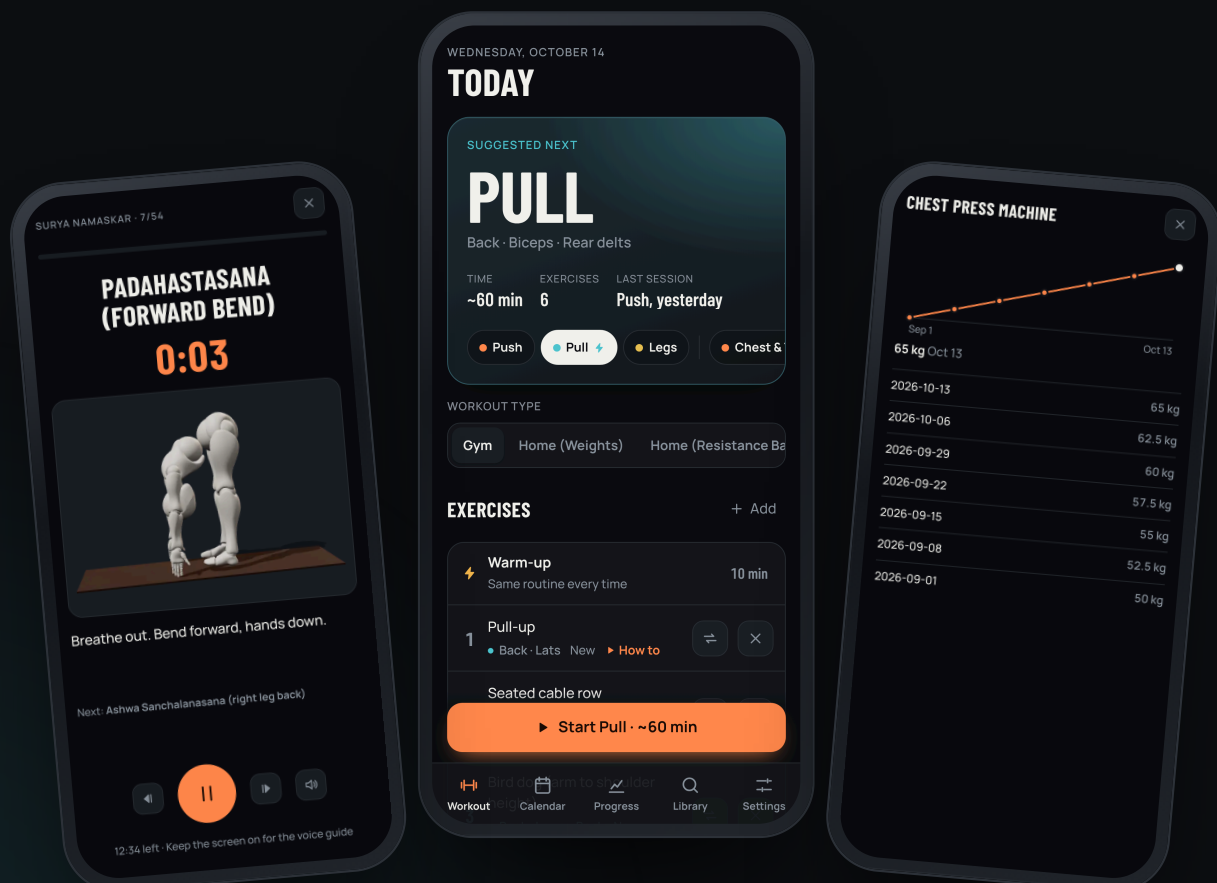




THE SIMPLE WORKOUT APP

REMEMBER EVERY LIFT. TRAIN SMARTER.

Gym, home, yoga and HIIT in one clean app. Forge plans your next workout, remembers every set, and shows your progress.



WHY FORGE

ONE APP. EVERY WAY YOU TRAIN.

Most fitness apps are crowded. Forge is built around one idea: keep it simple. Open it, see today's workout, log it in seconds, and watch yourself get stronger.

Plans your workout

A balanced next session every time, sized to the time you have.

Teaches every move

257 exercises with steps, demo photos and safety tips.

Shows real progress

Personal bests, charts, weekly sets per muscle and body tracking.

Remembers every lift

Last week's numbers on screen, with a tip on when to add weight.

Guides yoga and HIIT

Follow-along classes with a natural voice in English or Malayalam.

Fits your life

Gym, home, outdoor, yoga, HIIT and more. Shoulder-safe mode included.

