



## Achieve your fastest path to progress

All that guesswork? Gone. Tempo now connects strength training with your body's unique biometrics. Featuring daily Readiness scores, adaptable Training Plans, and dynamic in-workout guidance, Tempo is strength training that's truly personal.

[Join a Plan](#)

### Adaptable Training Plans

Our plans set targets based on your specific goals and track how much stronger you get week over week.

**Boosted Bicep Strength** ✓  
Focus primarily on upper body while measuring improvement to your bicep curl.  
Coach Bryan · Upper Body · 4 weeks



### Readiness

Your sleep quality, heart rate, other cardio activities, and muscle recovery all factor into your training. That means even more personalization for what your body needs.

### Scan for progress

360-degree body scans bring greater insights into the impact of your training. All from the comfort of your home.

[Train now in the app](#)

July 1, 2023 History

Body mass

Fat mass	Lean mass
34 lbs	106 lbs

tempo.fit

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