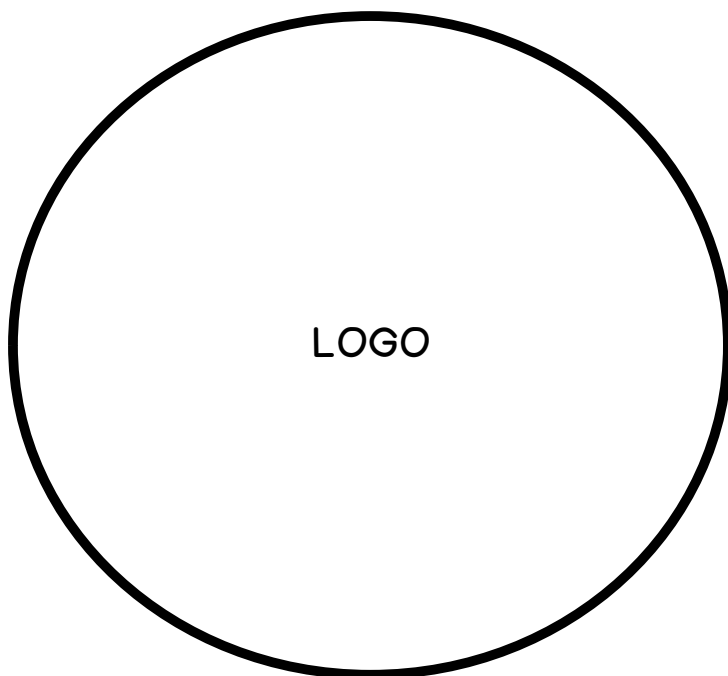


09:52 AM



# Wecome Page



Login

Create an account

09:52 AM



## Create an account

Name:

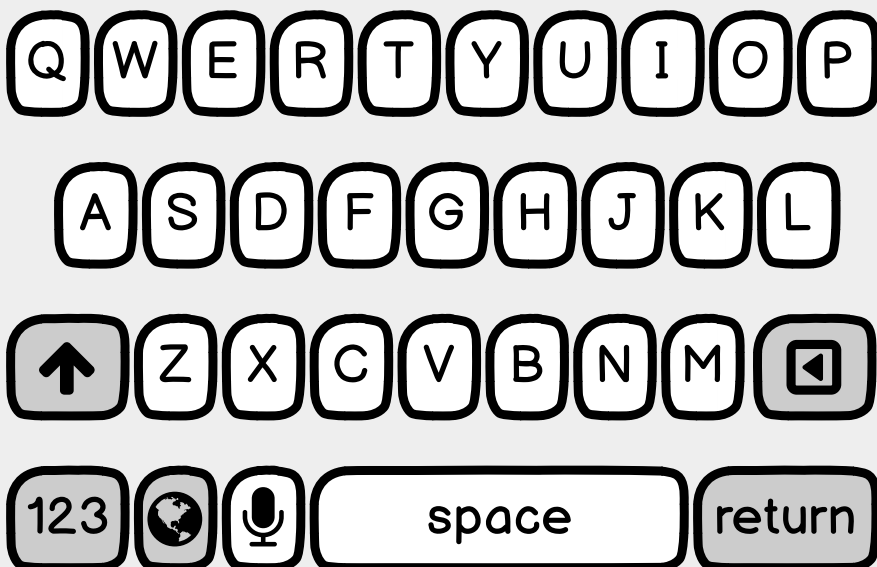
Password:

Confirm password:

Email:

Next

Have an account? [Login](#)



09:52 AM



## Login

Name:

Password:

## Login

[Forgot your password?](#)

