



مركز اللياقة



Sign Up

Name

Email Address

Password

☐ I accept Privacy Policy & Terms of Use

Create Account

Or continue with



Already have an account? **Login**



Log In

Email Address

Password

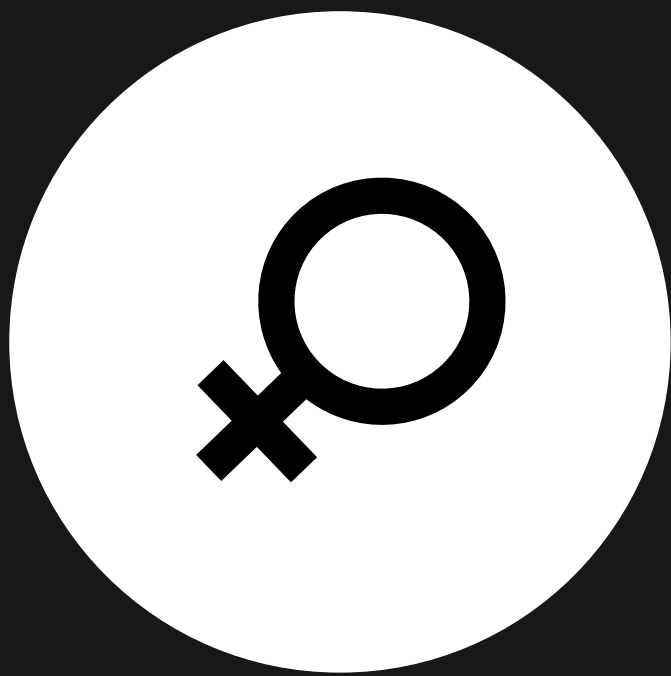
☐ Remember me

Log In

Or continue with



Tell us about your self!



Back

Continue

How Old Are You?

19 20 21

Back

Continue

What is Your Height?

159

160_{cm}

161

Back

Continue

What is Your Weight?

49 50_{kg} 51

Back

Continue

What is Your Goal?

☐☐☒☐☒

Back

Continue

Physical Activity Level?

Beginner

Intermediate

Advanced

Back

Continue

Physical Activity Level?

