

Fitness



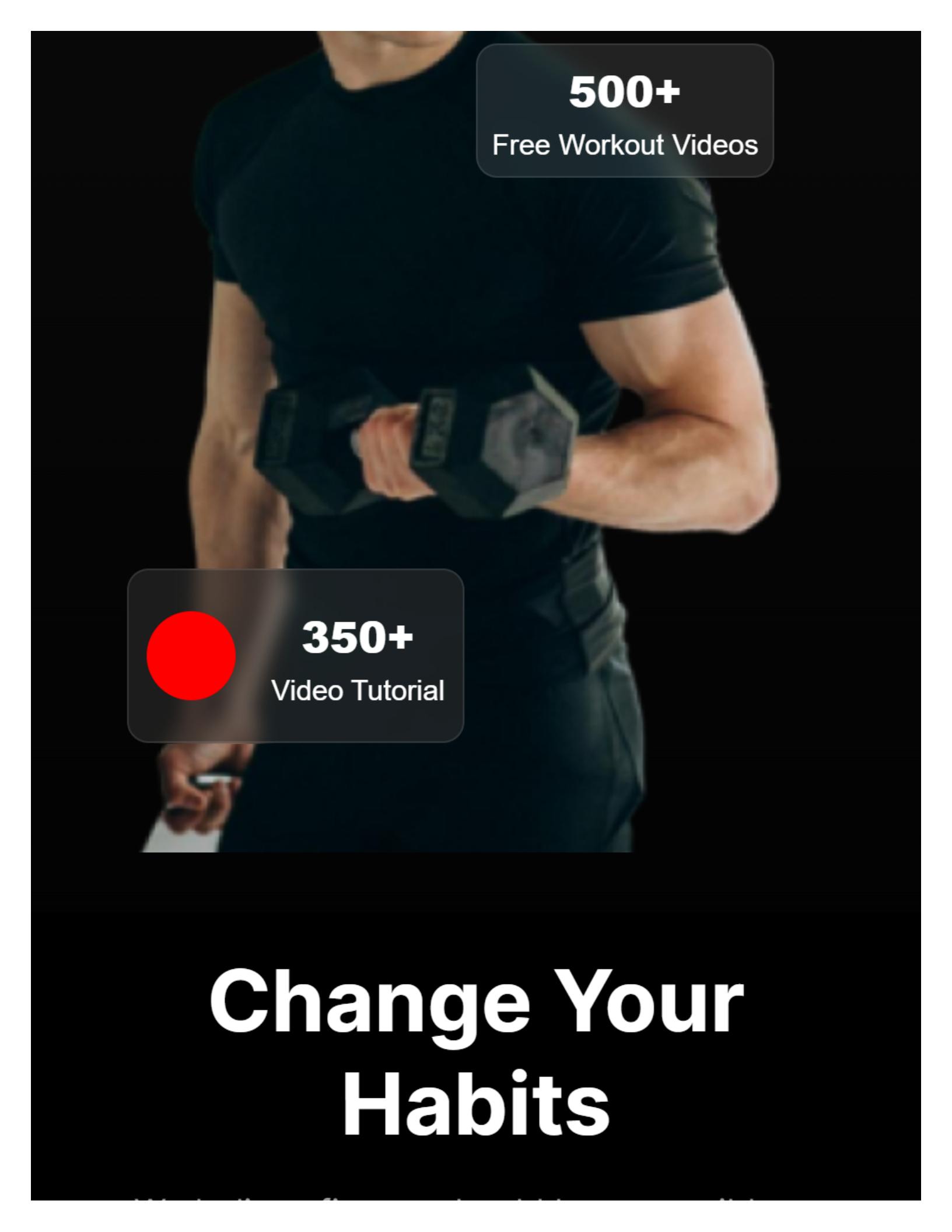
Get body in
shape& stay
healthy

A huge selection of health and fitness content,
healthy recipes and transformation stories to help
you get fit and stay fit!

[Join Club Now!](#)

[Download App](#)



A man in a black t-shirt and shorts is shown from the waist up, performing a bicep curl with a dumbbell. He is wearing a black wristband on his left wrist. The background is dark.

500+

Free Workout Videos

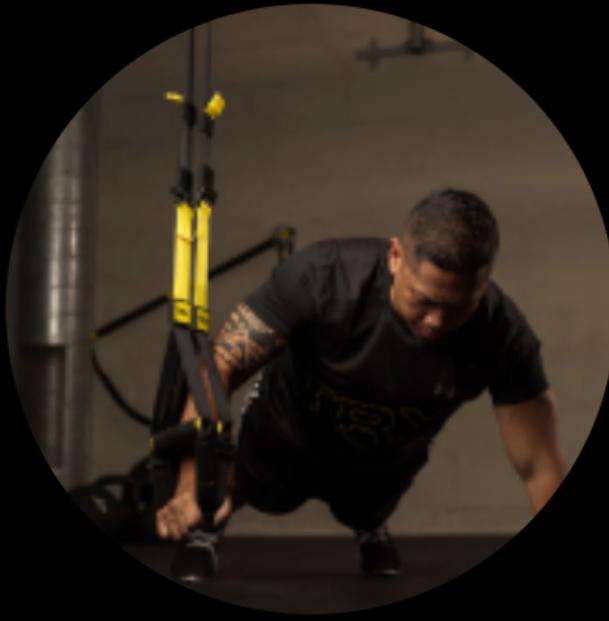


350+

Video Tutorial

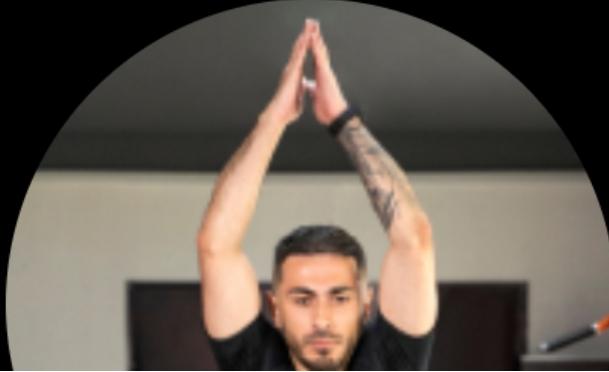
Change Your Habits

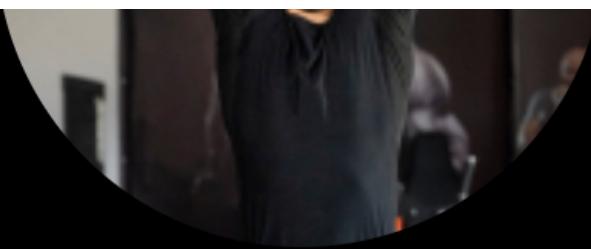
We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym.



