VIRTUAL COACH
Assistant

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Assistant

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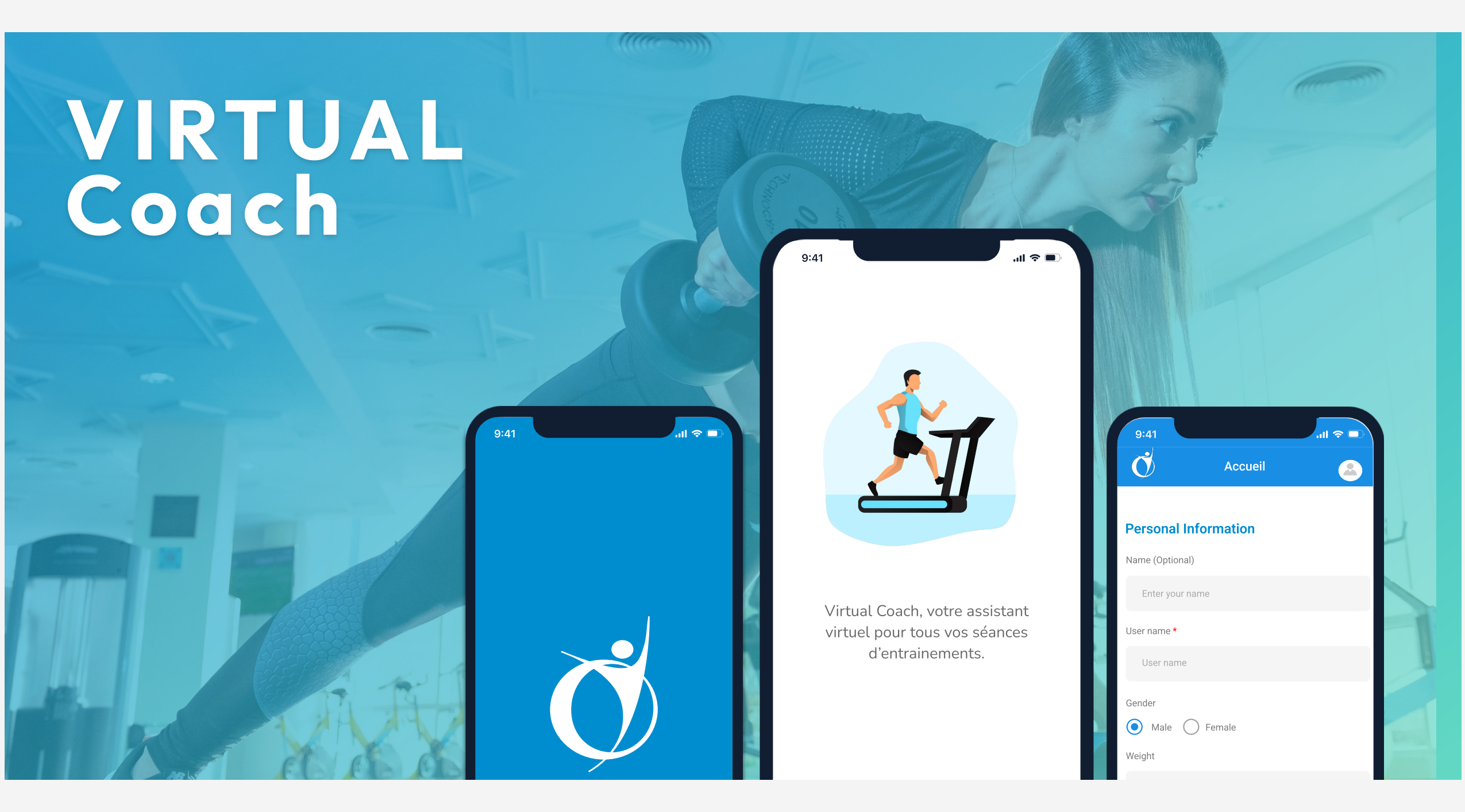
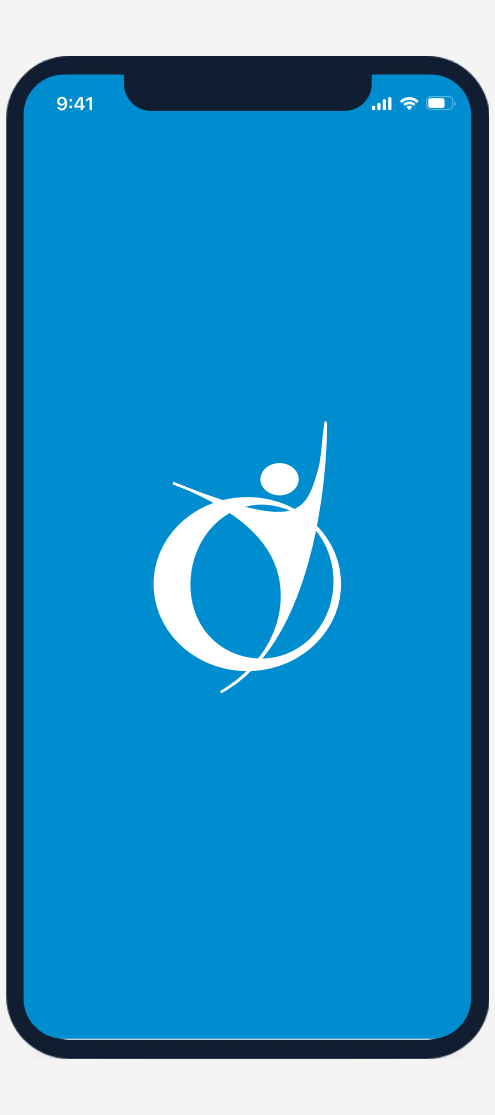
Assistant