Or

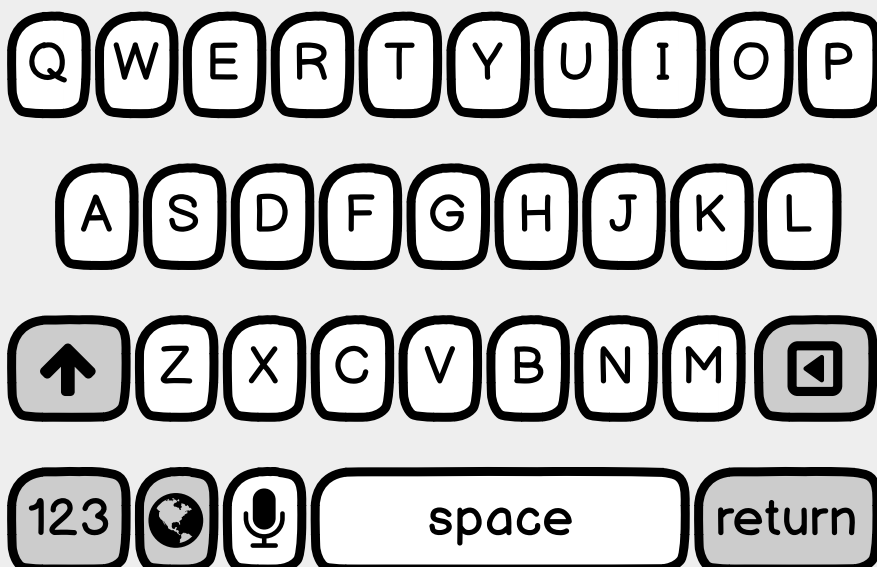


Continue with Google



Continue with Facebook

[Create an Account](#)



09:52 AM



< Back

## Forgot your Password

Email:

Verification Code:

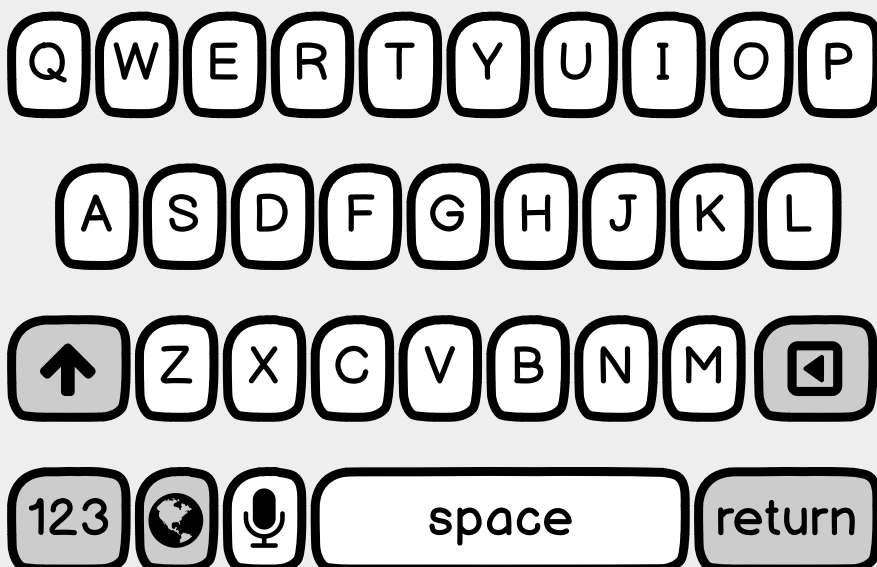
## Reset your Password

Username:

New Password:

Confirm Password:

Done



09:52 AM



skip

## Profile Info

Gender :



Male



Female

Age :

18-24 years-old



Birth :

/ /



Your Level :

Beginner

Intermediate

Advanced

Your Hope :

- ☒ Control the weight
- ☒ Increase in muscular strength
- ☒ Combats health conditions
- ☐ Sleep better
- ☐ Fun

Next

09:52 AM



skip

## The Lessons You Like:

- ☒ Brisk walking or jogging
- ☒ Dancing
- ☒ Yoga
- ☐ Swimming
- ☐ Climbing stairs or hills
- ☒ Lifting weights
- ☒ Using a resistance band
- ☒ Balance exercise

Let's Start!