Movement

We believe fitness should be accessible to everyone.





Time

We believe fitness should be accessible to everyone.



Practice

We believe fitness should be accessible to everyone.



Weight Loss

We believe fitness should be accessible to everyone.

Run an Extra Mile Easily

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts.

[Join Now](#)



Trainings and Exercises

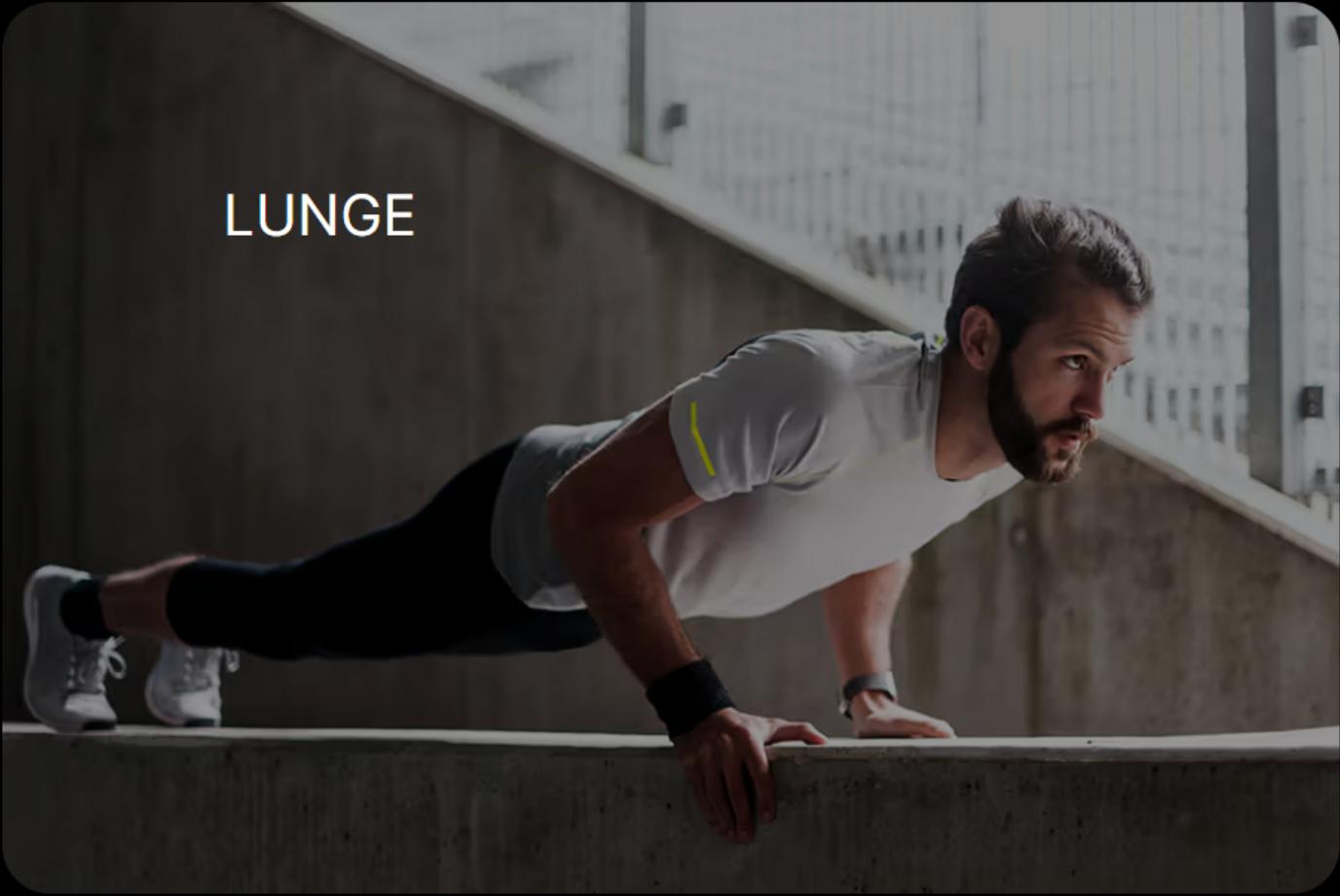
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SQUAT



