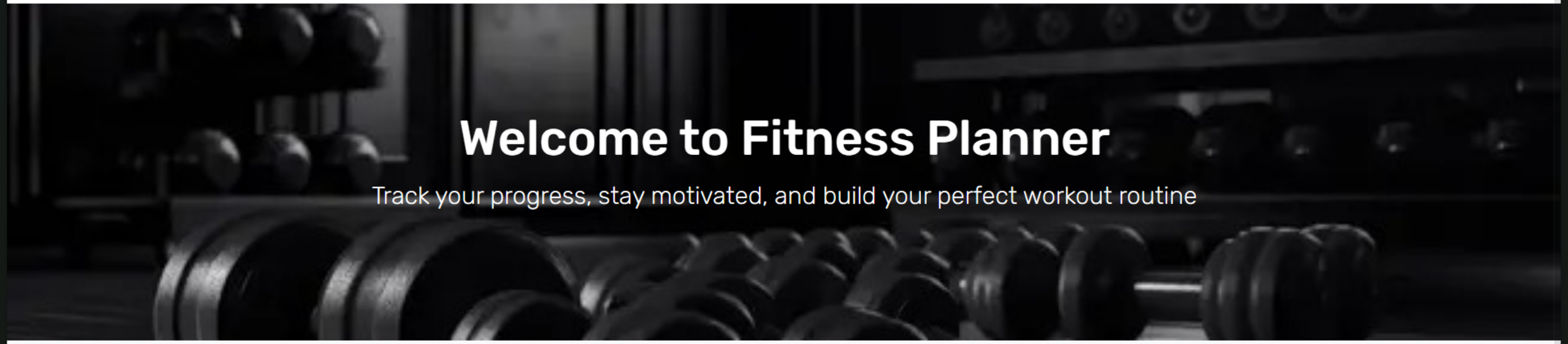


Customize, track, and achieve your fitness goals with ease.

Create Your Routine

## Build Your Perfect Workout Routine

Transform your fitness journey with personalized routines. Whether you're a beginner or an athlete, our planner adapts to your goals, helping you stay consistent and achieve results.

