

# Ocean Gym

Username

john@gymflex.io

Password

\*\*\*\*\*

Sign Up

exp

Join now





Login to your account

Email

Password

[Forgot password?](#)

Login

# Welcome to Ocean Gym

Your ultimate destination for fitness and wellness

[JOIN NOW](#)

## Contact Us

123 Fitness St., Muscle City, Fitland 12345

Phone: (123) 456-7890

Email: [info@oceangym.com](mailto:info@oceangym.com)

## Follow Us



Get your fitness essentials delivered to you!

Enter your location to view delivery options



**100+ products**  
Available nationwide



**Healthy supplements**  
Top-notch quality



**Quick shipping**  
Speediest in the industry



**Live fitness tracking**  
Monitor your workout progress

**Trending products**

View all



## Select Your Gender

☐ Male

☐ Female

## Select Your Level

☐ Beginner

☐ Medium

☐ Expert

## Your Routine



### Beginner Full Body

A full body workout routine for beginners using basic gym equipment.



### Medium Strength Training

A strength training routine for medium level athletes using intermediate gym equipment.



### Expert High Intensity

A high intensity workout routine for experts using advanced gym equipment.

## Shop Our Products



### Whey Protein

High-quality whey protein for muscle building and recovery.

**\$29.99**

[Add to Cart](#)



### Gym Gloves

Comfortable and durable gloves for a better grip during workouts.

**\$19.99**

[Add to Cart](#)



### Shaker Bottle

Leak-proof shaker bottle for mixing protein shakes and supplements.

**\$9.99**

[Add to Cart](#)



John Doe

[Profile](#)[Class Schedules](#)[Progress Tracking](#)[Membership Details](#)

## Welcome to your Dashboard

Here you can manage your profile, view class schedules, track your progress, and check your membership details.

### Profile

View and edit your personal information, change your password, and update your contact details.



### Membership Details

Review your membership plan, renewal dates, and payment history.



Admin Menu

Manage Users

Manage Beverages

Workout Routines

Settings

Users and Beverages Management

Users

ID	Name	Email	Actions	
1	Alice Johnson	<a href="#">alice.johnson@example.com</a>	Edit	Delete
2	Bob Smith	<a href="#">bob.smith@example.com</a>	Edit	Delete
3	Charlie Davis	<a href="#">charlie.davis@example.com</a>	Edit	Delete

Beverages

ID	Name	Price	Actions	
1	Protein Shake	\$5.99	Edit	Delete
2	Energy Drink	\$3.99	Edit	Delete
3	Smoothie	\$4.99	Edit	Delete