LUNGE

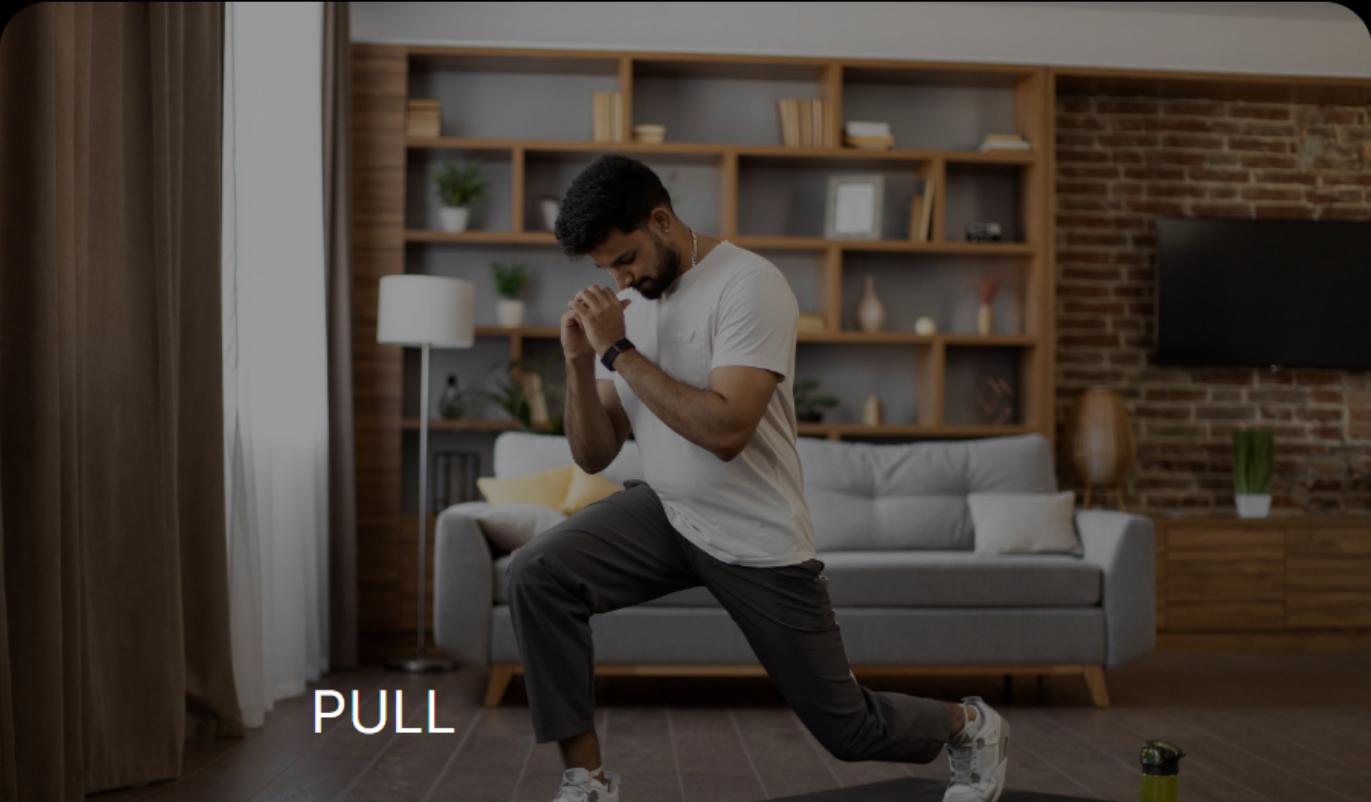


HINGE

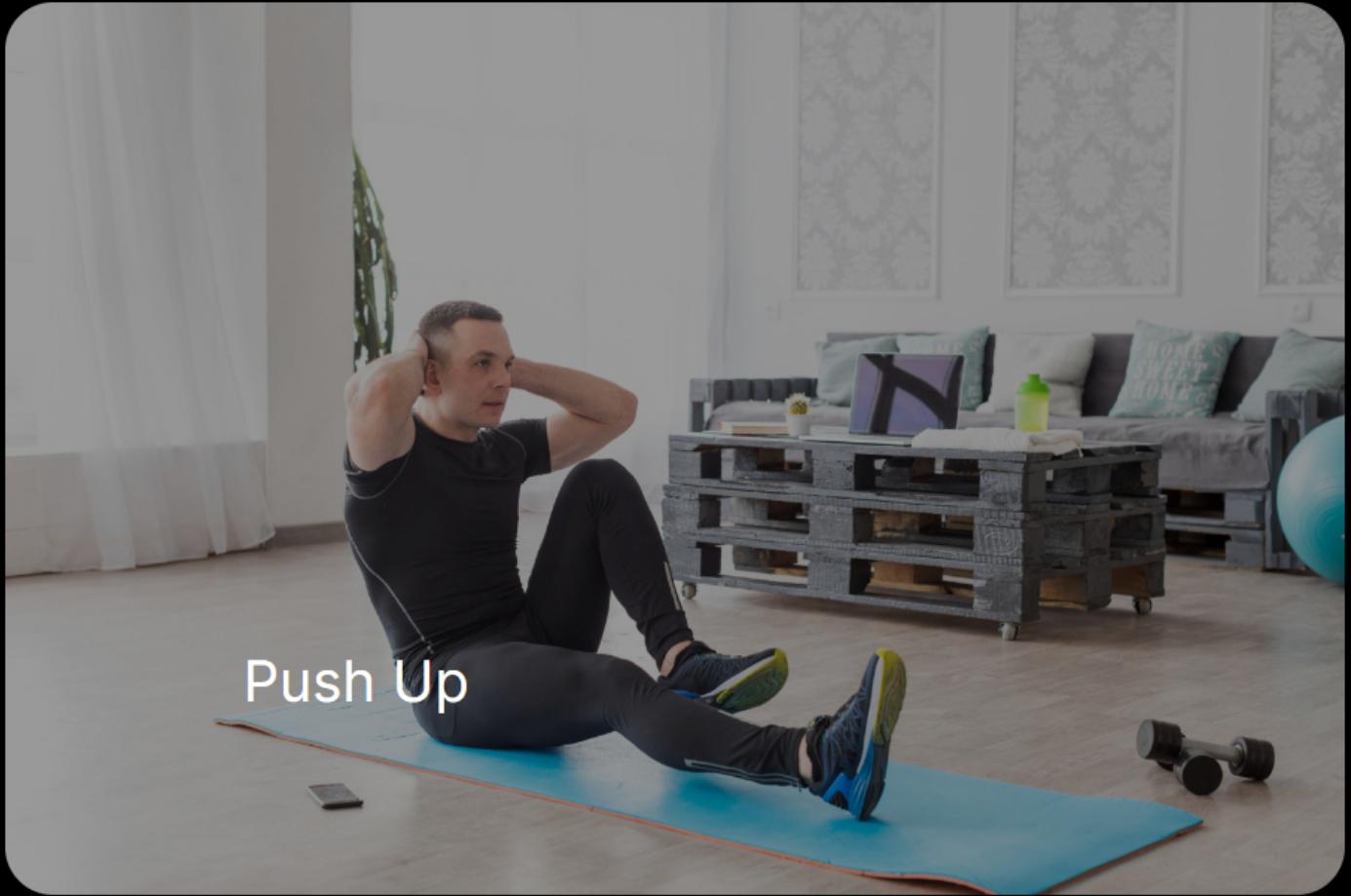




CARRY



PULL



Push Up

BMI Calculator

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BMI Calculator Chart

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30.0 and Above	Obese

Calculate your BMI

