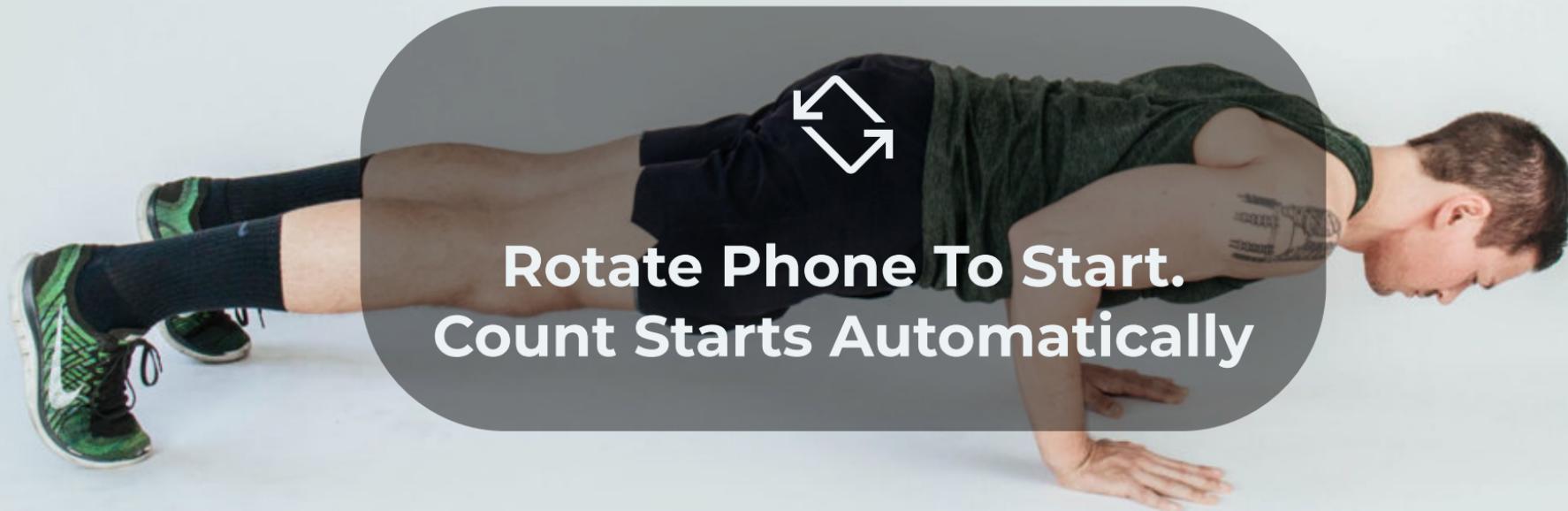


< Back



10:11



Plan



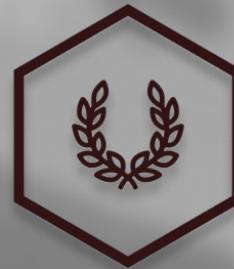
Social



Train



Profile



# fitBud

*FITTER,  
TOGETHER*

Get Started



**fitBud**

**WHAT DO WE CALL YOU?**

Name

**BIRTHDAY**

30 Feb 1999



**ADDRESS**

Location



**Next >**



# fitBud

***WHAT IS YOUR CURRENT  
FITNESS LEVEL?***

**90 POINTS / GOLD**

PUSH-UPS

0

SIT-UPS

0

exempted

exempted

2.4 KM RUN

00:00

exempted

< Back

Next >



# fitBud

## ***WHAT IS YOUR GOAL?***

### **90 POINTS / GOLD**

PUSH-UPS

SIT-UPS

0

0

### 2.4 KM RUN

00:00

< Back

Let's go!