Q search

# Lessons

	<div>15 Minutes At-home Cardio27453</div> <div>Beginner</div> <div>Duration</div> <div>Highlights:xxx</div> <div>xxx</div> <div>xxx</div> <div>More Details</div>
	<div>Strength and Tone1685</div> <div>Intermediate</div> <div>Duration</div> <div>Highlights:xxx</div> <div>xxx</div> <div>More Details</div>
	<div>Fat Burning Dance Workout4299</div> <div>Beginner</div> <div>Duration</div> <div>Highlights:xxx</div> <div>xxx</div> <div>More Details</div>
	<div>15 minutes at-home cardio exe2745</div> <div>Beginner</div> <div>Duration</div> <div>Highlights:xxx</div> <div>xxx</div> <div>xxx</div> <div>More Details</div>
	<div>Strength and Tone1685</div> <div>Intermediate</div> <div>Duration</div> <div>Highlights:xxx</div> <div>xxx</div> <div>More Details</div>

Lesson

Friends

Store

Account

09:52 AM



< Back



## Fat Burning Dance Workout

Difficulty Level:



Target people: Intermediate

Time: 15 minutes.

Equipment: A pair of comfortable shoes

Period: 30-days

Notification



18 :00



Start the Program



09:52 AM



09:52 AM



< Back

# Congratulations!

You have finished {lesson}!  
The time you spend: xx mins  
Calories Loss: xx Cal

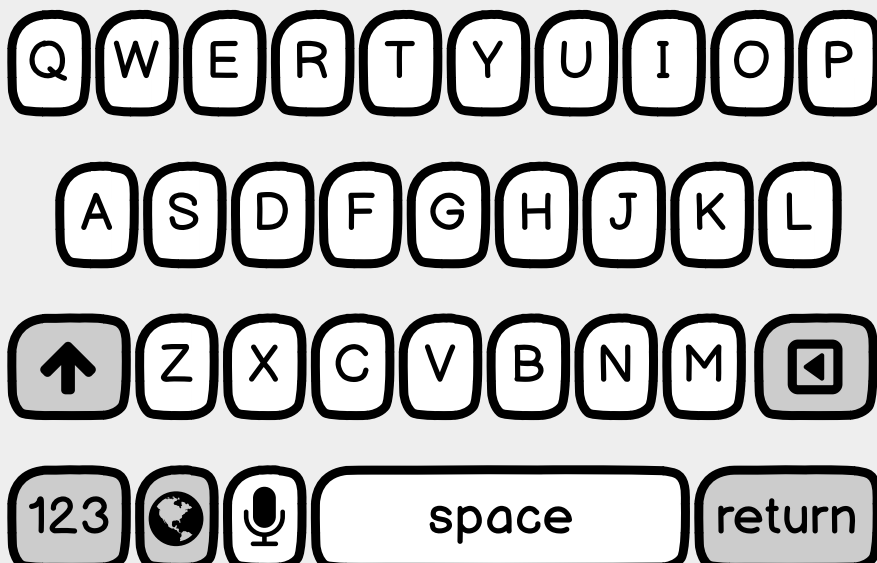
Rate the difficulty: ★ ★ ★ ★ ★



Write down something!

(optional)

