



# FitTrack Pro

7 Day Streak



TOTAL WORKOUTS

24

↗ Keep going!

CALORIES BURNED

3,240

↗ Great progress

ACTIVE MINUTES

420

↗ Amazing!

TOTAL REPS COMPLETED

156

## Activity Feed

✓ Completed Push-Up Challenge - 25 reps!  
2 hours ago

🔥 Streak increased to 7 days! Keep it up!  
5 hours ago

✓ Completed High-Intensity Sprints - 15 reps!  
Yesterday

💪 You are stronger than you think!  
Yesterday

✓ Completed Yoga Flow Session - 30 minutes!  
2 days ago

🌟 Welcome to FitTrack Pro! Start your fitness journey!  
1 week ago

## Today's Workouts

STRENGTH

### Push-Up Challenge

Build upper body strength with progressive push-up variations

⌚ 15 mins • 🔥 85 cal

Active

CARDIO

### High-Intensity Sprints

Boost your metabolism with intense interval sprints

⌚ 20 mins • 🔥 220 cal

Active

CORE

### Abs Destroyer

Target your core with planks, crunches, and leg raises

⌚ 12 mins • 🔥 65 cal

Active

FLEXIBILITY

### Yoga Flow Session

Improve flexibility and reduce stress with mindful movements

⌚ 30 mins • 🔥 120 cal

Active

STRENGTH

### Leg Day Power

Squat, lunge, and jump your way to stronger legs

⌚ 25 mins • 🔥 180 cal

Active

CARDIO

### Jump Rope Blitz

Quick and effective cardio to get your heart pumping

⌚ 10 mins • 🔥 140 cal

Active