Stay Fit , stay healthy

Stay fit is an ultimate companion for you. Lose excess weight

Burn fat, gain muscle and increase you strength.

# Workout from home

We believe fitness should be accessible to everyone, everywhere

With hundreds of professional workout plans.

# With and without equipment

Workout plans with both with and without equipment. If have one take advantage of it by adding them to your plans.

# Personalized Workout plans

A training plan based on your experience, goal and time options. Each workout is adapted to your personal fitness level for the best results.

# Make Exercise a Habit

Track your fitness journey with a built-in calendar, set up daily notifications and keep your streak going!

# Custom Workouts

Build your own workout with the workout builder. Choose from over 850 exercises and challenge yourself with your very own training.