WHO IT'S FOR

Beginners who want a clear plan · Regular gym-goers who want to track progress · People training at home with little equipment · Anyone who wants guided yoga or quick HIIT · People working around a shoulder injury.

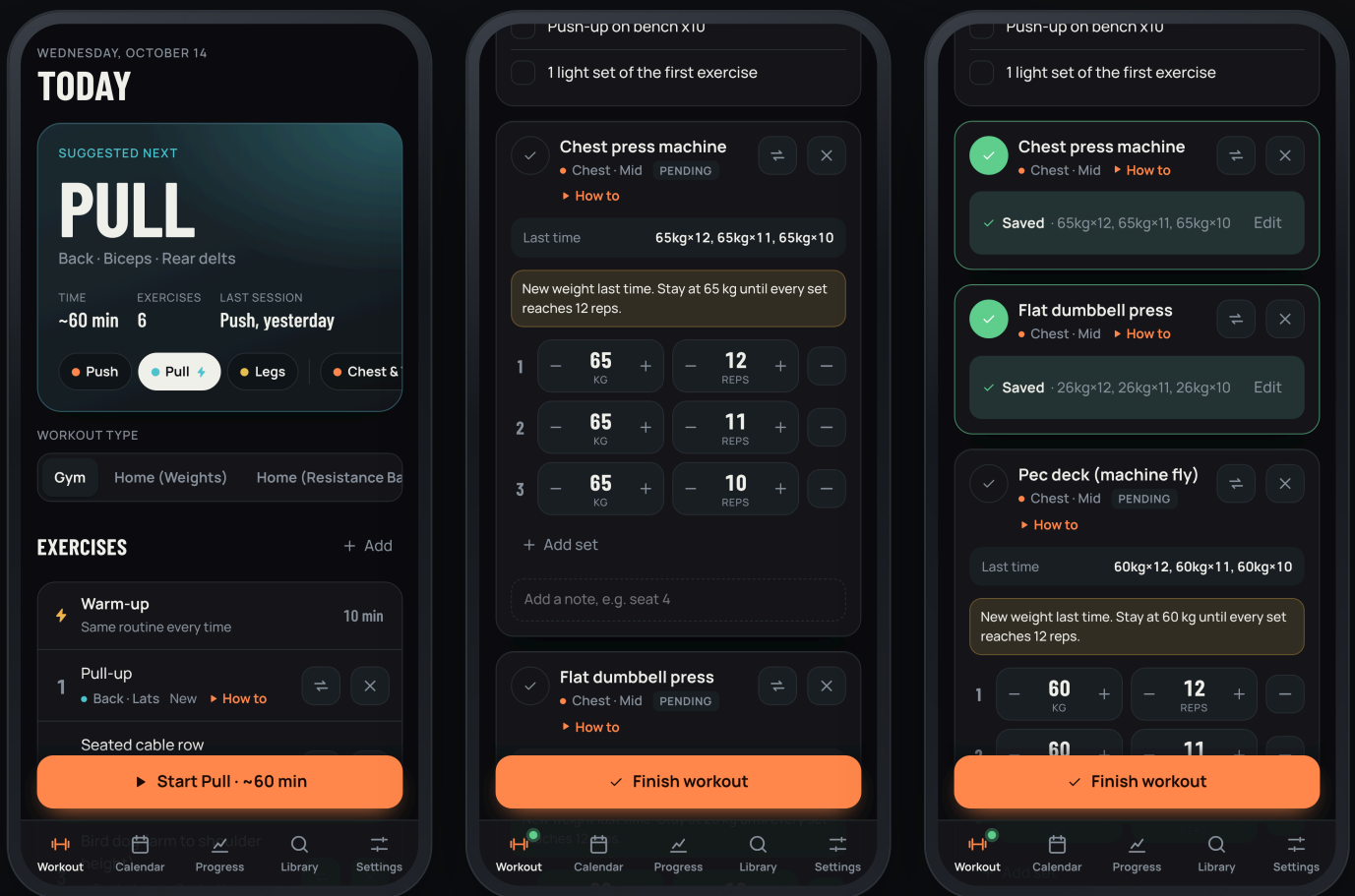
WORKS EVERYWHERE

Forge runs in the phone's browser and can be added to the home screen like an app. No app store needed. Sign in for online backup, or use it on one phone.

SMART SUGGESTIONS · FAST LOGGING

KNOW WHAT TO TRAIN. BEAT LAST WEEK.

Forge plans the session for you and remembers every number, so each workout starts where the last one left off.