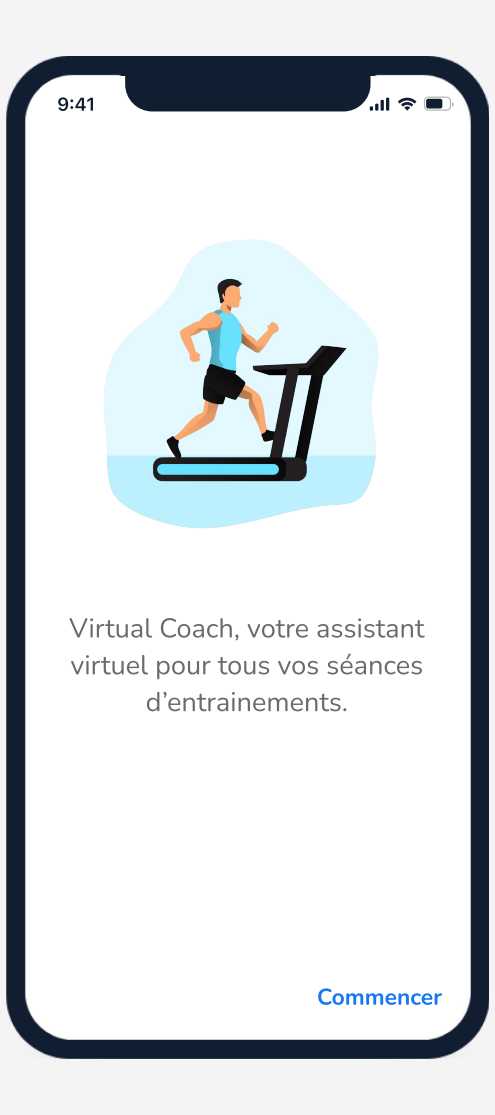


9:41

Virtual Coach, votre assistant virtuel pour tous vos séances d'entraînements.

