



FIT-PRO





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Password

Log In

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Sign in with



Don't have an account? [Sign Up](#)



Sign Up

Full Name *

Email *

Phone *

Password *

By continuing you accept our Privacy Policy

Sign Up

Sign in with





Choose your gender



Man



Woman

Select your age



19



Select your weight



64



Continue



Your Personalized Wellness

Journey Starts Here.



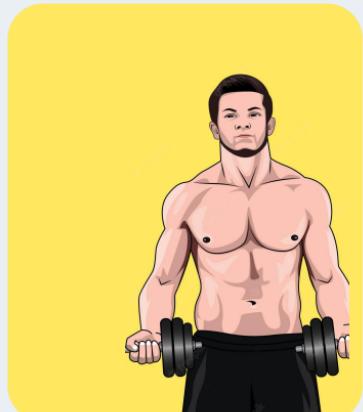
Change
Trainer



Meal
Guide



Detail
Plan



Goal
Track



\$119.99/Year

\$9.99/Month billed annually

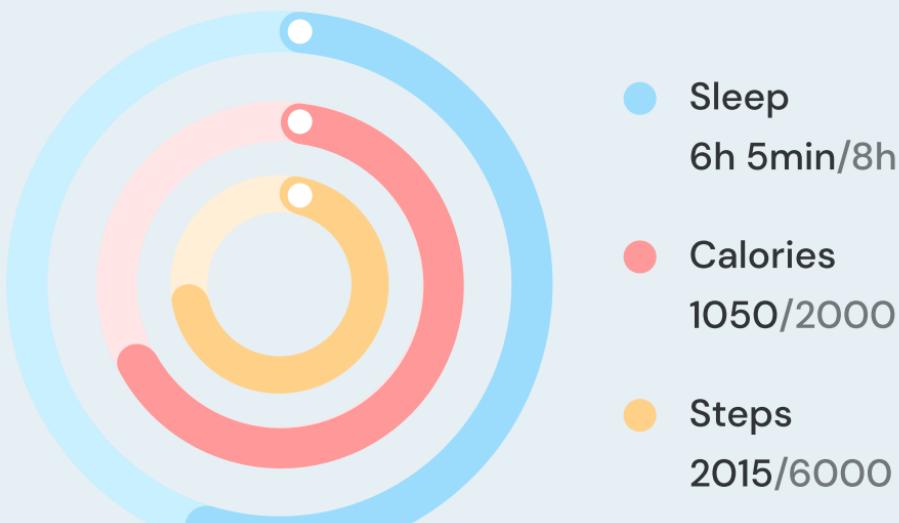




Overview

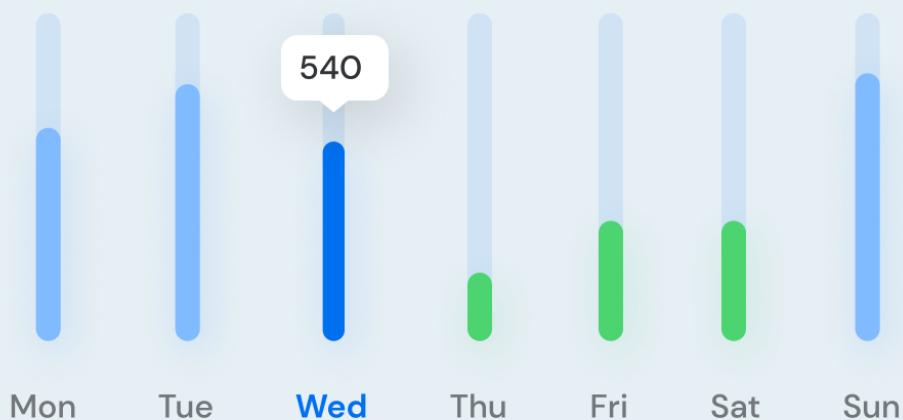


Daily progress



Calories

Weekly ▾



\$119.99/Year

\$9.99/Month billed annually





Day 1

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 2

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 3

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 4

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 5

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 6

-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0

Day 7

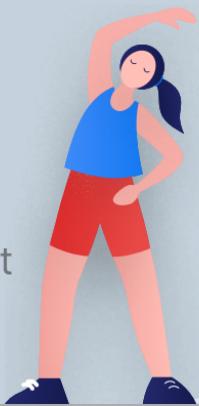
-  10:00 AM – 11:00 PM
-  Chest and Front delt
-  5.0



