

**BODY.BUILD**

**Wikipedia brings articles**

**What brings personalized fitness information & apps?**



## Education first

Graduated *magna cum laude* from the Menno Henselmans PT Course. The most advanced course for personal trainers on the planet.

## Seated Leg Extension Modifiers & Cues ⓘ

### Lean

☒ upright (default)

☐ back

leaning back stretches the Rectus Femoris and triggers more growth.

See this RCT: [The effects of hip flexion angle on quadriceps femoris muscle hypertrophy in the leg extension exercise](#)

Menno Henselmans clarifies this study:

- [in this instagram post](#)
- [and in this one](#)

### Cues

full ROM

full range of motion for all reps



lengthened partials

only the long muscle length half of the ROM



pull on handles

pull on the handles to maybe get more tension on the quads. [It's also Jeff Nippard's number 1 leg extension tip](#)



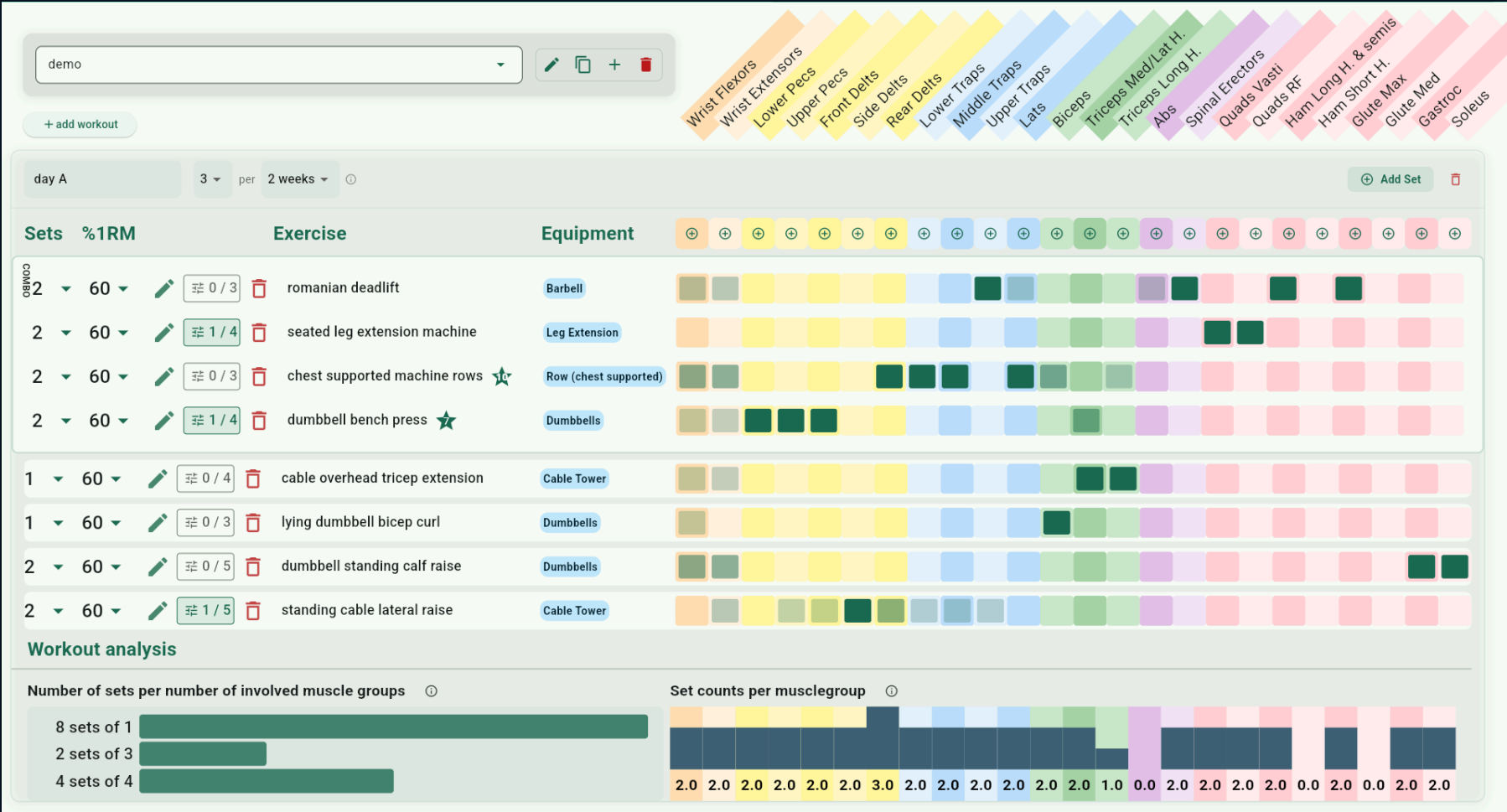
## 1) The database

- Detailed exercise information
- links to video content, studies, etc

## 2) Applications on top

- Program creator
- Kcal calculator
- Gym tracker
- Weight logging





# Program creator



Drag-and-drop with fractional volume counting

# Personalized Kcal & volume calculator

dieter 2025-2 (Copy)



Personal information

Sex

male

▼

Age

40.0

years

Weight

75.5

kg

Height

180.0

cm

Body Fat

18.0

%

ⓘ

Activity Level

Sedentary

▼

ⓘ

Recovery Factor

0.8

ⓘ

Training & Nutrition

Trainee level

Intermediate

▼

ⓘ

Workouts

3

per week

Normalized Workout Duration

45

min

ⓘ

Energy balance

80

%

ⓘ

TEF multiplier

1.15

ⓘ

AT multiplier

1.00

ⓘ

Resulting Facts

BMI

23.30

Training EE

322 kcal

ⓘ

BMR

Choose formula

ⓘ

☒ 1707 (Cunningham 1991)