9:41
Accueil
Personal Information
Name (Optional)
Enter your name
User name *
User name
Gender
● Male ○ Female
Weight

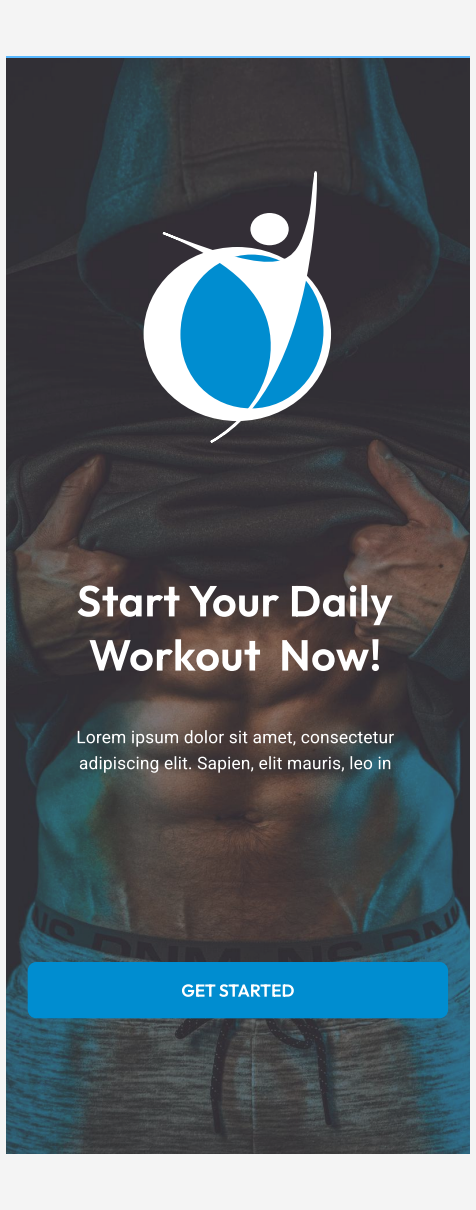

9:41


9:41

Virtual Coach, votre assistant virtuel pour tous vos séances d'entraînements.

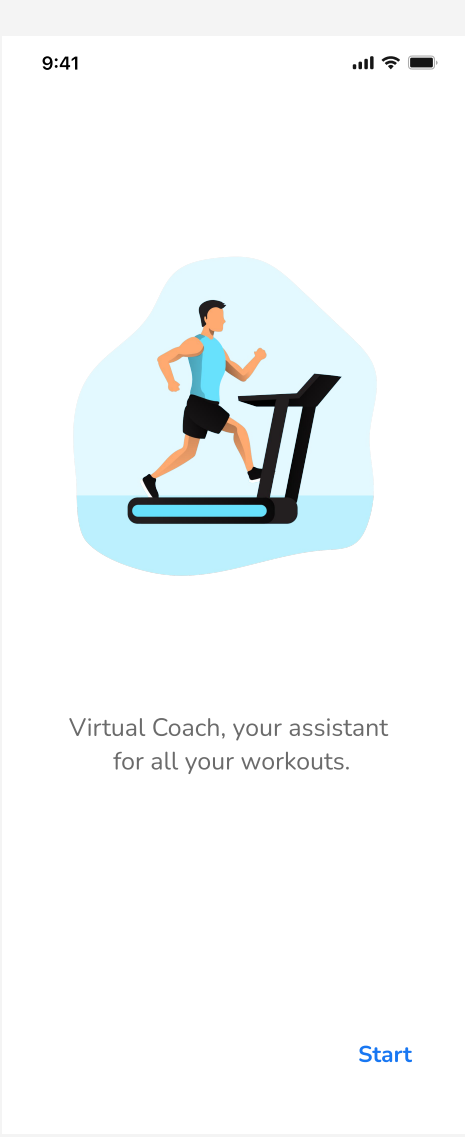
Commencer

9:41


Start Your Daily Workout Now!

