




Body Boss

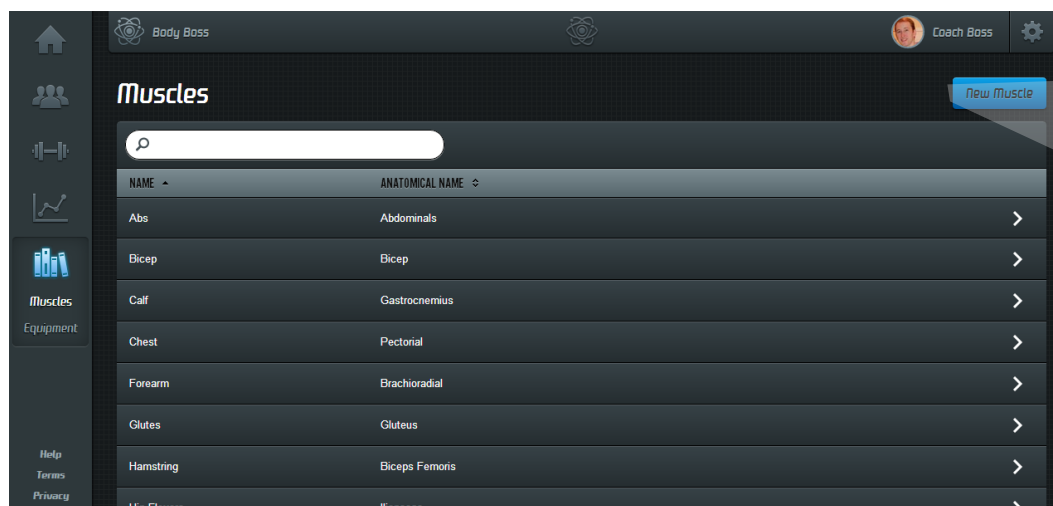
Creating/ Modifying Muscles

Muscles are the fibrous tissue with the ability to contract to produce movement (i.e. Traps make the shrugging motion, Triceps extend the arms, Chest (or Pectoralis Major/ Minor) pushes).

Getting Started

Select 'Muscles' under the books icon (). You can then select the 'New Muscle' button to create a new Muscle, or find a Muscle from the list.

*** Since creating a new Muscle and modifying an existing one are similar, we will continue with creating a Muscle.*



For more information or help, contact us at support@bodybossfitness.com

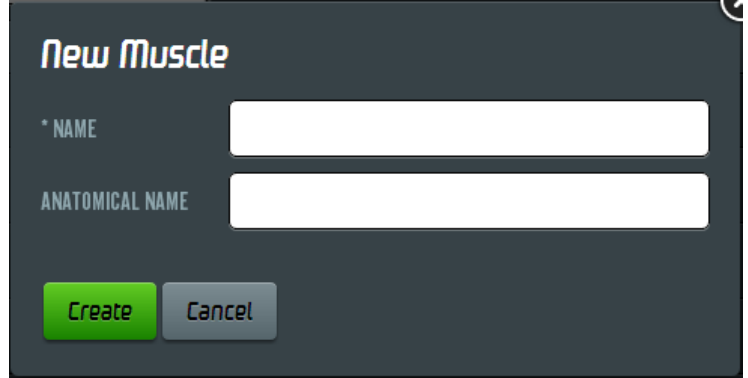
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In the resulting popup,

- Enter a name for the Muscle

If desired, you can input an Anatomical Name for the new Muscle (i.e. Name: “Chest” and Anatomical Name: “Pectoralis Major/ Minor”).



The image shows a dark-themed popup window titled "New Muscle". It contains two input fields: the first is labeled "* NAME" and the second is labeled "ANATOMICAL NAME". Below the input fields are two buttons: a green "Create" button and a grey "Cancel" button.

When entering all information is complete, select the 'Create' button to add the new Muscle.

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