

FITBOD

Let's Do It

Get Started



Track Your Goal

Don't worry if you have trouble determining your goals, We can help you determine your goals and track your goals





Get Burn

Let's keep burning, to achieve your goals, it hurts only temporarily, if you give up now you will be in pain forever





Eat Well

Let's start a healthy lifestyle with us, we can determine your diet every day. healthy eating is fun





Improve Sleep Quality

Improve the quality of your sleep with us,
good quality sleep can bring a good mood
in the morning



Create an Account



Full Name



Email



Password



By continuing you accept our [Privacy Policy](#) and
[Term of Use](#)

Sign Up

Or



Already have an account? [Login](#)

Welcome Back



Email



Password



[Forgot your password?](#)

Login

Or



Don't have an account yet? [SignUp](#)

Let's complete your profile



Fitness Goal



Date of Birth



Your Weight

KG



Your Height

CM

*You can change these later in settings

Continue

Welcome, Faiyaz

You are all set now

Go To Home

Welcome Back,

Suleiman



BMI (Body Mass Index)

You have a normal weight

[View More](#)

20,1

Today Target

[Check](#)

Today's Meals

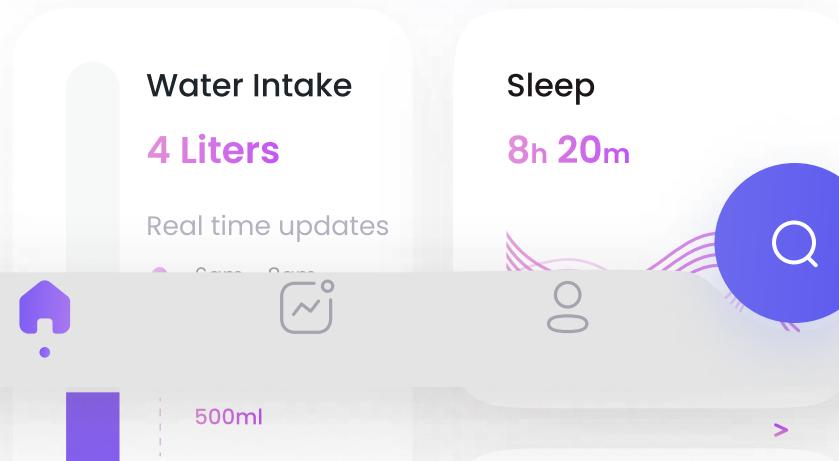
[Check](#)

Activity Status

Heart Rate

78 BPM

3mins ago



Water Intake

4 Liters

Real time updates

11am - 2pm

1000ml

2pm - 4pm

700ml

4pm - now

900ml

Sleep

8h 20m



Calories

760 kCal



Workout Progress

[Weekly](#) ▾

Fri, 28 May

90% ↑

100%

Upperbody Workout

80%



Sun Mon Tue Wed Thu Fri Sat

Latest Workout

[See more](#)



Fullbody Workout

180 Calories Burn | 20minutes



Lowerbody Workout

200 Calories Burn | 30minutes



Ab Workout

180 Calories Burn | 20minutes





Notification



Hey, it's time for lunch

About 1 minutes ago



Don't miss your lowerbody workout

About 3 hours ago



Hey, let's add some meals for your b..

About 3 hours ago



Congratulations, You have finished A..

29 May



Hey, it's time for lunch

8 April



Ups, You have missed your Lowerbo...

3 April





Activity Tracker



Today Target



8L

Water Intake

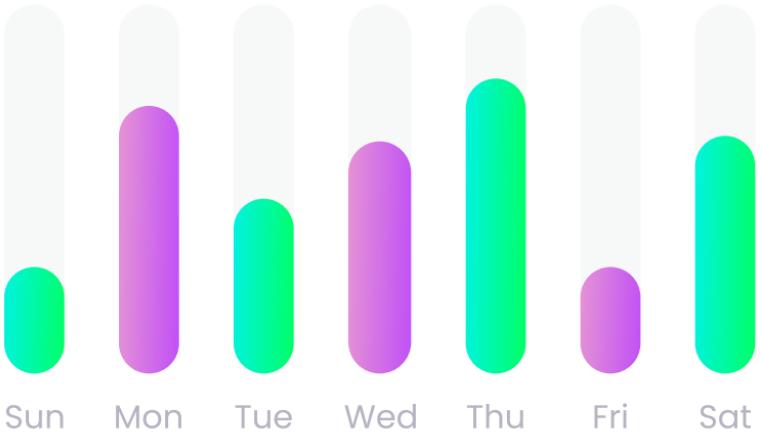


2400

Foot Steps

Activity Progress

Weekly ▾



Latest Activity

See more



Drinking 300ml Water



About 3 minutes ago



Eat Snack (Fitbar)