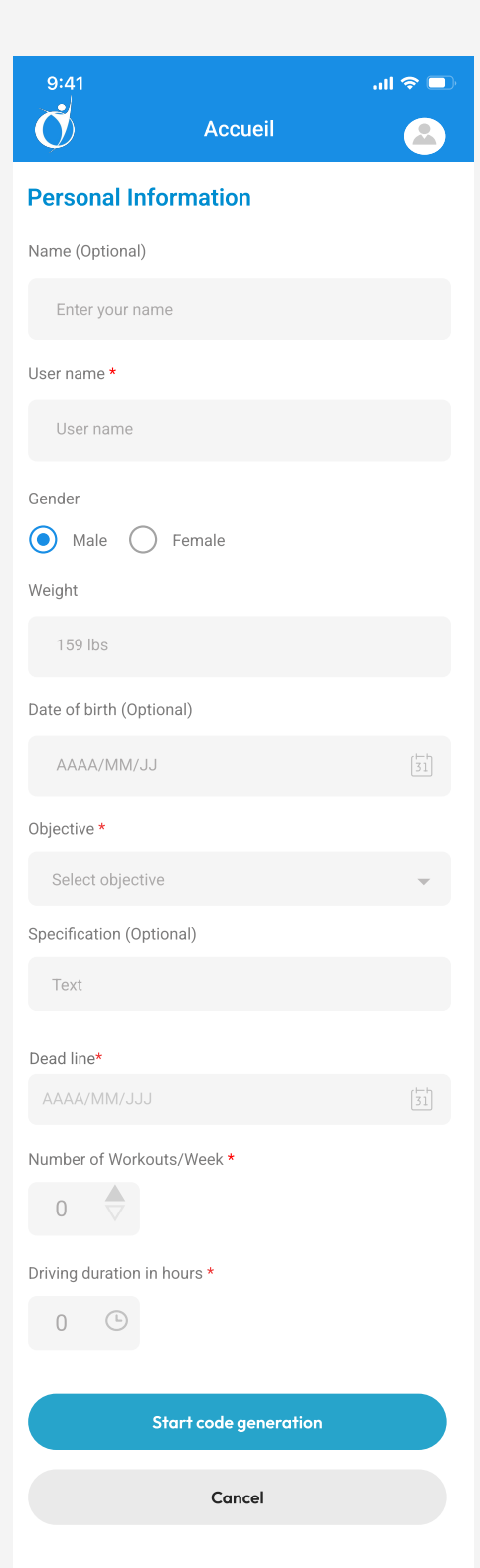
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sapien, elit mauris, leo in

GET STARTED


9:41

Virtual Coach, your assistant for all your workouts.

