

# NO MORE EXCUSES |

## DO IT NOW

Achieve your fitness goals with our expert trainers! Join us for personalized workouts that get results

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Welcome Aman

Way to go ! you're on a hot 3-week work out streak

SAT

Time to workout

GUIDED TRAINING

**CHEST & ARMS**

**Recommended**

Dynamic Warmup | 22 Minutes

NEXT EXERCISE

1

### Incline Dumbbell Flyes

It works your upper and outer pecs to build a broader chest .

2

### Cable Rope Overhead Extensions

This move works your triceps through a full range of motion, and the cable forces your muscles to work hard .

3



Statics



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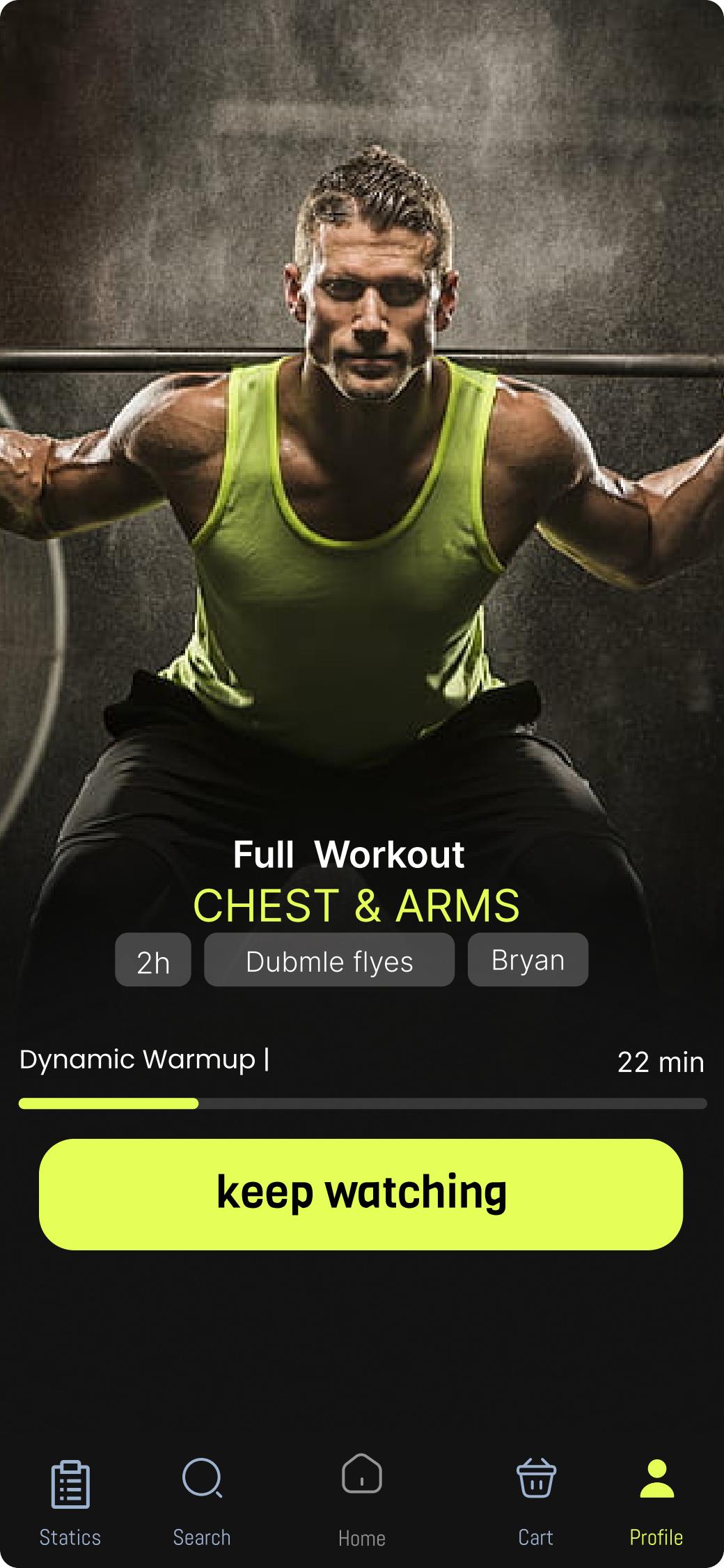
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## Full Workout

# CHEST & ARMS

2h

Dumbbell flyes

Bryan

Dynamic Warmup I

22 min

keep watching



Statics



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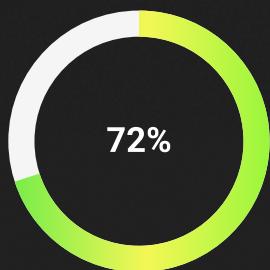
## PROGRESS RESULT

### Full statics

20h

Aman

300 CAL



300  
kcal

22  
min

15  
hour



1800

72%

Remaining : 700



Statics



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