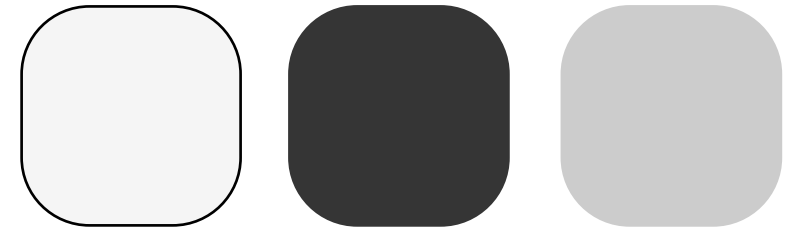
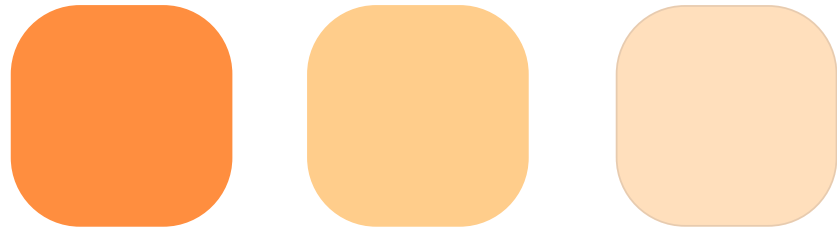


Colors



Icons



8:25



Outline the physical and mental health benefits of regular exercise, such as improved cardiovascular health, increased strength, enhanced mood, and better sleep.

WELCOME

Start Now

8:25



**Outline the physical and mental health benefits
of regular exercise, such as improved
cardiovascular health, increased strength,
enhanced mood, and better sleep.**

WELCOME

Start Now

HELLO
RIYA

Mon
12

Tue
13

Wed
14

Thu
15

Fri
16

Sat
17

Sun
18



TODAY WORKOUT

Details



0% 50% 100%



0% 50% 100%



0% 50% 100%



0% 50% 100%



0% 50% 100%



0% 50% 100%



8:25



HELLO
RIYA

Mon
12

Tue
13

Wed
14

Thu
15

Fri
16

Sat
17

Sun
18



TODAY WORKOUT

Details



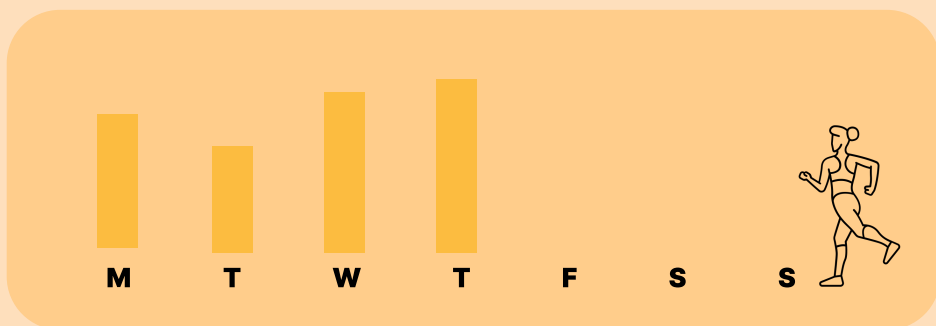


Work Out Type

Running

Pushups

Workout



8:25



60%
Completed

Work Out Type



Running



Pushups



Workout



M



T



W



T

F

S

S