Share



09:52 AM



< Back

Save

## Setting

username

Yiwei Wu >

gender

female >

Birth

2000-01-01 >

Location

xxxx >

Email

xx@x >

Notify me



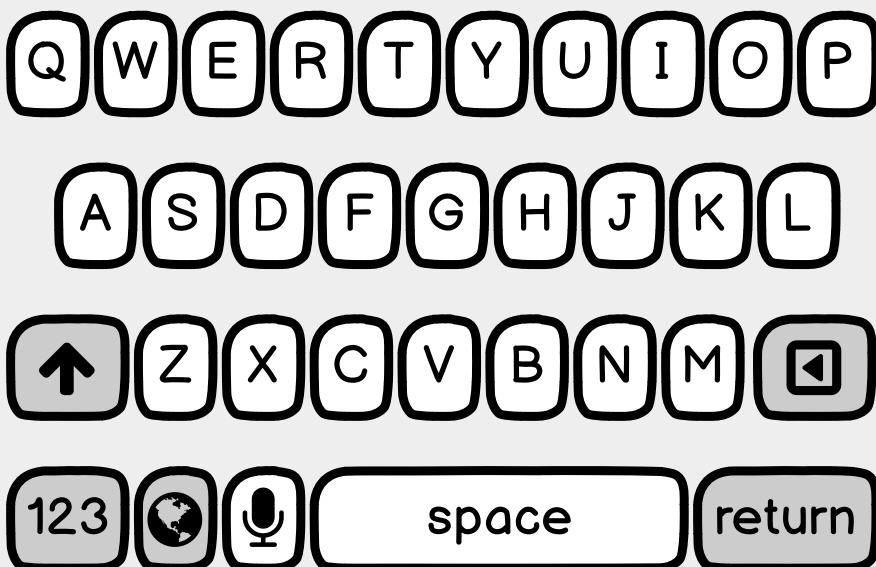
Sync to Facebook



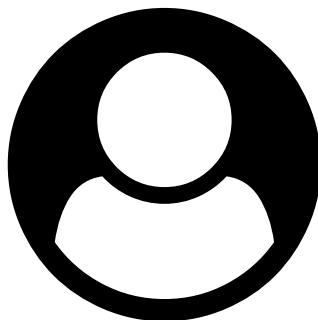
Sync to Instagram



About



09:52 AM



Yiwei Wu

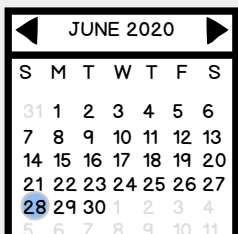


Level

Location

Lesson

Plan



### Fitness Diary

Show the ranking list.  
exercise minutes,  
calories, days,  
continuous days



### Health Data

Record the diet, blood  
pressure, bust, waist,  
hip, weight, height, BMI.



Lesson

Friends

Store

Account

09:52 AM



< Back

## Fitness Diary

JUNE 2020						
S	M	T	W	T	F	S
31	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	1	2	3	4
5	6	7	8	9	10	11

### Today

Exercise: 167 mins

Calories loss: 62Cal

Your Rank is: First Place



Share

[See ranking list](#)

### So Far

Exercise: 1670 mins

Calories loss: 692 Cal

Your Rank is: 28th



Share

[See ranking list](#)