About 10 minutes ago





Profile



Sadman

Lose a Fat Program

Edit

180cm

Height

65kg

Weight

22yo

Age

Account



Personal Data



Achievement



Activity History



Workout Progress



Notification



Pop-up Notification



Other



Contact Us



Privacy Policy



Settings



Q



Congratulations, You Have Finished Your Workout

Exercises is king and nutrition is queen. Combine the two and you will have a kingdom

-Jack Lalanne

[Back To Home](#)



Workout Tracker



Upcoming Workout

See more



Fullbody Workout

Today, 03:00pm



Upperbody Workout

June 05, 02:00pm



Workout Challenges

Fullbody Workout

11 Exercises | 32mins

[View more](#)

Lowebdy Workout

12 Exercises | 40mins

[View more](#)

ABS Workout

14 Exercises | 20mins

[View more](#)

Legs Workout

10 Exercises | 25mins

[View more](#)



Fullbody Workout

11 Exercises | 32mins | 320 Calories Burn



Difficulty

Beginner ▾

Exercises

3 Sets

Set 1



Warm Up

05:00



Jumping Jack

12x



Skipping

15x



Squats

20x



Arm Raises

00:53



Set 2



Incline Push-Ups

12x



Start Workout



Skipping

15x



Cobra Stretch

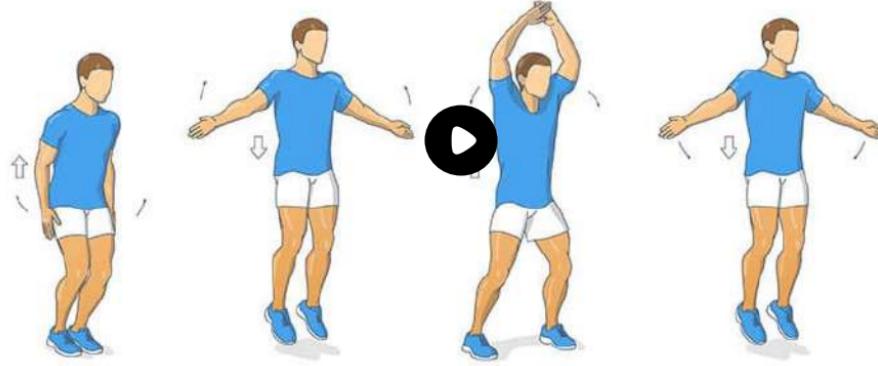
20x



X

...

JUMPING JACKS



Jumping Jack

Easy | 390 Calories Burn

Descriptions

A jumping jack, also known as a star jump and called a side-straddle hop in the US military, is a physical jumping exercise performed by jumping to a position with the legs spread wide [Read More...](#)

How To Do It

4 Steps

01 Spread Your Arms

To make the gestures feel more relaxed, stretch your arms as you start this movement. No bending of hands.

02 Rest at The Toe

The basis of this movement is jumping. Now, what needs to be considered is that you have to use the tips of your feet

03 Adjust Foot Movement

Jumping Jack is not just an ordinary jump. But, you also have to pay close attention to leg movements.

04 Clapping Both Hands

This cannot be taken lightly. You see, without realizing it, the clapping of your hands helps you to keep your rhythm while doing the Jumping Jack



Workout Schedule



Nov 2023



Sun

12

Mon

13

Tue

14

Wed

15

Th

1

06:00 AM

07:00 AM

Ab Workout, 7:30am

08:00 AM

09:00 AM

Upperbody Workout, 9am

10:00 AM

11:00 AM

12:00 PM

01:00 PM

02:00 PM

03:00 PM

04:00 PM

05:00 PM

06:00 PM

07:00 PM

+

08:00 PM

X

Add Schedule

...



Tue, 14 Nov 2023

Time

2 29 AM

3 30 PM

4 31

Details Workout



Choose Workout

Upperbody Workout >



Difficulty

Beginner >

Save



Workout Schedule



Nov 2023



Sun

12

Mon

13

Tue

14

Wed

15

06:00 AM

07:00 AM

30am



Workout Schedule



Lowerbody Workout



Today | 03:00PM

Mark as Done

02:00 PM

03:00 PM

04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM





Meal Planner



Daily Meal Schedule

Check

Today Meals

Breakfast ▾



Salmon Nigiri

Today | 7am



Lowfat Milk

Today | 8am



Find Something to Eat



Breakfast

120+ Foods

Select



Lunch

130+ Foods

Select



Breakfast



Search Pancake



Category



Salad



Cake



Pie



Smoothie

Recommendation for Diet



Honey Pancake

Easy | 30mins | 180kCal

[View](#)



Chicken Ste

Easy | 20mins | 2

[View](#)

Popular



Blueberry Pancake

Medium | 30mins | 230kCal



Salmon Nigiri

Medium | 20mins | 120kCal





Blueberry Pancake

by Robert Downy Jr.



