Training

Id

Published Date:

Title:

Subtitle:

Category

Coach/Instructor - Name, Experience, Intro

Total Duration:

Language

Target Audience - (Age group, Gender, Level, Pre-Requisites)

NotFor - (Pregnant, Limitations)

Benefits:

Subscriptions:

Ratings

Reviews

Likes/dislikes

Course Intro:

Modules/Chapters

Intensity:

Level

Calories

Classes/Lessons - (Warm-up, Core, Cool-down) -

Exercises -

Id

Title

Subtitle

Category

Duration

Calories

Strengthen

Stretches

Cures

Caution

Benefits

Harms

Compliments-With

Preparatory

Follow-up

**Video**

Title

Subtitle

Duration

Url

Disclaimer

followers

published date

like

dislike

tags

description

category

language

cc: