

welcome "ShapeUp Now"

Thank you for trusting and using the App! We will use < the User Agreement > and < the privacy policy > to help you understand the situation in which we collect, use, store and share personal inform, in particular the relationship between the types and purposes for which we use personal information.....

Agree

Disagree

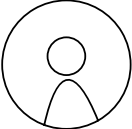
ShapeUp Now

Email:

Password:

Mobile Number:

Get Started



Nick: xxx

Age: xxx >

Gender: xx >


Height: xx cm >

Weight: xx kg >

continue

skip

Your body data

 BMR xxx kcal/day

Daily exercise

Active limit > xxx kcal

Quite Active xxx - xxx kcal

Moderately Active xxx - xxx kcal

Mildly Active xxx - xxx kcal

Not much Active < xxx kcal

Heart rate training interval

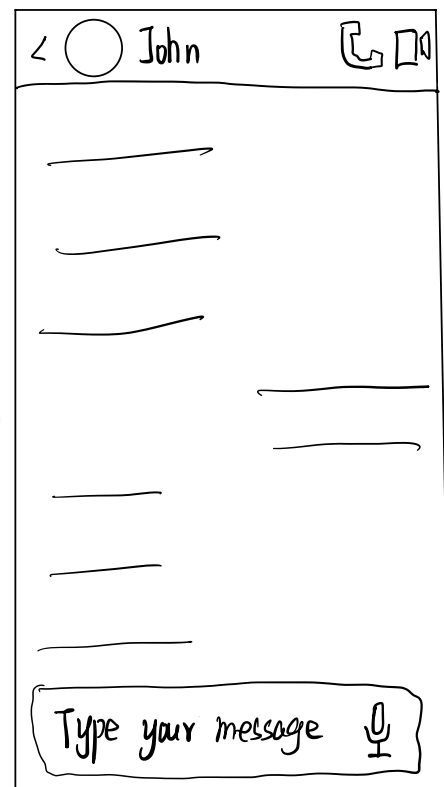
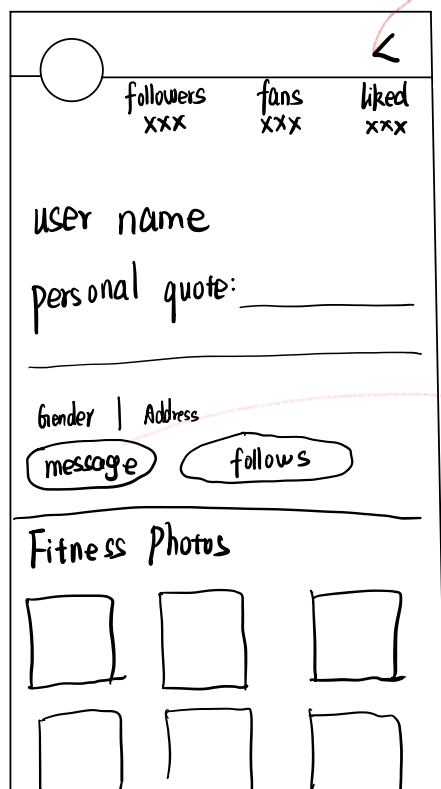
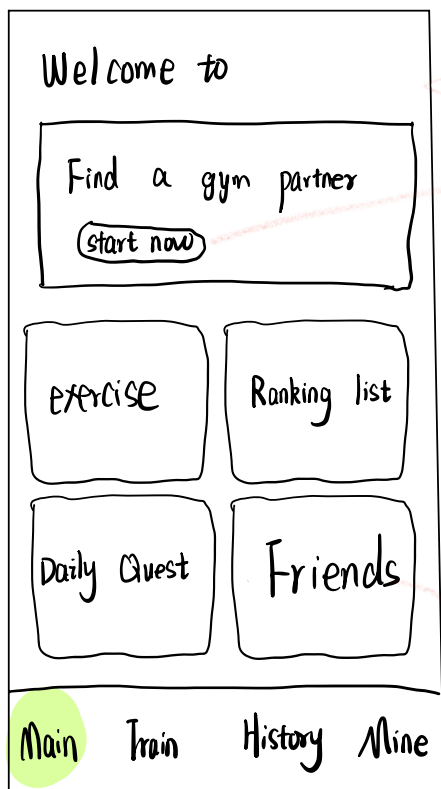
Peak limit 85% - 100% xxx - xxx BPM

Aerobics 75% - 84% xxx - xxx BPM



Fat burning 60% - 74% xxx - xxx BPM



Warming up 0% - 59% xxx - xxx BPM



continue






Homepage Fitness buddies


xxx



xxx



xxx



xxx




Find workout buddies

MainPage — exercise

Q Enter action name

chest

back

leg

Shoulder

trapezius muscle

Calf

Abdomen

Butt

Stretching

...

Picture

Name

Picture

Name

Picture

Name

Picture


Name

Main Train History Mine

< mrr/mm > Monthly Report

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Main Train History Mine



user name

< september >

Total hours

xxx minutes

Training times

xxx times

share to friends

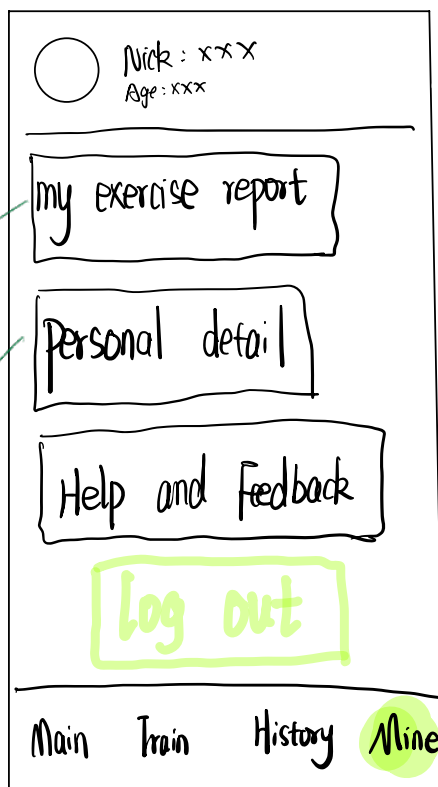
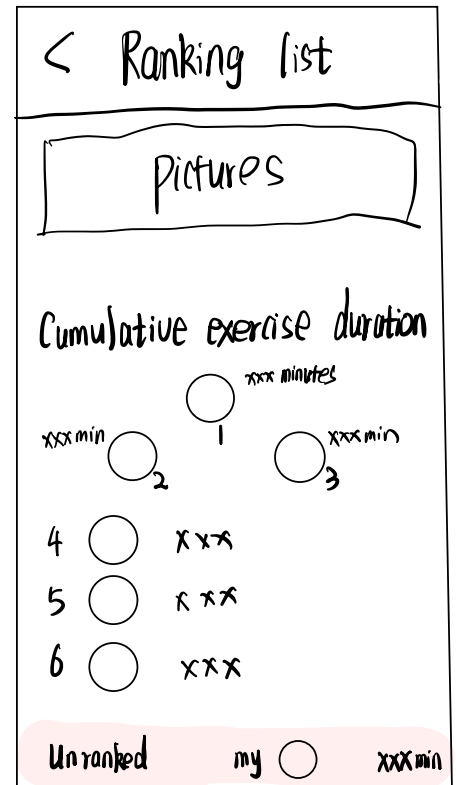
月报

homepage - daily quest



有钱罐图

homepage - Ranking list



连接月报

连接前面个人
页面