Track Your Progress Start Your Routine

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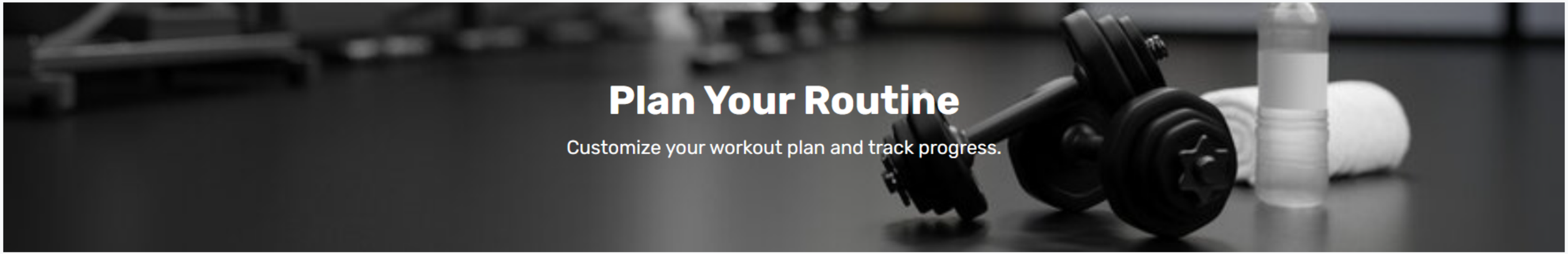
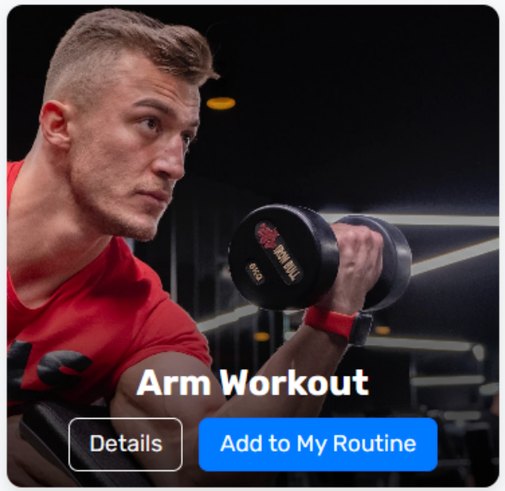
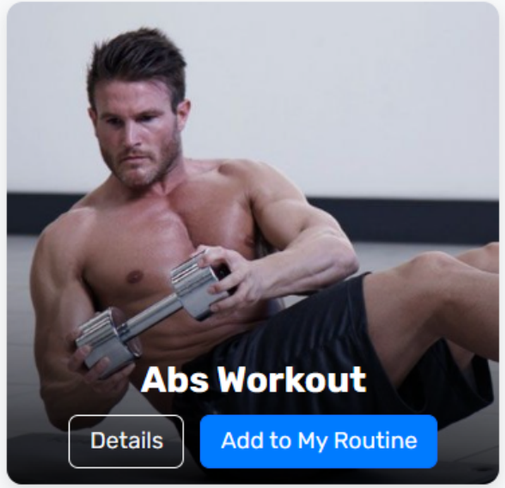
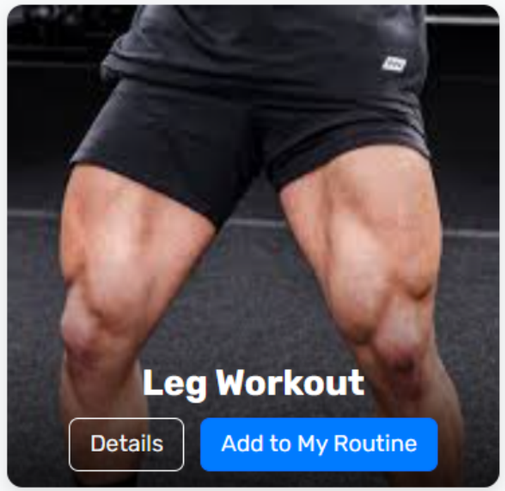
# Fitness Planner

