TopFit

Email

****

Forgot Password?

Login

Register

TopFit

Invalid Credentials!

Email

****

Forgot Password?

Login

Register

TopFit

Register

Name: Maddy

Email: email@exampl

Password: *******

Confirm Password: *******

[Register]

[Cancel]
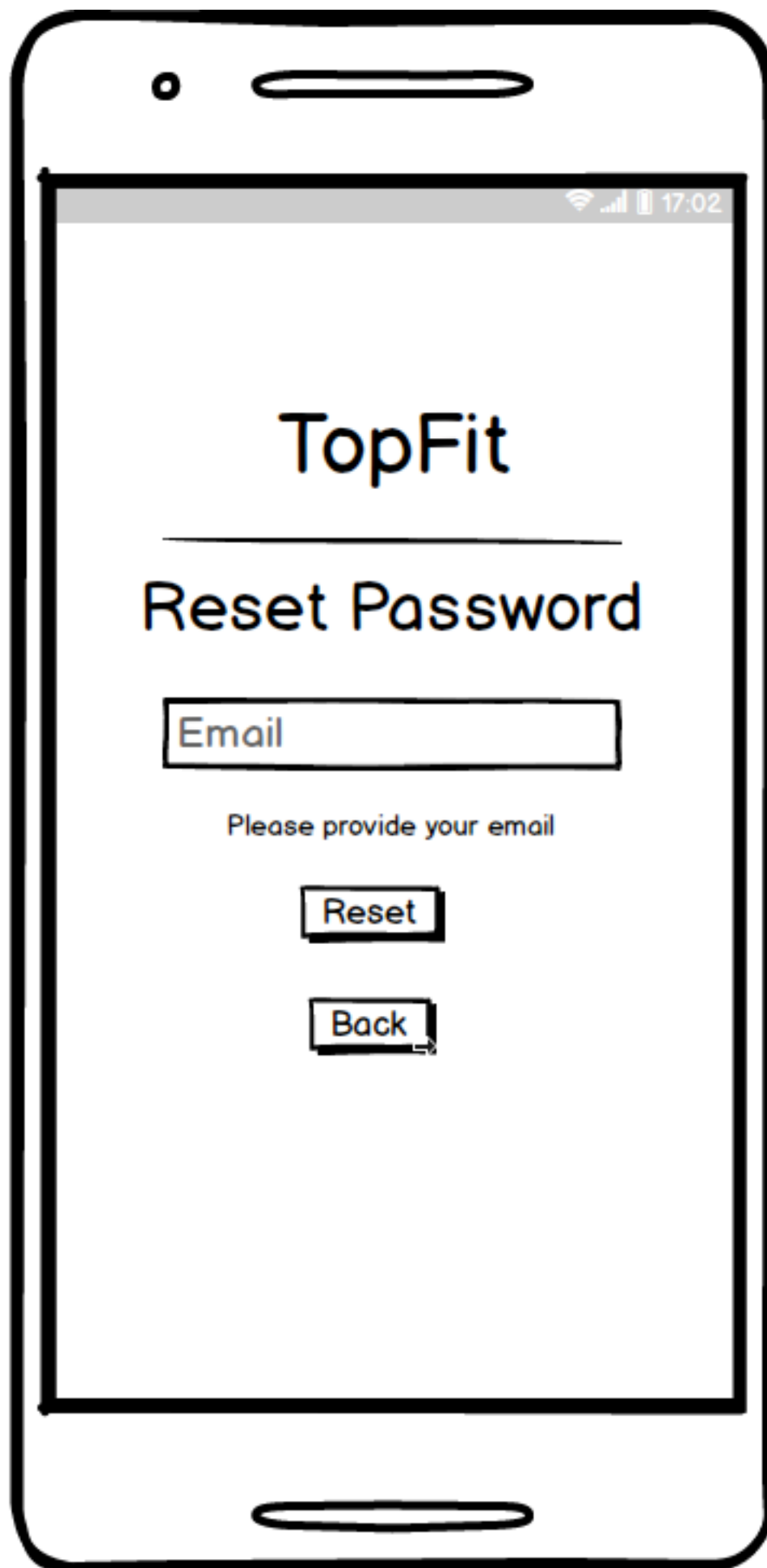
TopFit

Reset Password

Email

Please provide your email

Reset

Back

- 👤 My Profile →
- > - - - - - - - -
- 🧍 Workouts →
- 📅 Calendar →
- ➕ New Activity →
- 🕘 Activity History →
- ❓ Contact Support →
- - - - - - - - -
- ➡️ Logout →

Activity Details

Date: November 5th
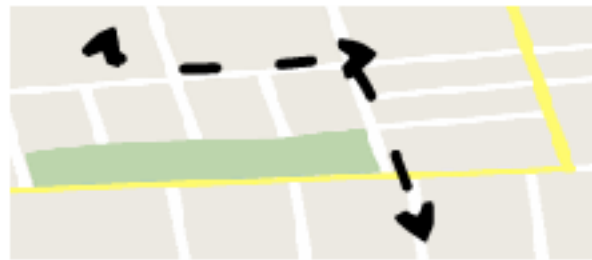
Distance: 5.09km

Time: 1 : 11 : 07

Average Speed: 4.6 km/h

Maximum Speed: 6.1 km/h

Route:

Delete Activity
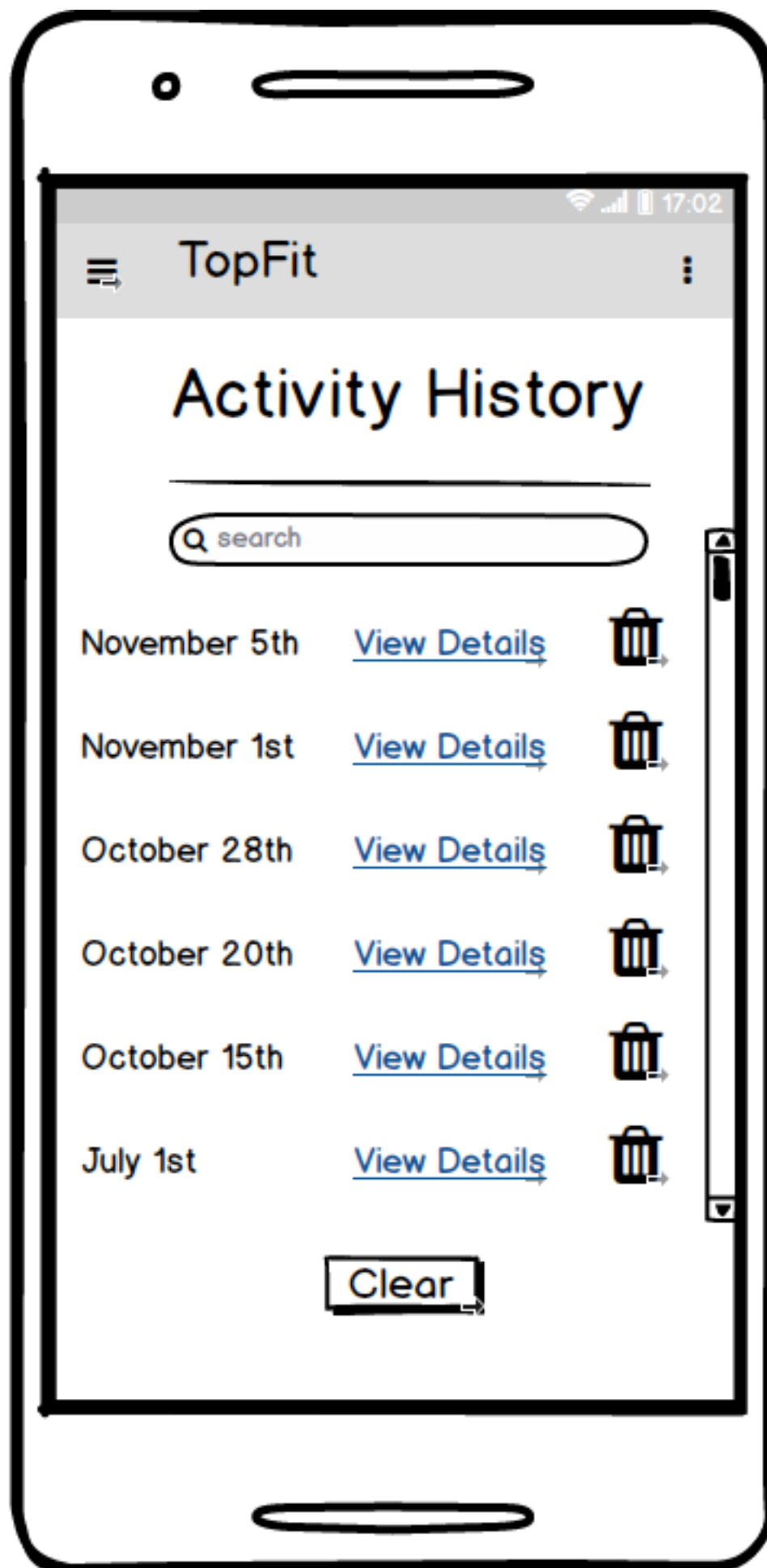
TopFit

Activity History

Q search

November 5th	View Details	🗑
November 1st	View Details	🗑
October 28th	View Details	🗑
October 20th	View Details	🗑
October 15th	View Details	🗑
July 1st	View Details	🗑

