



I'M READY TO JOIN

SKIP

## HOME WORKOUT

WORKOUT  
5KCAL  
500MINUTE  
75

## WEEK GOAL

Set weekly goals for a better body shape

SET A GOAL

7X4 CHALLENGE

ALL

CARDIO

FULL BODY

YOGA

**FULL BODY**  
⌚ 7x4 Challenge

27 days left 4%

**LOWER BODY**  
⌚ 7x4 Challenge ⏳ 30 Days

**LOWER BODY**  
⌚ 7x4 Challenge ⏳ 30 Days



Discover



9:41



# HOME WORKOUT



WORKOUT  
5



KCAL  
500



MINUTE  
75

WEEK GOAL

0/4

10

11

18

13

14

15

17

18

7X4 CHALLENGE

ALL

CARDIO

FULL BODY

YOGA

FULL BODY

7x4 Challenge

27 days left

4%

LOWER BODY

7x4 Challenge 30 Days

LOWER BODY

7x4 Challenge 30 Days



Discover



9:41



# Day 1

## FULL BODY

18 Min.

16 Workouts



Right Side Crunch

x16



Left Side Crunch

x16



Push Up

x16



Crunch

x8



Dips

x16



Lunge

x16



Left Side Crunch

x16



START

9:41



## 7x4 CHALLENGE

27 days left

4%

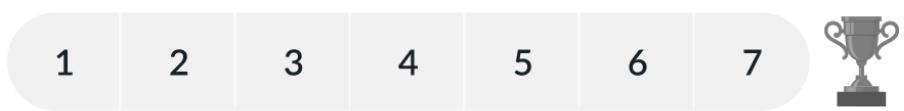
### Week 1



### Week 2



### Week 3



### Week 4



### Week 5



### Week 6



### Week 7



GO!



# READY TO GO!

RIGHT SIDE CRUNCH ?



CLOSE

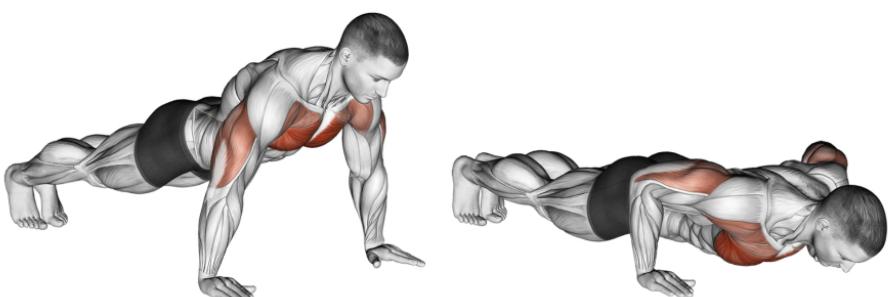
 Animation Video

## WIDE ARM PUSHUP-UPS x8

Start in the regular push-up position but with your hands spread wider than your shoulders.

Then push your body up and down.  
Remember to keep your body straight.

### Muscle Highlight



**RESET**

**00:18**

**+20s**

**Skip**

**NEXT 3/11**

**KNEE PUSH-UPS** 

**x 10**



9:41



## Set your weekly goals

We recommend training at least 3 days weekly for a better result.

