

# Login

Login

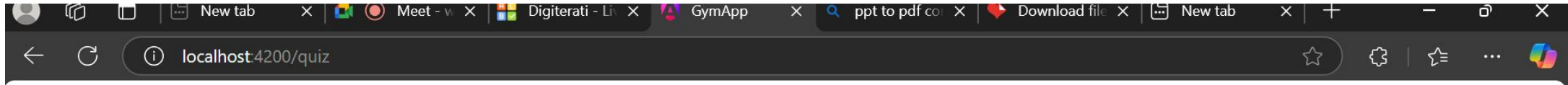
Register



localhost:4200

# Register

Login



# Gym Quiz

How many times a week do you workout?

1-2 times



Submit Quiz

# Dashboard

Username: Harshith

Workout Plan: Beginner

Trainer: A

Logout

View Workouts

pretty-print ☐

```
{
  "id": "1",
  "day": "Monday",
  "name": "Full Body Strength",
  "duration": 60,
  "description": "Compound exercises targeting all major muscle groups.",
  "exercises": [
    "Barbell Squats (3 sets of 8-12 reps)",
    "Bench Press (3 sets of 8-12 reps)",
    "Barbell Rows (3 sets of 8-12 reps)",
    "Overhead Press (3 sets of 8-12 reps)",
    "Deadlifts (1 set of 5 reps)"
  ]
},
{
  "id": "2",
  "day": "Tuesday",
  "name": "Cardio & Core",
  "duration": 45,
  "description": "High-intensity cardio followed by core strengthening.",
  "exercises": [
    "Running/Cycling (30 minutes)",
    "Plank (3 sets of 30-60 seconds)",
    "Crunches (3 sets of 15-20 reps)",
    "Leg Raises (3 sets of 15-20 reps)"
  ]
},
{
  "id": "3",
  "day": "Wednesday",
  "name": "Upper Body Focus",
  "duration": 60,
  "description": "Targeted workout for chest, back, and shoulders.",
  "exercises": [
    "Incline Dumbbell Press (3 sets of 10-15 reps)",
```