Start

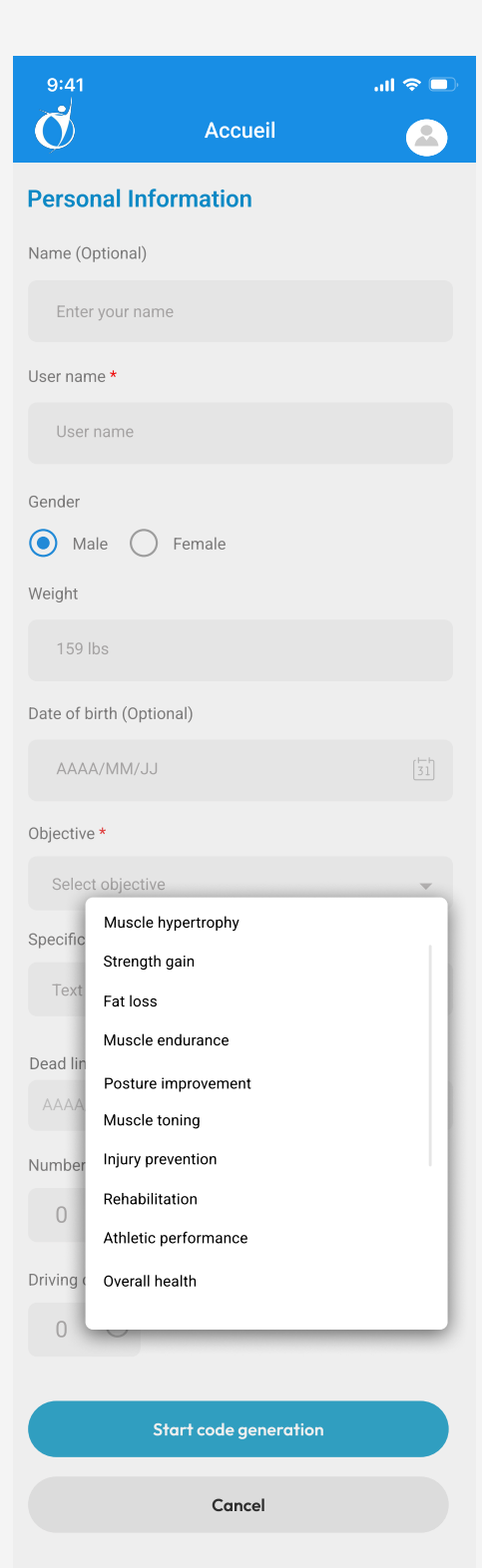

9:41
Accueil

Personal Information

Name (Optional)
Enter your name
User name *
User name
Gender
● Male ○ Female
Weight
159 lbs
Date of birth (Optional)
AAAA/MM/JJ
Objective *
Select objective
Specification (Optional)
Text
Dead line*
AAAA/MM/JJJ
Number of Workouts/Week *
0
Driving duration in hours *
0

Start code generation

Cancel


9:41
Accueil

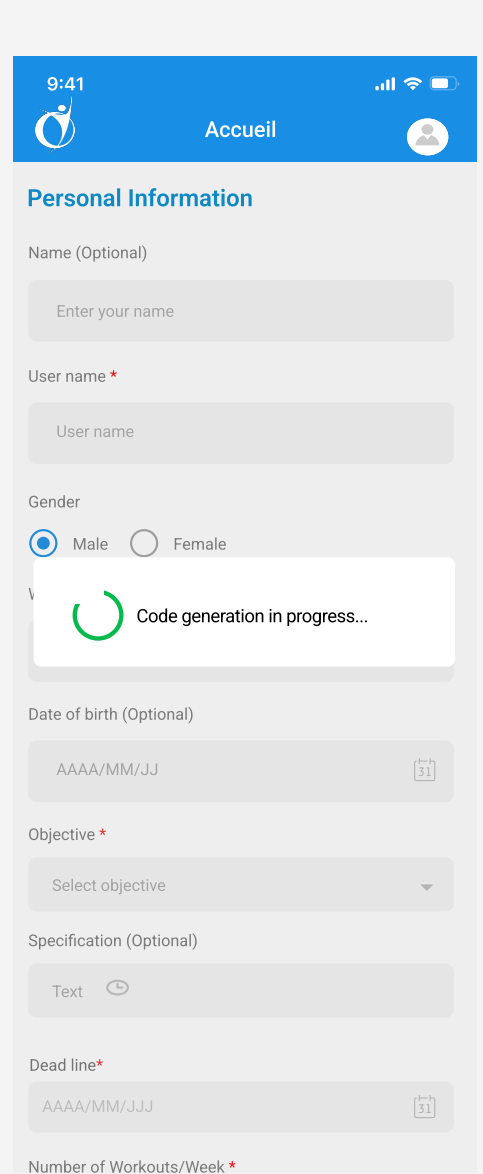
Personal Information

Name (Optional)
Enter your name
User name *
User name
Gender
● Male ○ Female
Weight
159 lbs
Date of birth (Optional)
AAAA/MM/JJ
Objective *
Select objective

- Muscle hypertrophy
- Strength gain
- Fat loss
- Muscle endurance
- Posture improvement
- Muscle toning
- Injury prevention
- Rehabilitation
- Athletic performance
- Overall health

