

Log In

Sign Up



FITNESS GYM

Log In



Username



Password



Remember Me

Log In





HOME WORKOUT

NO GYM? NO PROBLEM

Sign-Up



Sign Up

Log In

HOME WORKOUT

11

WORKOUTS

3

KCAL

22

MINS

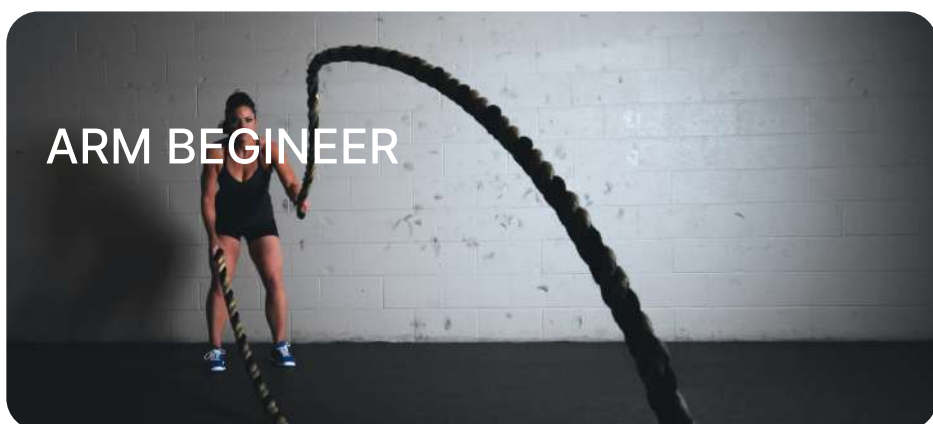
ABS BEGINNER



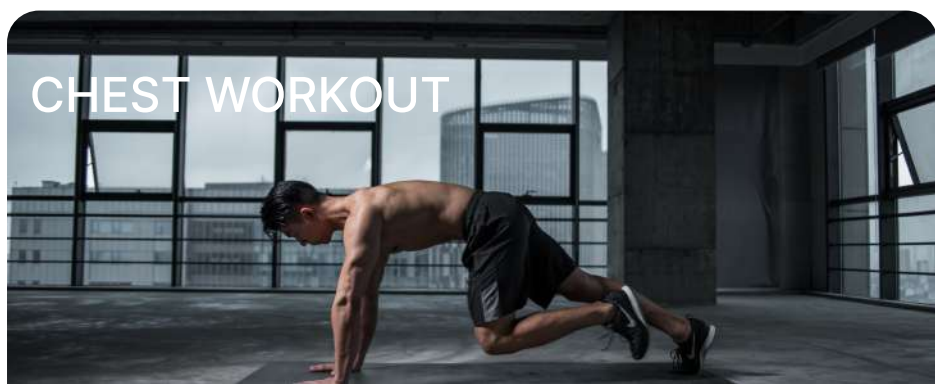
FULL BODY



ARM BEGINNER



CHEST WORKOUT





JUMPING JACKS

×12



INCLINE PUSH-UPS

×12



WIDE ARM PUSH-UPS

×12



WIDE ARM PUSH-UPS

×12

START



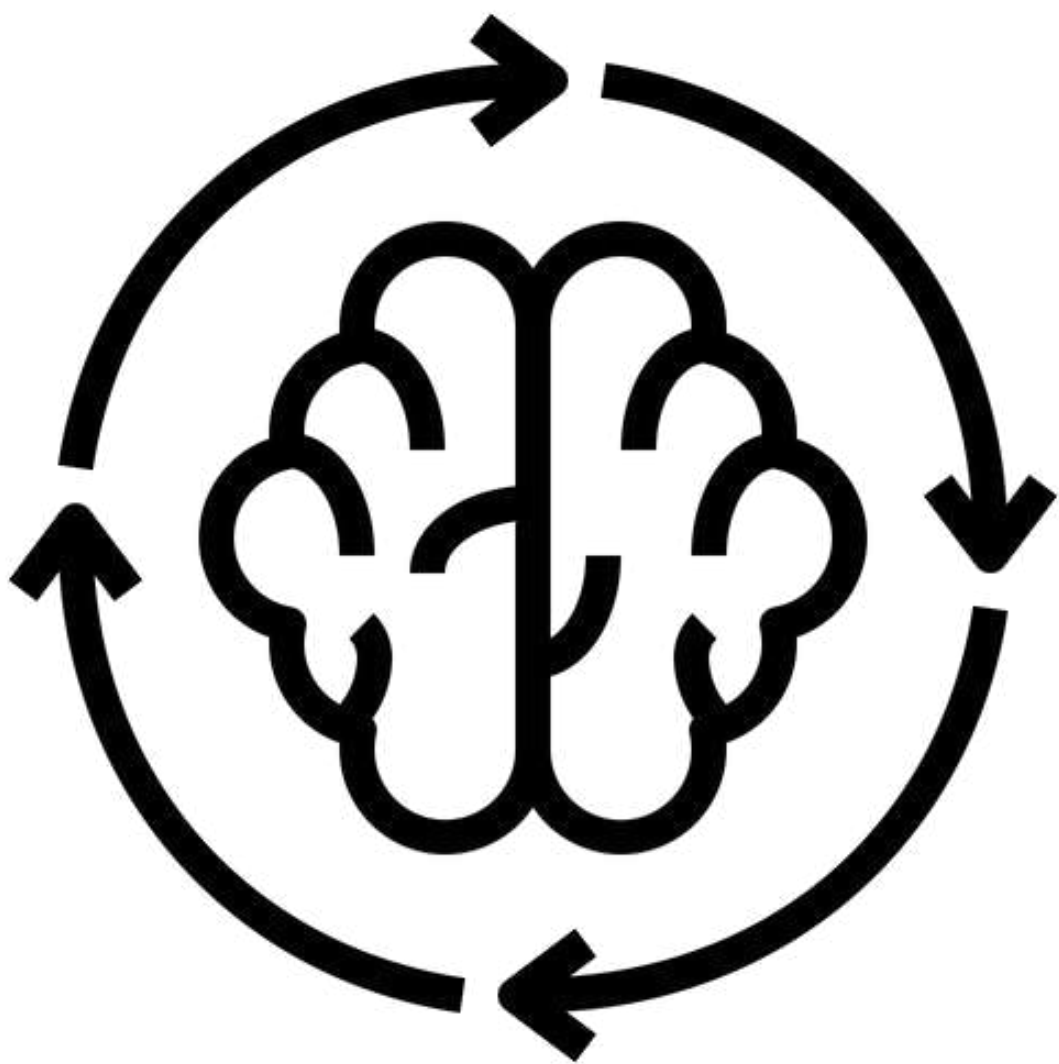
JUMPING JACKS

×12

DONE

PREV

SKIP



TAKE A BREAK!

3