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Tell us about yourself

To give you a better experience we need
to know your gender.

Male



Female



Non Binary



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Access essential features like personalized nutrition and workout recommendations.

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Unlock personalized meal and workout plans, special reports, and exclusive expert content.

best offer 

Premium

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Get full access, including consultations with experts, unique reports, priority supports

Continue



Welcome back,
Anastasiia!



Hand Training



••• Advanced

⌚ 26 mins.

🔥 201 Kcal

••• Advanced



Your plan

Workout day



Workout

12 min | 30 min



Meal

621 | 1862 kcal



Water

4 | 5 glass



Steps

7161 | 12 000



Home



Workout



Insights



More

Your plan

Meal

Statistics

1862 kcal goal

219

kcal
already burnt

612

kcal
eaten

800

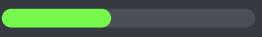
kcal
available

Proteins



72/226

Fats



14/52

Carbs



58/113

Your plan



Breakfast



Snack





Lunch

Proteins



72/226

Fats



14/52

Carbs



58/113

Lunch Menu

Copy meal



Capaccino

175ml 73kcal



Lightly salted salmon 70gm 73kcal



Whole wheat bread

70gm 73kcal



Fresh arugula

70gm 73kcal



Cherry tomatoes

70gm 73kcal



Lightly salted salmon 70gm 73kcal

Summary

438 kcal

Add meal



Workout

change goal



Meal

Statistics

Workouts



Push your Limits



... Advanced

⌚ 26 mins.



Intense Cardio Blast



... Advanced

⌚ 26 mins.

Recommended workout

See All

Total Body Burn
(HIIT)



... Advanced

⌚ 26 mins.

⚡ 201 Kcal



Workouts

change goal



Recommended

Total Body Burn (HIIT)



••• Advanced

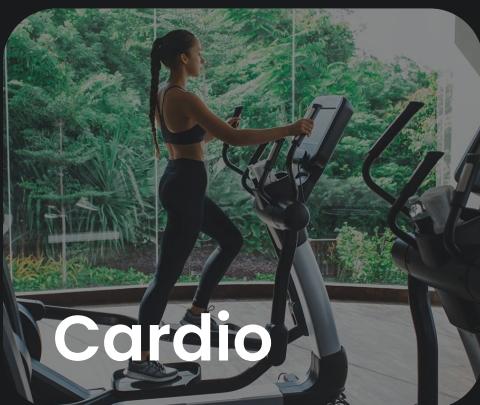
⌚ 26 mins.

⚡ 201 Kcal

Duration

Intensity

Equipment



Cardio



Strength



Home



Workout



Insights



More



HIIT



Search by workout

Duration

Intensity

Equipment

Total Body Burn (HIIT)



••• Advanced

⌚ 26 mins.

⚡ 201 Kcal

Explosive Circuit Training Session



••• Advanced

⌚ 26 mins.

⚡ 201 Kcal

Intense Chest





Equipment



6 Exercises



1. Jump Squats

⌚ 26 mins.

🏃 201 Kcal



2. Renegade Rows

⌚ 26 mins.

🏃 201 Kcal



3. Resistance Band

⌚ 26 mins.

🏃 201 Kcal



4. Dumbbell lunges

⌚ 26 mins.

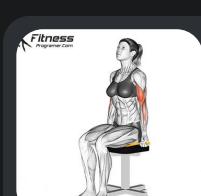
🏃 201 Kcal



5. Mountain Climbing

⌚ 26 mins.

🏃 201 Kcal



6. Resistance band curls

⌚ 26 mins.

🏃 201 Kcal



Start



••• Advanced

⌚ 26 mins.

🔥 201 Kcal

Total Body Burn (HIIT)

This dynamic routine combines cardio and strength exercises to target multiple muscle groups simultaneously. maximizing calorie burn and boosting metabolism. This workout will activate your major muscle group and major good vibes

Equipment



Start



Nutrition



Search by insights



How to balance your nutrition to achieve specific goals

Learn practical strategies for optimizing your diet to support your goals, from selecting nutrient-dense foods to managing portion sizes and timing meals appropriately



Demystifying Superfoods

Explore the truth behind superfoods and their potential health benefits, and learn how to incorporate them into your meals for added nutrition.



Profile Settings



Edit info

Name **Anastasila K.**

Email **anastasilak.....@gmail.com**

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Username **anastasila748**

Location **UK**

Birthdate **28/11/1999**

Height **173cm**

weight **54kg**

Gender **Male**