Start code generation

Cancel

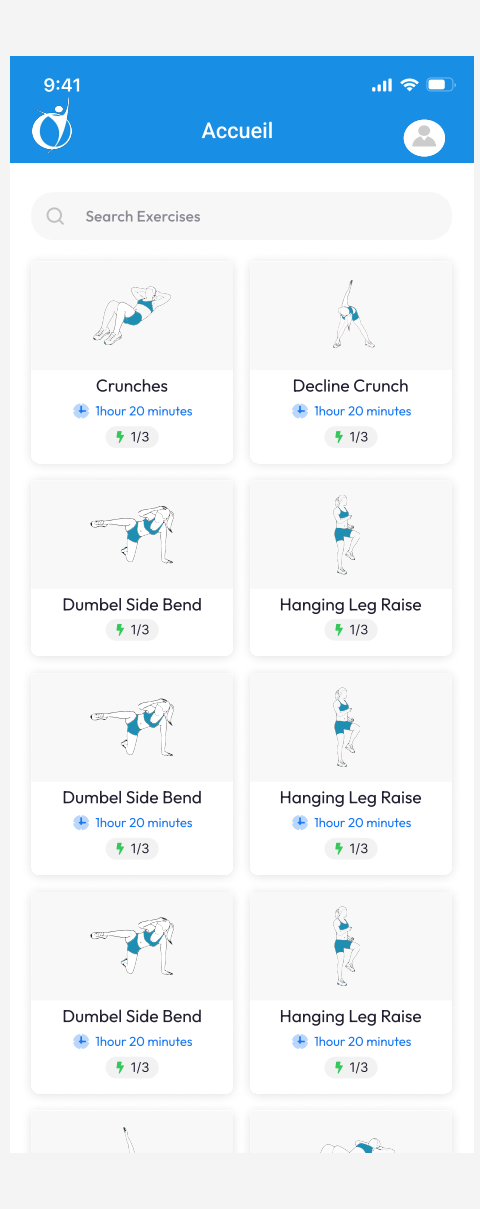

9:41
Accueil

Personal Information

Name (Optional)
Enter your name
User name *
User name
Gender
● Male ○ Female

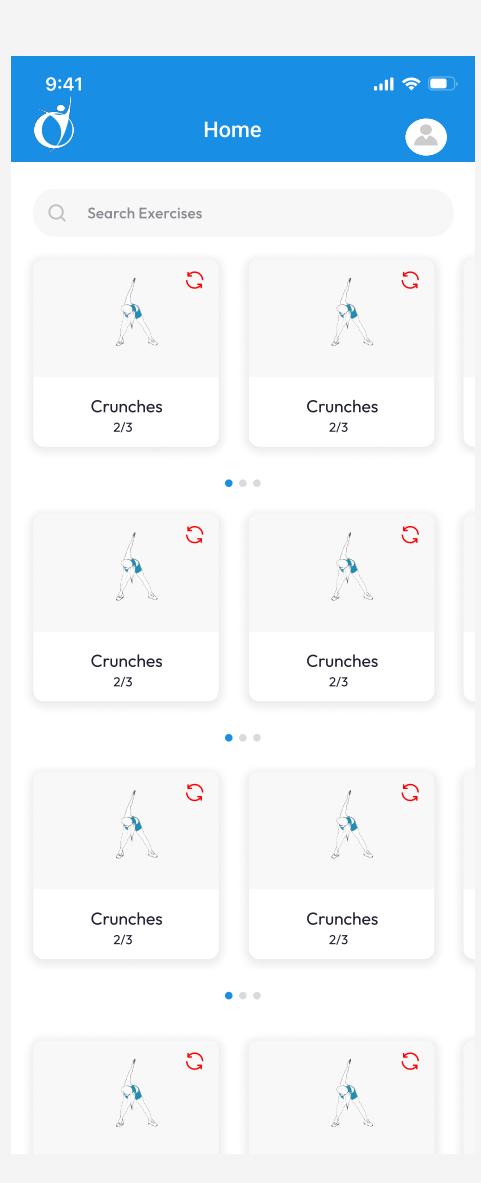
Code generation in progress...

Date of birth (Optional)
AAAA/MM/JJ
Objective *
Select objective
Specification (Optional)
Text
Dead line*
AAAA/MM/JJJ
Number of Workouts/Week *