Nutrition



180kCal



30g fats



20g proteins



Descriptions

Pancakes are some people's favorite breakfast, who doesn't like pancakes? Especially with the real honey splash on top of the pancakes, of course everyone loves that! besides being [Read More...](#)

In

Add to Breakfast Meal



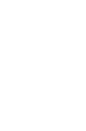
Wheat Flour

100gr



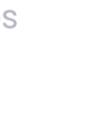
Sugar

3 tbsp



Baking Soda

2 tsp



Eggs

2 items

Step by Step

8 Steps

01 Step 1

Prepare all of the ingredients that needed

02 Step 2

Mix flour, sugar, salt, and baking powder

03 Step 3

In a separate place, mix the eggs and liquid milk until blended

04 Step 4

Put the egg and milk mixture into the dry ingredients, Stir until smooth and smooth

05 Step 5

Prepare all of the ingredients that needed

Meal Schedule



May 2022



Wed
12

Thus
13

Fri
14

Sat
15

Breakfast

2 meals | 230 calories



Honey Pancake

07:00am



Coffee

07:30am



2 meals | 500 calories



Chicken Steak

01:00pm



Milk

01:20pm



2 meals | 140 calories



Orange

04:30pm



Apple Pie

04:40pm

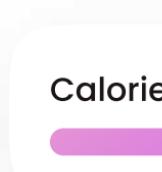


2 meals | 120 calories



Salad

07:10pm



Oatmeal

08:10pm



Today Meal Nutritions

Calories 🔥

320 kCal

Proteins 🍖

300g

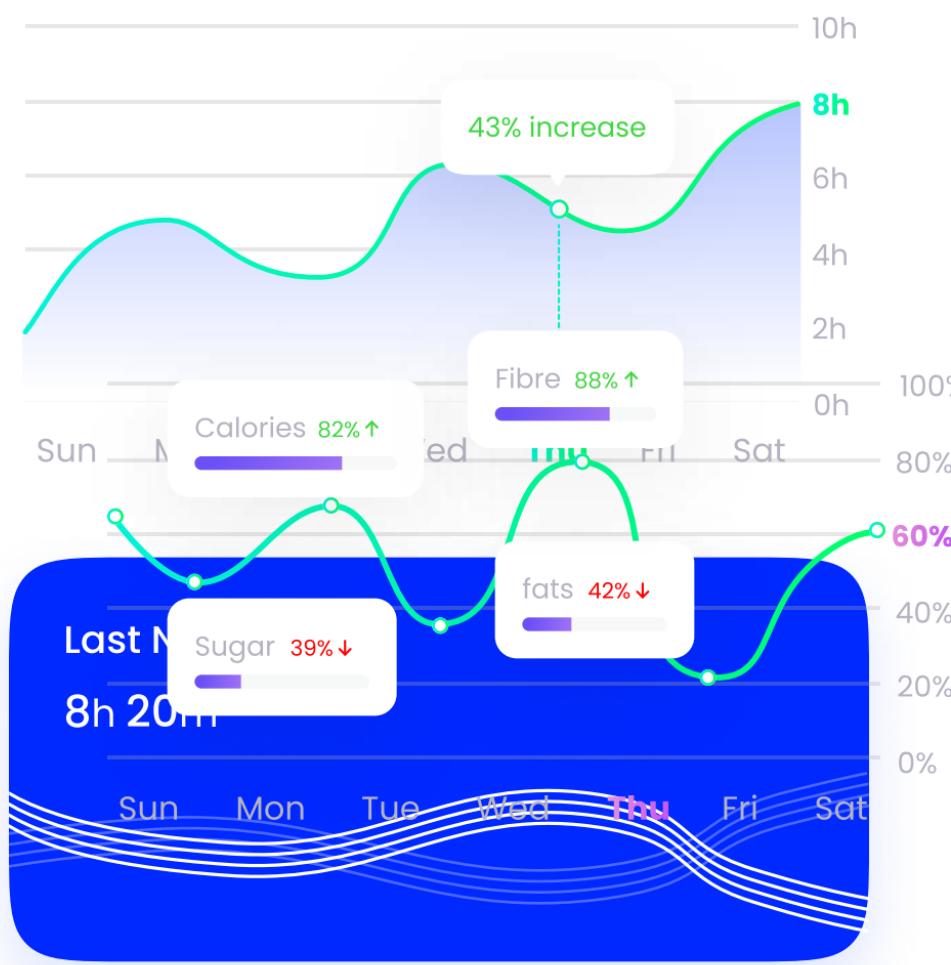
Fats 🥔

140g

Carbo 🌿

140g

Sleep Tracker



Daily Sleep Schedule

Check

Your Schedule



Bedtime, 09:00pm

in 6hours 22minutes



⋮



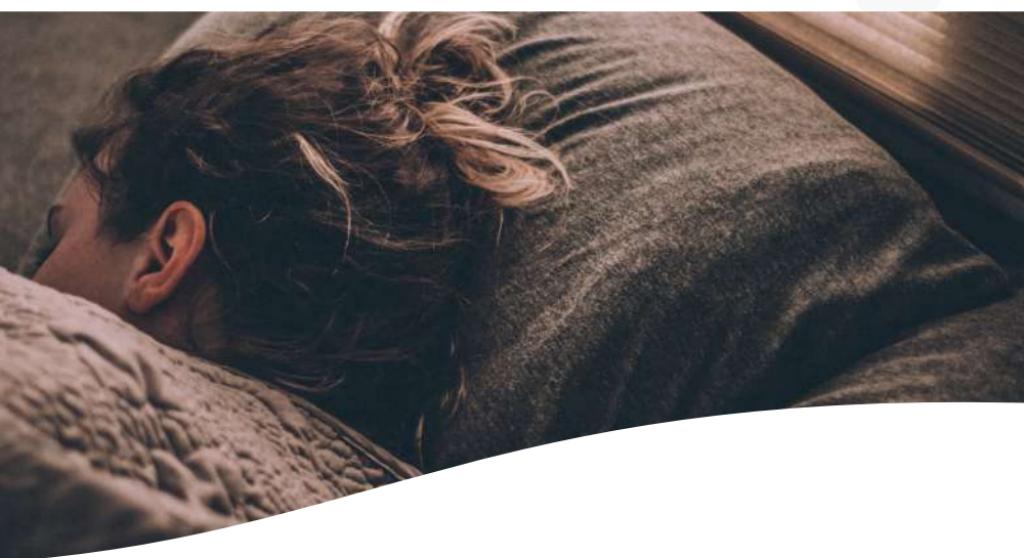
Alarm, 05:10am

in 14hours 30minutes



⋮

Sleep Schedule



As Humans we need at least 8 hours of sleep

Your Schedule

Wed

12

Thus

13

Fri

14

Sat

15

Su

10



Bedtime, 09:00pm

in 6hours 22minutes



Alarm, 05:10am

in 14hours 30minutes



You will get 8hours 10minutes
for tonight

96%





Add Alarm



Bedtime

09:00 PM >



Hours of sleep

8hours 30minutes >



Repeat

Mon to Fri >



vibrate When Alarm Sound



Add



Comparison



Select Month 1

November >



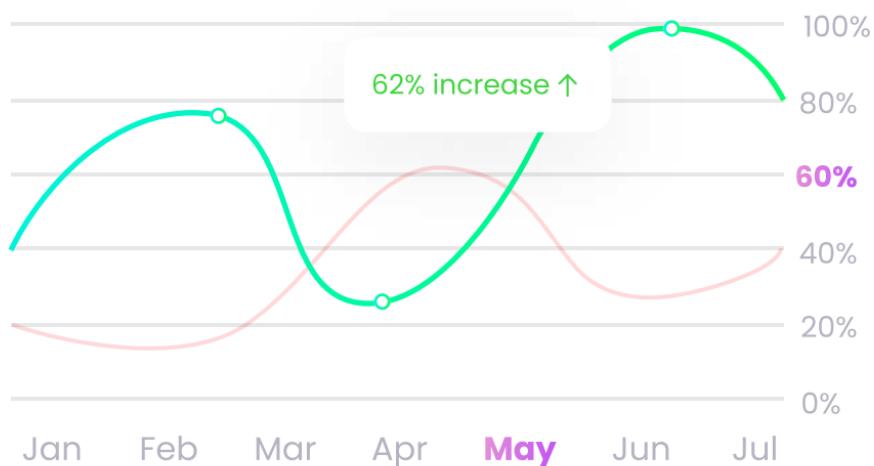
Select Month 2

Select Month >

Compare



Statistic



May

Lose Weight

33% 67%

Height Increase

88% 12%

Muscle Mass Increase

57% 43%

Abs

89% 11%

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Attribution



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