Home | Create Routine | My Routines | Progress Tracker






Create Custom Workout

# Fitness Planner



## Create Custom Workout

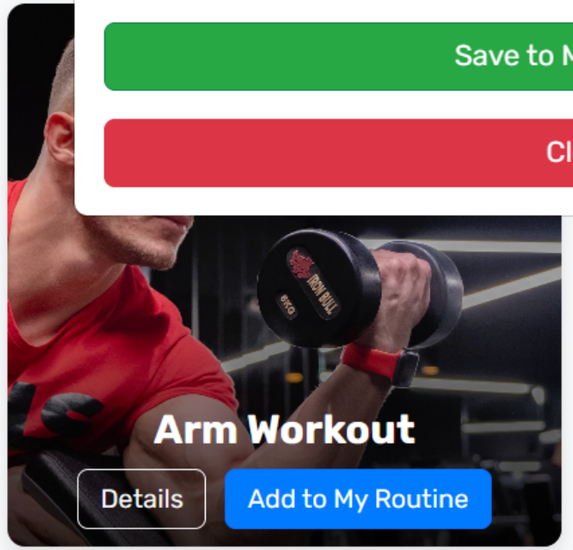
Workout1

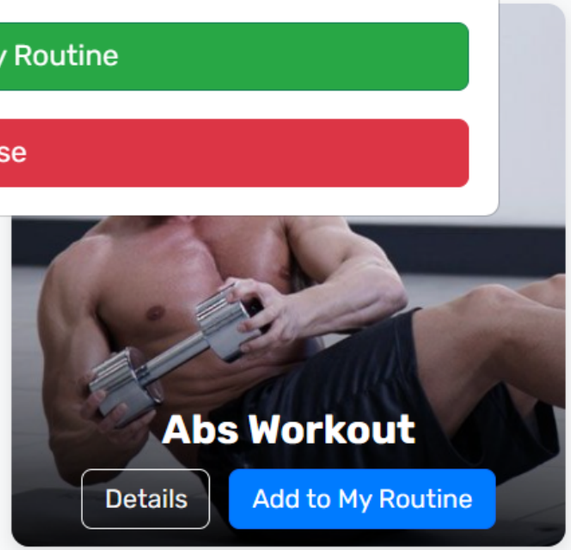
+ Custom Exercise | Add Exercises

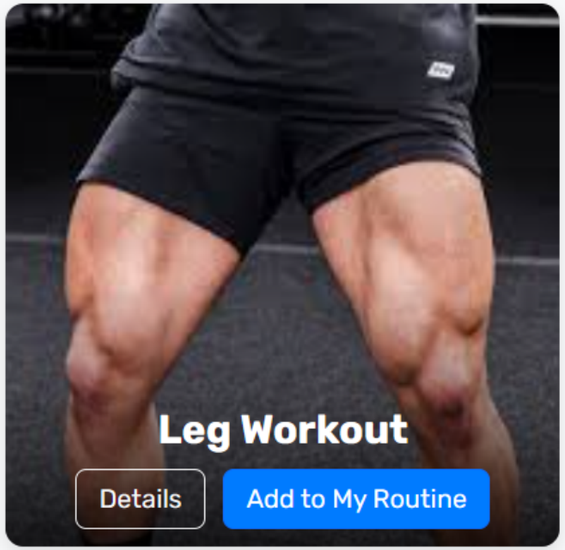
| | | | |
|---|---|---|---|
| Concentration Curls | Reps: | 12 | × |
| Plank | Sec: | 60 | × |
| Bicycle Crunches | Reps: | 20 | × |

