MeWorkout

Welcome!

SET UP YOUR PROFILE

Name:
Height:
Weight:

Beginner

Advanced

Advanced

Sunday: 40 min Spinning

Monday: 40 min Spinning

Tuesday: 40 min Spinning

Wednesday: 40 min Spinning

Thursday: 40 min Spininng

Friday: Weekly tip

Saturday: Rest

Beginner

Sunday: 20 min Spinning

Monday: Day off

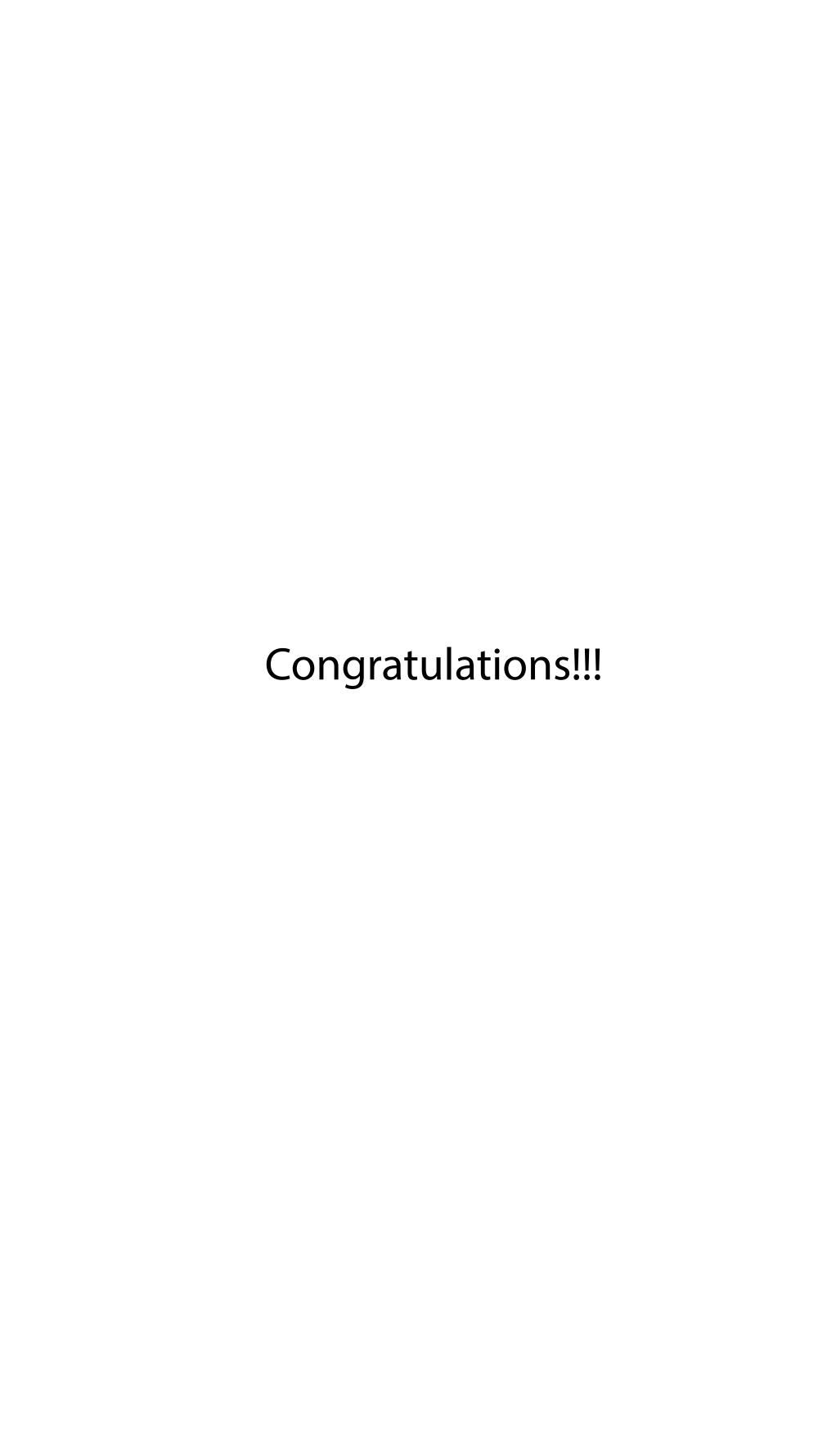
Tuesday: 20 min Spinning

Wednesday: Day off

Thursday: 20 min Spininng

Friday: Weekly tip

Saturday: Rest Weekly tip



My Progress

Training 1

Training 2

Training 3

Training 4

Training 5

Training 6

Suggestion to change from beginner to advanced