
- **Training schedule** — How many days per week you plan to train

Tip: *You don't need an account to use the core workout features. Registration is only needed for community features like buddies and leaderboards.*

2. The 5x5 Programme

How It Works

The 5x5 programme is one of the most proven strength training methods, dating back to the 1960s. Perform 5 sets of 5 reps of compound barbell exercises, three times per week. Each session, add a small amount of weight. Over weeks and months, this consistent progressive overload builds serious strength.

Workout A	Sets x Reps
Squat	5 x 5
Bench Press	5 x 5
Barbell Row	5 x 5

Workout B	Sets x Reps
Squat	5 x 5
Overhead Press	5 x 5
Deadlift	1 x 5

You alternate between the two workouts each session. The app handles this automatically.

Progressive Overload & Deload

After each successful workout, LiftStrong automatically increases the weight: +2.5kg for upper body exercises, +5kg for deadlift. If you fail to complete all reps three times in a row for the same exercise, the weight drops by 10% (configurable). This deload gives your body time to recover before building back up.

Tip: Deadlift is only 1 set of 5 reps because it is the most taxing exercise. Squat appears in both workouts as the foundation of the programme.

3. Training with LiftStrong

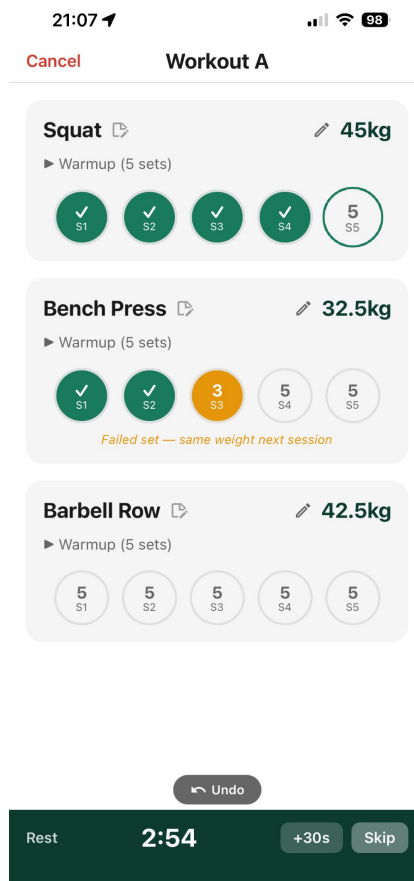
Starting a Workout

Open the app to see your next workout on the Home screen. Tap the green 'Start Workout' button to begin.

Logging Sets

During a workout, you see circular buttons for each set:

- **Tap a circle** to mark a set complete (5/5 reps). It turns green with a checkmark.
- **Long-press** to enter partial reps (e.g., 3/5). This records a failed set shown in amber.
- **The next set pulses** with a gentle animation to show which set to do next.
- **Undo** reverts the last logged set if you make a mistake.



Active workout: Squat complete (4 sets done, S5 pulsing), Bench Press with a failed set (3 reps in amber), rest timer at 2:54

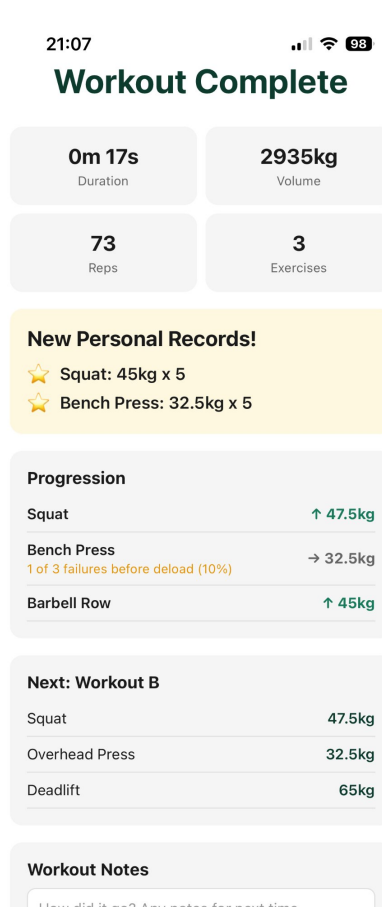
Rest Timer & Overtime Counter

After logging a set, a rest timer counts down (default: 3 minutes). When it reaches zero, the app beeps and vibrates, then switches to counting UP in red to show how long past rest. The timer resets automatically when you log the next set. It continues running even when the app is in the background.