Save to My Routine

Close



Fitness Planner



## Add Custom Exercise

Enter Exercise Name

Reps

Seconds

Add Exercise

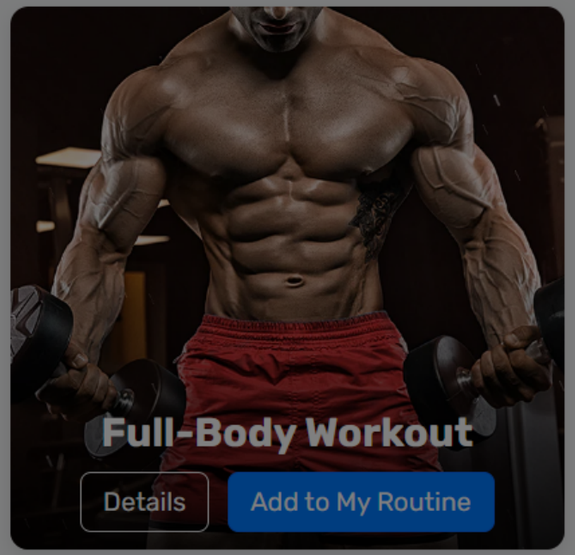
Cancel

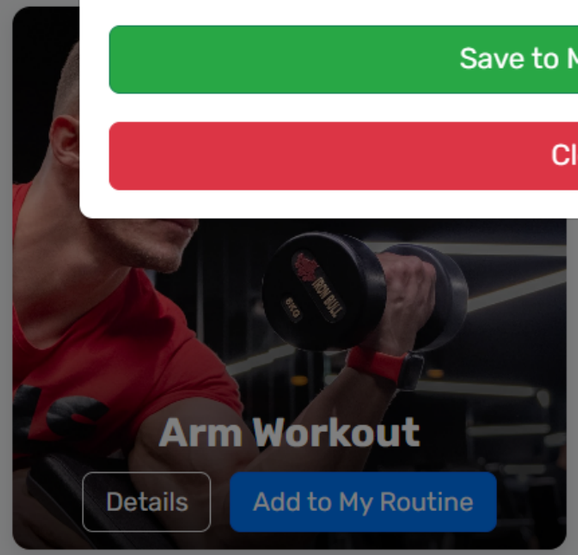
Plank Sec: 60

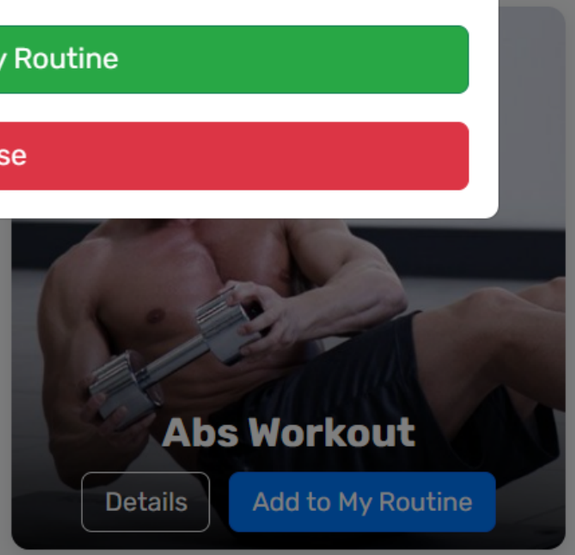
Bicycle Crunches Reps: 20

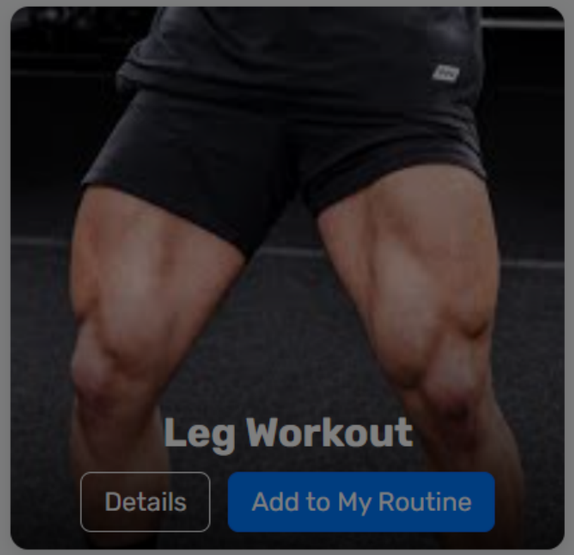
Save to My Routine

Close



# My Routines

## hello

View Exercises | Completed
Repeat | Delete Routine

## WorkoutXen0

View Exercises | Completed
Repeat | Delete Routine

## Full-Body Workout

View Exercises | Completed
Repeat | Delete Routine

## Arm Workout

View Exercises | Completed
Repeat | Delete Routine

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# Workout Progress Tracker

## Workout Calendar

### March 2025

today

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| 23 | 24 | 25 | 26 | 27<br>1:14a **Routine**<br>11:11a **Routine** | 28<br>9:11p **Routine** | 1<br>2:40a **Routine**<br>10:04a **Routin**<br>10:43a **Routin** |
| 2 | 3<br>8:21a **Routine** | 4<br>1:36a **Routine**<br>1:58p **Routine**<br>6:17p **Routine**<br>6:33p **Workout**<br>7:12p **Full-Bod**<br>7:37p **Arm Wor** | 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 |