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Height/cm

Weight/kg

Age

Sex



Select an activity factor

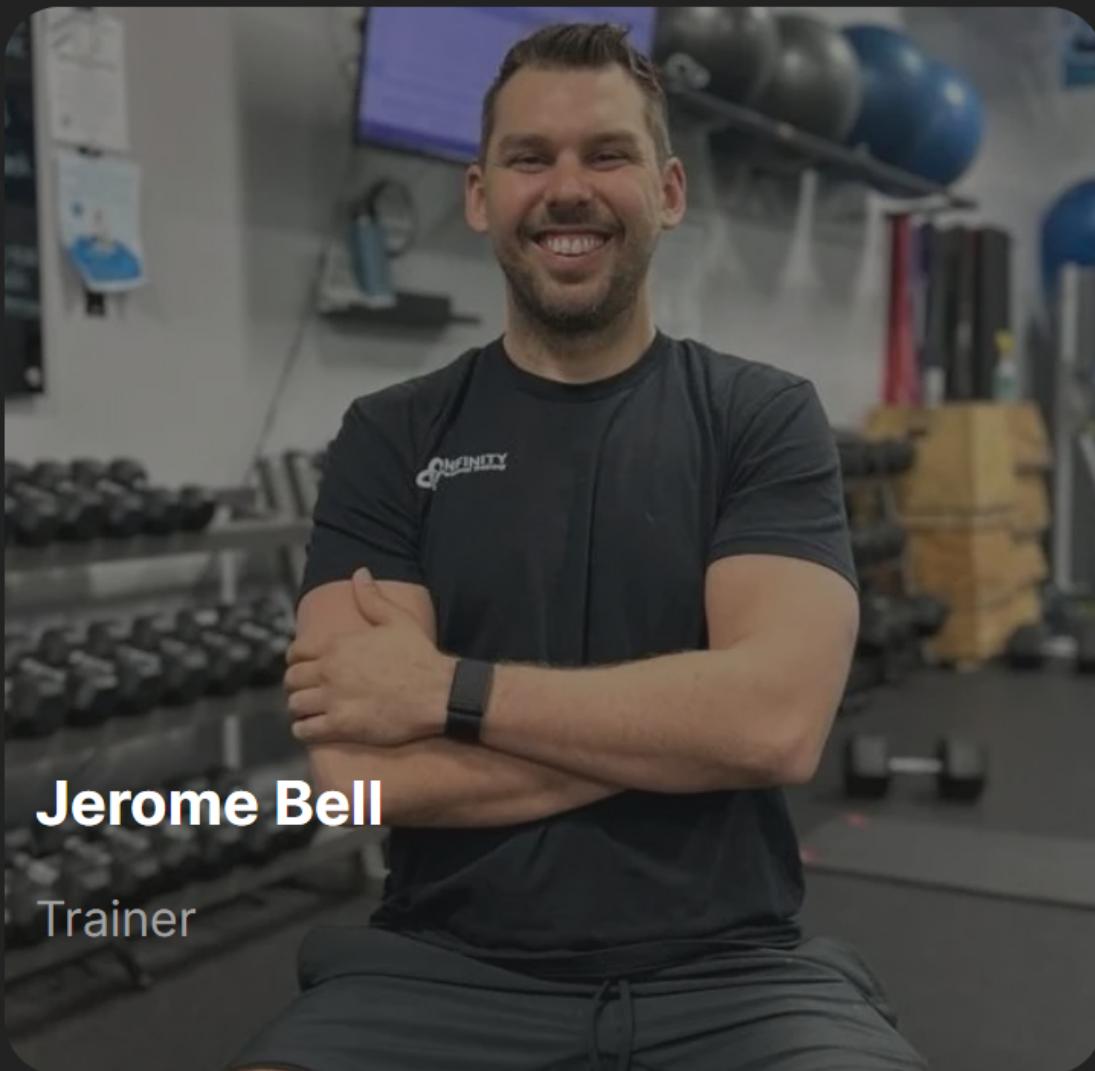


Calculate

Meet Our Team

MEET OUR TEAM

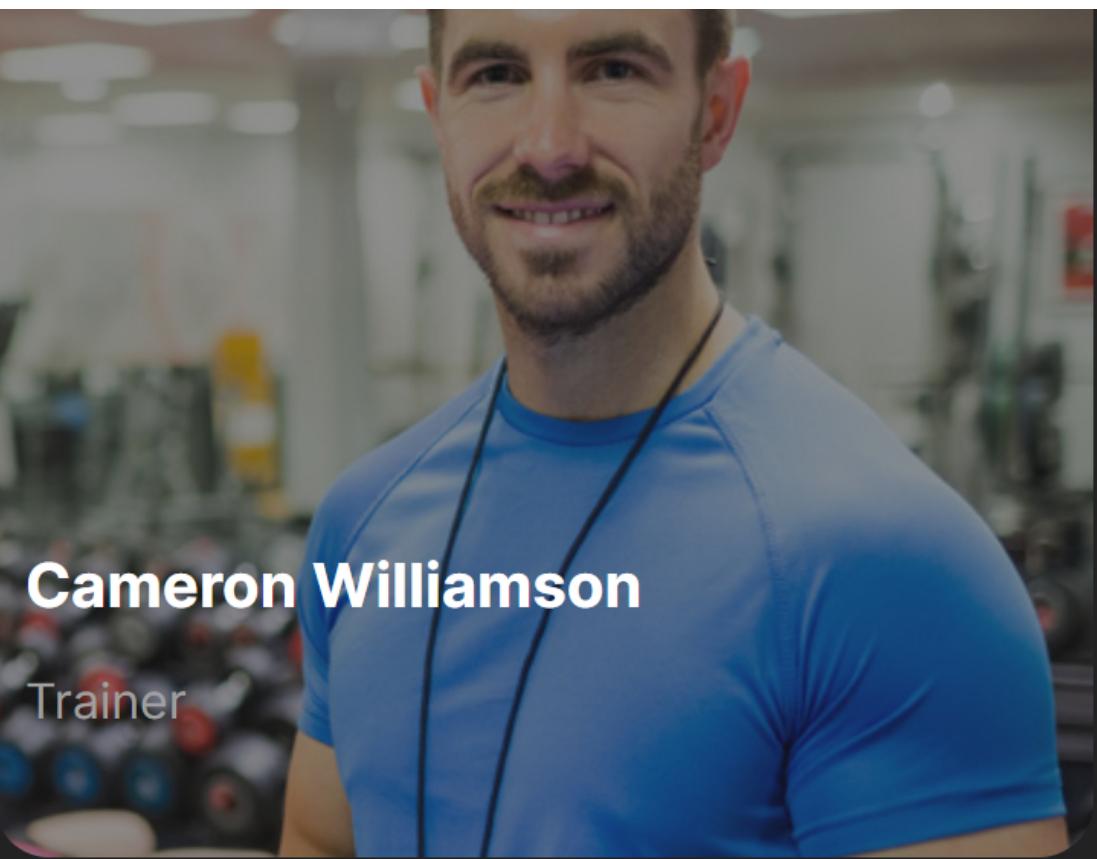
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Jerome Bell