Clear
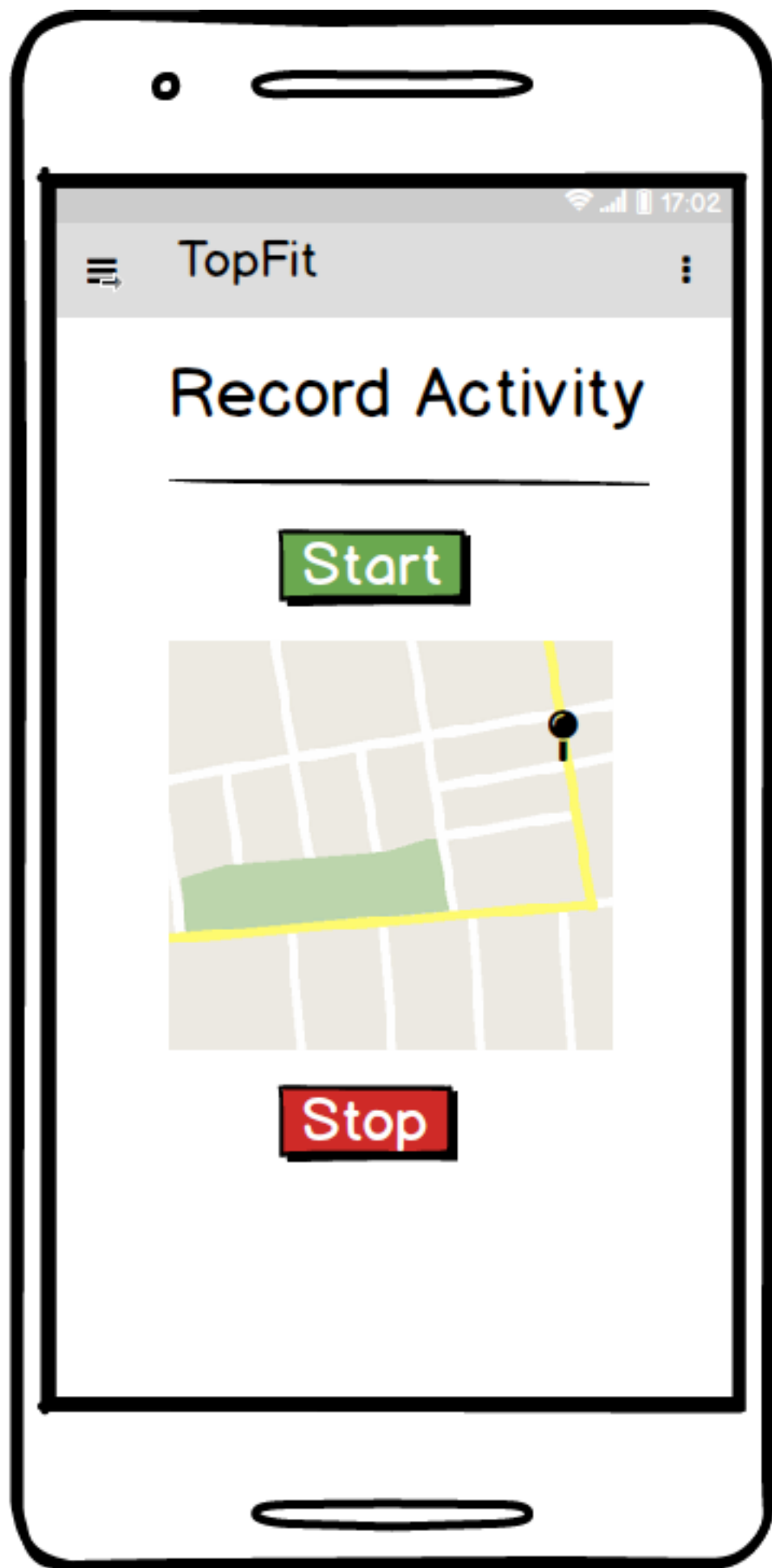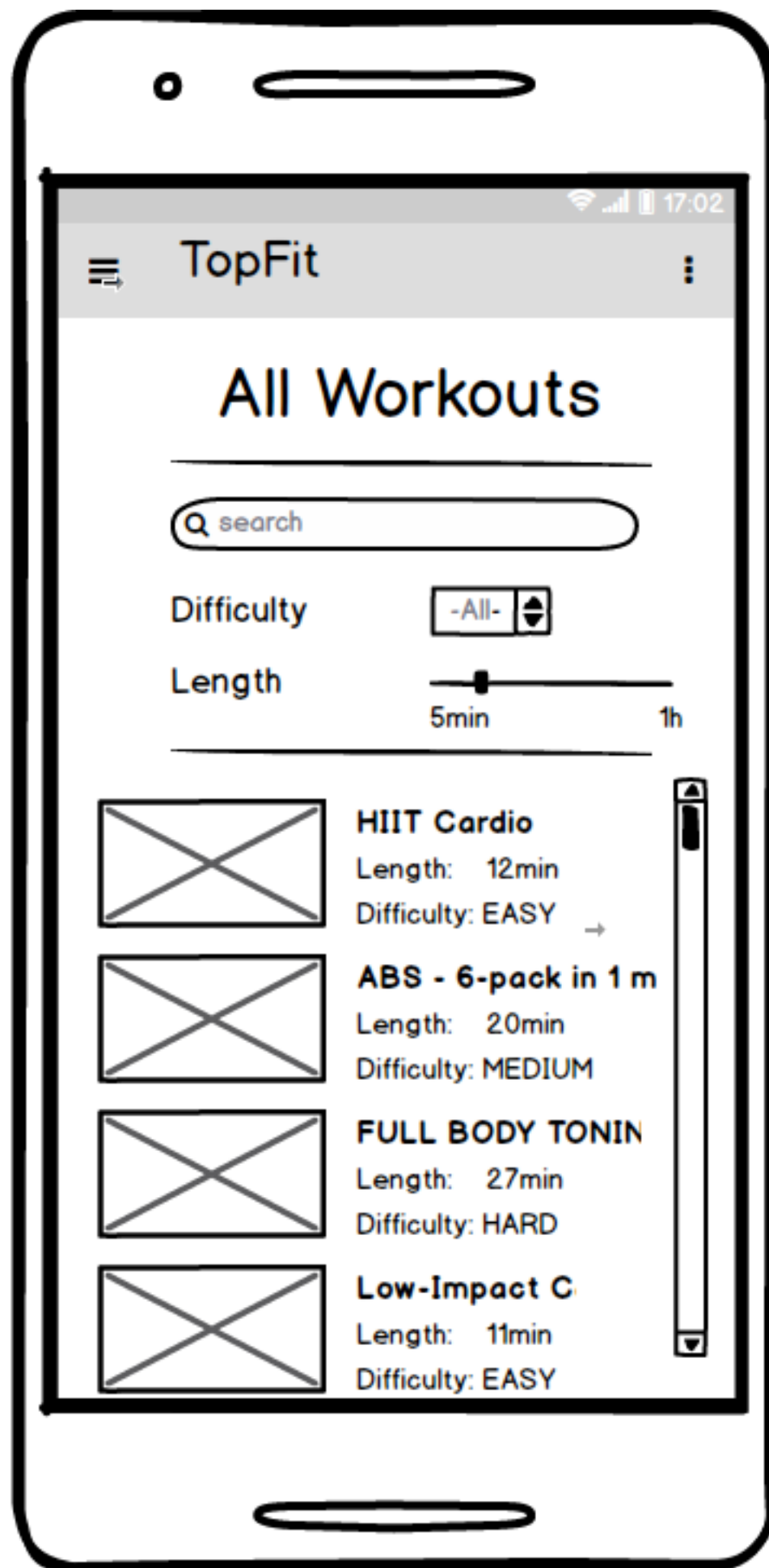
TopFit