9:41
Accueil

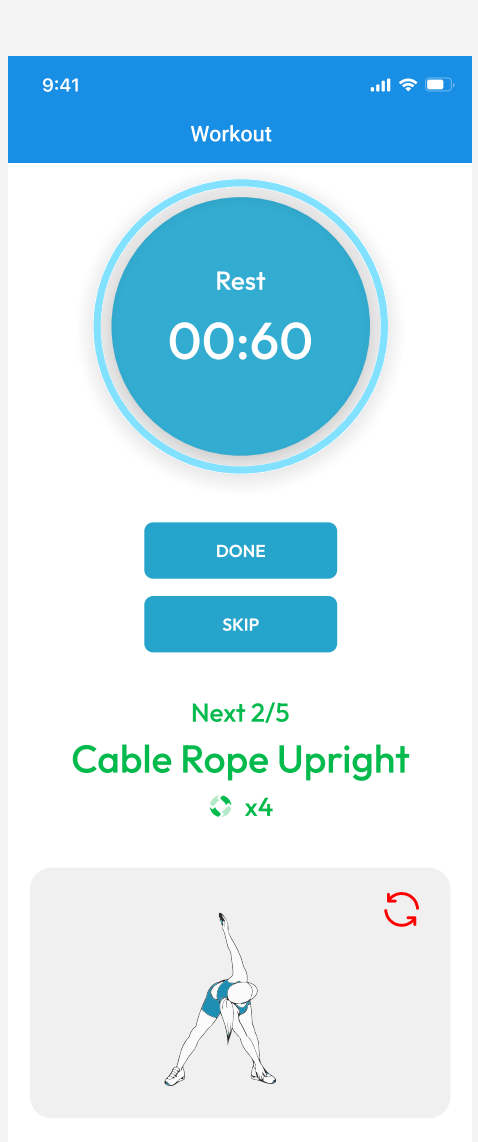
Search Exercises

Crunches 1hour 20 minutes 1/3	Decline Crunch 1hour 20 minutes 1/3
Dumbel Side Bend 1/3	Hanging Leg Raise 1/3
Dumbel Side Bend 1hour 20 minutes 1/3	Hanging Leg Raise 1hour 20 minutes 1/3
Dumbel Side Bend 1hour 20 minutes 1/3	Hanging Leg Raise 1hour 20 minutes 1/3