**fitBud**

***BASED ON YOUR  
LOCATION, WE  
RECOMMEND:***

- 1. MAJU FCC***
- 2. KRANJI FCC***
- 3. JURONG FCC***

**Ok**

**Next >**

# TRAINING PLAN

**128 DAYS TO  
IPPT GOLD**

**4 SEP 2022**



## SET 1

20 PUSH-UPS  
20 SIT-UPS



COMPLETED

## SET 2

20 PUSH-UPS  
20 SIT-UPS



TRAIN NOW

## SET 3

20 PUSH-UPS  
20 SIT-UPS



NOT AVAILABLE



Plan



Social



Train



Profile

## TRAINING PLAN

**128 DAYS TO  
IPPT GOLD**

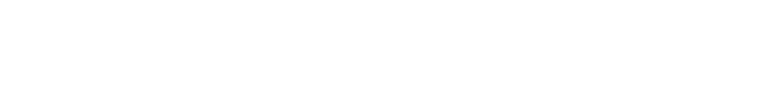
**CONGRATULATIONS  
ON COMPLETING  
YOUR DAILY  
WORKOUT!**

**WOULD YOU LIKE TO  
TRY SOME BONUS  
EXERCISES?**

**Let's go!**

20 SIT-UPS

COMPLETED



### BONUS EXERCISES

#### SET 1

10 DUMBBELL ROWS  
8 SHOULDER PRESS  
8 BICEP CURLS



COMPLETED

#### SET 2

10 DUMBBELL ROWS  
8 SHOULDER PRESS  
8 BICEP CURLS



COMPLETED

#### SET 3

10 DUMBBELL ROWS  
8 SHOULDER PRESS  
8 BICEP CURLS



COMPLETED



Plan



Social



Train



Profile



# NEARBY USERS

**Ang Kai Jun**

100 points

200m away

**Aaron Chua**

100 points

210m away

**Summit**

100 points

220m away

**Wong Yu Fei**

100 points

230m away

**Marc Chern**

100 points

240m away

**Anders**

99 points

250m away

**Mei You Li**

90 points

250m away

**Pao Hen Man**

70 points

200m away



Plan



Social



Train



Profile

# PROFILE



Mingyang Koh

22 years old

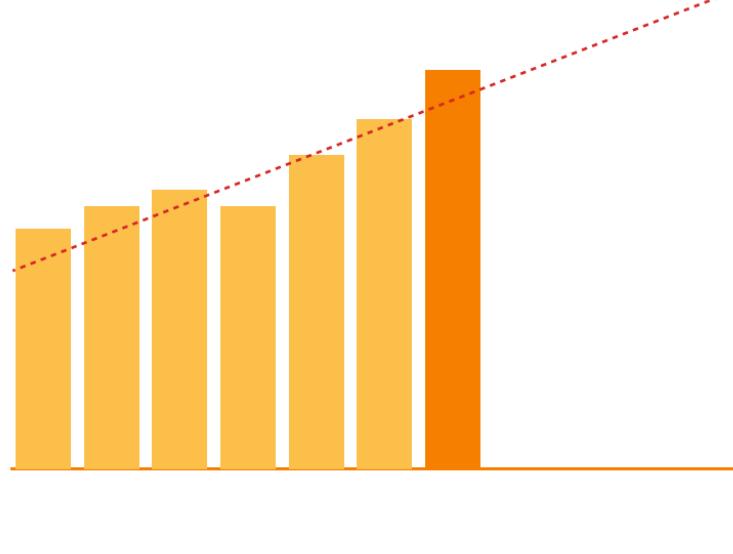
Last result: Gold



Next IPPT: 01 Sept 2023

[Change date](#)

# PROGRESS



YOU ARE ON TRACK, KEEP IT UP!

# PAST IPPT RESULTS

18 APR 2021

SILVER

06 SEP 2020

PASS



Plan



Social



Train



Profile

# TRAINING

## SELECT TRAINING PROGRAMME



PUSH-UPS



SIT-UPS



2.4 KM RUN



Plan



Social



Train



Profile