



WorkFit

Login

Email

Password

Show password

Forgot password?

Login

New user? Sign up



WorkFit

Sign up

Email

Password

Show password

Confirm password

Sign up

Already a user? [Login](#)



WorkFit

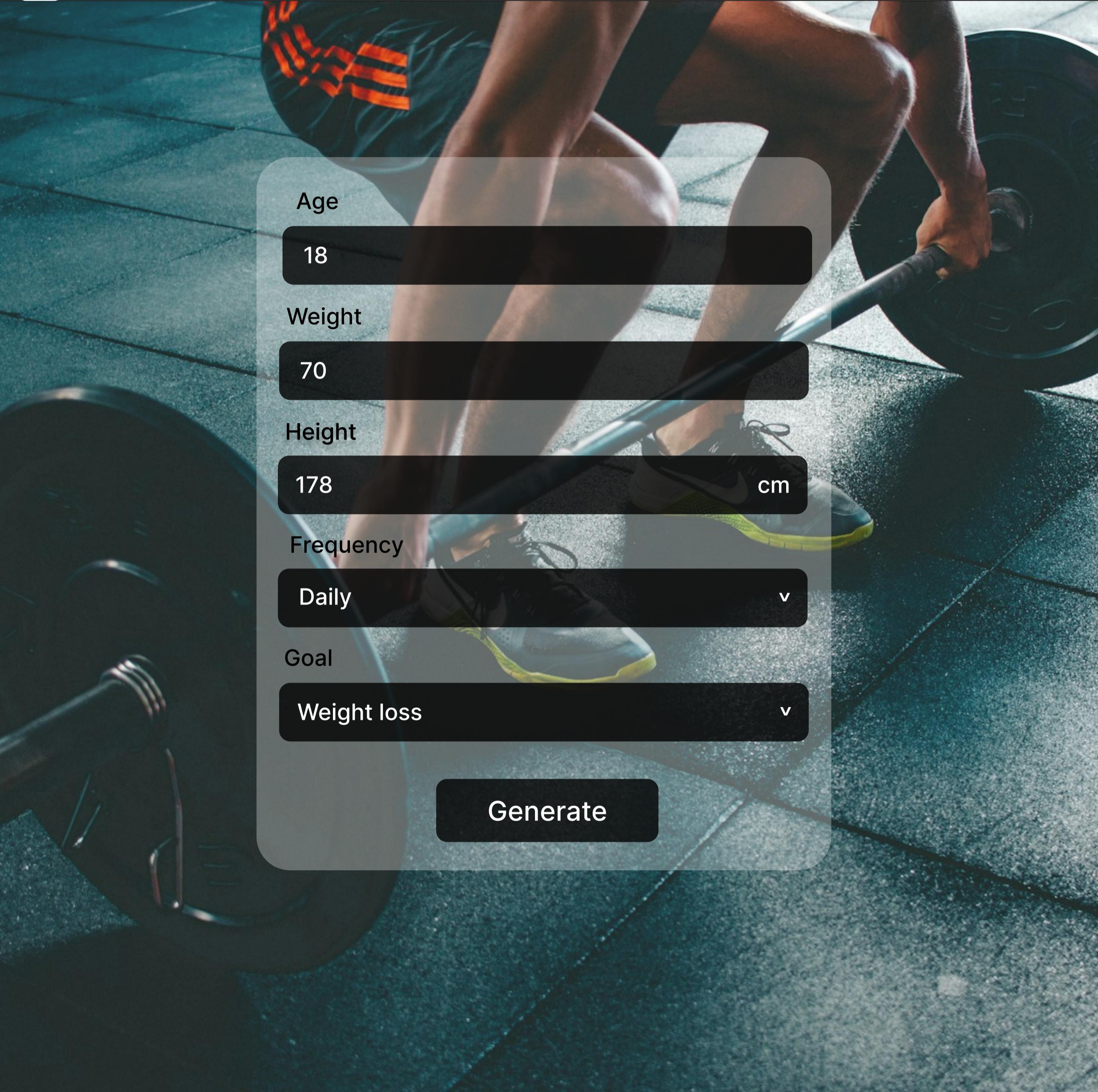
Forget password

Enter the email address associated with your account and we'll send you a link to reset your password.

Email

Send email

New user? [Sign up](#)



Age
18

Weight
70

Height
178 cm

Frequency
Daily

Goal
Weight loss

Generate

Your Workout Plan



Push-up
 8×3



Squat
 8×3



Bicep curl
 12×3



Lat Pulldown
 12×3



Dumbbell Lateral Raises
 8×3



About

Craft Your Dream Workout, Your Way

Ever felt lost in a generic workout plan that doesn't match your goals or preferences? We get it. That's why we created WorkFit, the custom workout planner designed to empower you to achieve YOUR unique fitness aspirations.

We're a group of passionate fitness enthusiasts, developers, and trainers dedicated to building the best custom workout experience.

Our intelligent web app acts as your personalized workout planner and guide. Whether you're a seasoned gym rat or just starting your fitness journey, we've got your back. Tell us your age, weight, height, workout frequency, and ultimate goal, and we'll craft a plan that perfectly aligns with your vision.

Ready to unlock your fitness potential and achieve your goals? Sign up for a free trial and experience the power of personalized workouts. With WebFit, you're not just getting a workout plan, you're joining a community dedicated to supporting your success.

WORKOUT PLANNER

Online workout planner lets you create free personalized workout plans to help you reach your fitness goals.

ABOUT US

We are your personal trainer and guide. Our aim is to make sports enjoyable for a healthy life.

FAQs

- What equipment do I need to use your plans?
- Do I need to have experience with fitness to use your website?
- Is there a cost associated with using your website?

Contact us

workfitbusiness@gmail.com

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Ahmedabad, India





FAQs

1. Who benefits from using your website?

Anyone looking for a personalized workout plan, regardless of their age, fitness level, or goals.

2. What equipment do I need to use your plans?

Our plans can be adapted to a variety of equipment situations, from bodyweight only to fully equipped gyms.

3. Do I need to have experience with fitness to use your website?

No, our plans are suitable for all levels of fitness, from beginners to experienced athletes.

4. How does the website personalize my workout plan?

By taking into account your age, weight, height, workout frequency, goals, and preferred exercises.

5. What if I have injuries or limitations?

We recommend consulting with a doctor or physiotherapist before starting any new exercise program.

6. Can I get help from a personal trainer on your website?

Not directly, but we offer comprehensive resources and support through our website and community.

7. What do you do with my personal information?

We only use your information to personalize your experience and provide you with relevant content and offers. You can always access and update your information in your account settings.



Contact us

Name

Enter you name here

Email

Enter you email here

Phone number

Enter you phone number here

Message

Enter you message here

Send

Our contact details

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Your Profile

First Name

Last Name

Email

Phone number

Age

Gender

- Male Female

Height

Weight

Save