LOGIN

Username / Phone No.

Password

Forgot Password?

CONTINUE

SIGN UP

Username / Phone No.

Password

CONTINUE

RESET PASSWORD

Username / Phone No.

CONTINUE

VERIFY OTP

OTP send on +XX XXXXXXXXXX

CONTINUE

NEW PASSWORD

New Password

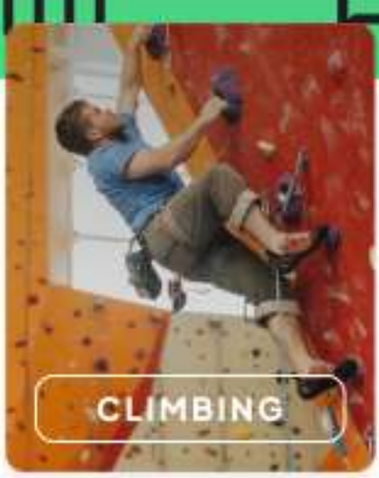
Verify Password

CONTINUE

NeonFlex

Programs Collections Calendar

Interactive version part of membership



NeonFlex

CALENDAR

February 2025

M	T	W	TH	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

M	T	W	TH	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NeonFlex

FOR YOU

Curated classes for you to try based on your responses

Beginner

Morning Stretch

Lisa Simpson • Flexibility

45 MIN

Tuesday 28/08/22 @ 11:00

Intermediate

Box Jumping

Sally Tse • Strength

30 MIN

Tuesday 28/08/22 @ 12:00

Intermediate

Barbell Boom Boom

Sally Tse • Strength

45 MIN

Tuesday 28/08/22 @ 17:00

Level

Clap Master 3000

Jeff Taylor • Rhythm

40 MIN

Tuesday 28/08/22 @ 13:00

NeonFlex

GYM ID : 123456789
Name : Example
Age : XX
Mail : Example.
Weight : XX KG
Height : XX.XX meter
Strike Day : XX Days

Trainer AI Based

NeonFlex

AI
"I recommend doing a full-body workout today. How about starting with squats and push-ups? Would you like me to set up the workout for you?"

User
"Yes, please!"

AI
"Great! I'll start the timer now. Let's go! You're doing amazing!"

NeonFlex

CHAT

ABC
New Message

ABC
New Message

ABC
New Message

ABC
New Message

NeonFlex

Chat

Me

Hi ! How are you ?

ABC

Hi ! I am fine.

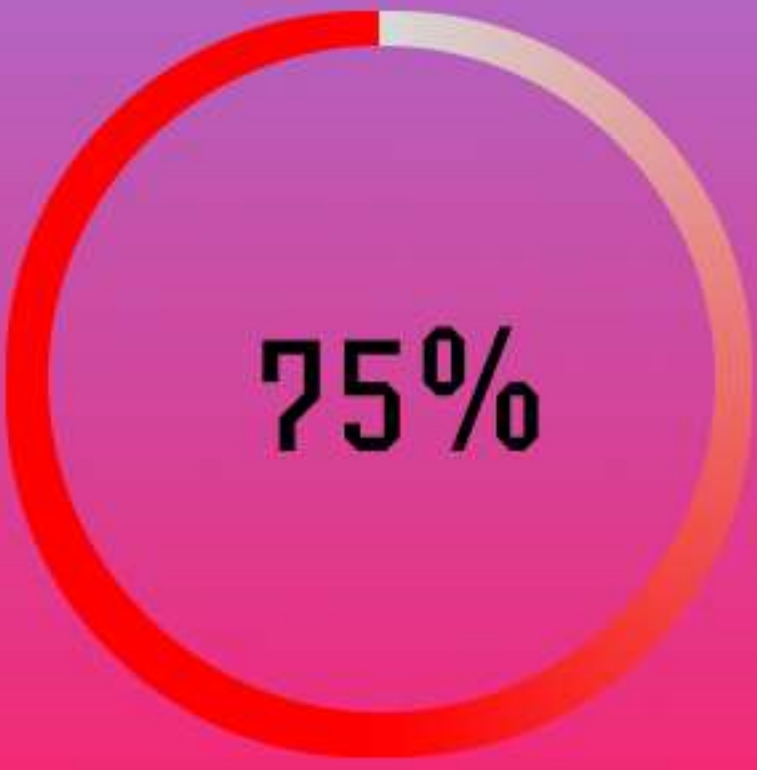
What's about you ?