Next workout, suggested

Push, pull, legs, upper/lower or full body, rotated so every muscle and its sub-areas get trained.

Last time, on screen

Last session's weight and reps sit above every exercise. Logging is a few taps with + and -.

Tick to save

Each exercise folds away with one tick. A rest timer starts on its own.

Sized to your time

Workout time is worked out from the moves you pick. Choose 3+2, 3+2+1 or a full session.

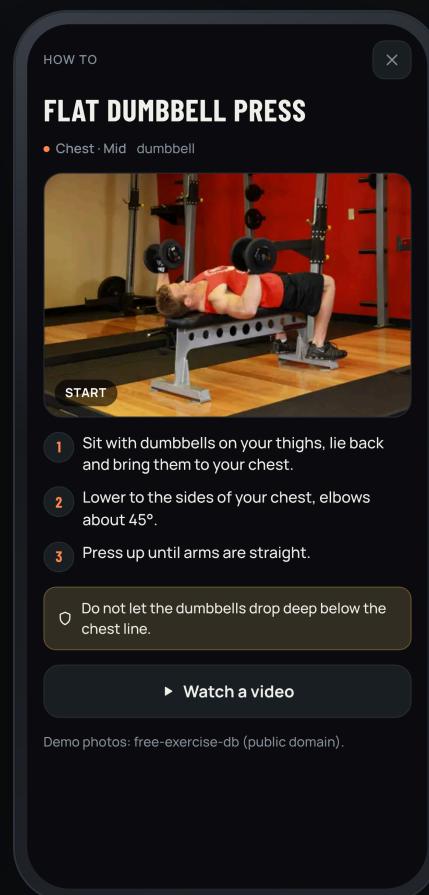
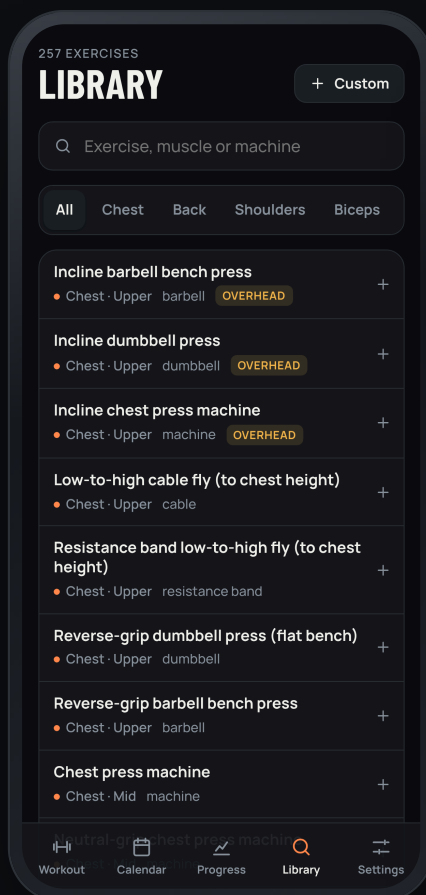
Knows when to add weight

Double progression built in: when every set hits 12 reps, Forge tells you to go up.

EXERCISE LIBRARY

257 EXERCISES, EVERY ONE EXPLAINED.

From cable machines to bodyweight moves, every exercise has a clear how-to so nobody has to guess.



Search anything

Find moves by name, muscle or machine, with filters for each muscle group.

Swap in one tap

Machine taken? Swap for another that trains the same area.

Shoulder-safe mode

Turn on "Avoid overhead" and moves above shoulder height are left out for you.

How-to for every move

Simple numbered steps, start and end demo photos, a safety tip and a video link.

