MPL EXPERIMENT 2

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CLASS- D15A   ROLL NO- 25

AIM: To design Flutter UI by including common widgets

1,Introduction

Flutter is an open-source UI framework by Google that enables developers to build cross-platform applications with a single codebase. The UI in Flutter is built using **widgets**, which are the fundamental building blocks of the application.

Widgets in Flutter can be classified into various categories, such as structural widgets, layout widgets, interactive widgets, and styling widgets. These widgets help in designing complex UI components efficiently and responsively.

2.**Types of widgets**

Flutter widgets are classified into the following types based on their functionality:

1. Structural Widgets (Scaffolding Widgets)

These widgets define the basic structure of an application.

- **Scaffold:** Provides a framework with an app bar, body, floating action button, drawer, etc.
- **AppBar:** Displays the top navigation bar with titles, actions, and menus.
- **Drawer:** A side navigation panel for navigating through different screens.

2. Layout Widgets

These widgets help in arranging other widgets on the screen.

- **Container:** A flexible widget for holding and styling child widgets.

- **Column:** Arranges widgets vertically.
- **Row:** Arranges widgets horizontally.
- **Stack:** Allows widgets to be placed on top of each other.
- **Expanded:** Expands widgets to fill available space.

- **SizedBox:** Provides spacing between widgets.

3. Interactive Widgets

These widgets accept user input and interactions.

- **TextField:** Allows users to enter text input.
- **ElevatedButton:** A clickable button with elevation.
- **OutlinedButton:** A button with an outlined border.
- **IconButton:** A clickable icon button.
- **GestureDetector:** Detects gestures like tap, swipe, and drag.
- **Switch:** A toggle button for enabling/disabling options.

4. Styling & Display Widgets

These widgets help in styling and displaying content.

- **Text:** Displays text content.
- **Image:** Displays an image from assets or a URL.
- **Icon:** Displays an icon from Material or custom icons.
- **Card:** A box with elevation and rounded corners for content display.
- **Chip:** A small, compact element that represents information.

5. Scrolling & List Widgets

These widgets handle large lists and scrolling content.

- **ListView:** Displays a scrollable list of items.
- **GridView:** Displays items in a grid format.
- **SingleChildScrollView:** Makes a child widget scrollable.
- **PageView:** Creates swipeable pages.

3. Commonly used widgets:

1. Scaffold (Basic Page Structure)

A *Scaffold* provides a basic structure for a screen, including an **AppBar, Floating Action Button, Drawer, and Body**.

2.Container (A Flexible Box for UI Design)

A *Container* is used for styling, padding, and positioning elements.

3.Row and Column (Arranging Widgets)

A *Row* arranges widgets horizontally, while a *Column* arranges them vertically.

4.Stack (Overlapping Widgets)

A Stack places widgets on top of each other.

5.ListView (Scrollable List)

A ListView is used for displaying a scrollable list of items.

6.ElevatedButton (Clickable Button)

Buttons provide user interactions in Flutter.

7.TextField (User Input Field)

A TextField allows users to enter data.

Code:

1. day_exercises_row.dart:

```dart
import 'package:flutter/material.dart';
import 'package:healtho_gym/common/color_extension.dart';

class DayExerciseRow extends StatelessWidget {
  final Map obj;
  final VoidCallback onPressed;

  const DayExerciseRow({super.key, required this.obj,
      required this.onPressed});

  @override
  Widget build(BuildContext context) {
    return InkWell(
      onTap: onPressed,
      child: Container(
        decoration: BoxDecoration(
          color: TColor.txtBG,
          border: Border.all(color: TColor.board, width: 1),
          borderRadius: BorderRadius.circular(15),
        ),
        child: Column(
          children: [
            Padding(
              padding: const EdgeInsets.symmetric(
                horizontal: 15,
                vertical: 15,
              ),
              child: Row(
                crossAxisAlignment: CrossAxisAlignment.start,
                children: [
                  ClipRRect(
                    borderRadius: BorderRadius.circular(
                      10,
                    ),
                    child: ClipRRect(
                      borderRadius: BorderRadius.circular(10),
                      child: Image.asset(
                        obj["image"],
                        width: 60,
                        height: 60,
                        fit: BoxFit.cover,
                      ),
```

```
        ),                                    width: 80,
      ),                                      child: Text(
      const SizedBox(                           "Sets",
        width: 25,                              style: TextStyle(
      ),                                          color: TColor.primaryText,
      Expanded(                                   fontSize: 12,
        child: Column(                          ),
          crossAxisAlignment:                 ),
CrossAxisAlignment.start,                   ),
          children: [                     ),
            Text(                         Expanded(
              obj["name"],                  child: Text(
              style: TextStyle(              obj["sets"],
                color: TColor.primaryText,   style: TextStyle(
                fontSize: 14,                  color: TColor.placeholder,
              ),                               fontSize: 12,
            ),                               ),
            const SizedBox(               ),
              height: 4,                )
            ),                        ],
            Row(                      ),
              children: [           Row(
                SizedBox(             children: [
                                        SizedBox(
```

```
width: 80,                          width: 80,
child: Text(                        child: Text(
  "Reps",                             "Reset",
  style: TextStyle(                   style: TextStyle(
    color: TColor.primaryText,          color: TColor.primaryText,
    fontSize: 12,                       fontSize: 12,
  ),                                  ),
),                                  ),
),                                  ),
Expanded(                           Expanded(
  child: Text(                        child: Text(
    obj["reps"],                        obj["rest"],
    style: TextStyle(                   style: TextStyle(
      color: TColor.placeholder,          color: TColor.placeholder,
      fontSize: 12,                       fontSize: 12,
    ),                                  ),
  ),                                  ),
)                                   )
],                                  ],
),                                  ),
Row(                                ],
  children: [                       ),
    SizedBox(                       ),
                                    ),
```

```dart
const SizedBox(
  width: 30,
),
Image.asset(
  "assets/img/next.png",
  width: 12,
  color: TColor.placeholder,
)
],
),
),
Container(
  color: TColor.board,
  height: 2,
),
Padding(
  padding: const EdgeInsets.symmetric(
    horizontal: 15,
    vertical: 15,
  ),
  child: Row(
    mainAxisAlignment: MainAxisAlignment.center,
    children: [

Image.asset(
  obj["is_complete"]
    ? "assets/img/check_tick.png"
    : "assets/img/uncheck.png",
  width: 20,
),
const SizedBox(
  width: 8,
),
Text(
  "Mark as completed",
  style: TextStyle(
    color: obj["is_complete"]
      ? const Color(0xff27AE60)
      : TColor.placeholder,
    fontSize: 14,
    fontWeight: FontWeight.w600,
  ),
)
],
),
```

```
      ),                          }
     ),                          }
    );
```

2. icon_title_subtitle_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class IconTitleSubtitleButton extends StatelessWidget {
  final String title;

  final String subtitle;

  final String icon;

  final VoidCallback onPressed;


  const IconTitleSubtitleButton(
      {super.key,
      required this.title,
      required this.subtitle,
      required this.icon,
      required this.onPressed});


  @override
  Widget build(BuildContext context) {
```

```dart
return Padding(
  padding: const EdgeInsets.symmetric(horizontal: 20),
  child: InkWell(
    onTap: onPressed,
    child: Container(
      padding: const EdgeInsets.symmetric(horizontal: 20, vertical: 15),
      decoration: BoxDecoration(
        color: TColor.btnBG, borderRadius: BorderRadius.circular(15)),
      child: Row(
        children: [
          Image.asset(
            icon,
            width: 50,
            height: 50,
            fit: BoxFit.cover,
          ),
          const SizedBox(
            width: 15,
          ),
          Expanded(
            child: Column(
              crossAxisAlignment: CrossAxisAlignment.start,
              children: [
                Text(
```

