

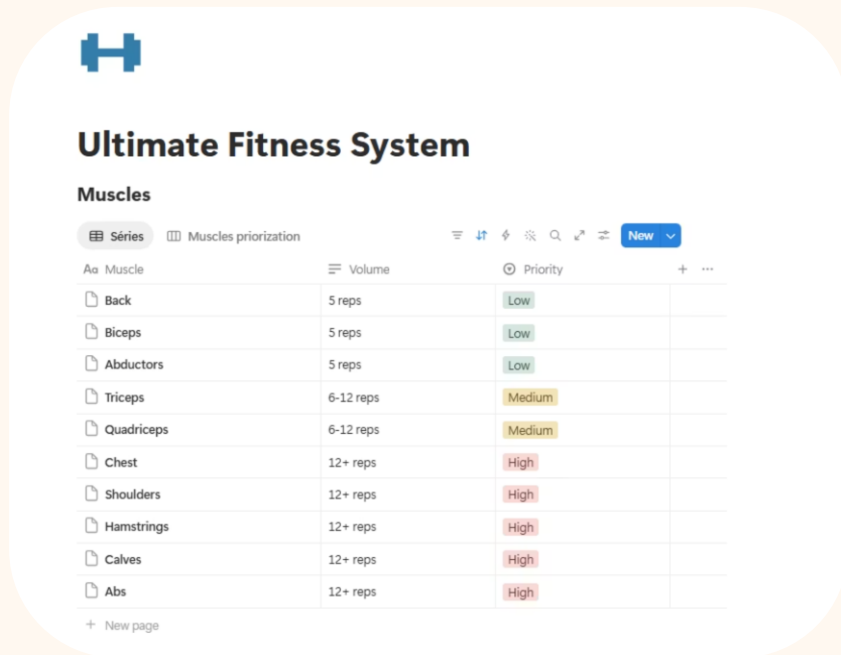


The Ultimate Fitness System

A flexible, intuitive, and aesthetic way to master your training and nutrition.

Prioritising Your Growth

Every great journey starts with knowing where you want to go. The **Volume First** principle puts you in control — set your desired rep volume for each muscle group based on your goals, whether that means shoring up weaknesses or doubling down on strengths.



The screenshot shows a web application interface for 'Ultimate Fitness System'. At the top left is a blue dumbbell icon. Below it is the title 'Ultimate Fitness System' and a sub-section 'Muscles'. There are navigation tabs for 'Séries' and 'Muscles prioritization'. A toolbar contains icons for list view, sort, filter, search, and a 'New' button. The main content is a table with columns for 'Muscle', 'Volume', and 'Priority'. The table lists 11 muscle groups with their respective rep ranges and priority levels: Back (5 reps, Low), Biceps (5 reps, Low), Abductors (5 reps, Low), Triceps (6-12 reps, Medium), Quadriceps (6-12 reps, Medium), Chest (12+ reps, High), Shoulders (12+ reps, High), Hamstrings (12+ reps, High), Calves (12+ reps, High), and Abs (12+ reps, High). A '+ New page' link is at the bottom left.

Muscle	Volume	Priority
Back	5 reps	Low
Biceps	5 reps	Low
Abductors	5 reps	Low
Triceps	6-12 reps	Medium
Quadriceps	6-12 reps	Medium
Chest	12+ reps	High
Shoulders	12+ reps	High
Hamstrings	12+ reps	High
Calves	12+ reps	High
Abs	12+ reps	High

Visual Priority Labels

Each muscle group is assigned a clear, colour-coded priority tag to keep your focus sharp at a glance:

Low

Maintenance volume — hold what you've built.

