Services Offered

Workout videos to help you out with various workout forms.

Market-Place at one site to avoid any fraudulent/duplicacy of Supplements  
Personal Training: One-on-one sessions with certified trainers.

Nutrition Counselling: Personalised diet plans and nutrition advice.

Membership Options

Basic Membership

Access to store and calorie calculator

Price: Free.

Standard Membership

Access to store and calorie calculator & Group fitness classes

Price: $24/month.

Premium Membership

Access to store and calorie calculator, Group fitness classes & Personal trainer sessions

Price: $50/month.

Referral Program: Refer a friend and get a free month of membership.

Corporate Partnerships: Discounted rates for employees of partner companies.

Student Discount: 15% off on all membership plans for students.

Annual Membership: 10% discount on total cost for yearly payment upfront.

24/7 support via mail or chatbot.

Owner/Developer Info

KK

About

Welcome to Flexfit, your ultimate fitness companion on the journey to a healthier and more active lifestyle. At Flexfit, we are dedicated to helping you achieve your fitness goals, whether you're a seasoned athlete or just starting your fitness journey. Our mission is to make fitness accessible and enjoyable for everyone, no matter your age or fitness level.

Special about Flexfit

Personalised Workouts: Our app provides customised workout plans tailored to your individual needs and goals. Whether you're looking to lose weight, build muscle, or increase endurance, we've got you covered.

Nutrition Tracking: Achieving your fitness goals goes hand in hand with proper nutrition. Our app helps you track your daily food intake, making it easier to make healthier choices.

Progress Tracking: We believe that progress should be celebrated. Track your achievements, monitor your fitness levels, and see how far you've come with our intuitive progress tracking features.

Community Support: Join a thriving community of fitness enthusiasts, share your journey, and find inspiration from others who are on similar paths. Connect, motivate, and support each other.

Expert Guidance: Access expert advice from certified fitness trainers and nutritionists who are here to guide you every step of the way. Get the professional insights you need to maximize your results.

Beginner’s Diet

As a beginner bodybuilder, it’s essential to focus on **proper nutrition** to support your training and muscle growth. Here are some guidelines for a beginner bodybuilding diet:

1. **Macronutrient Ratios**:
   * According to clinical nutritionist Michelle Miller, a classic dietary recommendation for bodybuilders is to follow a diet consisting of:
     + **40% carbohydrates**
     + **30% protein**
     + **30% fat** Keep in mind that these ratios can vary based on your specific body mass, overall health, and goals.
2. **Balanced Meals**:
   * Aim for balanced meals that include a variety of nutrient-rich foods.
   * Prioritise whole foods such as lean meats, fish, eggs, dairy, whole grains, fruits, and vegetables.
3. **Protein**:
   * Protein is crucial for muscle repair and growth.
   * Include sources like chicken, turkey, fish, lean beef, tofu, and legumes.
   * Spread protein intake throughout the day to optimize muscle protein synthesis.
4. **Carbohydrates**:
   * Carbs provide energy for workouts and recovery.
   * Opt for complex carbs like brown rice, quinoa, sweet potatoes, oats, and whole-grain bread.
   * Avoid excessive refined sugars and processed foods.
5. **Healthy Fats**:
   * Include sources of healthy fats like avocados, nuts, seeds, and olive oil.
   * Fats are essential for hormone production and overall health.
6. **Hydration**:
   * Stay hydrated to support muscle function and recovery.
   * Water is crucial for overall well-being.
7. **Pre-Workout Nutrition**:
   * Consume a balanced meal 1-2 hours before your workout.
   * Include carbs and protein to fuel your training session.
8. **Post-Workout Nutrition**:
   * Within 1-2 hours after your workout, have a meal rich in protein and carbs.
   * This helps replenish glycogen stores and supports muscle recovery.
9. **Supplements**:
   * While whole foods are essential, some supplements can complement your diet.
   * Consider whey protein, creatine, and multivitamins.
10. **Consistency and Patience**:
    * Building muscle takes time.
    * Be consistent with your diet and training, and allow your body to adapt gradually.

Remember that individual needs may vary, so consider consulting a registered dietitian or nutritionist to create a personalised meal plan based on your goals and preferences. Happy lifting! 💪🥦🍗

Intermediate’s Diet

As an intermediate bodybuilder, your diet plays a crucial role in achieving your fitness goals. Here are some **key dietary recommendations** to consider:

1. **Caloric Intake**:
   * Determine your maintenance calorie level by tracking your weight and food intake.
   * During the **bulking phase**, aim to increase your calorie intake by about **15%** above maintenance.
   * In the **cutting phase**, decrease your calories by approximately **15%** to promote fat loss while preserving muscle mass.
2. **Macronutrient Ratios**:
   * Maintain a consistent macronutrient ratio regardless of the phase (bulking or cutting):
     + **Protein**: 30–35% of total calories
     + **Carbohydrates**: 55–60% of total calories
     + **Fat**: 15–20% of total calories
   * Prioritize nutrient-rich sources for each macronutrient.
3. **Protein Sources**:
   * Include lean meats, poultry, and fish:
     + Sirloin steak, ground beef, pork tenderloin, venison, chicken breast, salmon, tilapia, and cod.
   * Dairy options:
     + Yoghourt, cottage cheese, low-fat milk, and cheese.
4. **Carbohydrates**:
   * Opt for complex carbohydrates:
     + Bread, cereal, crackers, oatmeal, quinoa, popcorn, and rice.
   * Include fruits:
     + Oranges, apples, bananas, grapes, pears, peaches, watermelon, and berries.
5. **Healthy Fats**:
   * Consume quality fats:
     + Nuts, seeds, and oils.
   * Limit saturated fats and cholesterol.
6. **Hydration**:
   * Drink plenty of fluids to stay hydrated and replace water lost through sweat.

Remember that individual needs may vary, so consider consulting a registered dietitian to tailor your diet to your specific goals and requirements. Consistency, balanced nutrition, and proper hydration are essential for optimal results in bodybuilding! 🏋️‍♂️💪🥦🍎

Professional’s Diet

A **professional bodybuilder’s diet** is a crucial component of their training and physique development. Let’s delve into the essentials:

1. **Macronutrient Ratios**:
   * **Carbohydrates**: Aim for around **40%** of your daily caloric intake from carbohydrates. Opt for complex carbs like whole grains, sweet potatoes, and brown rice. These provide sustained energy for intense workouts and muscle recovery.
   * **Protein**: Consume approximately **30%** of your calories from protein. High-quality sources include lean meats (chicken, turkey, fish), eggs, dairy, and plant-based options like tofu and legumes. Protein is vital for muscle repair and growth.
   * **Fat**: Allocate the remaining **30%** to healthy fats. Include avocados, nuts, seeds, and olive oil. Fats support hormone production and overall health.
2. **Meal Timing**:
   * **Pre-Workout**: Have a balanced meal 1-2 hours before training. Include carbs and protein for energy and muscle preservation.
   * **Post-Workout**: Within 30 minutes after exercise, consume a protein-rich meal to kickstart recovery and muscle synthesis.
   * **Throughout the Day**: Spread meals evenly to maintain energy levels and support muscle growth.
3. **Hydration**:
   * Stay well-hydrated. Water is essential for nutrient absorption, muscle function, and overall health.
4. **Specific Foods**:
   * **Lean Proteins**: Chicken breast, turkey, fish, lean beef, eggs, and low-fat dairy.
   * **Complex Carbs**: Brown rice, quinoa, oats, sweet potatoes, and whole-grain bread.
   * **Healthy Fats**: Avocado, nuts, seeds, and olive oil.
   * **Fruits and Vegetables**: Rich in vitamins, minerals, and antioxidants.
   * **Supplements**: Consider protein powder, creatine, and branched-chain amino acids (BCAAs) if needed.
5. **Avoid**:
   * **Processed Foods**: High in empty calories and unhealthy fats.
   * **Excessive Sugar**: Limit sugary snacks and drinks.
   * **Trans Fats**: Found in fried foods and some packaged snacks.

Remember, individual needs vary based on factors like body weight, metabolism, and training intensity. Consulting a registered dietitian or nutritionist can help tailor a personalized plan for optimal results. 🏋️‍♂️🥦🍗

Beginners Workout

Certainly! If you’re a beginner looking to kickstart your fitness journey, there are several effective **workout routines** you can try. Here are some beginner-friendly options:

1. **Full-Body Dumbbell Workout**:
   * This workout program requires only dumbbells and is perfect for home or on-the-go training.
   * It provides just the right amount of volume to promote muscle growth.
   * You’ll find both upper and lower body sessions with core work mixed in.
   * [1](https://www.muscleandstrength.com/workouts/beginner)
2. **Bodyweight Workout (No Equipment)**:
   * If you prefer bodyweight exercises, this routine is a great choice.
   * It includes:
     + **Bodyweight squats** (20 reps)
     + **Push-ups** (10 reps)
     + **Walking lunges** (10 each leg)
     + **Dumbbell rows** (using a gallon milk jug or another weight, 10 each arm)
     + **Plank** (15 seconds)
     + **Jumping Jacks** (30 reps)
3. **20-Minute At-Home Workout**:
   * This quick routine is suitable for beginners and can be done at home.
   * Moves include:
     + **Bridge knee push-up**
     + **Side-lying hip abduction**
     + **Wall squat**
     + **Straight-leg donkey kick**
4. **Beginner Full-Body Workout**:
   * Designed for absolute beginners, this full-body workout helps you develop good exercise form.