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All Workouts

🔍 search

Difficulty -All- ⬍

Length ━━━━●━━━━━━
5min   1h

HIIT Cardio
Length: 12min
Difficulty: EASY →

ABS - 6-pack in 1 m
Length: 20min
Difficulty: MEDIUM

FULL BODY TONIN
Length: 27min
Difficulty: HARD

Low-Impact C
Length: 11min
Difficulty: EASY

HIIT Cardio

Difficulty: EASY

Length: 12min

Description:

Quick bursts of exercise followed by short recovery periods. This workout gets and keeps your heart rate up and burns more fat in less time
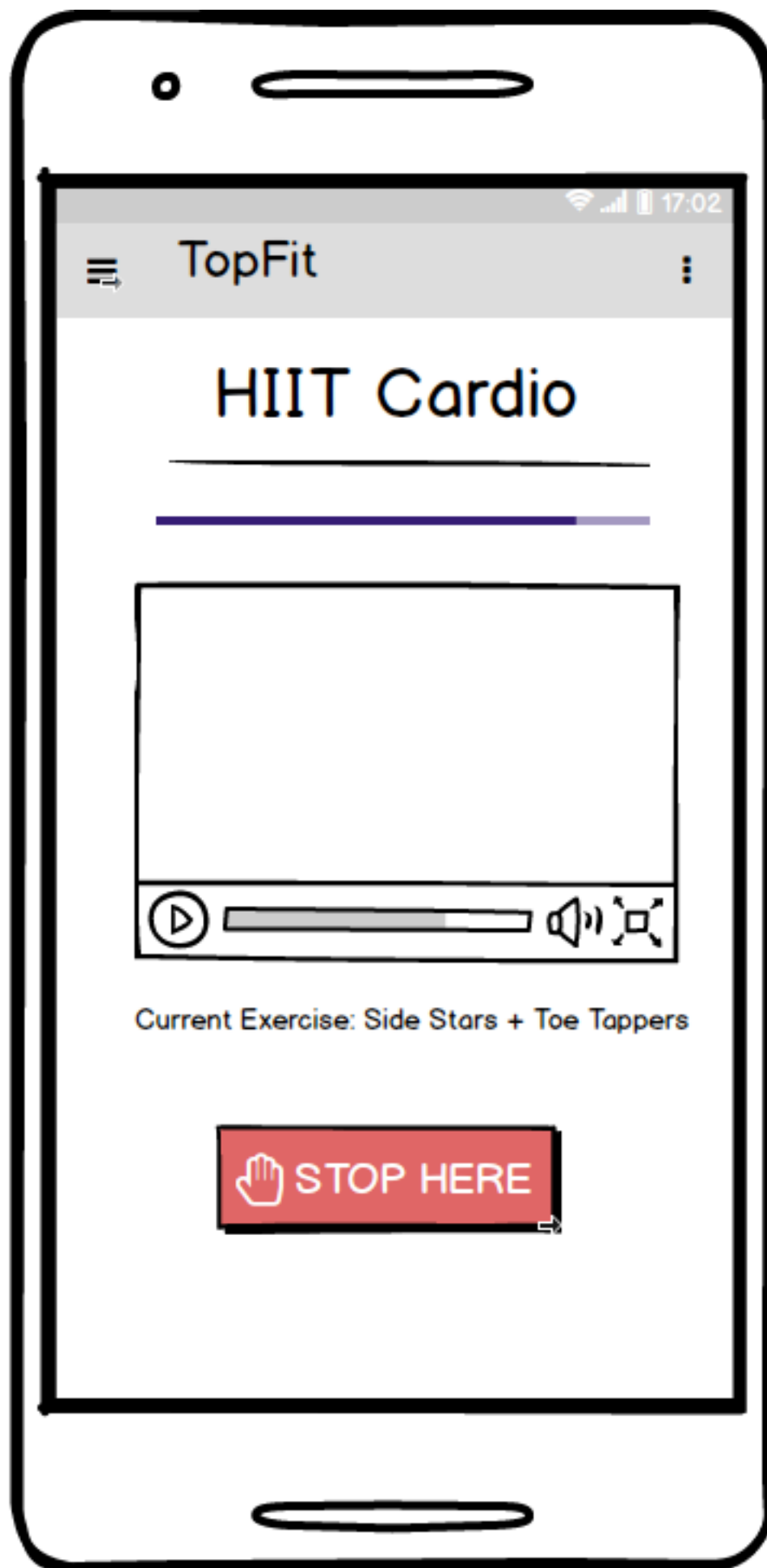
Exercises:

High Reach Obliques + Squats
Grapevine with Touch + Forward Reach
Side Stars + Toe Tappers
Shadow Boxing Taps + Toy Soldiers
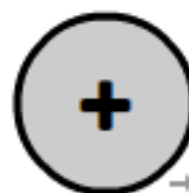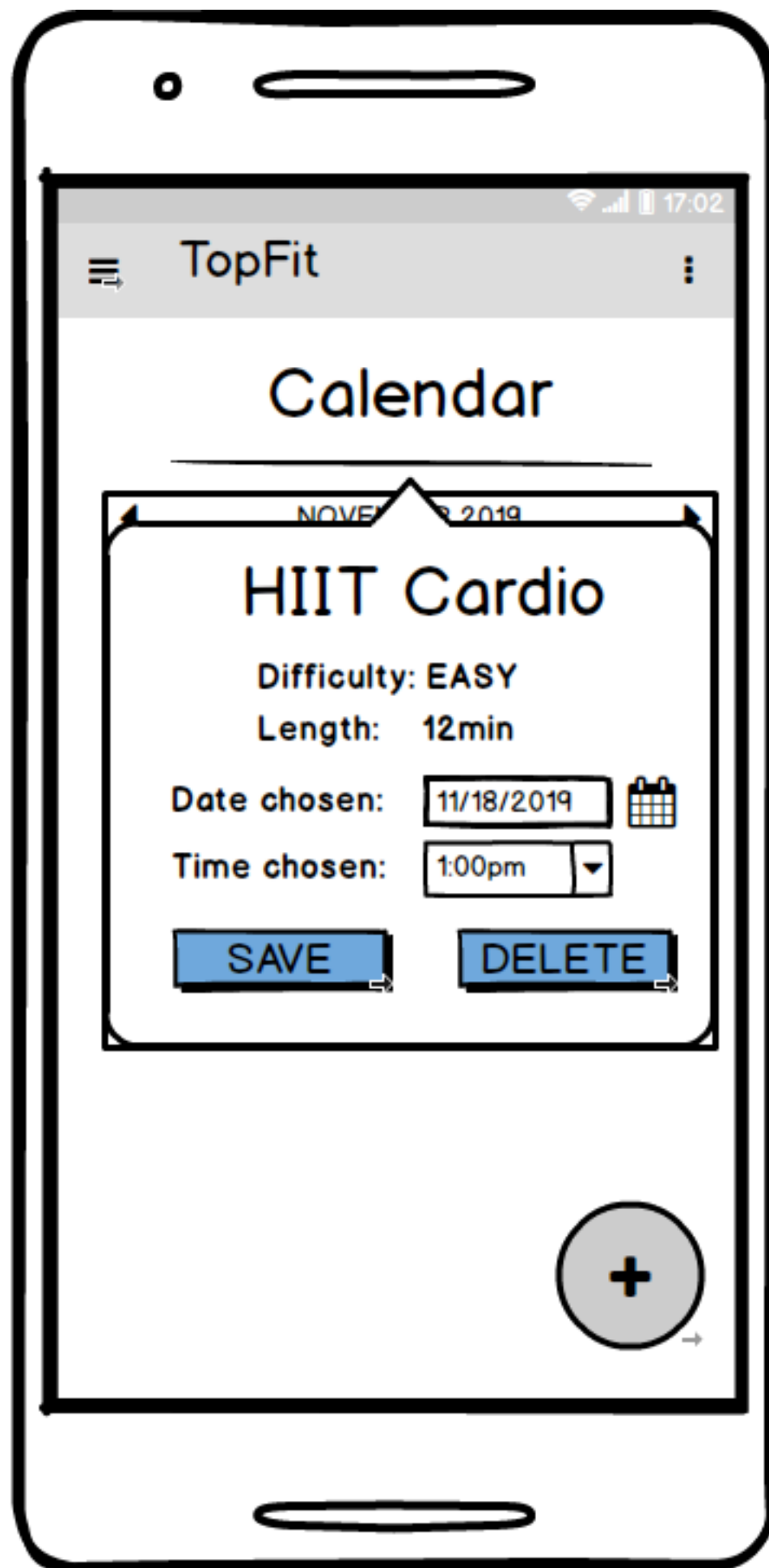Rockettes + Bicycles

START **SCHEDULE**

◀ BACK

TopFit

HIIT Cardio

Current Exercise: Side Stars + Toe Tappers

STOP HERE

TopFit

Calendar

◄	NOVEMBER 2019					►
S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7 ★	8	9
10	11 ★	12	13	14	15 ★	16
17	18 ★	19	20 ★	21	22 ★	23
24	25 ★	26	27 ★	28	29 ★	30
1	2	3	4	5	6	7