Beginner

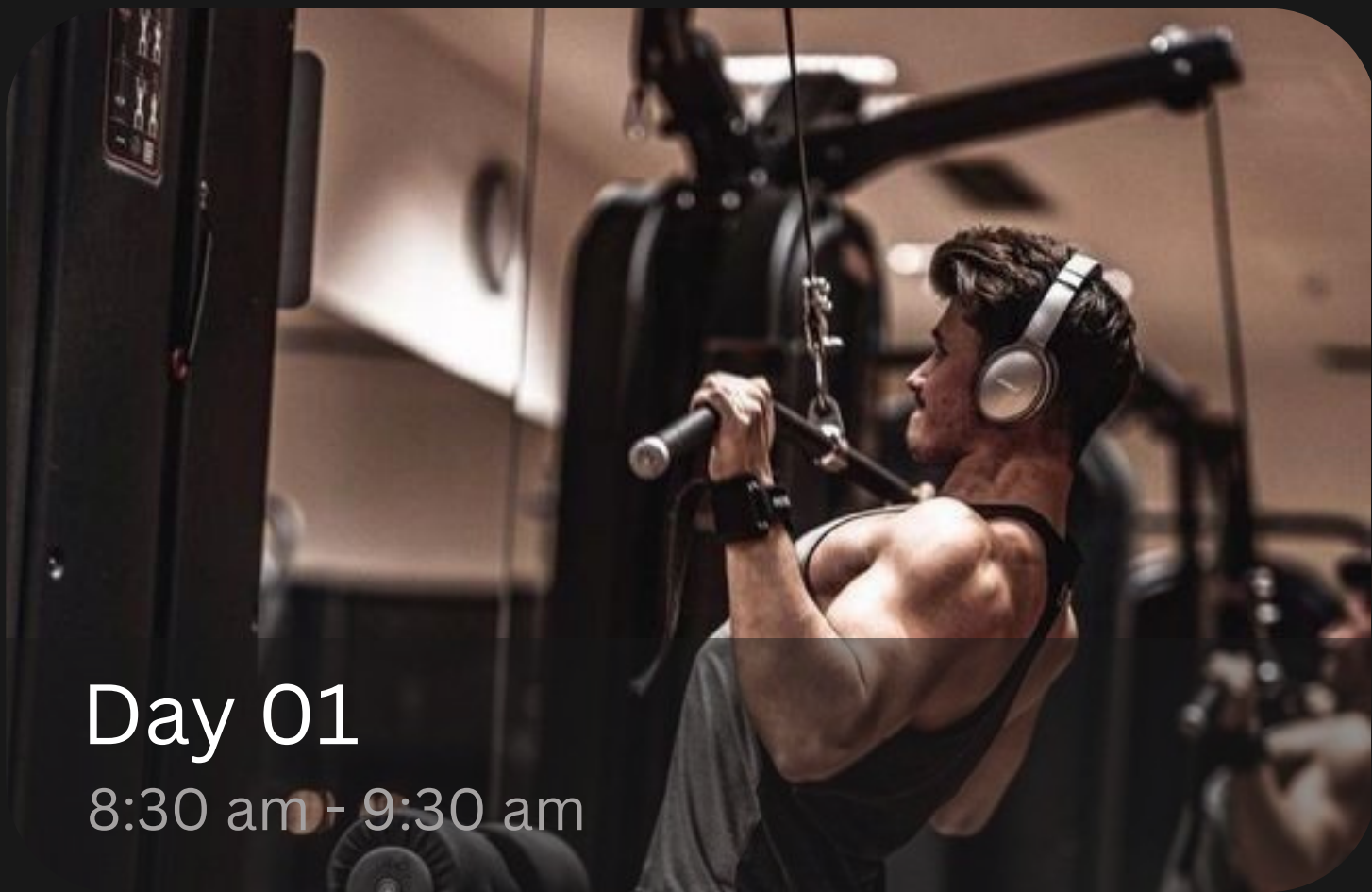
Intermediate

Advanced

Back

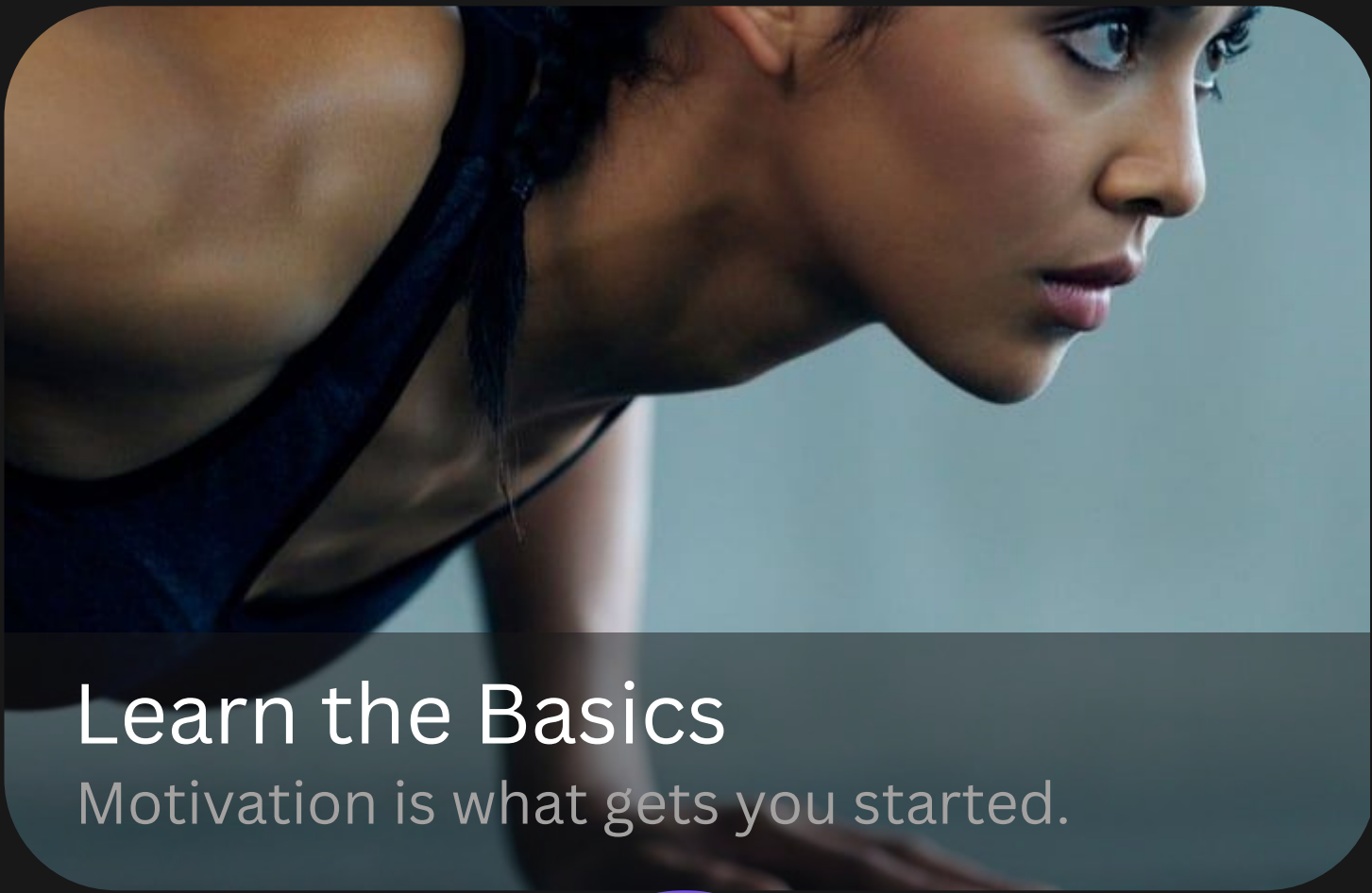
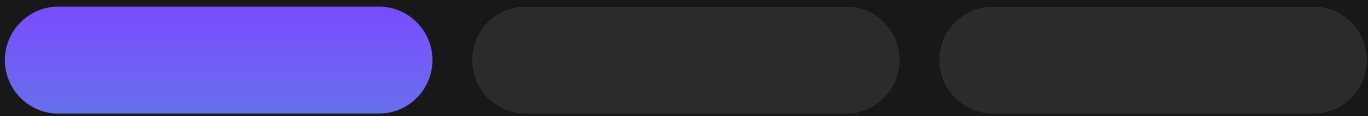
Continue

Hello James,
Good Morning



Day 01
8:30 am - 9:30 am

Workout Catergories



Learn the Basics
Motivation is what gets you started.



Messages