09:52 AM



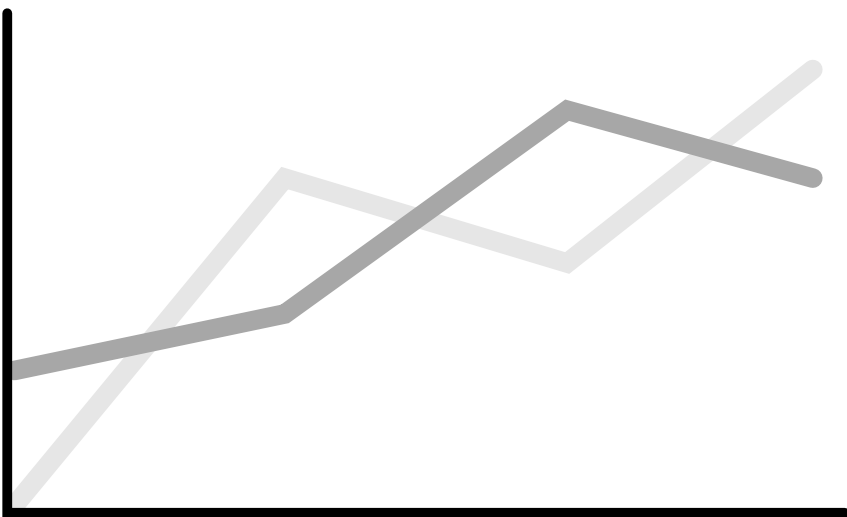
< Back

Weight

Height

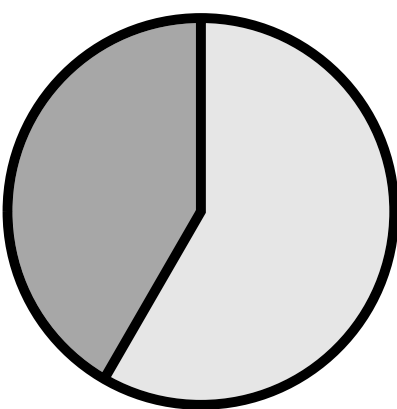
BMI

Sleep



# Diet

Breakfast:	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch:	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner:	<input type="text"/>	<input type="text"/>	<input type="text"/>



- ☐ Fruit & vegetable
- ☐ Meat, fish, eggs

09:52 AM



< Back

# Congratulations!

You won the 20th place today!

The time you spend: xx mins

Calories Loss: xx Cal



Write down something!

(optional)

Share



09:52 AM



< Back

## Ranking List

Today

Month

Year

1



Ellen Walker

1670 min  
692 Cal

2



Milly Nalson

1670 min  
692 Cal

3



Jackson Wang

1670 min  
692 Cal

4



Allan Yelger

1670 min  
692 Cal

5



Jin

1670 min  
692 Cal

6



Alex Alder

1670 min  
692 Cal

22



Yiwei Wu

1670 mins  
692 Cal

Share



09:52 AM



< Back



band

Product

\$5

lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Black



Quantity:

3



Comments

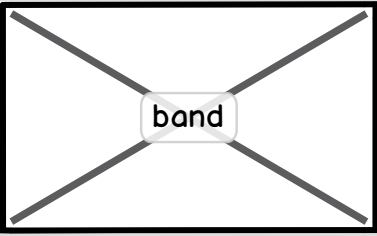


lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Add to Shopping Bag

< Back

# Shopping Bag



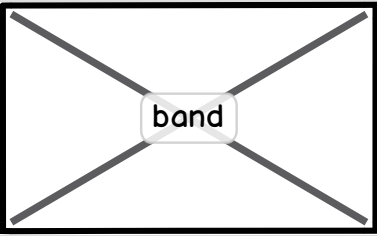
Product

\$5

Model:  
Quantity:

Edit

Remove



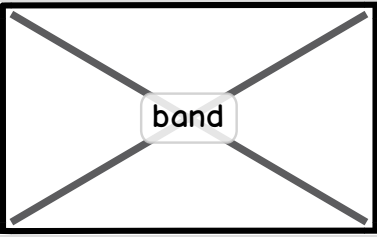
Product

\$5

Model:  
Quantity:

Edit

Remove



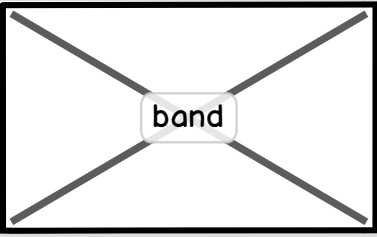
Product

\$5

Model:  
Quantity:

Edit

Remove



Product

\$5

Model:  
Quantity:

Edit

Remove

Check Out

09:52 AM



< Cancel

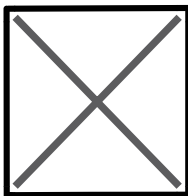
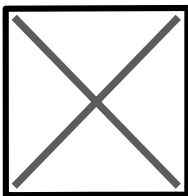
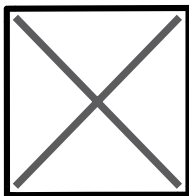
# Your Post