+

TopFit

Calendar

NOVEMBER 2019

HIIT Cardio

Difficulty: EASY

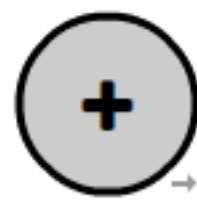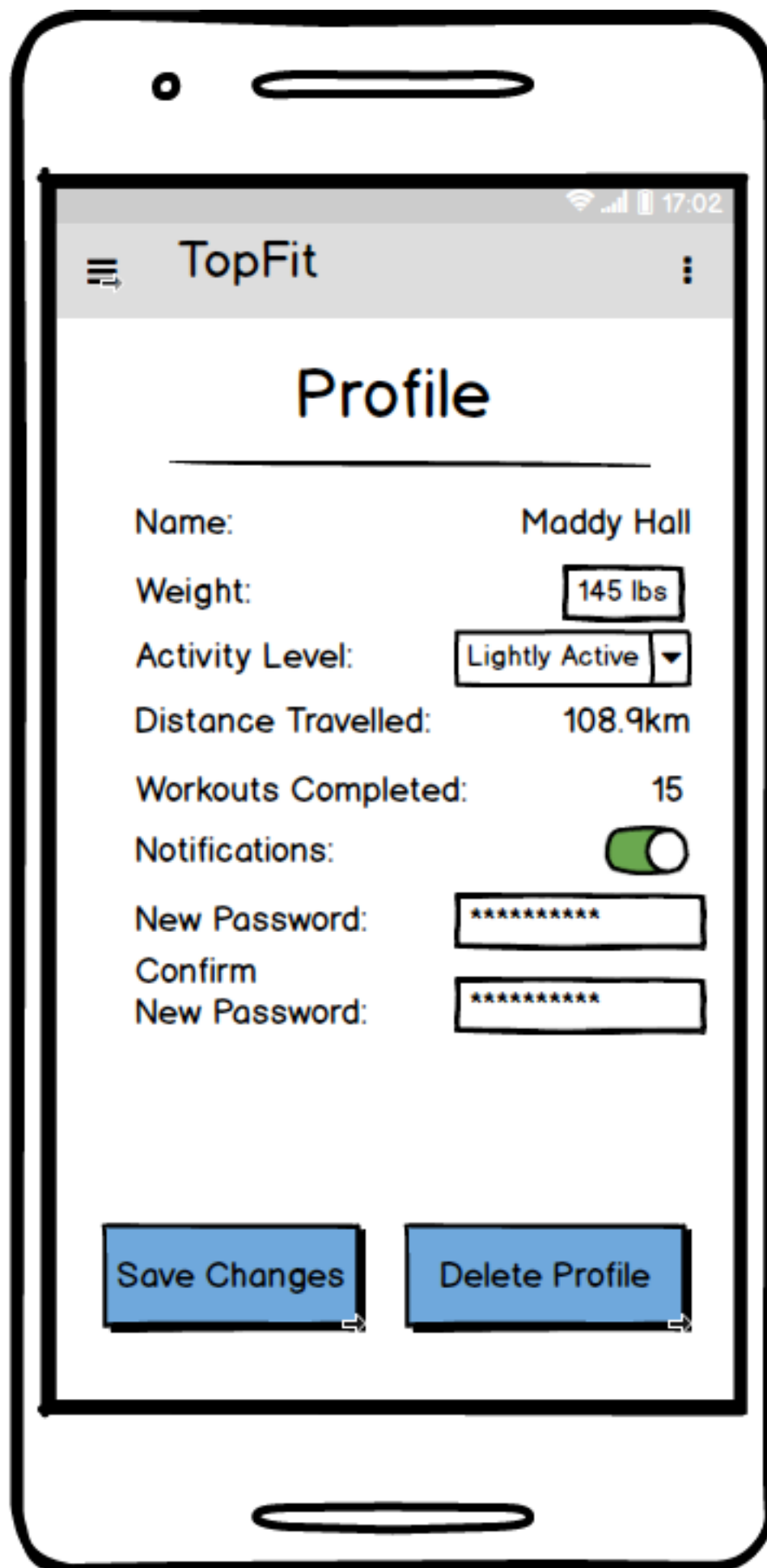**Length:** **12min**

