

Logo

Artificial Intelligence Fitness App

"Your very own personal trainer"

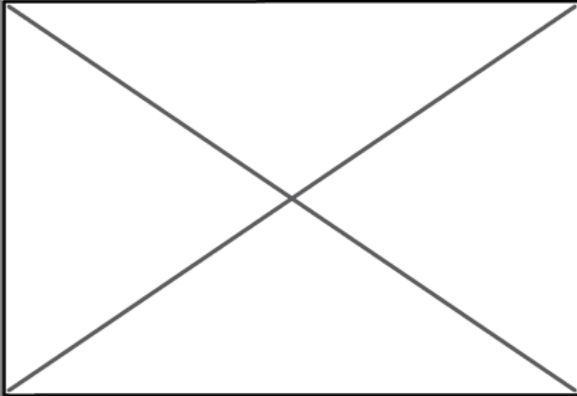
HEADER OF 162px height

NAV BAR

962x50

BANNER

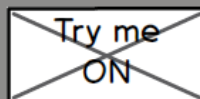
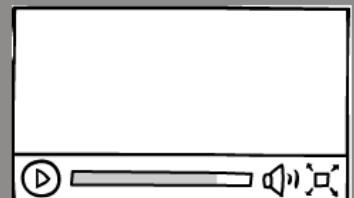
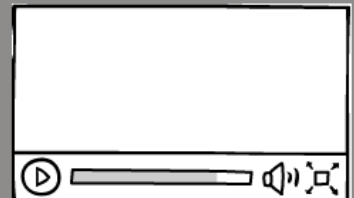
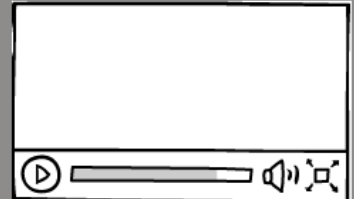
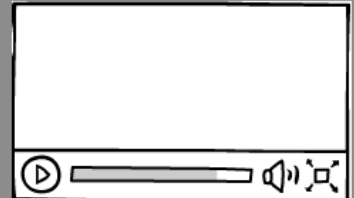
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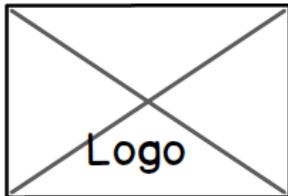
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Best Video Tips

[AppStore](#)[Google Play](#)[Windows Store](#)

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Height



Logo

Artifial Intelligence Fitness App

"Your very own personal trainer"

login

HEADER OF 162px height

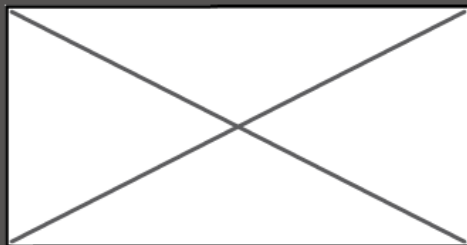
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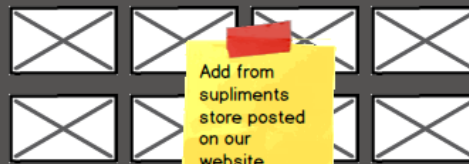
Q search

BANNER

962x236



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Add from
supliments
store posted
on our
website

Fitness EVENTS



Explore all

Members Classes Calendar

SIDE BAR

check All

232X512

Advertisiment



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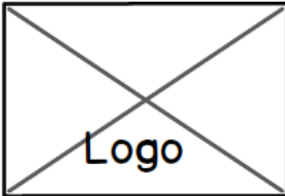
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FOOTER 186px
Height



Artificial Intelligence Fitness App

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[login](#)

HEADER OF 162px height

NAV BAR

962x50

Square of 708 width of 250px out right and left

Frequently Asked Question

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Click to read
the answer

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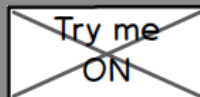
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[Read](#)[Explore further FAQ's](#)

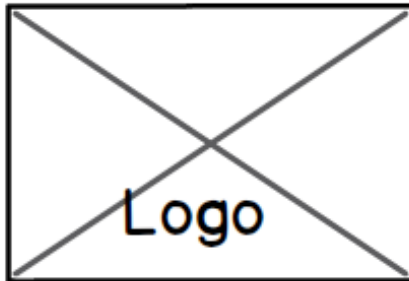
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questions

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Height



http://



The header will have a javascript to change from this

Artifial Intelligence Fitness App

"Your very own personal trainer"

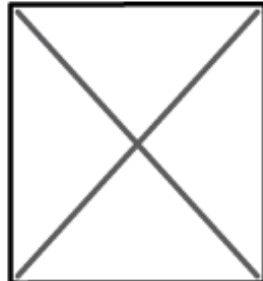
HEADER OF 162px height

login

Before the
user login

NAV BAR 962x50

To a logged page - only the HEADER will do some changes as you can see on the



Welcome, BillyBob
Account Type: Premium

My Account

Log Me out

Your Training Program: Fat Burner (e.g)

Your progress: N/A

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HEADER OF 162px height

After the user
login

Logo

NAV BAR 962x50

search



http://



HOME

Nutrition

Recommended Products

News

FAQ's

About us ...

 search

Recipes

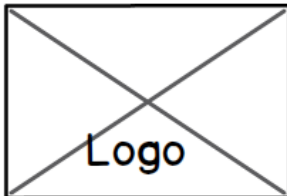
Gain Mass

...