Done



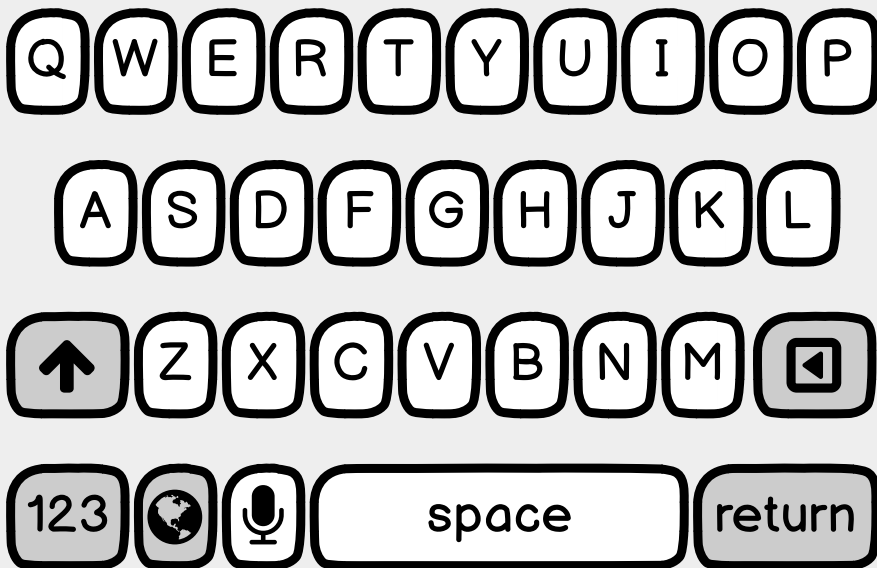
Yiwei Wu

lorem ipsum dolor sit amet, consectetur adipiscing elit,  
sed do eiusmod tempor incididunt ut labore et dolore  
magna aliqua.

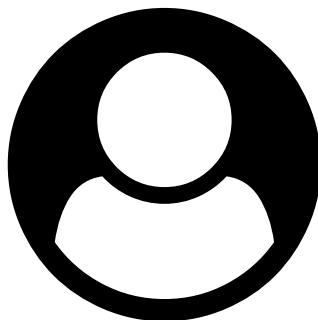


☒ Sync to Facebook

☐ Sync to Instagram



09:52 AM



Yiwei Wu

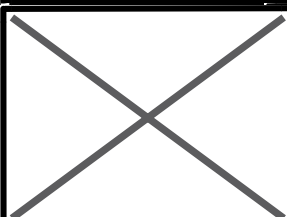


Level

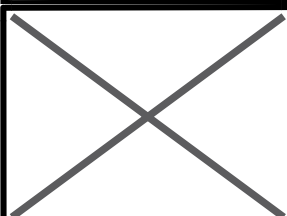
Location

Lesson

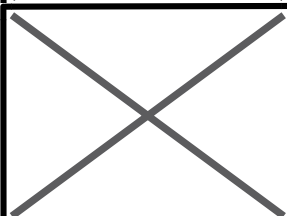
Plan



15 Minutes At-home Cardio the 3rd Day  
Beginner  
Details  
Details  
Start >



Strength and Tone the 23th Day  
Intermediate  
Details  
Details  
Start >



Fat Burning Dance Workout the 67th Day  
Beginner  
Details  
Details  
Start >



15 minutes at-home cardio ex the 120Day  
Beginner  
Details  
Details

Lesson

Friends

Store

Account

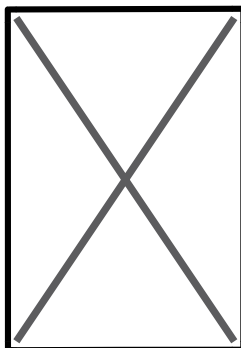
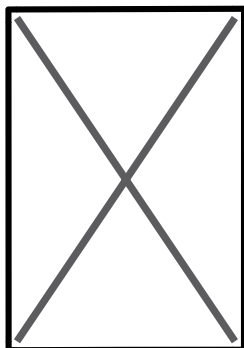
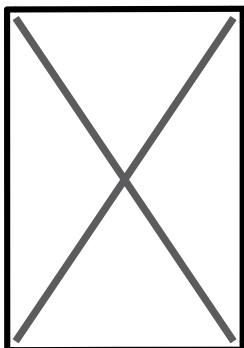
09:52 AM



Jaclyn Moo<sup>?</sup> Level



This is the 20th day in Far Burnning Dance Workout lesson! I feel like I become more and more confident when I dress beautiful and hang out with friends!