Medium

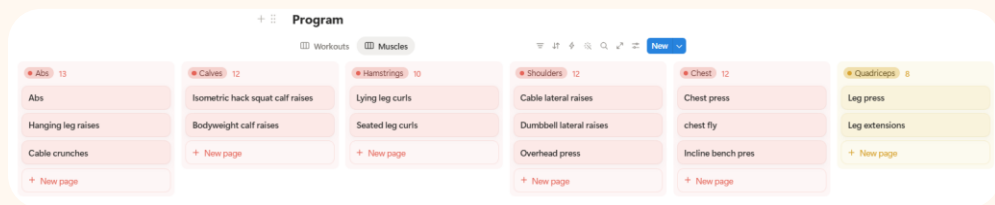
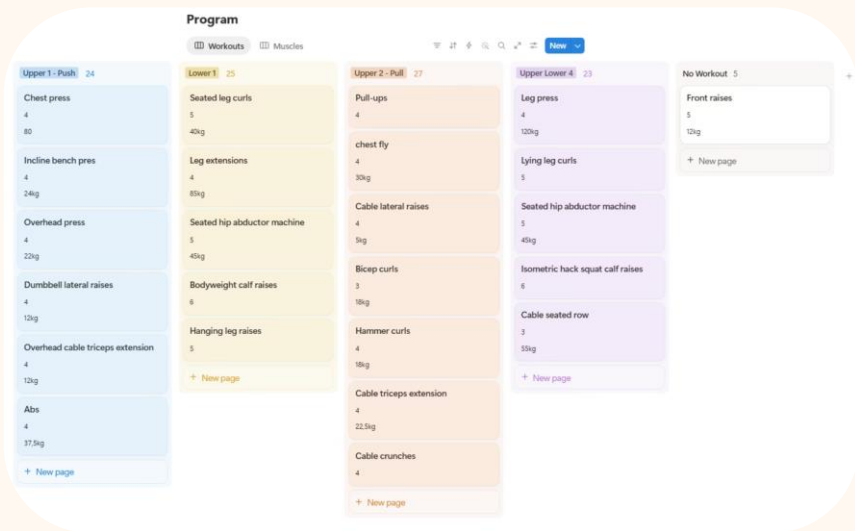
Steady growth — balanced stimulus and recovery.

High

Priority development — maximise your weaknesses.

Smart Programming

Once your volume targets are set, the template does the heavy lifting. Define the number of **exercises per muscle group** and the **sets per exercise** — the system automatically calculates your total weekly volume and checks it against your Step 1 goals. No spreadsheet wizardry required.



How it works

01

Set your exercises

Choose how many movements per muscle group fit your schedule.

02

Define your sets

Pick the number of working sets per exercise.

03

Auto-calculated volume

Total volume updates instantly — always aligned with your goals.

Perfect Session Balance

A great workout isn't just about what you do — it's about *how much*. The system guides you towards the **25–30 total sets per session** sweet spot, the research-backed range for maximising stimulus while protecting recovery.

Session Total at a Glance

Your running set count appears at the top of each session column — no mental arithmetic, just clarity.

Optimal Recovery Window

Staying within 25–30 sets ensures your muscles are challenged without being overwhelmed.

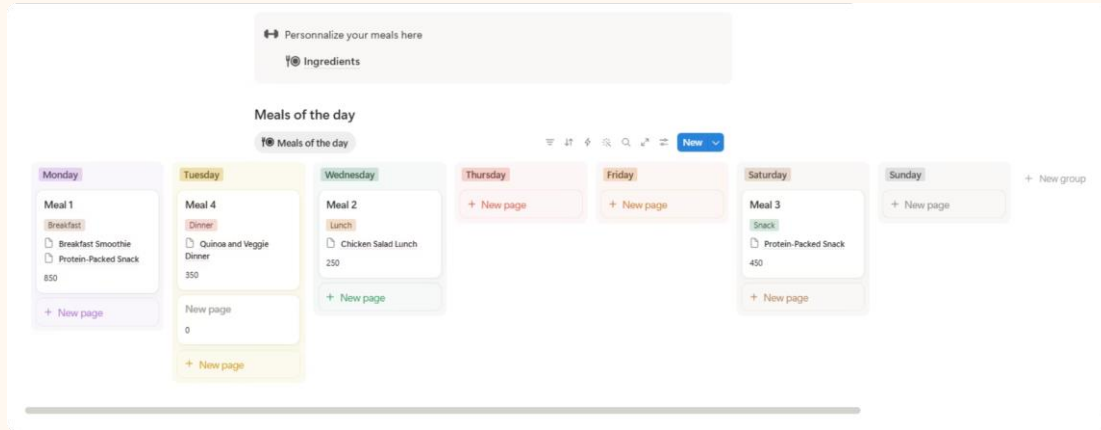
Effortless Adjustments

Add or remove exercises and watch your totals update live — balance is always just one tweak away.



Wholesome Nutrition

Food is more than fuel — it's comfort, culture, and joy. The meal planner transforms nutrition tracking into a **personal recipe sanctuary**, not a chore.



What's Inside

- Custom Ingredient Database
Build your own library of whole foods, personal recipes, and favourite meals.
- Visual Meal Cards
Beautiful, at-a-glance cards that make planning feel like browsing a recipe book.
- Weekly Overview
See your entire week of meals in one clean, colour-coded view.

Freedom & Flexibility

Fitness should fit your life — not the other way around.

The Ultimate Fitness System was built around one belief: the best programme is the one you actually stick to. Whether you train three days a week or six, eat intuitively or track every macro — this template adapts to *you*.



Easy to pick up. Impossible to let go.

Start your journey today and build a practice that feels as good as it performs.

[Discover it now !](#)