Me

All Good

NeonFlex

DAILY HEALTH



GOOD

NeonFlex

RUNNING

75%

GOOD

NeonFlex

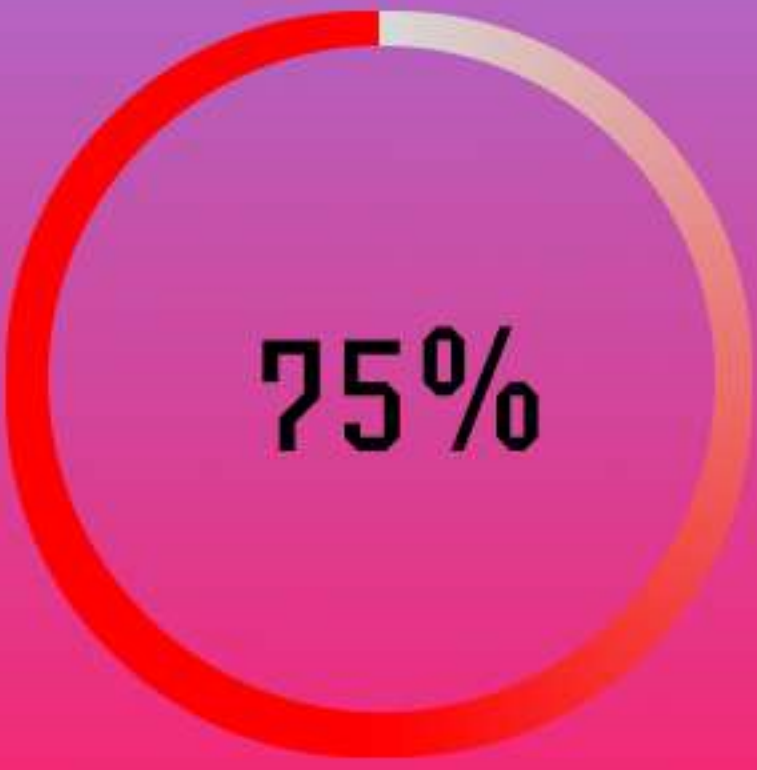
CYCLING

75%

GOOD

NeonFlex

FLEXIBILITY



GOOD

NeonFlex

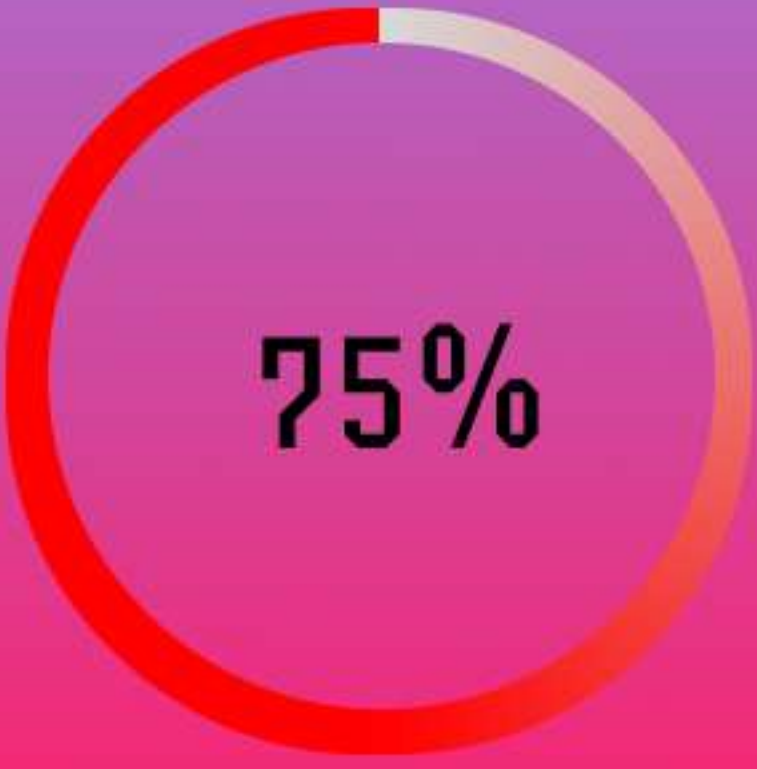
JUMP ROPE

75%

GOOD

NeonFlex

CLIMBING



GOOD