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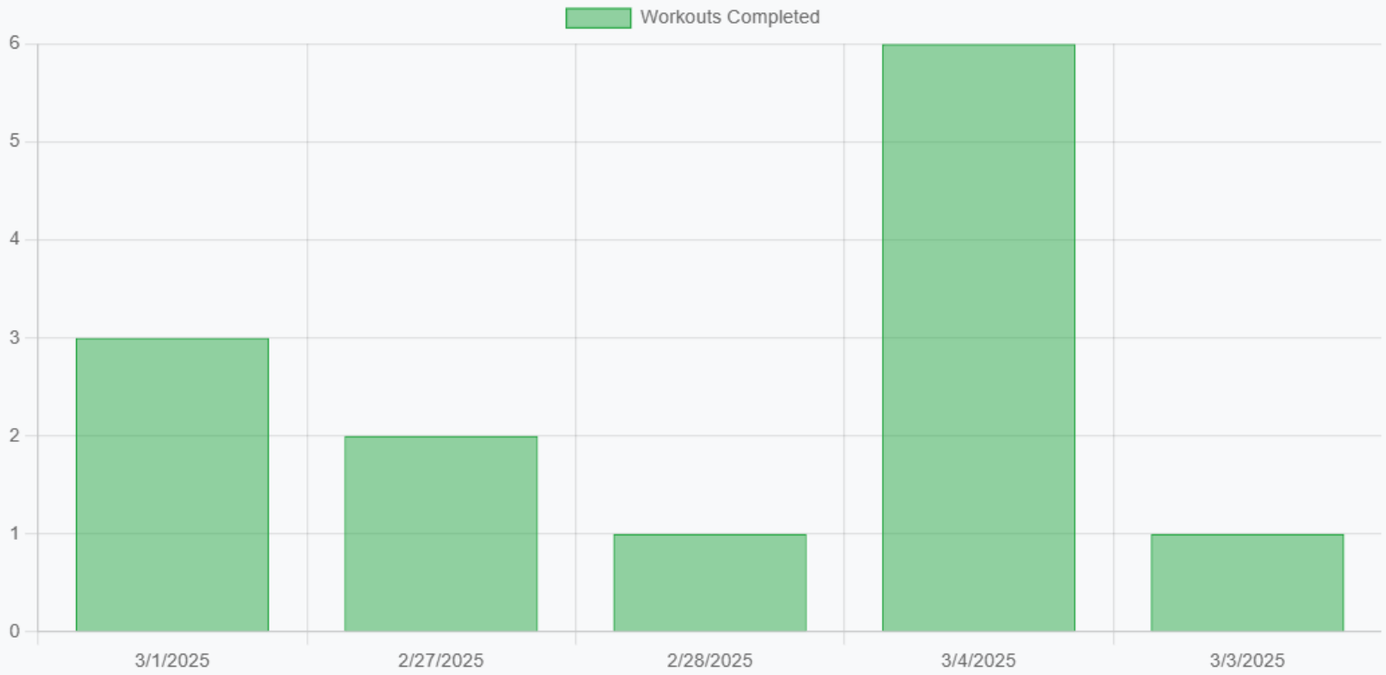
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | | | |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |

## Progress Chart




## Workout Log

| Date | Time | Completed Workouts | Log |
|---|---|---|---|
| 3/1/2025 | 2:40:52 AM | Routine 1 | Completed |
| 2/27/2025 | 1:14:37 AM | Routine 2 | Completed |

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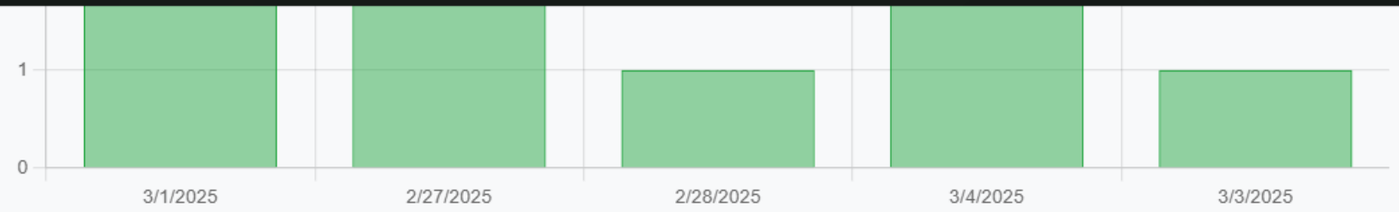


## Workout Log

| Date | Time | Completed Workouts | Log |
|---|---|---|---|
| 3/1/2025 | 2:40:52 AM | Routine 1 | Completed |
| 2/27/2025 | 1:14:37 AM | Routine 2 | Completed |
| 3/1/2025 | 10:04:00 AM | Routine 3 | Completed |
| 2/28/2025 | 9:11:53 PM | Routine 4 | Completed |
| 3/1/2025 | 10:43:38 AM | Routine 5 | Completed |
| 3/4/2025 | 6:17:43 PM | Routine 6 | Completed |
| 3/4/2025 | 1:36:03 AM | Routine 7 | Completed |
| 3/4/2025 | 1:58:12 PM | Routine 8 | Completed |
| 2/27/2025 | 11:11:26 AM | Routine 9 | Completed |
| 3/3/2025 | 8:21:12 AM | Routine 10 | Completed |
| 3/4/2025 | 6:33:06 PM | WorkoutXen0 | Completed |
| 3/4/2025 | 7:12:09 PM | Full-Body Workout | Completed |
| 3/4/2025 | 7:37:17 PM | Arm Workout | Completed |

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