```
                title,
              style: TextStyle(
                  color: TColor.primaryText,
                  fontSize: 15,
                  fontWeight: FontWeight.w600),
            ),
            Text(
              subtitle,
              style: TextStyle(
                color: TColor.primaryText,
                fontSize: 12,
              ),
            ),
          ],
        ),
      ),
    ],
   ),
  ),
 );
 }
}
```

3. number_title_subtitle_button.dart:

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class NumberTitleSubtitleButton extends StatelessWidget {
  final String title;

  final String subtitle;

  final String number;

  final VoidCallback onPressed;


  const NumberTitleSubtitleButton(
      {super.key,

      required this.title,

      required this.subtitle,

      required this.number,

      required this.onPressed});


  @override
  Widget build(BuildContext context) {
    return Padding(

      padding: const EdgeInsets.symmetric(vertical: 10),

      child: InkWell(

        onTap: onPressed,

        child: Container(
```

```
padding: const EdgeInsets.symmetric(

  horizontal: 20,

  vertical: 15,

),

decoration: BoxDecoration(

    color: TColor.txtBG,

    border: Border.all(color: TColor.board, width: 1),

    borderRadius: BorderRadius.circular(15)),

child: Row(

  children: [

    Expanded(

      child: Row(

        crossAxisAlignment: CrossAxisAlignment.start,

        children: [

          Text(

            number,

            style: TextStyle(

              color: TColor.placeholder,

              fontSize: 17,

              fontWeight: FontWeight.w600,

            ),

          ),

          const SizedBox(

            width: 15,
```

```
        ),
      Expanded(
        child: Column(
          crossAxisAlignment: CrossAxisAlignment.start,
          children: [
            Text(
              title,
              style: TextStyle(
                color: TColor.primaryText,
                fontSize: 15,
                fontWeight: FontWeight.w600,
              ),
            ),
            Text(
              subtitle,
              style: TextStyle(
                color: TColor.primaryText,
                fontSize: 12,
              ),
            ),
          ],
        ),
      ),
    ],
```

```
              ),

            ),

            Image.asset(

              "assets/img/next.png",

              width: 10,

              color: TColor.secondaryText,

            )

          ],

        ),

      ),

    ),

  );

 }

}
```

4. radio_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class RadioButton extends StatelessWidget {
  final String title;

  final bool isSelect;

  final VoidCallback onPressed;
```

```dart
const RadioButton(

    {super.key,

    required this.title,

    required this.isSelect,

    required this.onPressed});


@override

Widget build(BuildContext context) {

  return Padding(

    padding: const EdgeInsets.symmetric(

      horizontal: 20,

      vertical: 15,

    ),

    child: InkWell(

      onTap: onPressed,

      child: Row(

        children: [

          Container(

            width: 20,

            height: 20,

            decoration: BoxDecoration(

                color: isSelect ? TColor.primary : TColor.inactive,

                borderRadius: BorderRadius.circular(10)),

          ),
```

```dart
      const SizedBox(
        width: 20,
      ),
      Expanded(
        child: Text(
          title,
          style: TextStyle(
            color: TColor.primaryText,
            fontSize: 13,
          ),
        ),
      ),
    ],
  ),
),
);
}
}
```

5. round_button.dart:

```dart
import 'package:flutter/material.dart';
import 'package:healtho_gym/common/color_extension.dart';


enum RoundButtonType { primary, line }
```

```dart
class RoundButton extends StatelessWidget {
  final String title;

  final RoundButtonType type;

  final double height;

  final double fontSize;

  final FontWeight fontWeight;

  final double width;

  final String? image;

  final bool isPadding;

  final double radius;

  final VoidCallback onPressed;

  const RoundButton(
      {super.key,
      required this.title,
      this.type = RoundButtonType.primary,
      this.height = 50,
      this.fontSize = 14,
      this.radius = 25,
      this.fontWeight = FontWeight.w600,
      this.width = double.maxFinite,
      this.isPadding = true,
      required this.onPressed, this.image});
```

```dart
@override
Widget build(BuildContext context) {
  return InkWell(
    borderRadius: BorderRadius.circular(25),
    onTap: onPressed,
    child: Container(
      margin: EdgeInsets.symmetric(horizontal: isPadding ? 20 : 0),
      padding: const EdgeInsets.symmetric(horizontal: 20),
      width: width,
      decoration: BoxDecoration(
        color:
          type == RoundButtonType.primary ? TColor.primary : TColor.txtBG,
        border: type == RoundButtonType.line
          ? Border.all(color: TColor.board)
          : null,
        borderRadius: BorderRadius.circular(radius)),
      height: height,
      child: Row(
        children: [
          if(image != null)
          SizedBox(
            width: 60,
            child: Image.asset(image!, width: 20, height: 20,),
          ),
```