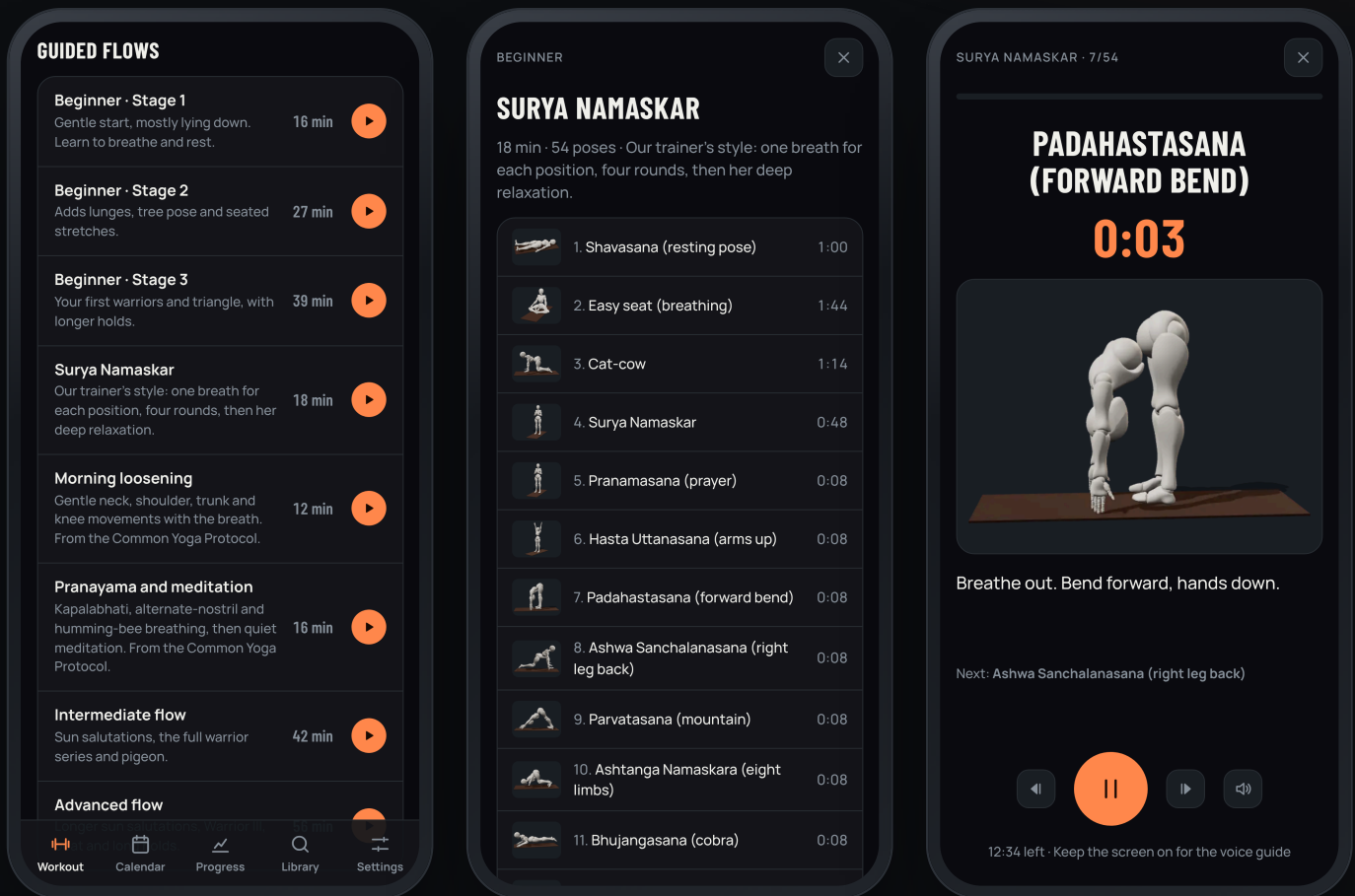
Add your own

Create custom exercises when your gym has something special.

GUIDED YOGA

YOGA WITH A CALM VOICE GUIDE.

Follow-along yoga classes that talk you through every pose and breath, at a slow and clear pace.



Beginner to advanced

Three beginner stages, intermediate and advanced flows, Surya Namaskar, morning loosening, and pranayama with meditation.

See every pose

A clear 3D figure for each pose, with a "next pose" preview before each change.

Works offline

Voice clips are saved on the phone after the first play.

Spoken guide

Natural voice in English (warm, soft or British) or Malayalam, with Malayalam text on screen too.