Chest and Front delt

Chest

- Incline Dumbel Press - 4set
- Flat Bench Press -4 set
- Incline dumbel flies - 3 set
- Pec Dec/dumbel flies-3 set
- Cable Flies - 3 set



Front Delt

- Shoulder Dumber press - 2 set
- Lateral Raise -4 set
- Front raise - 2 set
- Cabel Lateral raise -3 set

This is the plan that trainer have decide for you.



Rear and back delt

Back

- Lat pull down - 4set
- Bent over Rows - 4 set
- Dumber row - 4 set
- Cable Row - 3 set
- Deadlift - 3 set

Rear Delt

- Shoulder Dumber press - 2 set
- Lateral Raise -4 set
- Front raise - 2 set
- Cabel Lateral raise -3 set

This is the plan that trainer have decide for you.



Legs and biceps

Legs

- Lat pull down - 4set
- Bent over Rows - 4 set
- Dumber row - 4 set
- Cable Row - 3 set
- Deadlift - 3 set

Bisceps

- Shoulder Dumber press - 2 set
- Lateral Raise -4 set
- Front raise - 2 set
- Cabel Lateral raise -3 set

This is the plan that trainer have decide for you.





Arms and Triceps

Arms

- Lat pull down - 4set
- Bent over Rows - 4 set
- Dumber row - 4 set
- Cable Row - 3 set
- Deadlift - 3 set

Front Delt

- Shoulder Dumber press - 2 set
- Lateral Raise -4 set
- Front raise - 2 set
- Cabel Lateral raise -3 set

This is the plan that trainer have decide for you.





Meal

FITNESS

Meal 4: Lunch

- Time: 2:30 PM
- Meal:
 - Whole wheat tortilla wrap
 - Mixed greens salad with olive oil and balsamic vinegar dressing
 - 1 small avocado



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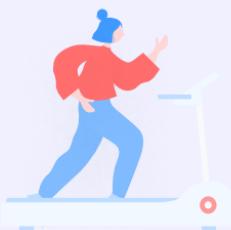


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Payment Method



Payment Summary

Total cost (Gym schedule, Meal guide and Personal support)

Total = 21\$ per/month

CONTINUE

CANCEL

Date

20 October 2021 - Wednesday

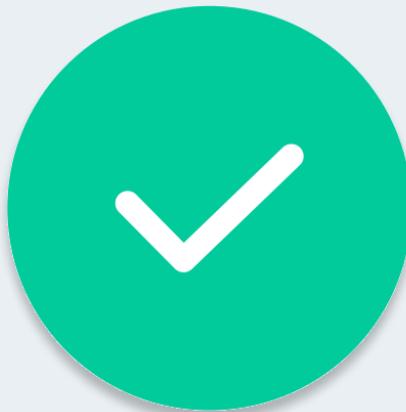
Estimated Cost

\$ 175.99





Fit Pro



Wohoo!!!

Payment successful.

Thanks for choosing firpro!!

- Fitpro will call you regarding your starting date & timing.
- It is requested to strictly follow our trainers routine & reach on time.
- For any queries feel free to contact our Customer care.

 Customer care : 9865441785
(8.00AM-10.00PM)

Log Out



Kaira Sharma

● Always active

Wed 8:21 AM



Hello, I'm Kaira Sharma! 🙌 Your gym seems to be getting a lot of attention lately. What's special about it?

It's called FitPro. We focus on personalized training and fostering a supportive community.



That sounds perfect. How do I join?

Signing up is easy. You can do it online or visit us in person for a chat. Plus, we offer a free trial so you can experience it firsthand.

Type a message...



About Me

Khushbu chaulagain

Age:19



Exercise Type

Gym

Goal:Bulk



Flexible Schedule



5:00PM-8:00PM



GET FIT NOW!!!

Get up to
50% off

Free
1st
month





Choose your type



Exercise Type



Goal



Fitness Level



Diet Preference



Gender



Payment

Continue

Note: The trainer will be matched after all the requirement here is filled