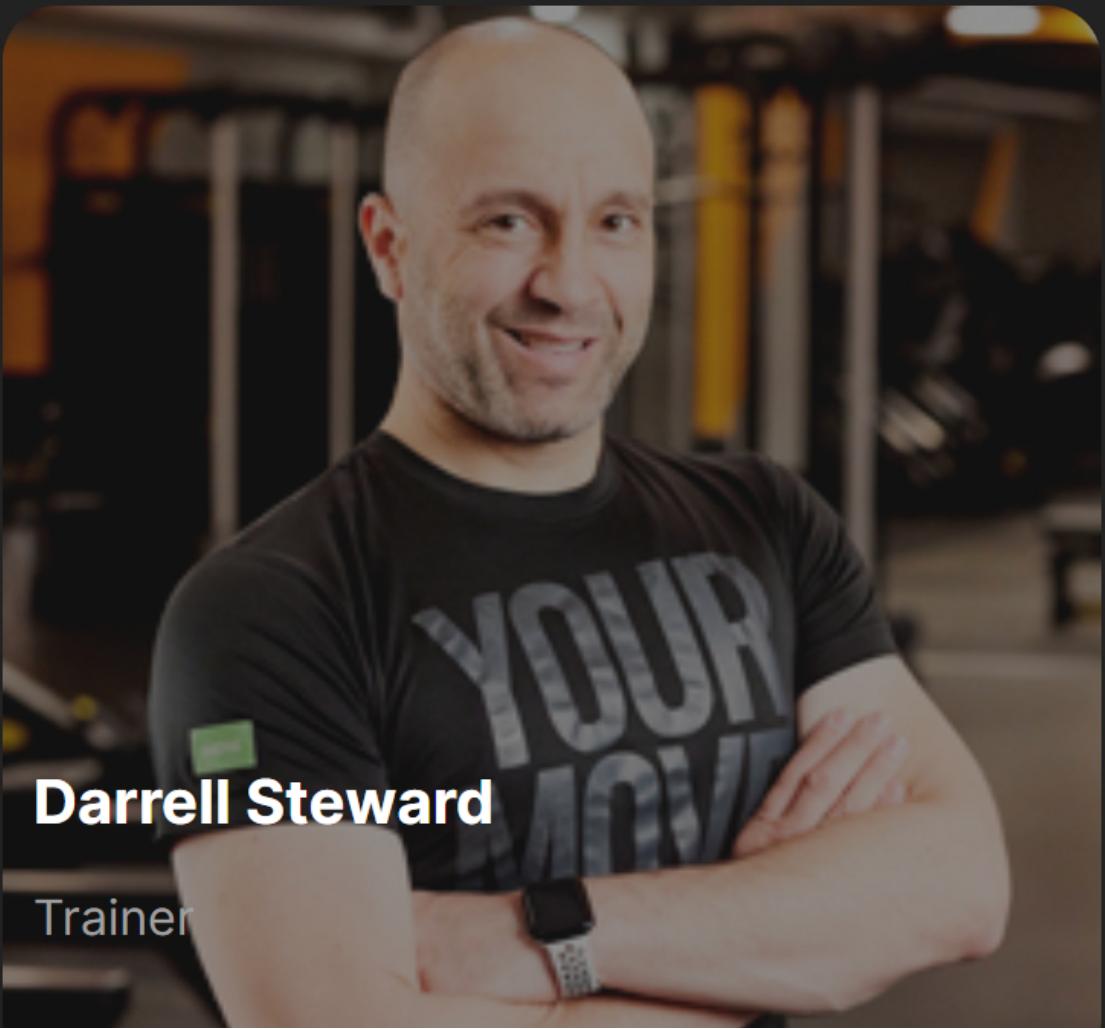
Trainer





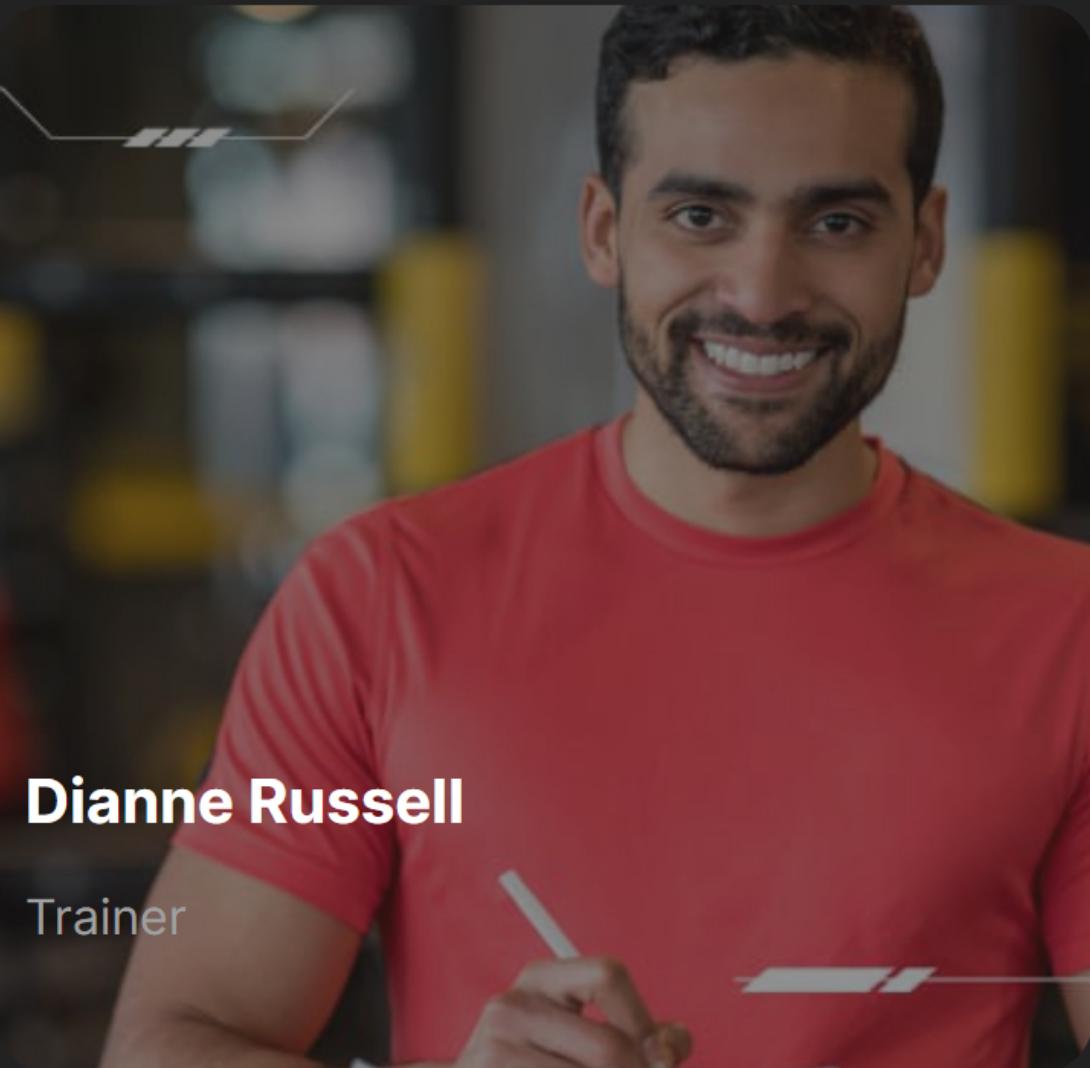
Cameron Williamson

Trainer



Darrell Steward

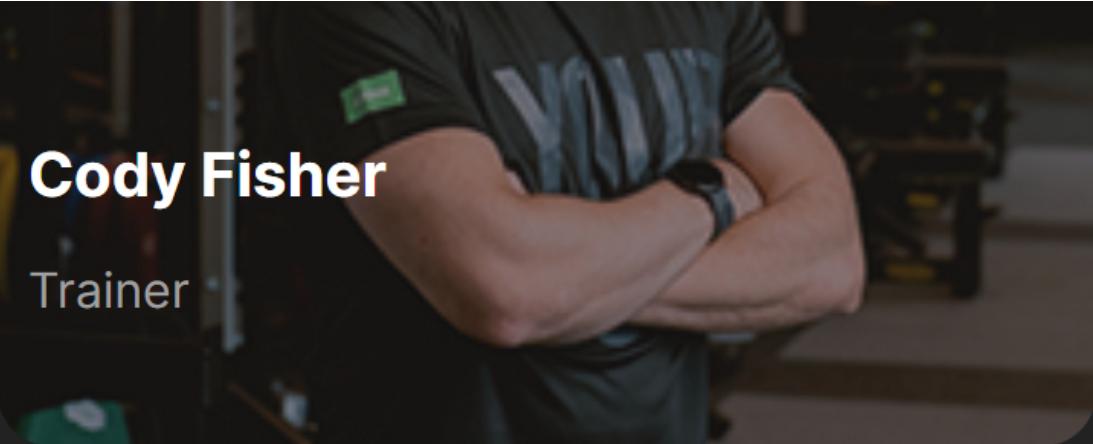
Trainer



Dianne Russell

