**Jeney Zoltán**

Honlap tartalmát összefoglaló dokumentum

A képen szimbólum, fehér, Betűtípus, fekete látható

Automatikusan generált leírásMenüsor (minden oldalon):

Workout plans, Nutrition guides, Contact us

Home (Kezdőlap)

**Home (kezdőlap)**

LiftR: Step up your game with us!

Reviews from users

“Life-Changing Workouts!”

*Rating: 5/5*

I stumbled upon LiftR when I was desperately seeking a fitness routine that would actually stick. Their personalized workout plans are spot-on! The trainers understand my goals and limitations, and the results have been incredible. Plus, the nutrition plans are delicious and sustainable. Highly recommend!

“LiftR Keeps Me Motivated”

*Rating: 4/5*

As someone who struggles with consistency, LiftR has been a game-changer. The app’s user-friendly interface makes it easy to track my progress, and the workout plans are challenging but doable. The nutrition tips are a bonus—I’ve never felt better!

“LiftR: My Accountability Partner”

*Rating: 4.5/5*

LiftR’s community support is fantastic. I love connecting with other users, sharing victories, and even commiserating during tough days. The workout plans are effective, and the nutrition advice is practical. It’s like having a personal trainer in my pocket!

“Results in Record Time!”

*Rating: 5/5*

LiftR’s science-backed workout plans have transformed my body. The combination of strength training, cardio, and targeted exercises is genius. And the nutrition guidance? A revelation! I’ve shed pounds and gained confidence. Thank you, LiftR!

“LiftR: A Holistic Approach”

*Rating: 4/5*

What sets LiftR apart is its holistic approach. The workout plans consider not only physical fitness but also mental well-being. The nutrition plans are realistic and sustainable. It’s more than just a fitness app—it’s a lifestyle changer.

“LiftR’s Nutrition Made Easy”

*Rating: 4.5/5*

I used to dread meal planning, but LiftR’s nutrition section has simplified everything. From grocery lists to tasty recipes, it’s all there. The workout plans are challenging but effective. I’m hooked!

“LiftR: A Must-Try!”

*Rating: 4/5*

If you’re serious about fitness, give LiftR a shot. The workout plans are tailored to your level, and the nutrition advice is practical. The app’s interface is sleek, and the community keeps you motivated. I’m a fan!

“LiftR: My Fitness BFF”

*Rating: 5/5*

LiftR feels like a supportive friend. The workout plans adapt as I progress, and the nutrition tips are realistic. I’ve seen muscle gains and fat loss—all thanks to LiftR. It’s a keeper!

“LiftR: Where Goals Become Reality”

*Rating: 4.5/5*

LiftR’s workout plans are like having a personal trainer. They push me without overwhelming me. The nutrition component is equally impressive—I’ve learned to fuel my body for optimal performance. If you’re serious about fitness, LiftR won’t disappoint!

Navigate between pages: (minden oldalon)

Home

Workout plans

Nutrition guides

Contact us

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**LiftR Workout plans**

Guaranteed success!\*

Strength planA képen sport, Fizikai erőnlét, személy, térd látható

Automatikusan generált leírás

Hypertrophy planA képen sport, Fizikai erőnlét, Edzőfelszerelések, személy látható

Automatikusan generált leírás

Bodyweight planA képen személy, ruházat, kültéri, ember látható

Automatikusan generált leírás

Képek forrása: [AI Photo Generator (realistic, free, no sign-up, no limits) ― Perchance](https://perchance.org/ai-photo-generator)

Example table

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hypertrophy plan | Target muscles | 1. exercise | 2. exercise | 3. exercise | 4. exercise | 5. exercise | 6. exercise | 7. exercise |
| Day 1 | Chest\ Shoulders \ Triceps | Smith Machine 30° Incline Press 5 sets | Shoulder press machine 4 sets | Cable flies 3 sets | Triceps Overhead Cable Rope Extensions 4 sets | Triceps cable pushdowns with rope  3 sets | Triceps cable pushdowns in front of body 3 sets | Forearm extension with dumbbells 3 sets |
| Day 2 | Back\ Biceps | Machine wide grip pulldown 3 sets | Cable narrow grip pulldown 3 sets | Machine wide grip rows 4 sets | Lat pullovers on cable 3 sets | EZ bar Biceps curls 3 sets | Cable bicep curls behind the back 3 sets | Forearm flexion with dumbbels 3 sets |
| Day 3 | Legs | Squats 5 sets | Romanian deadlifts 3 sets | Bulgarian split squats  3 sets | Lying hamstring curls 3 sets | Sitting quadriceps extensions 3 sets | Sitting calf raises 3 sets |  |
| Day 4 | Rest day | - | - | - | - | - | - | - |

Example exercise video:

[Hack Squat (youtube.com)](https://www.youtube.com/watch?v=rYgNArpwE7E)

Navigate between pages (…)

\*Disclaimer: Success only guaranteed if client follows the plans exactly, and does not go against our common policies regarding a healthy lifestyle in any way.

**LiftR Nutrition guides**

Guaranteed success!\*

A képen személy, Fizikai erőnlét, Edzőfelszerelések, sport látható

Automatikusan generált leírásWeight loss guide

A képen személy, izom, Mellkas, váll látható

Automatikusan generált leírásBody recomposition guide

A képen személy, Fizikai erőnlét, izom, Könyök látható

Automatikusan generált leírásBulking guide

Example guide:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss guide | Breakfast | Lunch | Mid-day snack | Dinner |
| Monday | **Banana Tahini Toast** 723.7 Calories | **Coconut Milk Protein Shake**  720.0 Calories  **Cucumber & Hummus** 117.7 Calories |  | **Sausage on a Bed of Quinoa**  710.8 Calories |
| Tuesday | **Greek Yogurt Parfait** 723.7 Calories | **Quinoa Salad**  **And Mixed Greens Salad 837 Calories** |  | **Baked Salmon 710 Calories** |
| Wednesday | **Oatmeal with Almond Butter** 723.7 Calories | **Chickpea Salad** 720.0 Calories | **Carrot Sticks** 117.7 Calories | **Stir-Fried Tofu** 710.8 Calories |
| Thursday | **Smoothie Bowl** 723.7 Calories | **Turkey and Avocado Wrap** 720.0 Calories | **Side of Snap Peas**  117.7 Calories | **Grilled Shrimp** 710.8 Calories |
| Friday | **Chia Seed Pudding** 723.7 Calories | **Black Bean Salad** 720.0 Calories | **Sliced Bell Peppers** 117.7 Calories | **Baked Chicken Breast** 710.8 Calories |
| Saturday | **Avocado Toast** 723.7 Calories | **Lentil Soup with Side of Steamed Green Beans 837.7 Calories** |  | **Baked Cod**  710.8 Calories |
| Sunday | **Dark Chocolate Oatmeal** 700.0 Calories | **Watermelon, Feta, & Mint Salad** 600 Calories | **Greek Yogurt with Berries** 400 Calories | **Sweet Potato and Chili Soup** 700 Calories |

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**Feel free to contact us!**

A képen szöveg, képernyőkép, szám, Betűtípus látható

Automatikusan generált leírás

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Have a question or need assistance? Or maybe you have found a problem with our services and would like to report it to us? Our friendly team is here to help! Reach out via our contact form, and we’ll be with you in a jiffy.

A képen személy, Könyök, ember, Fizikai erőnlét látható

Automatikusan generált leírás