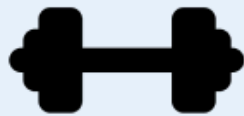




GO PULSE



LOGIN

REGISTER



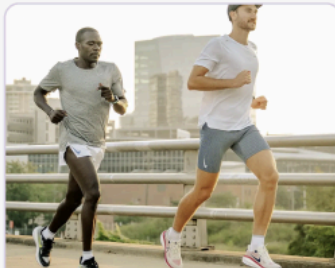
Workouts

 Search



Bench Press

ADD



Running

ADD



Bicep Curl

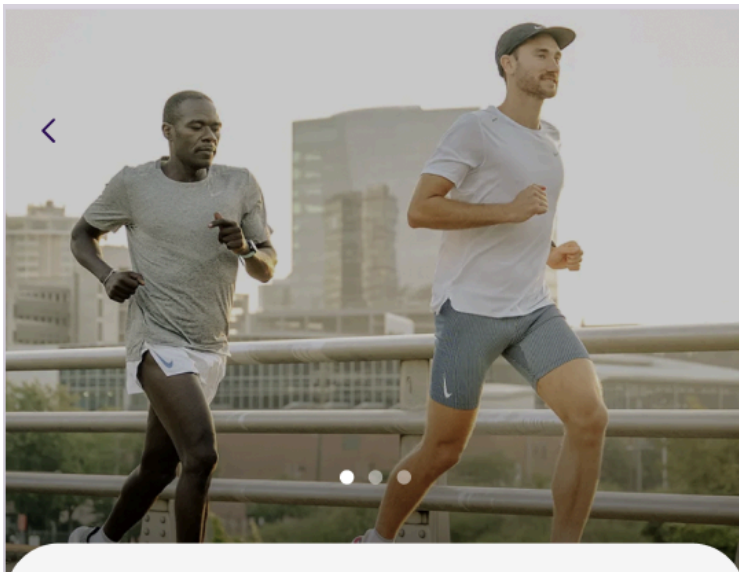
ADD



Skipping

ADD





Running

14 min left

Always warm up before starting and maintain proper form by keeping your posture upright and landing softly on your feet to reduce impact. Stay aware of your surroundings by running in well-lit areas, wearing reflective gear if it's dark, and listening at a volume that allows you to hear traffic and other hazards.



PAUSE

SKIP



Profile

5

Daily Streak



Acheivements

ADD



Friends

ADD



Schedule

ADD





Friends

 Search

Create Post

Feed



Alex Brown



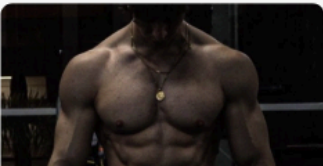
Chat



Janice Smith



Chat



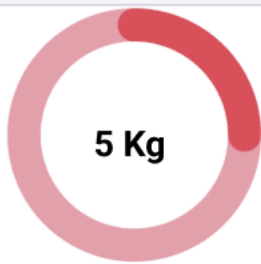
Oliver Hill





Acheivements

Q Search



Weight Lost

SHARE

4597

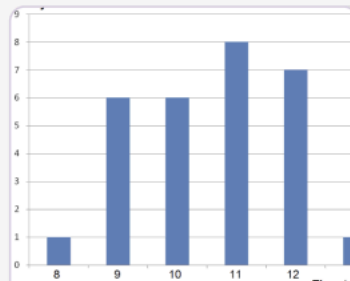
Total Steps Today

SHARE

210 lbs

Bench Lift PR

SHARE



Fastest 10K

SHARE



