Sturdy

Strength training and protein, built for GLP-1 users.



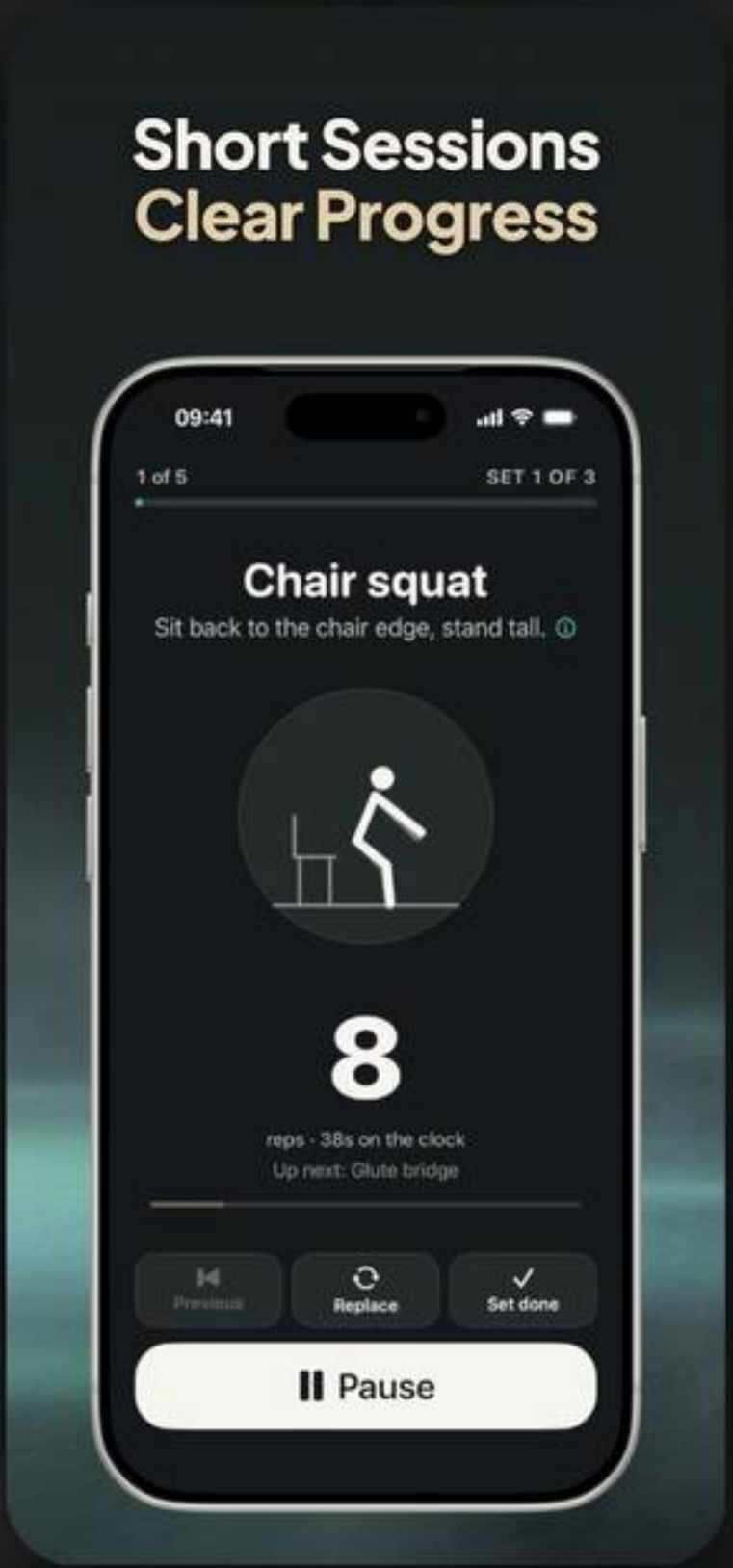
Free on the App Store

iPhone & iPad

STURDY · 01

Your Week

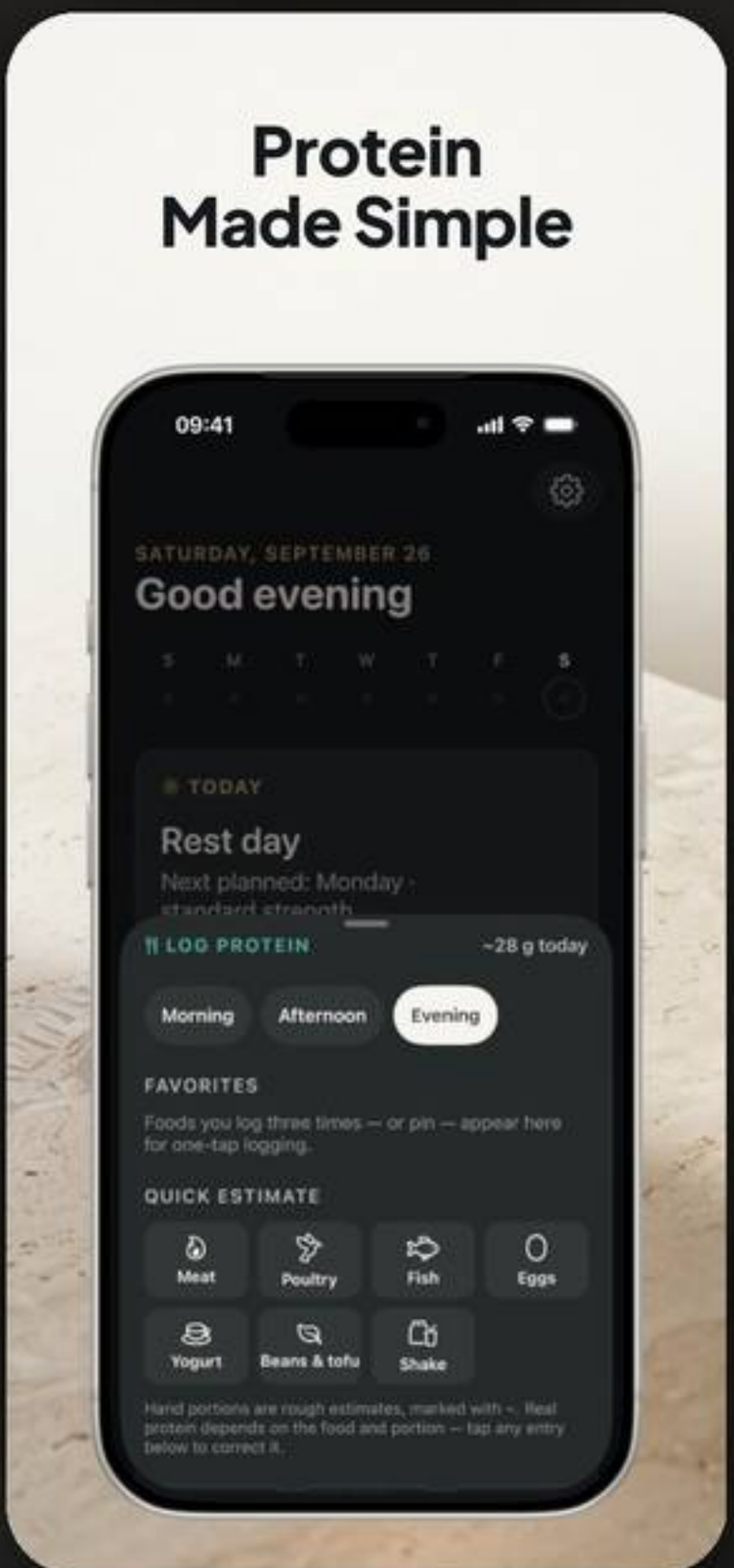
Pick your training days, session length, equipment and experience. Sturdy builds a simple weekly plan you can change anytime: move, shorten, skip or repeat a session, or mark it done.