```
        Expanded(
          child: Text(
            title,
            textAlign: TextAlign.center,
            style: TextStyle(
                color: type == RoundButtonType.primary
                    ? TColor.btnPrimaryText
                    : TColor.btnSecondaryText,
                fontSize: fontSize,
                fontWeight: fontWeight),
          ),
        ),
        if(image != null)
        Container(
          width: 60,
        )
      ],
    ),
   ),
  );
 }
}


class RoundSelectButton extends StatelessWidget {
```

```dart
final String title;

final RoundButtonType type;

final double height;

final double fontSize;

final FontWeight fontWeight;

final double width;

final String? image;

final bool isPadding;

final VoidCallback onPressed;

const RoundSelectButton(

    {super.key,

    required this.title,

    this.type = RoundButtonType.primary,

    this.height = 50,

    this.fontSize = 14,

    this.fontWeight = FontWeight.w600,

    this.width = double.maxFinite,

    this.isPadding = true,

    required this.onPressed,

    this.image});


@override

Widget build(BuildContext context) {

  return InkWell(
```

```dart
    borderRadius: BorderRadius.circular(25),
onTap: onPressed,
child: Container(
  margin: EdgeInsets.symmetric(horizontal: isPadding ? 20 : 0),
  padding: const EdgeInsets.symmetric(horizontal: 20),
  width: width,
  decoration: BoxDecoration(
      color:
        type == RoundButtonType.primary ? TColor.primary : TColor.txtBG,
      border: type == RoundButtonType.line
        ? Border.all(color: TColor.board)
        : null,
      borderRadius: BorderRadius.circular(25)),
  height: height,
  child: Row(
    children: [
      if (image != null)
        SizedBox(
          width: 60,
          child: Image.asset(
            image!,
            width: 20,
            height: 20,
          ),
```

```dart
        ),
      Expanded(
        child: Text(
          title,
          textAlign: TextAlign.left,
          style: TextStyle(
              color: type == RoundButtonType.primary
                  ? TColor.btnPrimaryText
                  : TColor.btnSecondaryText,
              fontSize: fontSize,
              fontWeight: fontWeight),
        ),
      ),
      if (image != null)
        Container(
          width: 60,
        )
      ],
    ),
  ),
);
}
}
```

6. round_dropdown.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class RoundDropDown extends StatelessWidget {
  final String hintText;

  final List list;

  final dynamic value;

  final bool isPadding;

  final Function(dynamic)? didChange;


  const RoundDropDown({
    super.key,
    required this.hintText,
    required this.list,
    this.value,
    this.isPadding = false,
    this.didChange,
  });


  @override
  Widget build(BuildContext context) {
    return Container(
```

```
height: 50,

margin: EdgeInsets.symmetric(horizontal: isPadding ? 20 : 0),

padding: const EdgeInsets.symmetric(horizontal: 20),

decoration: BoxDecoration(

    color: TColor.txtBG,

    border: Border.all(color: TColor.board, width: 1),

    borderRadius: BorderRadius.circular(10)),

child: DropdownButtonHideUnderline(

  child: DropdownButton(

    isExpanded: true,

    value: value,

    icon: Image.asset(

      "assets/img/down.png",

      width: 15,

    ),

    hint: Text(

      hintText,

      style: TextStyle(color: TColor.secondaryText, fontSize: 15),

    ),

    items: list

        .map(

          (obj) => DropdownMenuItem(

            value: obj,
```

```dart
                  child: Text(
                    obj["name"] as String? ?? "",
                    style: TextStyle(
                      color: TColor.primaryText,
                    ),
                  ),
                ),
              )
            .toList(),
          onChanged: didChange,
        ),
      ),
    );
  }
}
```

7. round_text_field.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class RoundTextField extends StatelessWidget {
  final String hintText;

  final TextEditingController? controller;

  final TextInputType? keyboardType;
```

```dart
  final double radius;

  final bool obscureText;

  final Widget? right;

  final bool isPadding;

  final String? icon; // Added icon parameter

  const RoundTextField({
    super.key,

    required this.hintText,

    this.controller,

    this.keyboardType,

    this.radius = 25,

    this.obscureText = false,

    this.right,

    this.isPadding = false,

    this.icon, // Added icon parameter
  });

