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Hi, Pawan nanaware!



Q

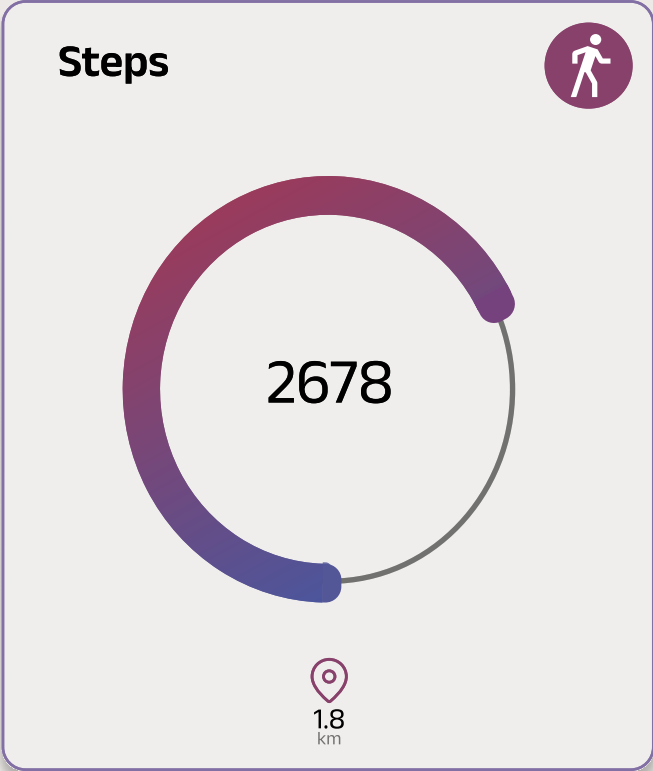
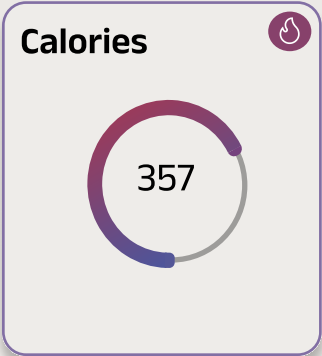
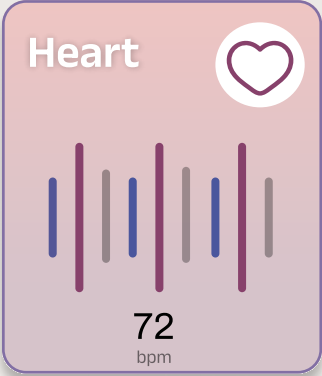
Select or search a exercise..

Daily

Weekly

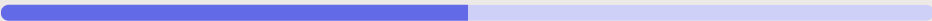
Monthly

Yearly



Goals

Define your goal (e.g., weight loss, muscle gain)



Set Goal

Update Progress

Friends Activity Feed

John Doe

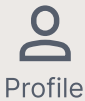
2 hours ago

Completed a 5k run with a new personal best time!

Emma Smith

1 day ago

Achieved a new milestone: 50 workouts completed this month!

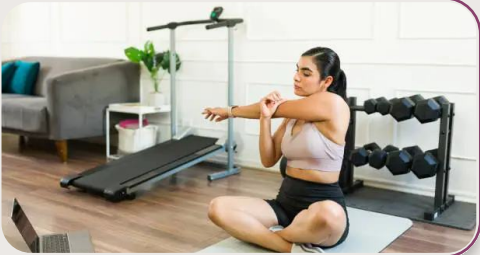


Workouts

Pushups



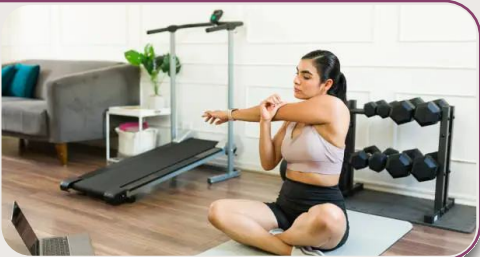
Heel Touch



Knee Plank



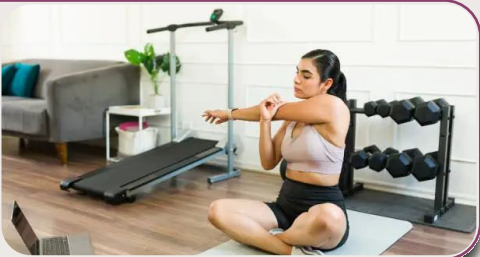
Cobra Stretch



Lunges



Strength



Share Progress



Workouts

Pushups



Heel Touch



Knee Plank




Cobra



Lunges





Back

Share Your Progress



John Doe



Emma Smith

