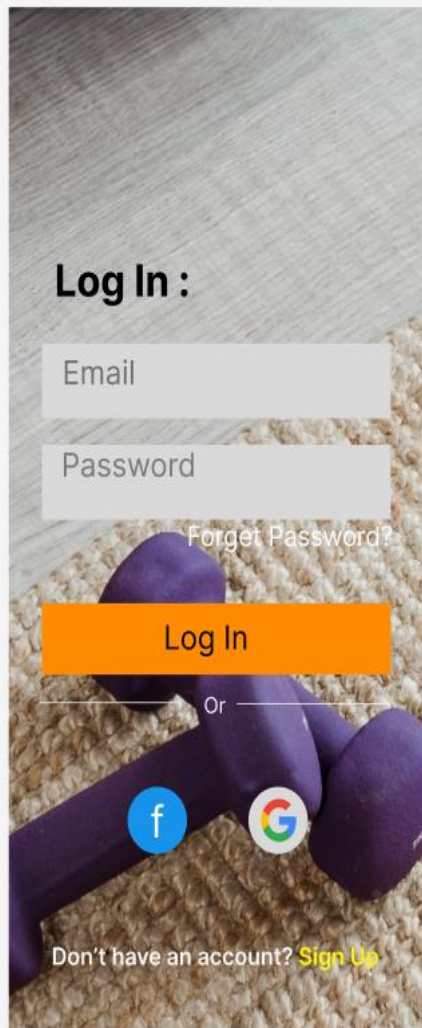


Login



## Log In :



Email

Password

[Forget Password?](#)

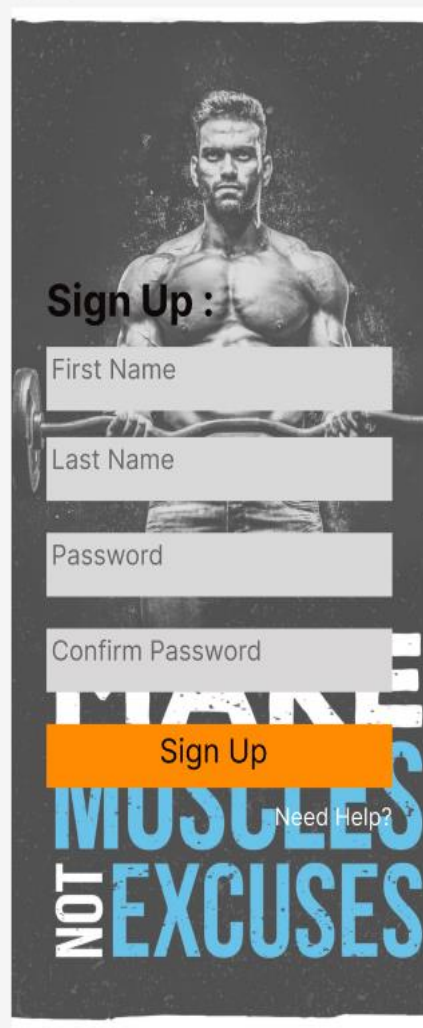
Log In

Or

Don't have an account? [Sign Up](#)

Sign up



## Sign Up :

First Name

Last Name

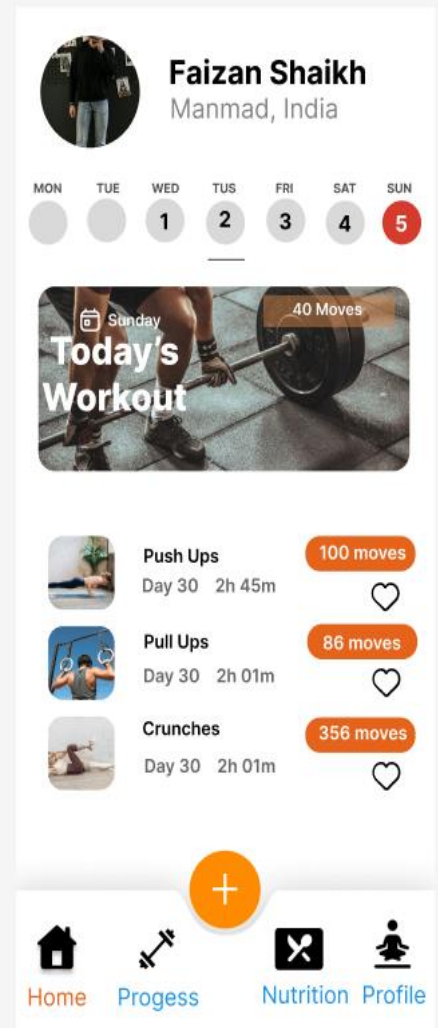
Password


Confirm Password

Sign Up

[Need Help?](#)

Home



**Faizan Shaikh**  
Manmad, India

MON

TUE

WED

TUS

FRI

SAT

SUN

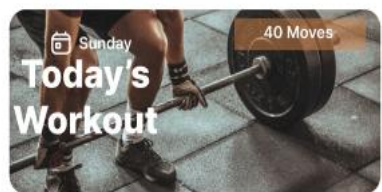
1

2

3


4


5




Today's Workout

40 Moves

**Push Ups**  
Day 30 2h 45m

**Pull Ups**  
Day 30 2h 01m


**Crunches**  
Day 30 2h 01m


100 moves


86 moves


356 moves

+

 Home

 Progress

 Nutrition

 Profile