Remember, consistency is key! Aim to work out 2–4 times a week for 20–60 minutes, and gradually increase intensity as you progress. Listen to your body, stay hydrated, and enjoy your fitness journey! 🏋️‍♀️💪

Intermediate’s Workout

Certainly! If you’ve completed the beginner’s program and are ready to take your fitness journey to the next level, here’s a **6-week intermediate mass-building workout** that can help you build muscle and strength. Remember to adjust the weights and intensity based on your own capabilities and progress:

### **Intermediate Mass Building Workout**

#### **Workout Split: 4 Days Per Week**

**Day 1: Lower Body**

1. **Squats**: 3 sets of 8-12 reps
2. **Hack Squats**: 3 sets of 8-12 reps
3. **Sissy Squats**: 2 sets of 10-12 reps
4. **Leg Extensions**: 3 sets of 10-12 reps
5. **Lunges**: 3 sets of 10 reps each leg
6. **Stiff-Legged Deadlifts**: 4 sets of 8-12 reps
7. **Leg Curls**: 3 sets of 10-12 reps
8. **Standing Calf Raises**: 4 sets of 10-12 reps
9. **Donkey Calf Raises**: 3 sets of 10-12 reps
10. **Seated Calf Raises**: 3 sets of 12-15 reps

**Day 2: Chest and Triceps**

1. **Bench Press**: 3 sets of 8-12 reps
2. **Dumbbell Incline Press**: 3 sets of 8-12 reps
3. **Dumbbell Fly**: 3 sets of 10-12 reps
4. **Cable Crossovers**: 3 sets of 10-12 reps
5. **Lying Barbell Extensions**: 3 sets of 10-12 reps
6. **Overhead Dumbbell Extensions**: 3 sets of 10-12 reps
7. **Dumbbell Kickbacks**: 3 sets of 10-12 reps

**Day 3: Back and Biceps**

1. **Deadlifts**: 3 sets of 8-12 reps
2. **Pull Downs**: 3 sets of 10-12 reps
3. **Pull Overs**: 3 sets of 10-12 reps
4. **Underhand Rows**: 3 sets of 8-12 reps
5. **Neutral Grip Cable Rows**: 3 sets of 8-12 reps
6. **Bent Over Lateral Raises**: 3 sets of 10-12 reps
7. **Barbell Curls**: 3 sets of 10-12 reps
8. **Incline Curls**: 3 sets of 10-12 reps
9. **Concentration Curls**: 3 sets of 10-12 reps

**Day 4: Shoulders and Abs**

1. **Shoulder Press**: 4 sets of 10-12 reps
2. **Incline Lateral Raises**: 3 sets of 10-12 reps
3. **Cable Upright Rows**: 3 sets of 10-12 reps
4. **Lateral Raises**: 3 sets of 12-15 reps
5. **Dumbbell Shrugs**: 3 sets of 10-12 reps
6. **Leg Raises**: 4 sets of 10-12 reps
7. **Sit-Ups**: 3 sets of 12-15 reps
8. **Planks**: 2 sets of 60 seconds

Remember to warm up with 1-2 light sets before each exercise and train to failure on all working sets. Adjust the weights as needed to maintain proper form and challenge yourself. Good luck with your intermediate workout journey! 💪🏋️‍♂️

[For a downloadable PDF version of this workout, you can visit here](https://www.muscleandstrength.com/workouts/the-next-step-6-week-intermediate-workout-program).

Professional’s Workout

Certainly! As a busy professional, finding time for workouts can be challenging, but it’s essential for maintaining physical health and overall well-being. Here are **effective workout options** that fit into your busy schedule:

1. **High-Intensity Interval Training (HIIT)**:
   * HIIT involves short bursts of intense exercise followed by quick rest periods.
   * It burns **25-30% more calories** than weight training, running, or biking.
   * [Examples include sprint intervals, kettlebell swings, and squat jumps1](https://www.finefettle.co.in/workouts-for-busy-professionals/).
2. **Circuit Training**:
   * Combine strength training exercises with cardiovascular activities.
   * Move from one exercise to another without rest, targeting different muscle groups.
   * [Customize your routine using bodyweight exercises, resistance bands, or dumbbells1](https://www.finefettle.co.in/workouts-for-busy-professionals/).
3. **Tabata**:
   * Follow a specific structure: 20 seconds of intense exercise followed by 10 seconds of rest, repeated for a total of four minutes.
   * [Perform high-intensity intervals with exercises like burpees, mountain climbers, or squat jumps1](https://www.finefettle.co.in/workouts-for-busy-professionals/).
4. **Bodyweight Exercises**:
   * No equipment needed; can be done anywhere.
   * Incorporate push-ups, squats, lunges, planks, and jumping jacks.
   * [Engage multiple muscle groups simultaneously for an effective and time-efficient workout1](https://www.finefettle.co.in/workouts-for-busy-professionals/).
5. **Yoga and Pilates**:
   * Offer increased flexibility, improved posture, and reduced stress levels.
   * [Consider adding yoga or Pilates sessions to your routine for overall well-being1](https://www.finefettle.co.in/workouts-for-busy-professionals/).

Remember, even short bouts of exercise (10-20 minutes) can be highly beneficial. Prioritize your health, and find a workout that suits your lifestyle and goals! 🏋️‍♀️🧘‍♂️