

Active Peak

Simple
workouts to
help you
achieve your
fitness goals

Select your workout

Workout template 30 Min
MODAL: Workout Type-HIIT,
Strength, Weight Loss

Workout template 45 min
MODAL: Workout Type-HIIT,
Strength, Weight Loss

Workout template 60 min
MODAL: Workout Type-HIIT,
Strength, Weight Loss

Exercise Routine

Exercise
Routine

Exercise
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