  @override
  Widget build(BuildContext context) {
    return Container(
      height: 50,

      margin: EdgeInsets.symmetric(horizontal: isPadding ? 20 : 0),
```

```
    decoration: BoxDecoration(

      color: TColor.txtBG,

      border: Border.all(color: TColor.board, width: 1),

      borderRadius: BorderRadius.circular(radius)),

  child: TextField(

    controller: controller,

    keyboardType: keyboardType,

    obscureText: obscureText,

    style: TextStyle(color: TColor.primaryText, fontSize: 16),

    decoration: InputDecoration(

      contentPadding: const EdgeInsets.symmetric(horizontal: 20),

      enabledBorder: InputBorder.none,

      focusedBorder: InputBorder.none,

      hintText: hintText,

      prefixIcon: icon != null // Use the icon as a prefixIcon

        ? Padding(

          padding: const EdgeInsets.all(12.0),

          child: Image.asset(icon!),

        )

        : null,

    suffixIcon: right,

    hintStyle: TextStyle(

      color: TColor.placeholder,
```

```
                fontSize: 15,

                fontWeight: FontWeight.w600,

              ),

            ),

          ),

        );

      }

    }
```

8. round_title_value_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class RoundTitleValueButton extends StatelessWidget {
  final String title;

  final String value;

  final VoidCallback onPressed;

  const RoundTitleValueButton({
    super.key,

    required this.title,

    required this.value,

    required this.onPressed,

  });
```

```dart
@override
Widget build(BuildContext context) {
  return Padding(
    padding: const EdgeInsets.symmetric(horizontal: 20, vertical: 15),
    child: InkWell(
      borderRadius: BorderRadius.circular(25),
      onTap: onPressed,
      child: Container(
        padding: const EdgeInsets.symmetric(horizontal: 20),
        decoration: BoxDecoration(
          color: TColor.txtBG,
          border: Border.all(color: TColor.board, width: 1),
          borderRadius: BorderRadius.circular(25)),
        height: 50,
        child: Row(
          children: [
            Expanded(
              child: Text(
                title,
                textAlign: TextAlign.center,
                style: TextStyle(
                  color: TColor.btnSecondaryText,
```

```dart
              fontSize: 15,

              fontWeight: FontWeight.w600,

            ),

          ),

        ),

        Expanded(

          flex: 2,

          child: Text(

            value,

            textAlign: TextAlign.center,

            style: TextStyle(

              color: TColor.btnSecondaryText,

              fontSize: 15,

              fontWeight: FontWeight.w600,

            ),

          ),

        ),

      ],

    ),

  ),

);

}
```

}

9. secrtion_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class SectionButton extends StatelessWidget {
  final String title;

  final VoidCallback onPressed;


  const SectionButton(
      {super.key, required this.title, required this.onPressed});


  @override
  Widget build(BuildContext context) {
    return InkWell(
      onTap: onPressed,
      child: Padding(
        padding: const EdgeInsets.symmetric(horizontal: 20, vertical: 8),
        child: Row(
          mainAxisAlignment: MainAxisAlignment.spaceBetween,
          children: [
            Text(
              title,
```

```dart
              style: TextStyle(
                color: TColor.primaryText,
                fontSize: 15,
                fontWeight: FontWeight.w600,
              ),
            ),
            Text(
              "More",
              style: TextStyle(
                color: TColor.primary,
                fontSize: 15,
              ),
            )
          ],
        ),
      ),
    );
  }
}
```

10. title_subtitle_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class TitleSubtitleButton extends StatelessWidget {
  final String title;

  final String subtitle;

  final VoidCallback onPressed;


  const TitleSubtitleButton(
      {super.key,

      required this.title,

      required this.subtitle,

      required this.onPressed});


  @override
  Widget build(BuildContext context) {
    return Padding(

      padding: const EdgeInsets.symmetric(vertical: 10),

      child: InkWell(

        onTap: onPressed,

        child: Container(

          padding: const EdgeInsets.symmetric(horizontal: 20, vertical: 15),

          decoration: BoxDecoration(
```

```
      color: TColor.txtBG,

      border: Border.all(color: TColor.board, width: 1),

      borderRadius: BorderRadius.circular(10),

  ),

  child: Column(

    crossAxisAlignment: CrossAxisAlignment.center,

    children: [

      Text(

        title,

        style: TextStyle(

            color: TColor.primaryText,

            fontSize: 14,

            fontWeight: FontWeight.w600),

      ),

      Text(

        subtitle,

        style: TextStyle(

          color: TColor.primaryText,

          fontSize: 12,

        ),

      ),

    ],

  ),
```

```
      ),
    ),
  );
 }
}
```