Warmup & Plate Calculators

The warmup calculator generates progressive warmup sets. The plate calculator shows exactly which plates to load on each side of the bar based on your available equipment.

Completing a Workout



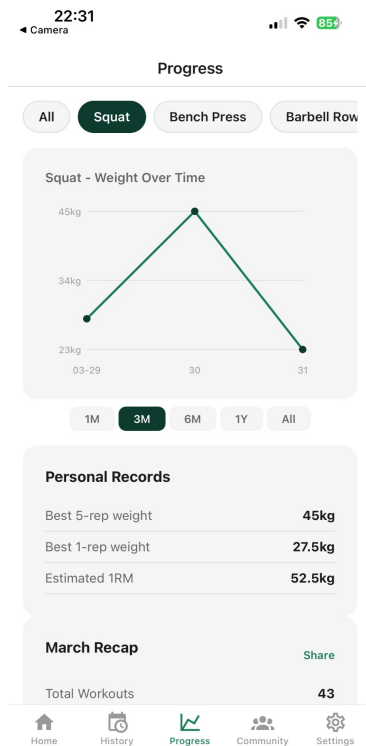
Workout summary: 2,935kg volume, 73 reps, 2 new PRs highlighted in yellow, progression showing Squat increasing and Bench staying due to failed set

The summary shows duration, volume, reps, personal records (highlighted in yellow), weight progression for next session, your next workout preview, and a notes field. Tap Share to send your results to friends.

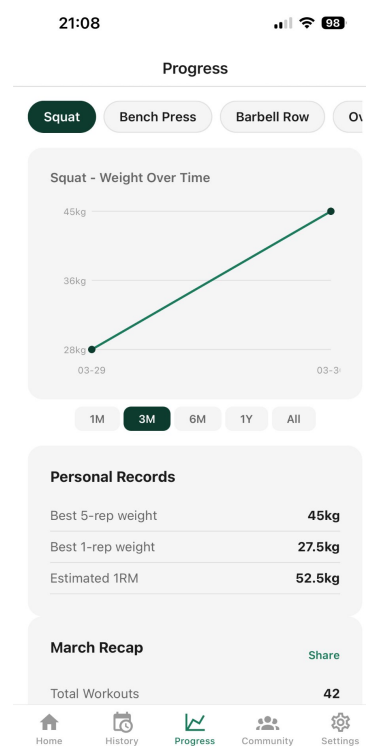
4. Tracking Your Progress

Progress Charts

The Progress tab shows line charts for each exercise, plotting your working weight over time. An 'All' option shows all exercises on one chart with colour-coded lines. Tap any data point to see the exact weight and date in a tooltip. Time range filters (1M, 3M, 6M, 1Y, All) let you zoom in or out.



Squat progression with All tab visible, PRs, and March Recap



Bench Press chart with 0.5kg precision on y-axis

Personal Records & Estimated 1RM

Below each chart, the app shows your best 5-rep weight, best 1-rep weight, and estimated 1RM calculated from your working sets using the Epley formula. PRs are celebrated with badges during workouts.

Bodyweight Tracking

Tap the scale icon on the Home screen to quickly log bodyweight. The Progress screen includes a 'Body' tab showing your weight over time with current, highest, lowest, and

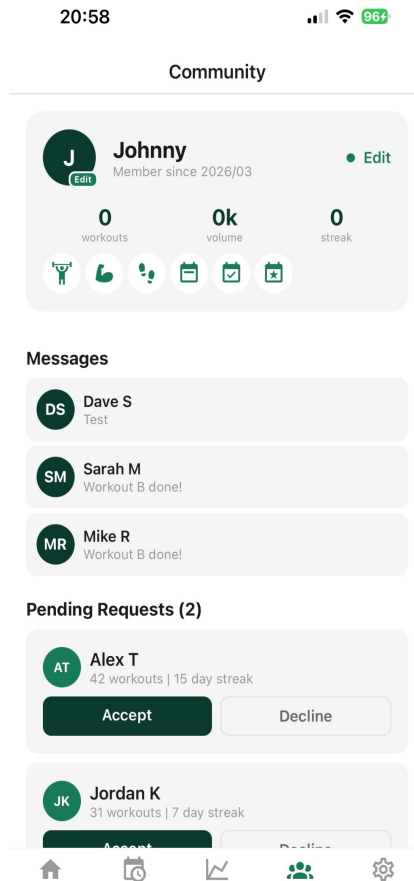
30-day change stats. Bodyweight is also synced to Apple Health (iOS) or Health Connect (Android) if enabled.

Monthly Recap

At the bottom of the Progress screen, a shareable monthly recap shows total workouts, volume, PRs, and comparison to the previous month.

5. Community Features

Community features are free and accessible through the Community tab. Create an account to unlock buddies, leaderboards, challenges, chat, and more.



Community tab: profile card with stats and earned badge chips, buddy messages, and pending buddy requests

Buddy System

Pair up with up to 5 training buddies for accountability:

- **Add a buddy** via invite link, search by username or email, or QR code at the gym
- **Dashboard** shows each buddy's last workout, streak, and weekly volume
- **Compare** side-by-side progression charts vs your buddy
- **Nudge** inactive buddies (3+ days) with a motivational message
- **Chat** with text messages, workout shares, and PR shares
- **Remove** via the three-dot menu on any buddy card

Leaderboards

Rank users by cumulative volume, weekly volume, or streak. Filter globally or by buddies only. Top 3 get gold, silver, and bronze badges. Your position is always highlighted.

Challenges & Badges

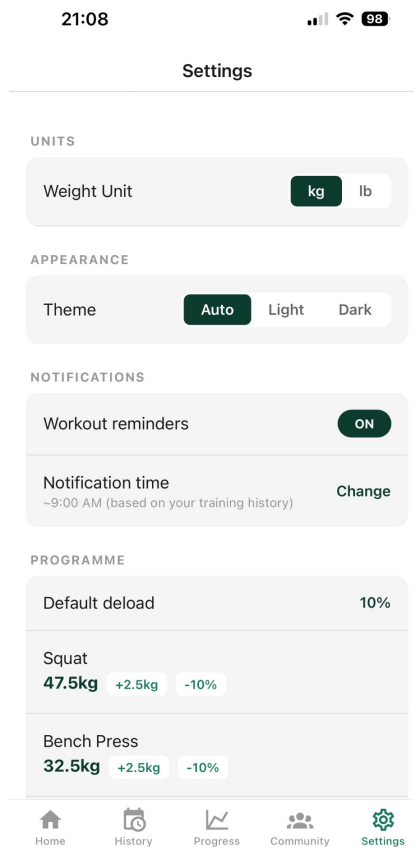
Official monthly challenges with Bronze/Silver/Gold tiers, buddy head-to-head competitions, and 23 achievement badges across volume, consistency, strength, and social categories. Earned badges appear as tappable chips on your profile — tap to see the name and description.

Category	Examples
Volume	Iron Initiate (1,000kg), Steel Worker (10,000kg), Million Pound Club
Consistency	First Step, Week Warrior, 30/90/365-day streaks
Strength	Plate Club (60kg bench), Two Plate Club (100kg squat), 1000lb Club
Social	Buddy Up, Full Squad, Motivator (10 nudges)

Activity Feed

The Community tab includes a feed showing workout posts, PRs, badges earned, and challenges completed by your buddies. React with fist bump, fire, star, or trophy.

6. Settings & Customisation



Settings: units, account, theme with Auto/Light/Dark toggle, smart notification timing, and per-exercise programme config

- **Weight Unit** — Switch between kg and lb. All weights update throughout the app.
- **Account** — Sign out, view signed-in email, delete account.
- **Theme** — Auto (follows device), Light, or Dark mode. Dark mode uses a dark background with bright text for gym use.
- **Smart Notifications** — Learns your training schedule and sends reminders 1 hour before your typical training time. Content adapts: on-schedule prompts, gentle missed-day reminders, or re-engagement messages.
- **Default Deload** — 10% by default, configurable per exercise.
- **Per-Exercise Config** — Current weight, increment (+2.5kg), and deload % for each exercise.
- **Language** — English, Spanish, Portuguese, German, French.
- **Data Export** — Export all workout data as CSV.

7. Health Integration

LiftStrong integrates with your device's health platform to keep all your fitness data in one place:

- **Apple Health (iOS)** — Workouts and bodyweight automatically sync to Apple Health when enabled
- **Health Connect (Android)** — Same functionality using Google's Health Connect platform

What gets synced:

- **Workouts** — Saved as Traditional Strength Training with duration and estimated calories
- **Bodyweight** — Written to Health when logged via the scale icon
- **Read bodyweight** — If you log weight in another app, LiftStrong can read it as a suggestion