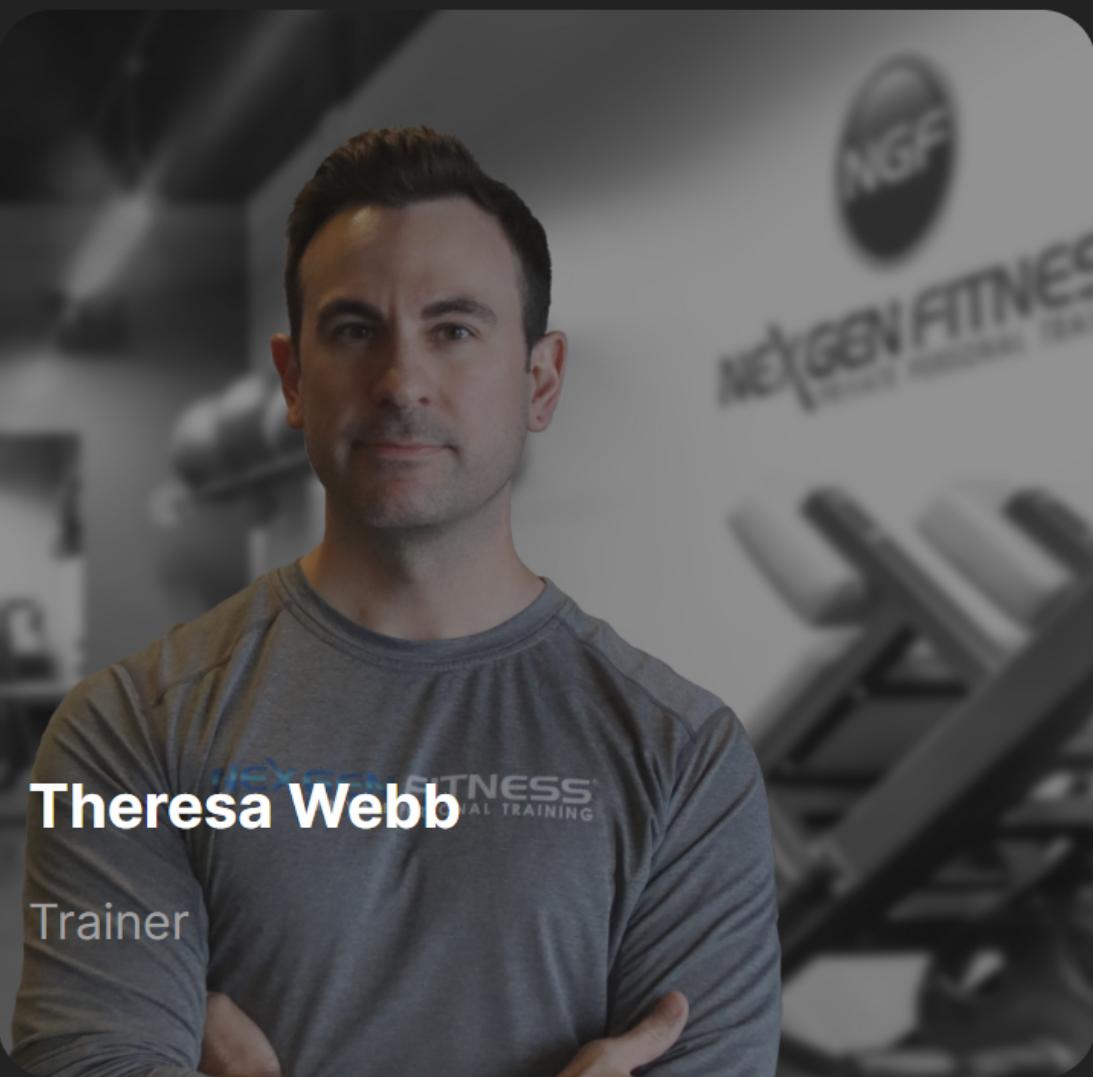
Trainer





Cody Fisher

Trainer



Theresa Webb

Trainer

What Our Members

WHAT OUR MEMBERS

Say

Being fit and healthy helps you stay physically stronger. No one wants to live with pain and illness day after day.