Date chosen: 11/18/2019 📅

Time chosen: 1:00pm ▾

SAVE   DELETE
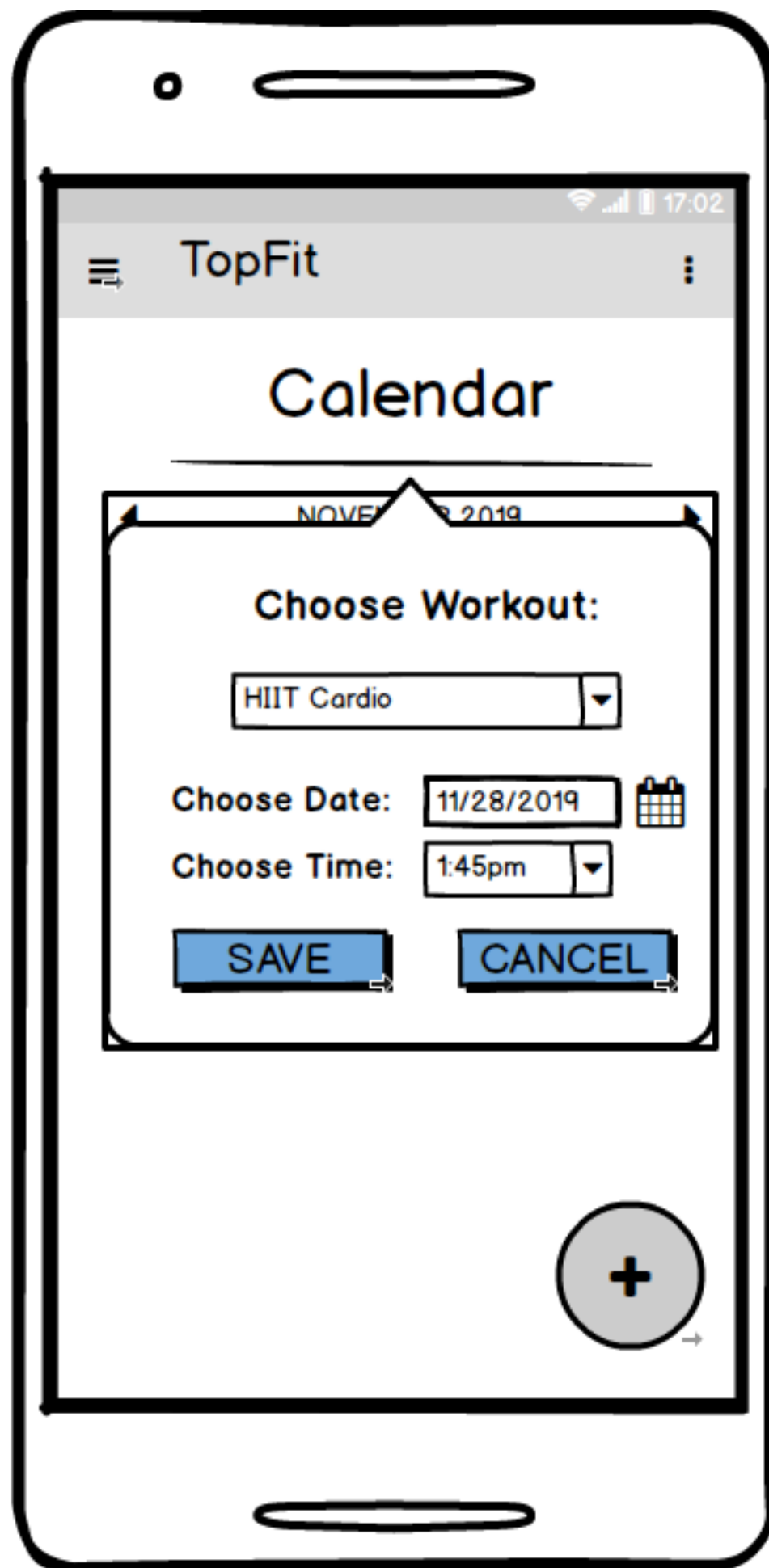
➕

TopFit

Profile

Name: Maddy Hall

Weight: 145 lbs

Activity Level: Lightly Active ▼

Distance Travelled: 108.9km

Workouts Completed: 15

Notifications:

New Password: **********

Confirm
New Password: **********

Save Changes   Delete Profile

TopFit

Profile

Name: Maddy Hall

Weight:

Activity Level: Lightly Active ▼

Distance Travelled: 108.9km

Workouts Completed: 15

Notifications:

