

# FITFINITY



Start Now

"Be stronger **than** your excuse."

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Login

Sign Up

Email-

Password-

Forget Password

Login



A black and white photograph of a muscular man in a gym, focused on his workout. He is pulling a rope attached to a machine. The background is dark and slightly blurred, showing other gym equipment.

[Sign Up](#)

User Name:

E-Mail:

Password:

Confirm Password:

Sign Up

# Tell Us About Yourself

To give you a better experience by  
knowing your gender



Male



Female



Next

# How Old Are You?

You can always change it later

23

24

25

26

27



Next

# What is your weight?

This help us create your  
personalized plan

60

61

62

63

64



Next

# Hello Jully

Good Morning



Today's Workout Plan

5th Sept,2025



Day-1:Warm Up

Workout Categories

[See All](#)

Beginner

Intermediate

Advanced

Learn the basic of training