Alex Smith

Joining this fitness club was the best decision

I made for my health!



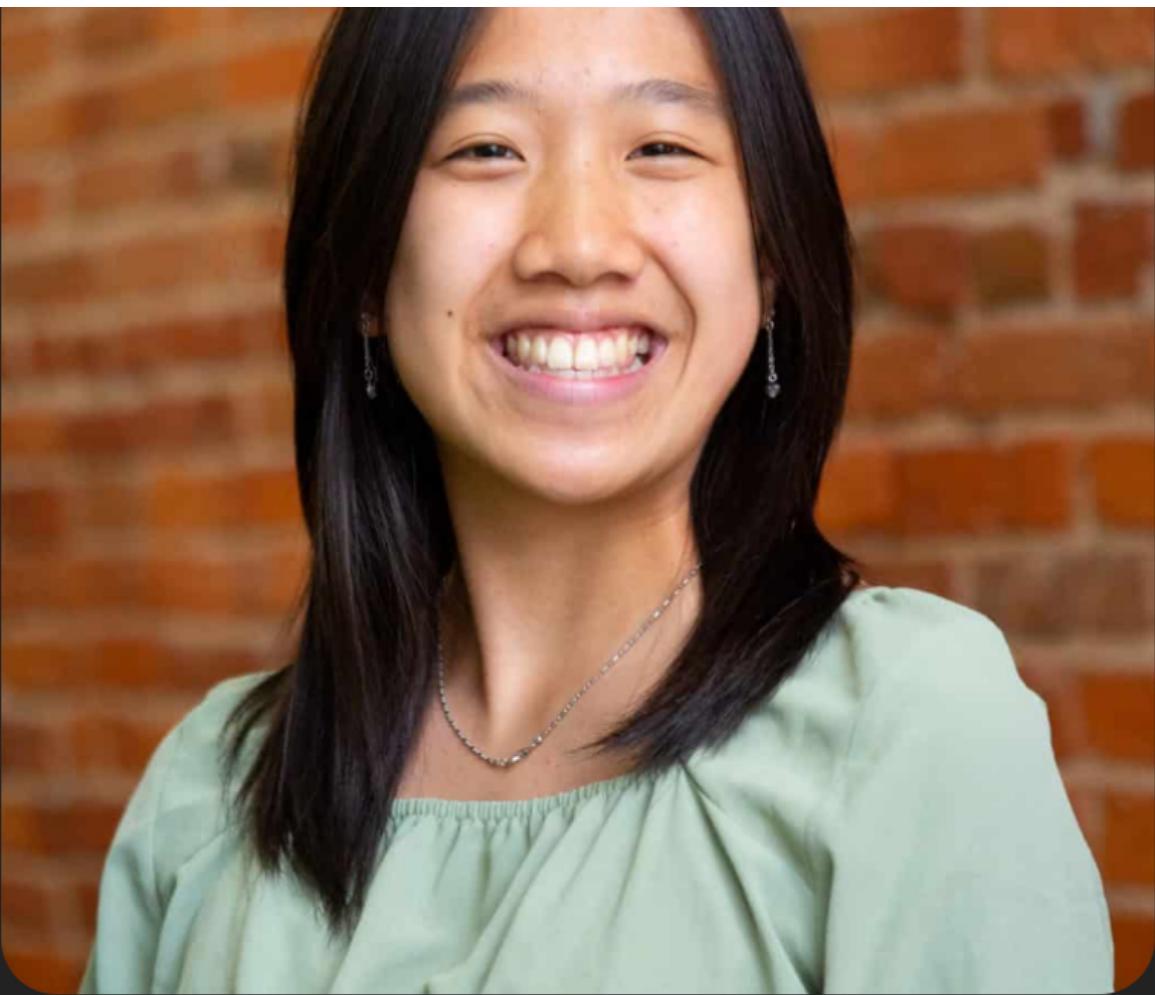
Maria Garcia

The trainers are amazing and the community
is very supportive.