Weekly training days

4 days



First day of week

Sunday



**SAVE**

9:41



# History



2023/06



S	M	T	W	T	F	S
28	29	30	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	1

Jun 11 - Jul 17  
4 workouts

KCAL  
500MINUTE  
75

Jun 16, 10:48 am  
**ABS BEGINNING**  
 0.6 kcal 00:35



Jun 16, 10:48 am  
**ABS BEGINNING**  
 0.6 kcal 00:35



Jun 16, 10:48 am  
**LOWER BODY - DAY 1**  
 0.6 kcal 00:35

9:41



## Discover

### Best Quarantine Workout

See more >



### Best for you



#### Belly fat burner

10 min

Beginner



#### Lose Fat

10 min

Beginner



#### Plank

5 min

Expert

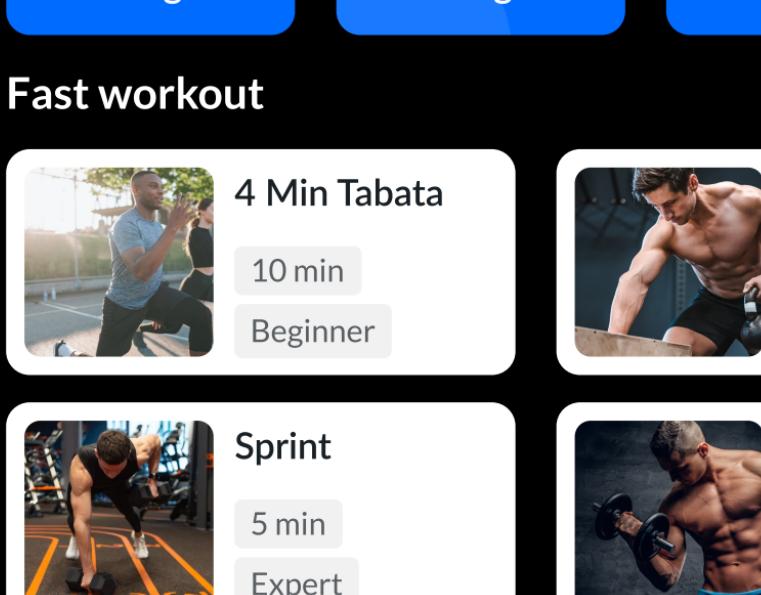


#### Wider Biceps

30 min

Intermediate

### Popular Workouts



Hand Training

0.6 kcal

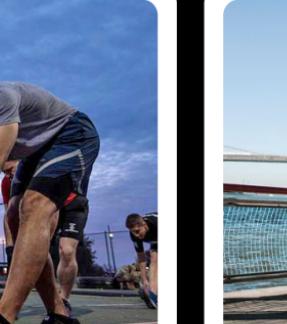
### Challenge



#### Plank Challenge



#### Sprint Challenge



#### Plank Challenge

### Fast workout



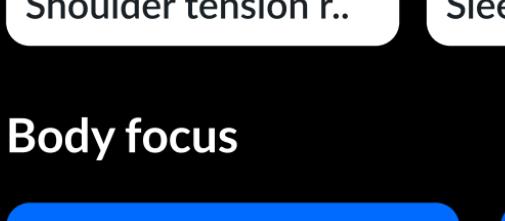
10 min

Beginner



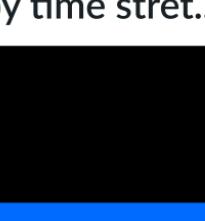
10 min

Beginner



5 min

Expert



30 min

Intermediate

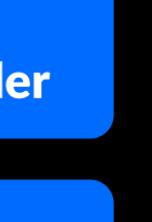
### Sleep



#### Full body stretching



#### Morning warm up



#### Full body stretching



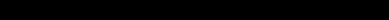
#### Shoulder tension r..



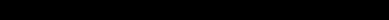
#### Sleepy time stret..



#### Full body stretching



#### Chest



#### Arm & Shoulder



#### Butt & Leg



#### Six pack

9:41



# Reports

WORKOUT  
5KCAL  
500MINUTE  
75

## History

[MORE](#)

S

M

T

W

T

F

S



12

13

14

15

16

17

18

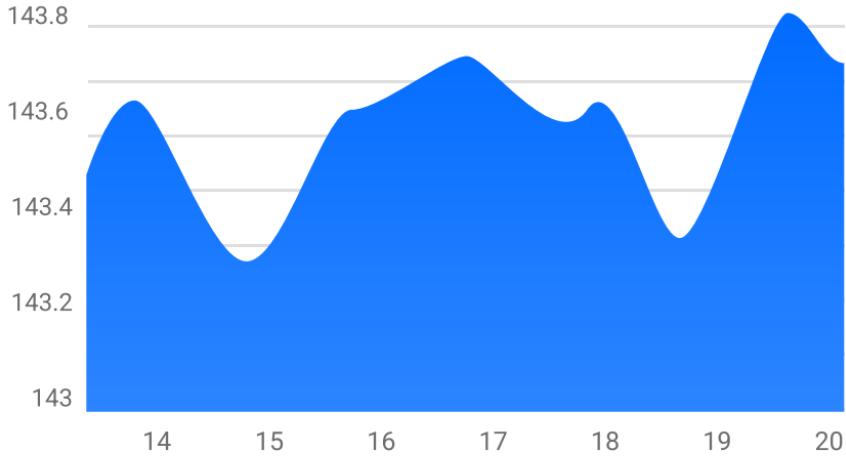
[RECORDS](#)

## Report

### Weight

[+](#)

lbs

 Weight

Current 143.33 lbs

Heaviest 143.33 lbs

Lightest 143.33 lbs

BMI( $\text{kg}/\text{m}^2$ ) :[EDIT](#)

Height

[EDIT](#)

Current

0 FT 0.0 IN

# Reports

WORKOUT  
5KCAL  
500MINUTE  
75

## History

[MORE](#)

S

M

T

W

T

F

S



12

13

14

15

16

17

18

## Weight

143.33 LB

KG

LB

## Height

0 FT

143.33 LB

KG

LB

[CANCEL](#) [SAVE](#)

143.2

143

14

15

16

17

18

19

20

 Weight

Current

143.33 lbs

Heaviest

143.33 lbs

Lightest

143.33 lbs

BMI( $\text{kg}/\text{m}^2$ ) :[EDIT](#)