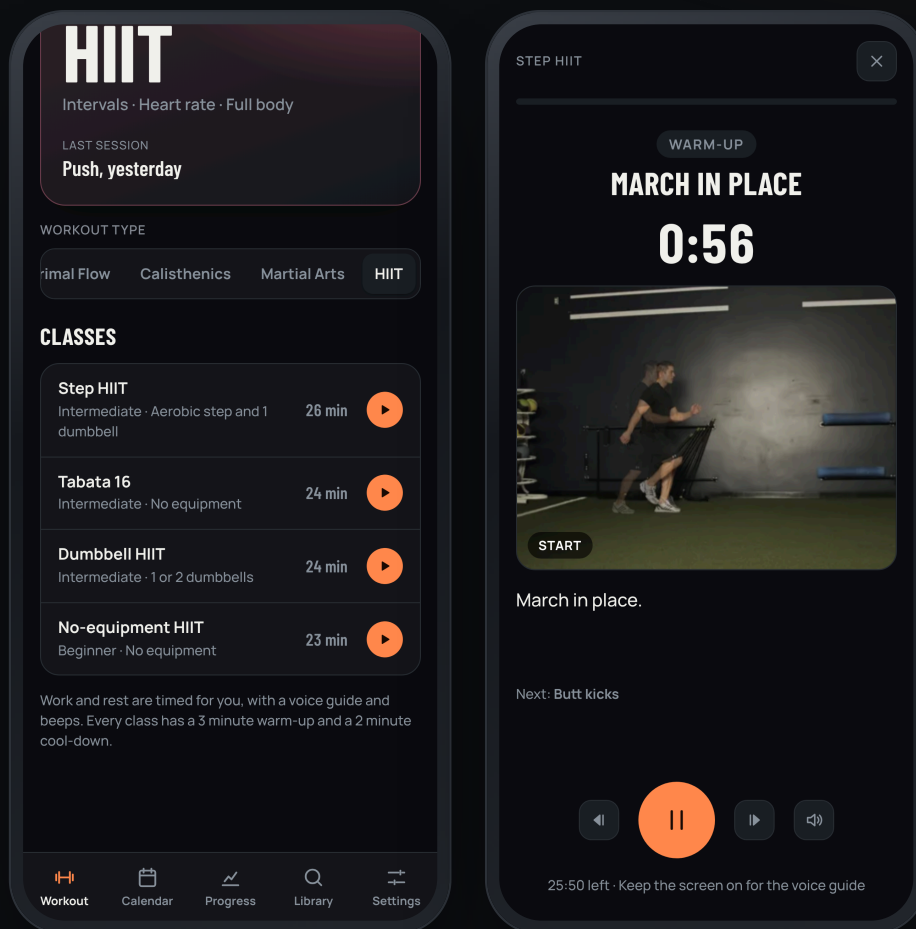
Build your own flow

Pick poses and hold times to make a personal routine.

HIIT AND MORE

FOLLOW-ALONG HIIT, AND EVERY WAY YOU TRAIN.

Short on time? Press play on a HIIT class. Training at home or outdoors? Forge has a workout for that too.



4 HIIT classes

Step HIIT, Tabata 16, Dumbbell HIIT and No-equipment HIIT, each with warm-up and cool-down.

9 workout types

Gym, home with weights, home with resistance bands, outdoor, yoga, primal flow, calisthenics, martial arts and HIIT.

Timed for you

Work and rest timer, 3-2-1 beeps, voice cues and real demo photos for each move.

Home equipment aware

Tick what you own (bench, chair, pull-up bar...) and home workouts only use that.

CALENDAR · PROGRESS

SEE EVERY SESSION. WATCH STRENGTH CLIMB.

Every workout is kept, and Forge turns it into progress you can see.



Calendar

Each day shows what you trained, with every set. "Do this again" repeats a favourite workout.

Weekly sets per muscle

See which muscles you trained this week and aim for 10 to 20 hard sets each.

Body tracking

Log body weight and measurements and watch the trend.

Personal bests

New bests are flagged, and every exercise has its own strength chart.

