

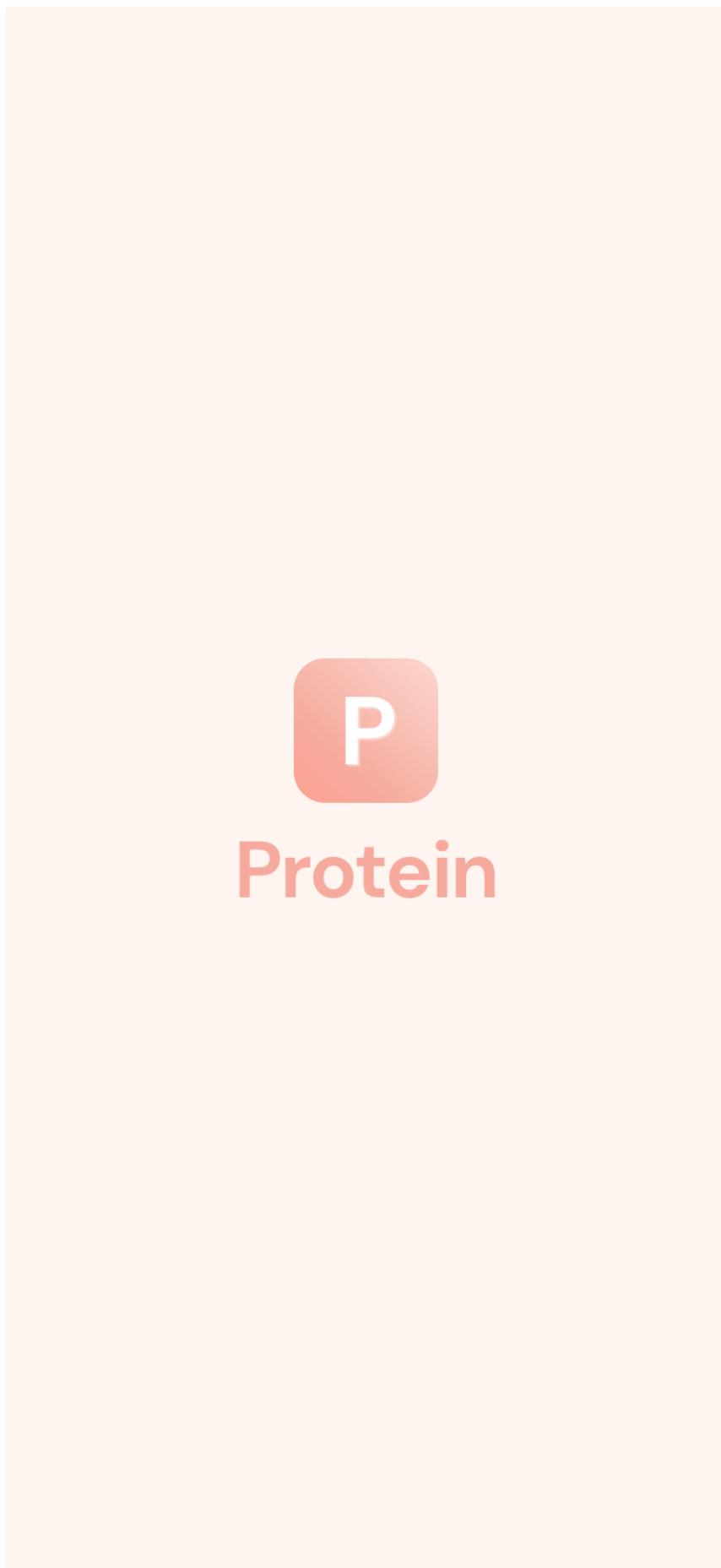


Protein • Workout app RMIT

12 Screens



Liam Đ.

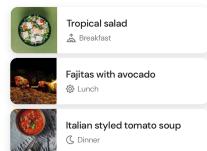
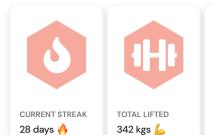
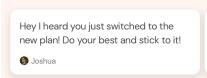


**Fall in love with
taking care of
your health and
yourself.**

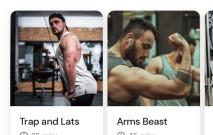
GET STARTED



Today's meals

Keep up the good work [View stats](#)Cheers for you [View all](#)

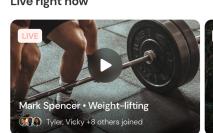
Pro class • Free today only

Recommended for you [View all](#)

De-stress your mind



Live right now



Quote of the day

The only person you should try to be better than is the person you were yesterday.

Friends' stories





Schedule

< May 2020 >

M	T	W	T	F	S	S
29	30	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	31	1	2

Today's plan



Home



Schedule



Meal



Workout



Community

Today



Schedule

M T W T F S S
20 21 22 23 24 25 26

May 21's plan

It's your rest day, take it easy



Tropical salad

Breakfast

No lunch planned. [Find a meal](#)



