

Join now





### Login to your account

Email

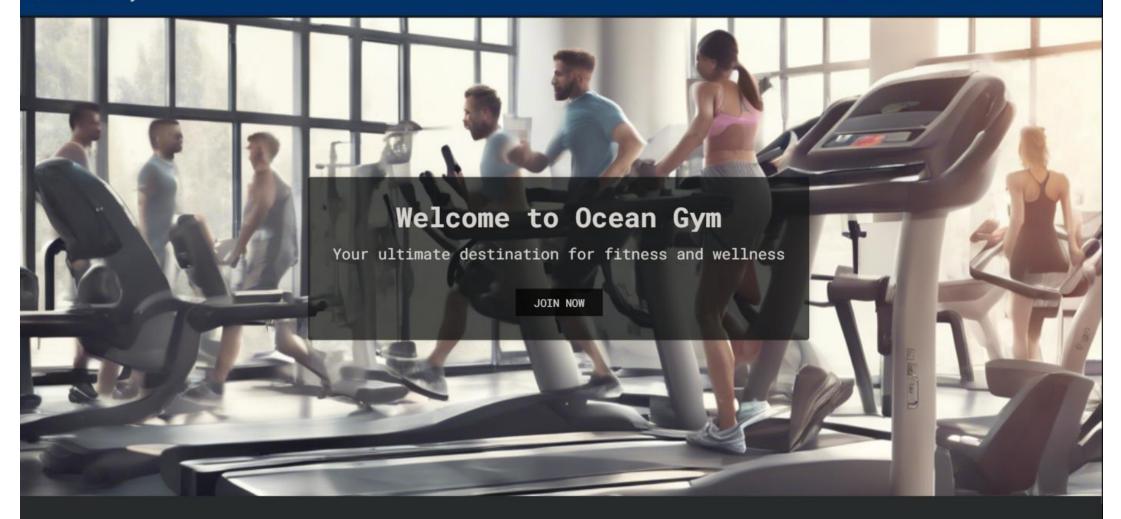
Enter your email

Password

Enter your password

Forgot password?

Login



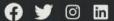
#### Contact Us

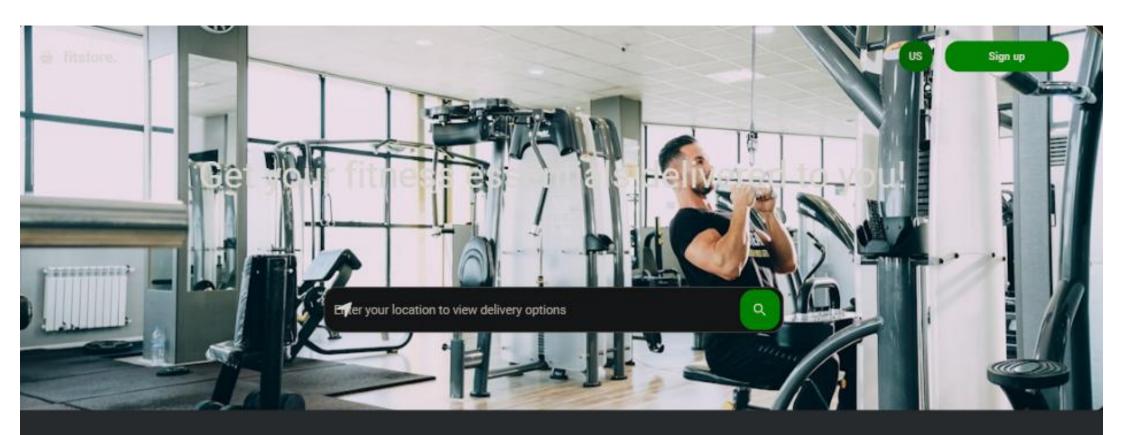
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### Select Your Gender

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

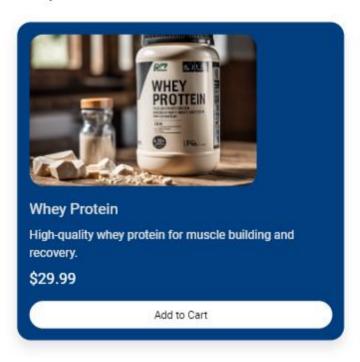
A strength training routine for medium level athletes using intermediate gym equipment.

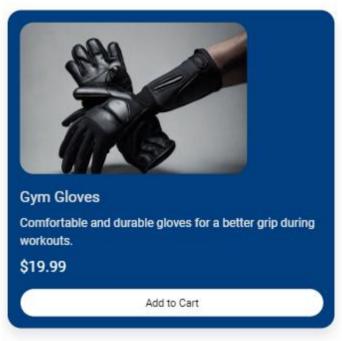


#### **Expert High Intensity**

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

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### IHI ocean gym







### 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.



#### dmin Menu

anage Users

anage Beverages

orkout Routines

ettings

# Users and Beverages Management

### Users

ID	Name	Email	Actions	
1	Alice Johnson	alice.johnson@example.com	Edit	Delete
2	Bob Smith	bob.smith@example.com	Edit	Delete
3	Charlie Davis	charlie.davis@example.com	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