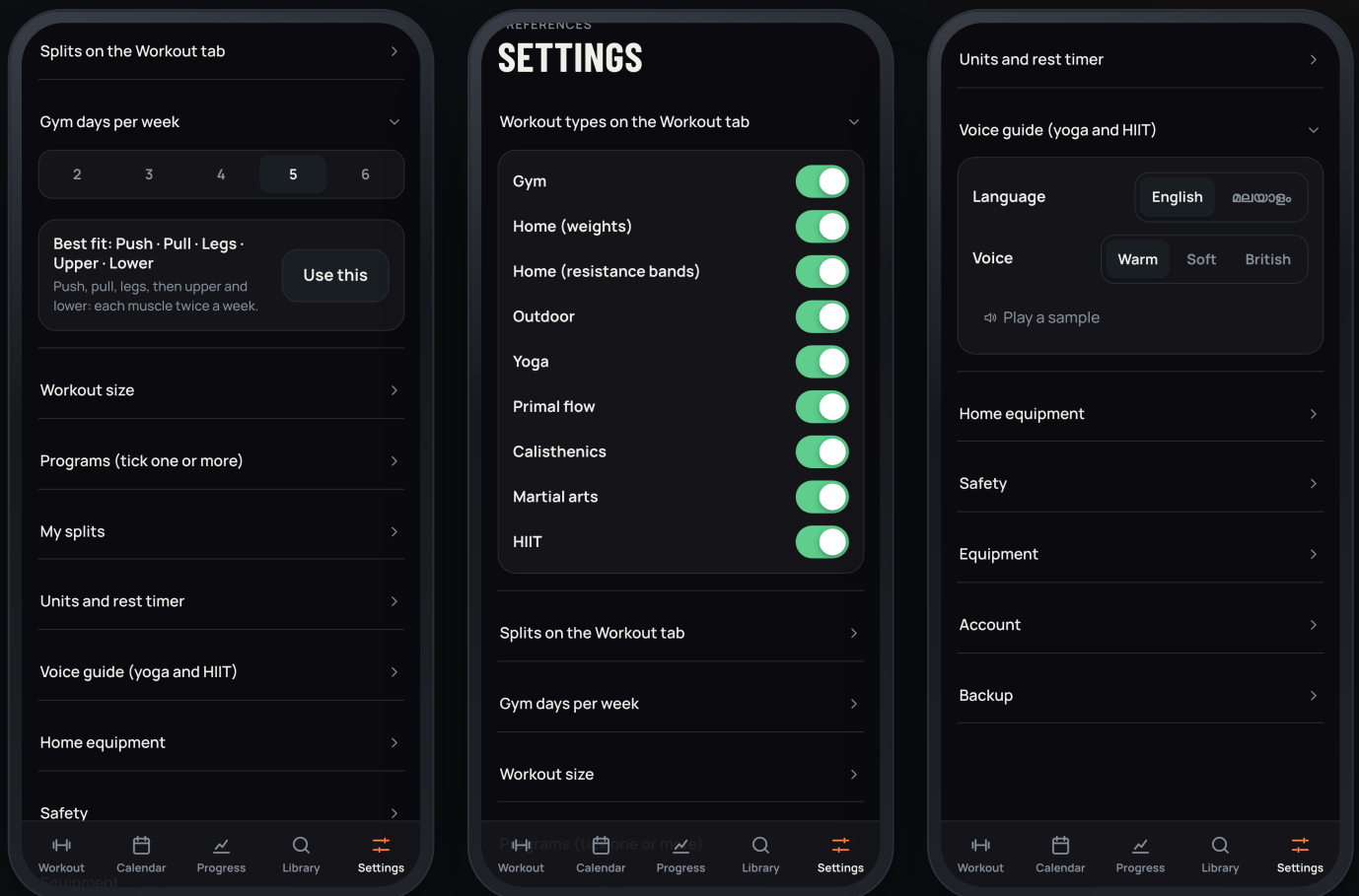
4-week coverage

Shows which parts of each muscle you hit, so nothing gets skipped.

MADE FOR YOU

YOUR TRAINING, YOUR WAY.

Forge stays simple by showing only what you use.



Gym days per week

Choose 2 to 6 days and Forge suggests the best program for you.

Units and rest

kg or lb, your weight step, and your rest length.

Pick your workout types

Show only the types and splits you care about. Make your own custom splits.

Account and backup

Sign in to back up online, or use it on one phone with a JSON backup file.

AT A GLANCE

EVERYTHING IN FORGE

Workout types	Gym, home (weights), home (resistance bands), outdoor, yoga, primal flow, calisthenics, martial arts, HIIT
Programs	Push/pull/legs, upper/lower, full body, 5-day PPL + upper/lower, cardio, custom splits
Logging	Weight, sets, reps; cardio speed, incline and time; notes; rest timer; tick to save
Coaching	Next-workout suggestion, muscle rotation, double-progression weight tips, fixed 10-minute warm-up
Exercise library	257 exercises, search and filters, how-to steps, demo photos, safety tips, video links, custom moves
Yoga	8 guided flows, build your own, voice guide in English and Malayalam, 3D pose figures, offline voice
HIIT	4 classes with work/rest timer, beeps, voice cues and demo photos
Progress	Calendar, personal bests, strength charts, weekly sets per muscle, 4-week coverage, body weight and measurements
Settings	Gym days per week, workout size, home equipment, kg/lb, avoid-overhead mode
Account	Email sign-in with online backup, or phone-only use with JSON backup



START TRAINING WITH FORGE

Open the link on your phone, then choose "Add to Home Screen".

forge-app-five-xi.vercel.app