New Password: **********

Confirm
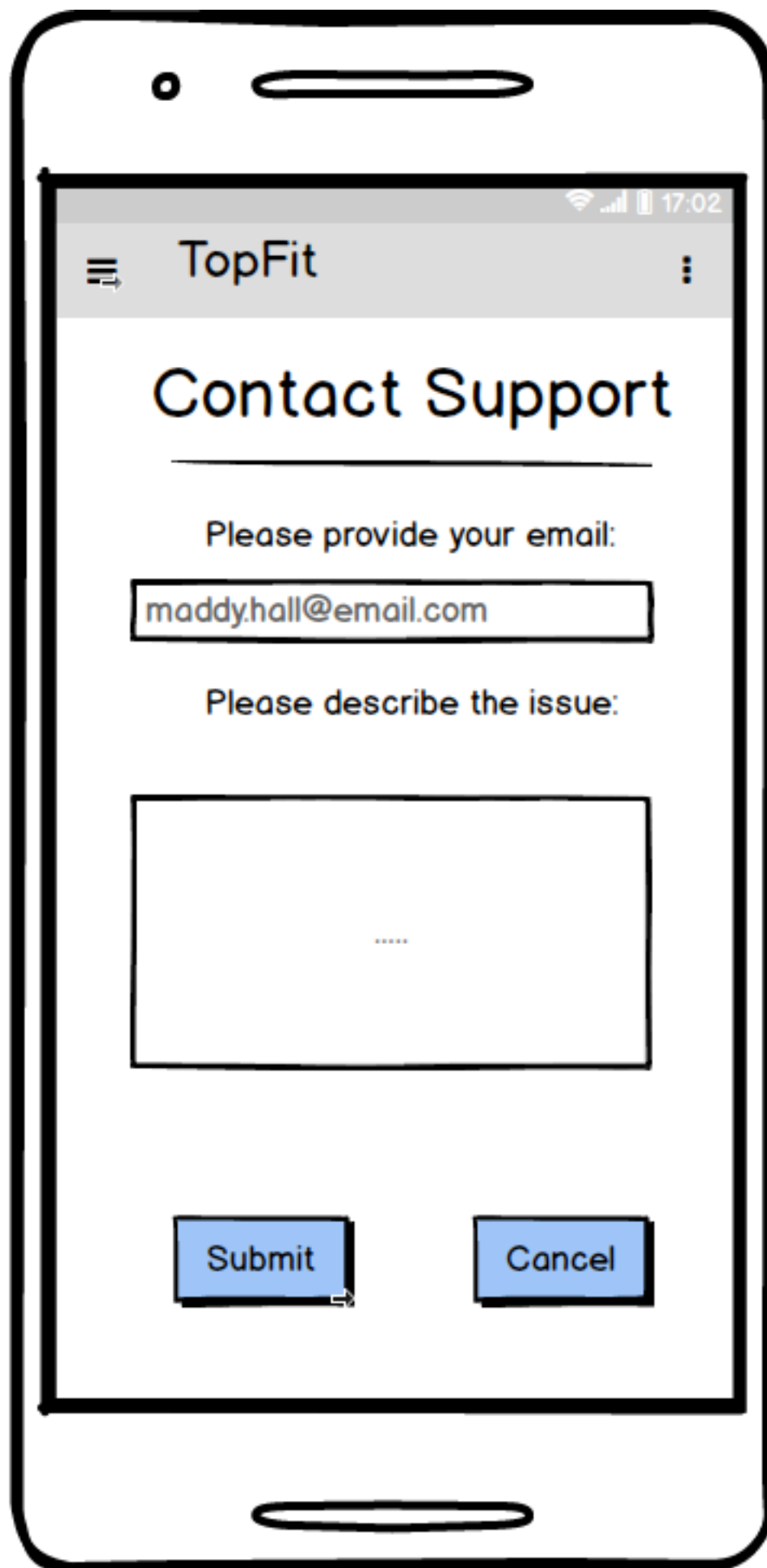New Password: **********

Weight cannot be empty!
Passwords do not match!

| Save Changes | Delete Profile |

TopFit

Contact Support
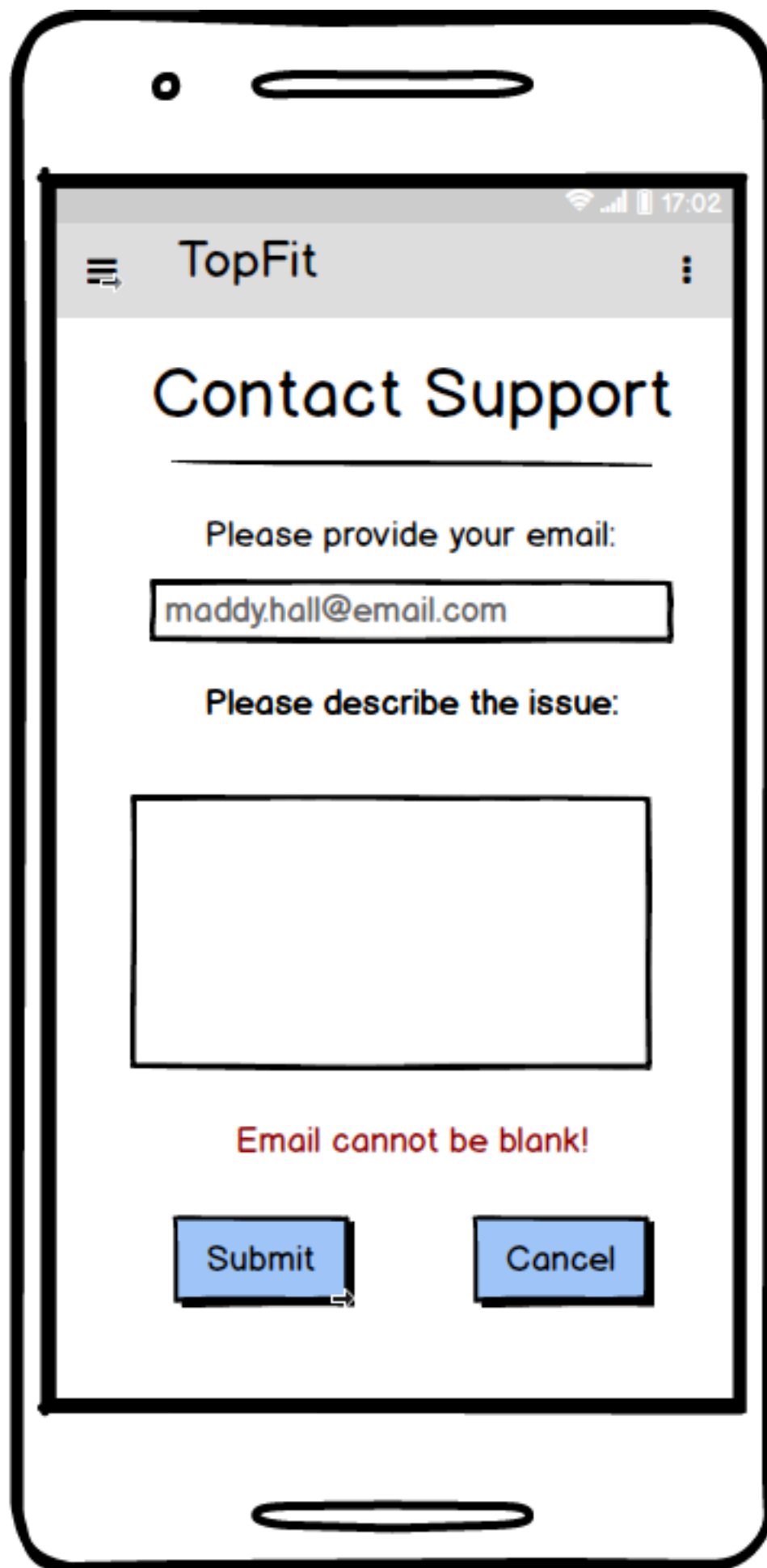
Please provide your email:

maddy.hall@email.com

Please describe the issue:

·····

Submit　　**Cancel**

≡ **TopFit** ⋮

Contact Support

_____

Thanks for your information!

The team will do its best to
resolve the issue

<button>Back</button>

☰ **TopFit** ⋮

Contact Support

Please provide your email:

maddy.hall@email.com

Please describe the issue:

Email cannot be blank!

Submit	Cancel