Ellen Walker<sup>?</sup> Level



Congratulations!  
Ellen Walker becomes the 1st in the Nearby ranking list today!



Choles Whole<sup>?</sup> Level



Lesson

Friends

Store

Account



Friends

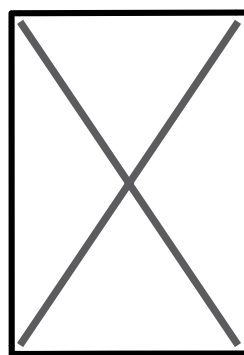
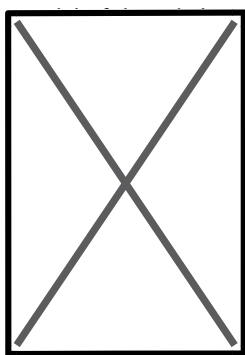
Activities

Article



Jaclyn Moo<sup>?</sup> Level 1

This is the 20th day in Far Burning Dance Workout lesson! I feel like I become more and more confident when I dress beautiful and hang out



Ellen Walker<sup>?</sup>

Congratulations!  
Ellen Walker becomes the 1st in the Nearby ranking list today!



Choles Whale

Lesson

Friends

Store

Account

09:52 AM



Friends

Activities

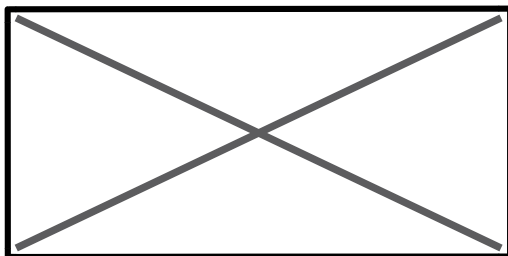
Article



Jaclyn Moo

## The article

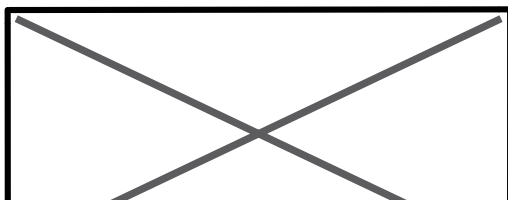
This is the 20th day in Far Burnning Dance Workout lesson! I feel like I become more and more confident when I dress beautiful and hang out with friends!



Jaclyn Moo

## The article

This is the 20th day in Far Burnning Dance Workout lesson! I feel like I become more and more confident when I dress beautiful and hang out with friends!



Lesson

Friends

Store

Account

09:52 AM



Friends

Activities

Article

Competition

Puzzle

Vote for your companies

Only for companies who provide the  
exercise chances for employees

Share Your Healthy Diet

Find the time to exercise

Lesson

Friends

Store

Account



09:52 AM



Q Band

Popular

Newest

Lowest Price

Top Seller

band

Product \$5

lorem ipsum dolor sit  
amet, consectetur  
adipisicing elit, sed do  
eiusmod tempor  
incididunt ut labore et



band

Product \$10

lorem ipsum dolor sit  
amet, consectetur  
adipisicing elit, sed do  
eiusmod tempor  
incididunt ut labore et



band

Product \$15

lorem ipsum dolor sit  
amet, consectetur  
adipisicing elit, sed do  
eiusmod tempor  
incididunt ut labore et



Product \$15

lorem ipsum dolor sit

Lesson

Friends

Store

Account