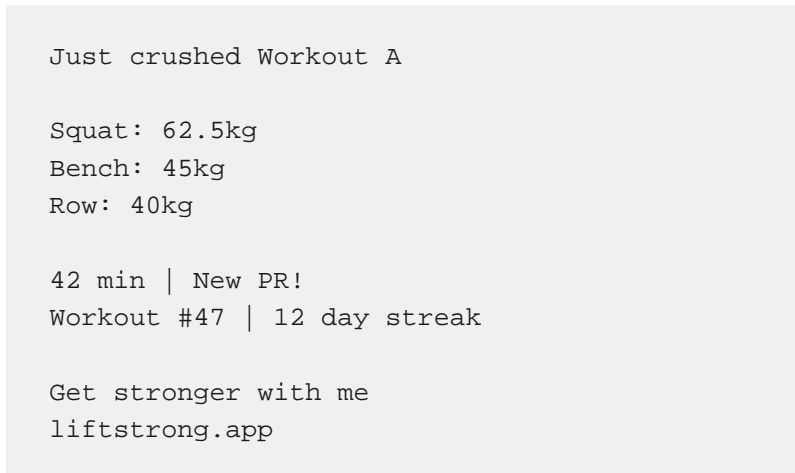
To enable: go to Settings, scroll to the Health section, and toggle on 'Sync to Apple Health' (iOS) or 'Sync to Health Connect' (Android). You'll be prompted to grant health permissions the first time.

***Tip:** Health integration is completely optional. The app works perfectly without it. If you deny permissions, the app continues normally — it never crashes due to health integration issues.*

8. Sharing & Social

Post-Workout Share

After completing a workout, tap Share to generate a social-friendly summary:



This opens the system share sheet for WhatsApp, iMessage, Instagram, etc. Includes your streak and a link to LiftStrong for viral growth.

Invite a Friend

In Settings, tap Invite a Friend to share a download link. Friends who install via your link can pair as buddies automatically.

Tell Your Buddies

After a workout, tap any buddy avatar to send them your workout directly in chat.

9. FAQ & Troubleshooting

Q: Do I need an account?

No. Core workout tracking works without an account. Only community features require sign-up.

Q: Is LiftStrong really free?

Yes. The core tracker, progression engine, rest timer, charts, dark mode, health integration, and all 5 languages are free.

Q: What happens if I miss a workout?

Nothing negative. The app adapts to your schedule. Weights stay the same until your next session.

Q: How does the deload work?

If you fail 3 times in a row for the same exercise, weight drops by 10%. Configurable in Settings.

Q: Can I use pounds instead of kilograms?

Yes. Change the unit in Settings. All weights display in your chosen unit.

Q: Does it work with Apple Health?

Yes. Enable in Settings to sync workouts and bodyweight. Also works with Health Connect on Android.

Q: How do I back up my data?

With an account, workouts sync to the cloud automatically. You can also export as CSV.

Q: What if the app crashes during a workout?

Progress is saved after every set. Your workout will be recovered when you reopen.

Q: Can I search for buddies?

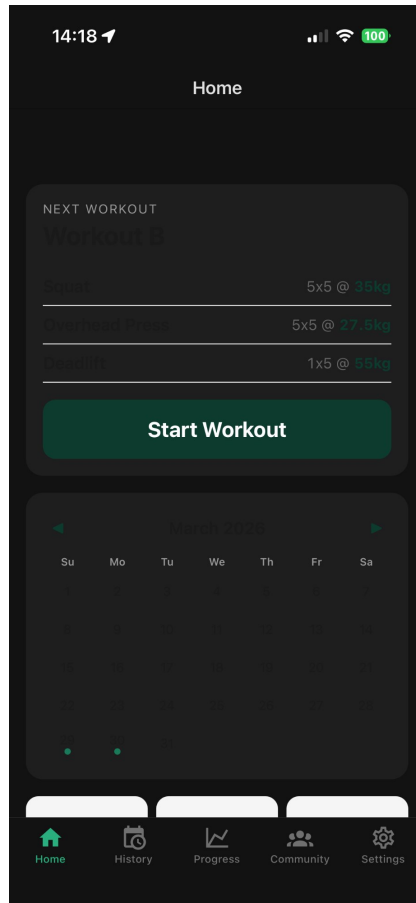
Yes. Search by username or email address in the Add Buddy screen.

Q: I found a bug. How do I report it?

Go to Settings and tap Feedback to describe the issue.

Dark Mode

LiftStrong includes a full dark mode optimised for gym use, with bright text on dark backgrounds across every screen:



Dark mode: Home screen with bright green weight values, white text, and visible calendar

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