John Doe

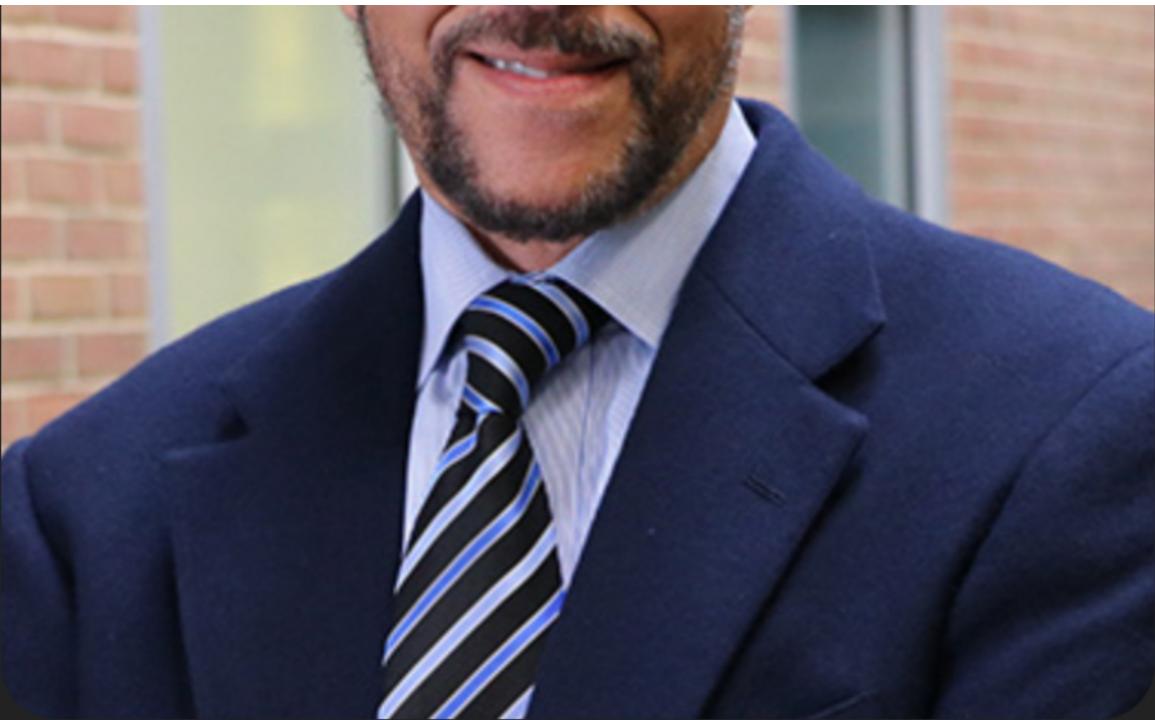
I love the variety of workouts and the flexibility to do them at home.



Emily Chen

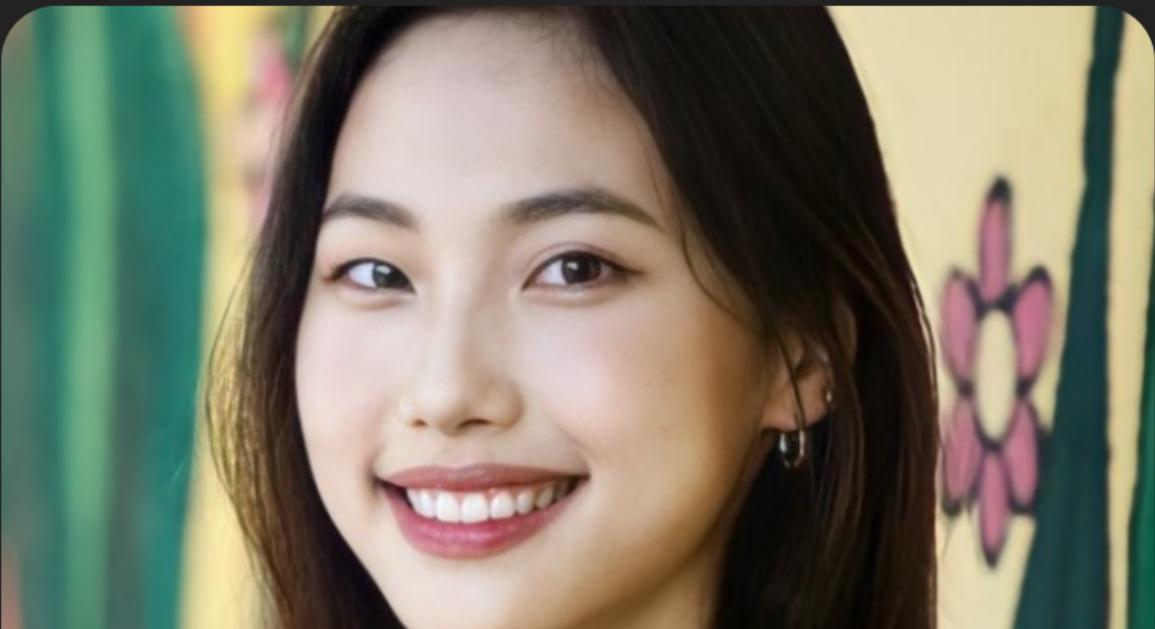
I was skeptical at first, but the results I've seen in just a few weeks just amazing.





Michael Brown

The fitness classes are fun and challenging, and I always leave feeling accomplished.





Jessica Lee

I've never felt more motivated to stay active and healthy thanks to this club.

Fitness

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts.

Get Started

Service

Contact Us

Affiliate Program

About Us

Get Started

Fitness

Platform

Workout Library

App Design

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