

TODAY IS
YOUR DAY
To start FRESH
To eat RIGHT
To train HARD
To live HEALTHY
To be PROUD

Get Started

Sign In

PULSE GO



2:33:45

Workouts this week

7 sessions

596kcal

2.13km
Walking(..

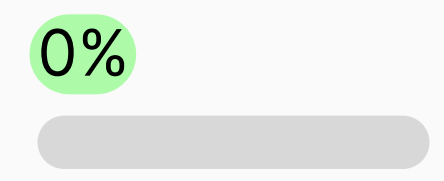
1.33km
Walking(..

1.02km
Walking(..

0 steps
0 mins
0 kcal

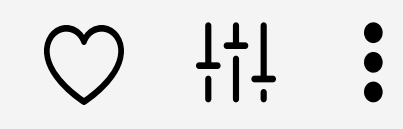


0
/6,000 steps



"You can set your desired step target."

Fitness



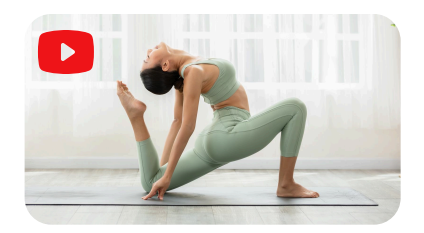
Help us recommend the right content for you.

Not now Set your interests

WHAT'S NEW



Full Body Burn to the Beat
09:57
Quat



Menstural Cycle Care Streching
12:06
Quat

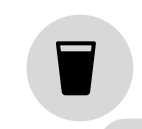


Full Body Wo
30:00
Quat

9h

Record this time

00:50-09:50



Water
+ 250 ml



Daily Zen: No Pain No Gain