Weight loss



http://



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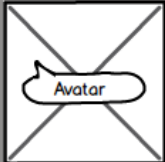
HEADER OF 162px height

[login](#)

NAV BAR

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My Account Blog



Avatar

I finished my FAI exercise

Blog post
example

☐ Twitter ☐ Facebook

My Workout Routine Program

WEEK 1 / Monday

[Download you full program in Excel](#)

Dumbbell Lateral Raise - *Front hips with grip in internal ration.
Reps: 3 series of 8 reps

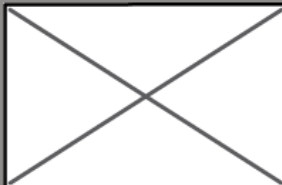
Primary Muscle: Lateral deltoid.

Secondary Muscle: Anterior deltoid, posterior deltoid, trapezius, supraspinatus.

Excution:

- 1- Standing upright, hold dumbbells at arms's length.
- 2-Raise arms out to the side in an arc until dumbbells reach shoulder level
- 3-lower dumbbels back down to hips.

*tilting the dumbbells with thumbs up external rotates the shoulder.



Cable Front Raise - *Unitary Raise.
Reps: 3 series of 8 reps

Primary Muscle: Anterior deltoid.

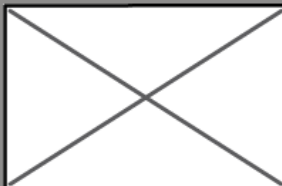
Secondary Muscle: Lateral deltoid, trapezius, upper pectoralis.

Excution:

- 1- Standing upright, with on hand, grab the D-handle attached to a low pulley, using a pronated grip (palm facing down).
- 2-Raise the handle in an upward arc to shoulder level, keeping the elbow stiff.
- 3-lower the handle back down to waist level.

*One hand each time.

Variation: short bar attachment - use both hand each serie

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My Fitness

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Members Classes Calendar

SIDE BAR

[check All](#)

232X512

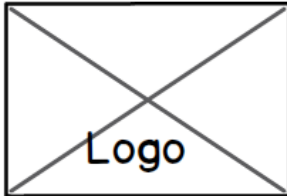
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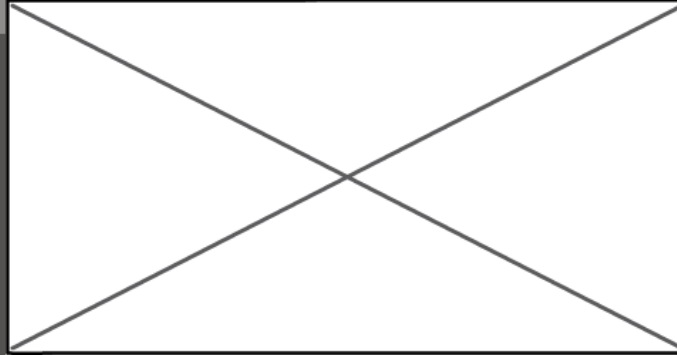
Menu list

Food & Receipts

Low carb tips

Essential Nutrients

Health Conditions
and diseases



Fitness EVENTS



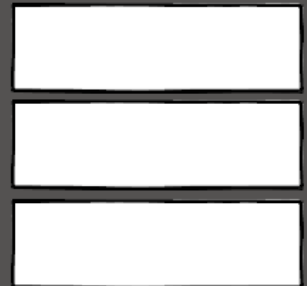
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See receipt



See receipt



See receipt



See receipt

previous

1

2

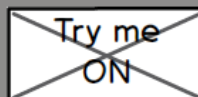
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next



AppStore

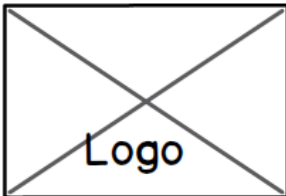
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Fitness EVENTS

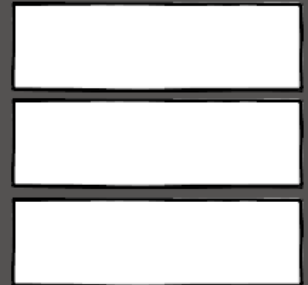


Members Classes Calendar

SIDE BAR

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