

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 Spinning

Friday:

Weekly tip

Saturday:

Rest

Beginner

Sunday:
20 min Spinning

Monday:
Day off

Tuesday:
20 min Spinning

Wednesday:
Day off

Thursday:
20 min Spinning

Friday:
Weekly tip

Saturday:
Rest

Weekly tip

Congratulations!!!

My Progress

Training 1

Training 2

Training 3

Training 4

Training 5

Training 6

Suggestion to change from
beginner to advanced