STURDY · 02

Your Sessions

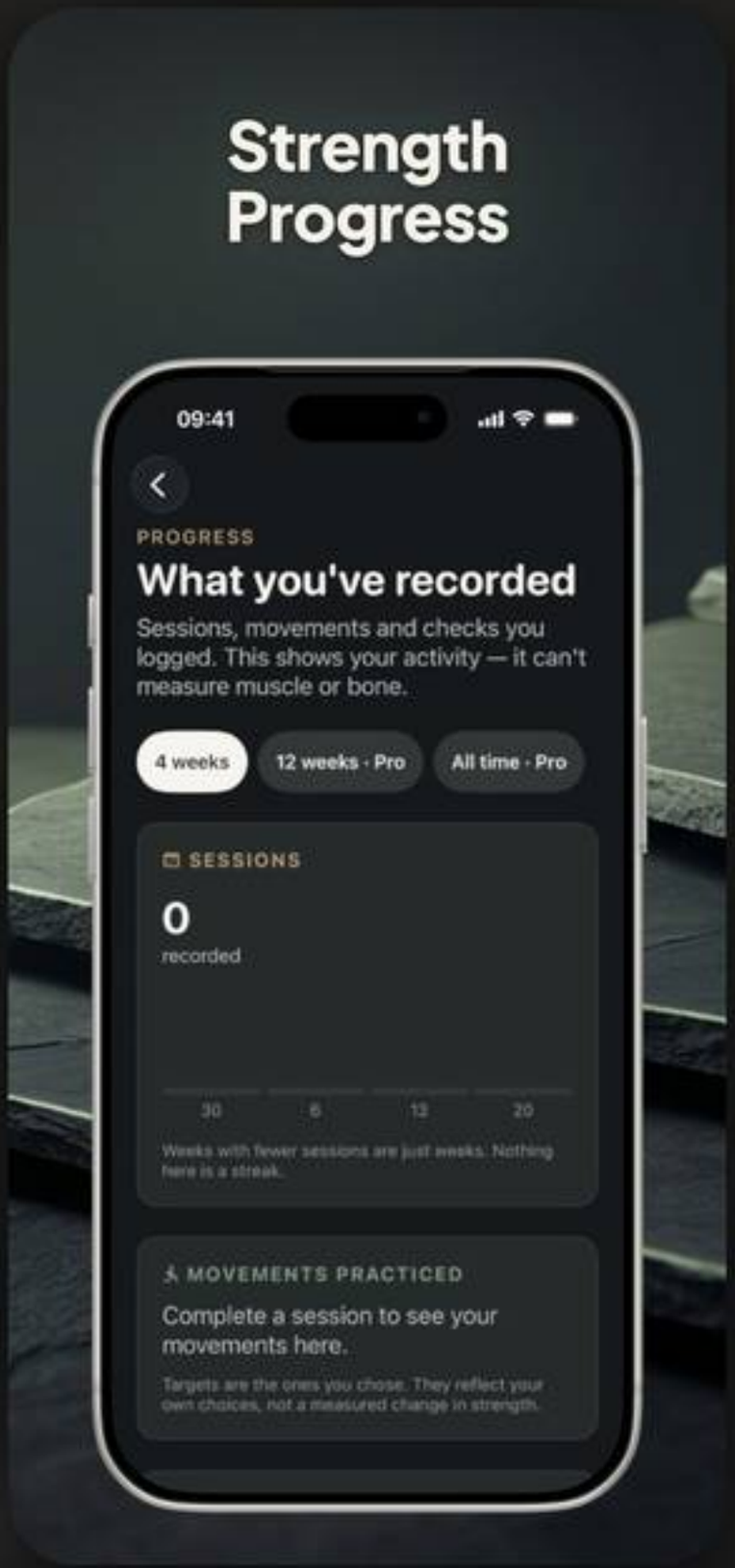
Three workout types: Quick Movement (about five minutes), Standard Strength and Recovery & Mobility. The guided player shows each movement with a timer, rep guidance, rest breaks and progress.



STURDY · 03

A Library Of Movements

35 movements grouped by pattern: squats, hinges, pushing, pulling, carrying, balance, mobility and daily movements. Each covers setup, steps, easier and harder options and when to stop.



STURDY · 04

Your Protein

Log protein by meal period. Use quick-add foods, favorites, custom foods and saved meals, or enter grams straight from a label. Hand-portion estimates are clearly labeled as estimates, and you can correct them. Prefer not to count?





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Scan with your iPhone camera or tap the button

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