☐ 1882 (Tinsley)

☐ 1854 (Ten Haaf)

Day	EE	Target kcal intake
Resting	1963	1571
Training	2334	1867
Average	2122	1698

Resulting Parameters

these params are derived from your inputs. You may optionally override them

Muscle specific overrides

Intensity: 60,70

\_\_\_\_\_

Sets /week/muscle: 11

\_\_\_\_\_

ⓘ

Add for:


Select muscle

▼

Biceps

14


\_\_\_\_\_



Abs

4

\_\_\_\_\_

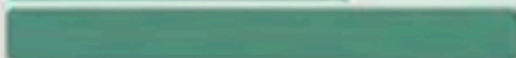


## Workout Statistics

2 sets of 1



3 sets of 3



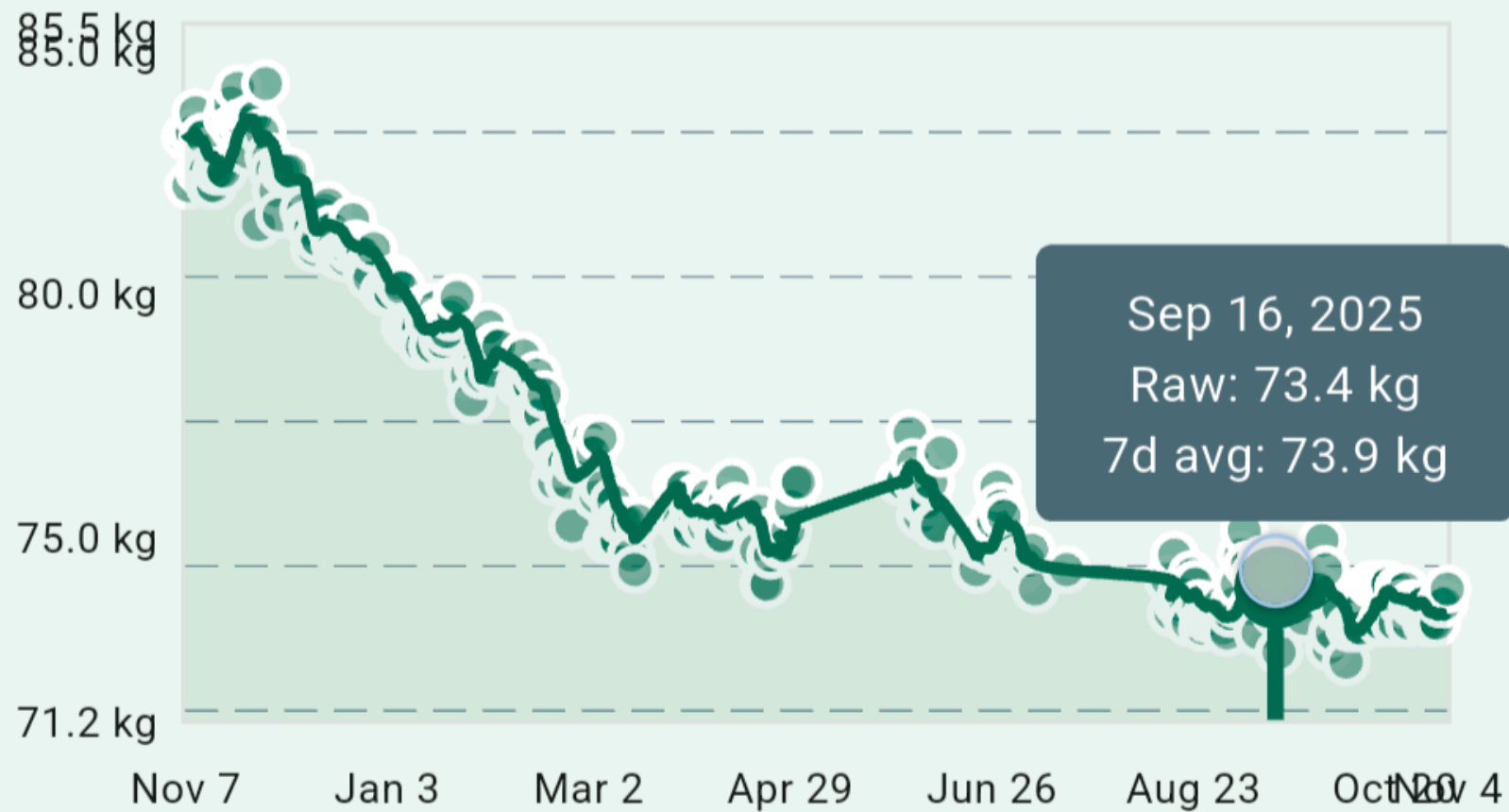
### Volume by Muscle Group

Wrist Flexors		0.0
Wrist Extensors		0.0
Lower Pectoral		3.0
Upper Pectoral		3.0
Front Deltoids		3.0
Side Deltoids		0.0
Rear Deltoids		0.0
Lower Trapezius		0.0
Middle Trapezius		0.0
Upper Trapezius		0.0
Latissimus Dorsi		0.0
Biceps		2.0
Triceps Medial/ Lateral Head		3.0
Triceps Long Head		0.0

## Mobile Gym tracker

- Log sets
- Track progress and achievements
- See coverage
- Refine program (WIP)

# Weight logging



## Links

- <https://body.build>
- app store & play store
- <https://github.com/Dieterbe/body.build>
- [info@body.build](mailto:info@body.build)