9:41
Home

Search Exercises

Crunches 2/3	Crunches 2/3
Crunches 2/3	Crunches 2/3
Crunches 2/3	Crunches 2/3

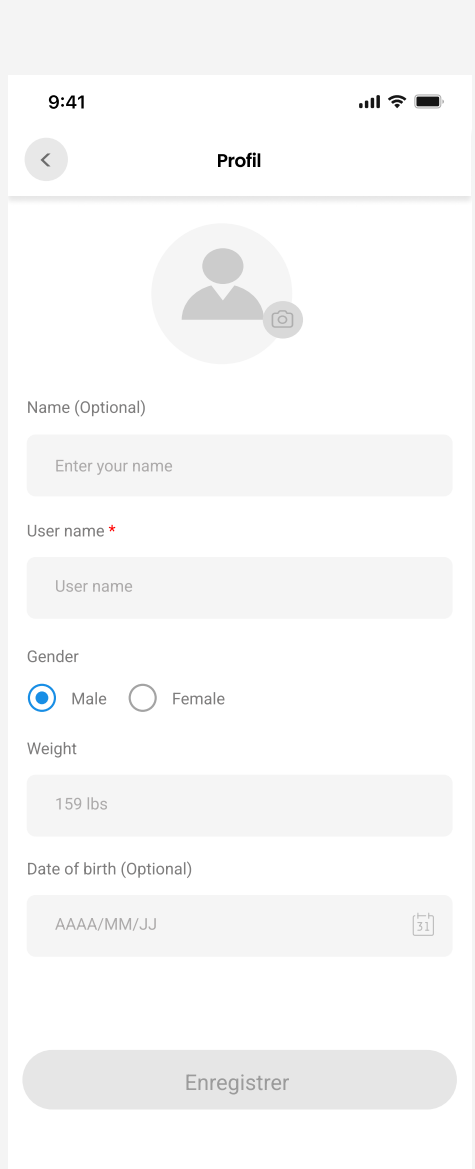

9:41
Workout

Rest
00:60

DONE

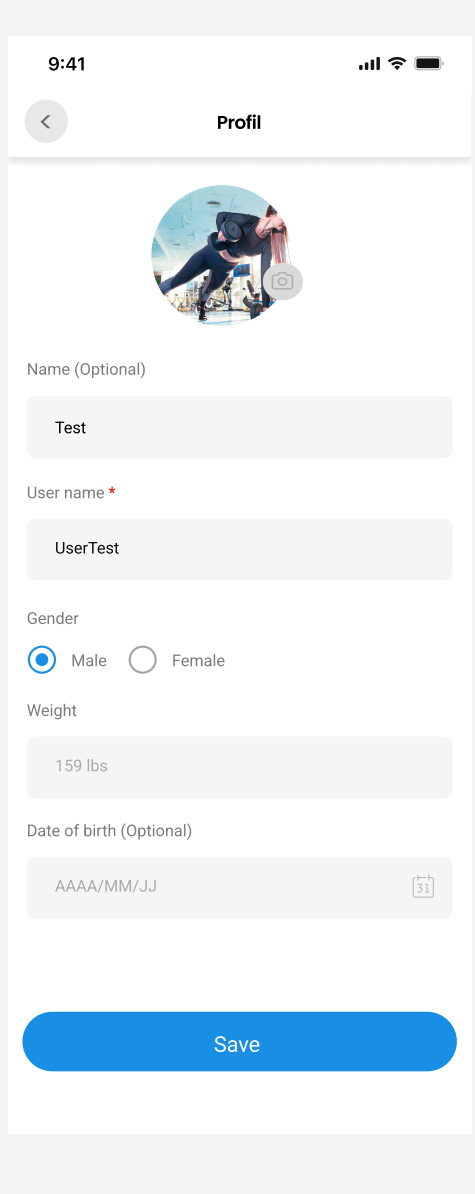
SKIP

Next 2/5
Cable Rope Upright
x4


9:41
Profil

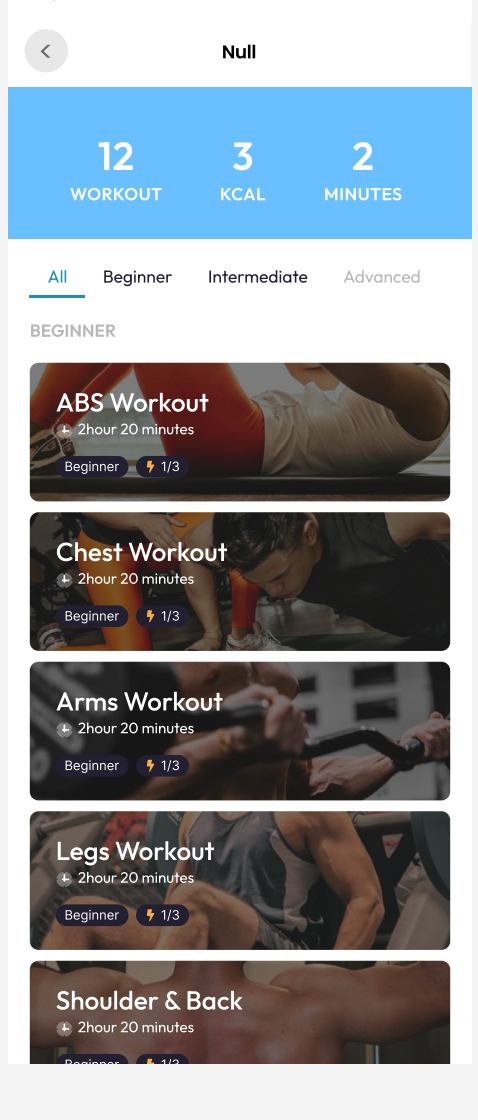
Name (Optional)
Enter your name
User name *
User name
Gender
● Male ○ Female
Weight
159 lbs
Date of birth (Optional)
AAAA/MM/JJ

Enregistrer


9:41
Profil

Name (Optional)
Test
User name *
UserTest
Gender
● Male ○ Female
Weight
159 lbs
Date of birth (Optional)
AAAA/MM/JJ

Save


9:41
Null

12	3	2
WORKOUT	KCAL	MINUTES

All Beginner Intermediate Advanced

BEGINNER

ABS Workout
2hour 20 minutes
Beginner 1/3

Chest Workout
2hour 20 minutes
Beginner 1/3

Arms Workout
2hour 20 minutes
Beginner 1/3

Legs Workout
2hour 20 minutes
Beginner 1/3

Shoulder & Back
2hour 20 minutes