11. title_value_row.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class TitleValueRow extends StatelessWidget {
  final String title;

  final String value;

  const TitleValueRow({super.key, required this.title, required this.value});


  @override
  Widget build(BuildContext context) {
    return Padding(
      padding: const EdgeInsets.symmetric(vertical: 15),
      child: Column(
        crossAxisAlignment: CrossAxisAlignment.start,
        children: [
          Text(
```

```dart
          title,
          style: TextStyle(
            color: TColor.placeholder,
            fontSize: 14,
          ),
        ),
        const SizedBox(
          height: 4,
        ),
        Text(
          value,
          style: TextStyle(
            color: TColor.primaryText,
            fontSize: 14,
            fontWeight: FontWeight.w600,
          ),
        ),
      ],
    ),
  );
}
}
```

12. top_tab_button.dart

```dart
import 'package:flutter/material.dart';

import 'package:healtho_gym/common/color_extension.dart';


class TopTabButton extends StatelessWidget {
  final String title;

  final bool isSelect;

  final VoidCallback onPressed;


  const TopTabButton(
      {super.key,
      required this.title,
      required this.isSelect,
      required this.onPressed});


  @override
  Widget build(BuildContext context) {
    return InkWell(
      onTap: onPressed,
      child: Container(
        height: 40,
        padding: const EdgeInsets.symmetric(horizontal: 20),
        decoration: BoxDecoration(
```

```
      border: Border(
        bottom: BorderSide(
          color: isSelect ? TColor.primary : Colors.transparent,
          width: 3))),
    alignment: Alignment.center,
    child: Text(
      title,
      style: TextStyle(
        color: isSelect ? TColor.primary : Colors.white,
        fontSize: 14,
        fontWeight: FontWeight.normal),
    ),
    ),
  );
 }
}
```

Enter Your Name

Rohan Lalchandani

NEXT

Select Your Goal

○ Fat Loss

○ Weight Gain

● Muscle Gain

○ Others

DONE

Enter Your Physique

Age	21 Yrs
Height	6 Ft 4 Inch
Weight	40 KG
Level	Beginner

Confirm Detail

Health Tips   Exercises   Workout Plan   Ch

A Diet Without Exercise is Useless.
Interval training is a form of exercise in which you alternate between or more exercise.

Garlic As fresh and Sweet as baby's Breath.
Garlic is the plant in the onion family that's grown alternate between or more exercise.

Garlic As fresh and Sweet as baby's Breath.
Garlic is the plant in the onion family that's grown alternate between or more exercise.

Healtho

Chest
16 Exercises

Back
16 Exercises

Biceps
16 Exercises

Triceps
16 Exercises

Shoulders
16 Exercises

Abs
16 Exercises

← Chest

Select Level ⌄

Bench press

Incline press

Decline Press

Screen 1: Healtho

Healtho

Health Tips   Exercises   **Workout Plan**

Find a Workout Plan
Perfect Workout plan that fulfill your fitness goal

My Plan

Create New Plan
Customise workout plans as per your Need

Muscle Building   More

Gain Strength   More

Screen 2: Muscle Building

← **Muscle Building**

Goal	Duration	Level
Muscle Building	5 Weeks	Beginner

Introduction   ›
This is a beginner quick start guide that will move you from day 1 to day 60, providing you with starting training and instructions...

30% Complete

01 Week   ›
This is a beginner quick start.....

02 Week   ›
This is a beginner quick start.....

03 Week   ›
This is a beginner quick start.....