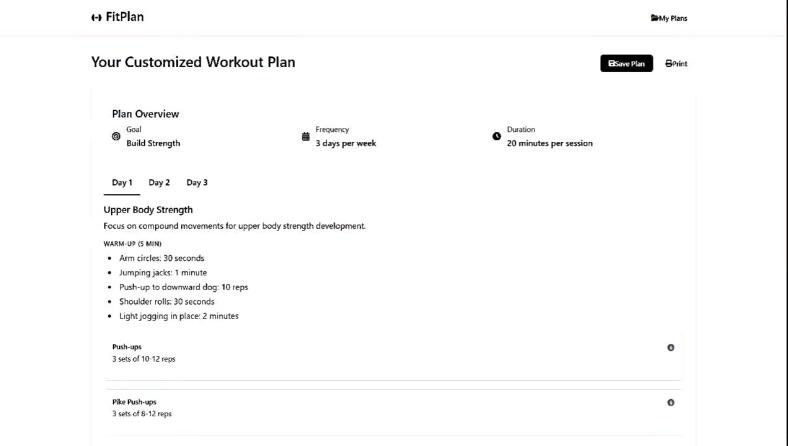
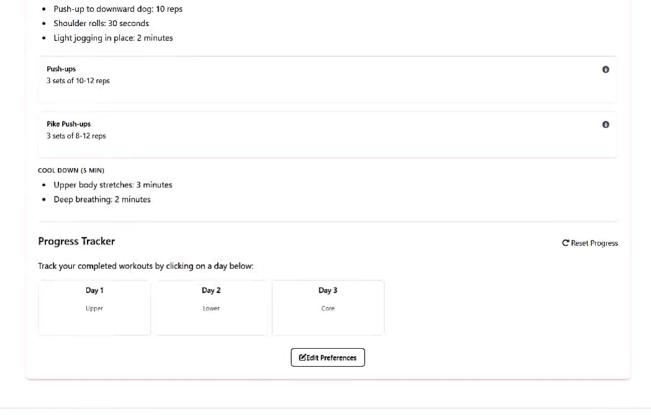
## Create Your Personalized Workout Plan

Answer a few questions about your fitness goals, available equipment, and time constraints to generate a customized workout plan that fits your needs.

Your Fitness Level		Workout Frequency (days p	er week)	
Beginner	~	3 days		•
Workout Duration (minutes per session	n)			
About 20 minutes				·
Your Fitness Goal				
O Build Strength	O Gain Muscle		O Lose Weight	
O Improve Endurance	O Increase Flexibility		O General Fitness	
Available Equipment				
None (Bodyweight)		□ Dumbbells		
□ Barbell		☐ Resistance Bands		

vailable Equipment			
None (Bodyweight)	None (Bodyweight)		
☐ Barbell		□ Resistance Bands	
☐ Kettlebell		□ Full Gym	
Focus Areas			
☐ Upper Body		□ Lower Body	
☐ Core		□ Cardio	
If none selected, we'll create a balanced pla	n based on your goal.		
Limitations or Injuries (Optional)			
e.g., knee problems, back pain, etc.			
	<u></u>		
	<b>(−)</b> Generate My \	Workout Plan	





**Build Strength Plan** 

Created on April 7, 2025

Build Strength 3 days/week 20 min

C 0

View Plan

My Plans

+Create New Plan

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