Italian styled tomato

Dinner

Pro class • Free on May 21 only



Rejuvenation • Clarince Williams

30 mins

Scheduled live sessions



Mark Spencer • Cardio

Live at 8:30pm



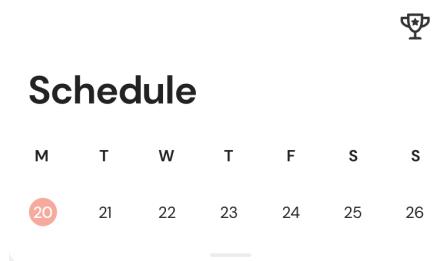
Home

Schedule

Meal

Workout

Community



Today's plan

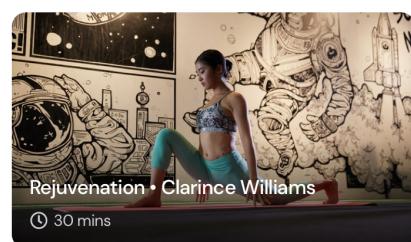
Core strength
⌚ 1h 30 mins • 8 workouts

Tropical salad
📍 Breakfast

Fajitas with avocado
⌚ Lunch

Italian styled tomato soup
🌙 Dinner

Pro class • Free today only



Scheduled live sessions



Today's meals

- Tropical salad
Breakfast
- Fajitas with avocado
Lunch
- Italian styled tomato soup
Dinner

Popular dishes

Camembert cheese salad 12 minutes	Ramen with p 45 mins
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Based on your favorites

Green salad 12 minutes	Tomato soup 45 mins
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International flavors

Banh mi 12 minutes	Bibimbap 45 mins
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So healthy yet so tasty!

Get tailored meal plans that fit your budget, time, and tastebuds with the help of our certified dietitians.

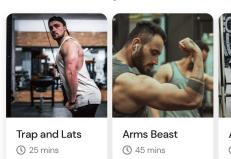
[SIGN UP NOW](#)
New cooking tips
[View all](#)

How to prep a tomato quickly The tomato skin is a different texture from the tomato flesh, and will remain so in sauces...
Cooking for a busy day This may be true for some people, but it does not have to be this way. If you know what...
Finding the time for a good meal There is an even faster way to boil beef. To do this, use a slow cooker or pre-apply a small...

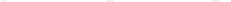


7 mins Breathe Stretch Calm

Recommended for you [View all](#)

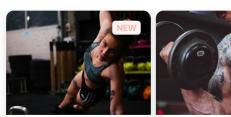


Trap and Lats
⌚ 25 mins



Arms Beast
⌚ 45 mins

Popular programs [View all](#)

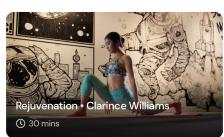


Intense bodyweight
⌚ 25 mins



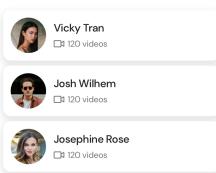
Stamina mast
⌚ 45 mins

Pro class • Free today only



Rejuvenation • Clarence Williams
⌚ 30 mins

Popular trainers [View all](#)



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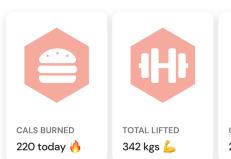
New workout tips [View all](#)

The right form when doing push-ups
Thinking about a push-up as a moving plank is actually really helpful. The correct setup for...

Tips to getting greater gains
1. Maximize Muscle Building...
2. Work Big. Not Small...

How to know if your posture is right and how to fix wrong ones
Exercises and tips to help alleviate muscle tension caused by poor sitting and...

Your stats [View all](#)



Home Schedule Meal Workout Community



Community

Featured transformation



5 years • 540 lbs to 320 lbs

MEAL PLAN
2100 cal / day

TRAINING
4 days / week

It has taken me so long to finally get here today! It's pretty crazy to think about how far I have come...

Andrew Kingston

Cheers for you

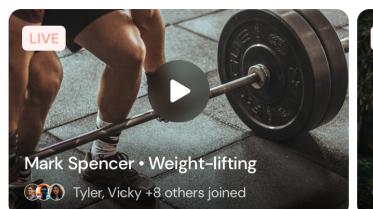
[View all](#)

Hey I heard you just switched to the new plan! Do your best and stick to it!

Joshua

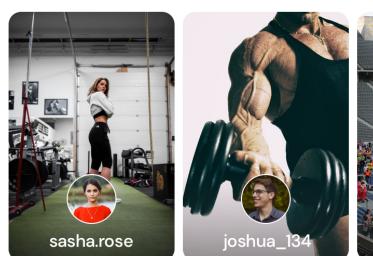
Live sessions

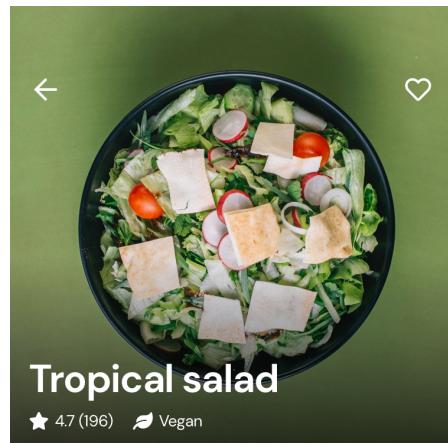
[View all](#)



Friends' stories

[View all](#)





Tropical salad

★ 4.7 (196) 🌱 Vegan

COOK TIME
15 mins

EFFORT
Easy

200g
CARBS

12g
FAT

12g
PROTEIN

25% GOAL

50% GOAL

75% GOAL

Ingredients

- 2 slices of white bread
- 1 handful of roast chicken
- 1 ripe avocado
- 3 carrots

[ADD TO SHOPPING LIST](#)

Instruction

- 1 Place bacon in a large, deep skillet. Cook over medium-high heat until evenly browned, about 10 minutes. Drain, crumble, and set aside.
- 2 Combine pineapple juice, red wine vinegar, oil, pepper and salt in a lidded jar or cruet. Cover and shake well.
- 3 Toss lettuce, pineapple, macadamia nuts, green onions and bacon together in a large bowl. Pour dressing over salad and toss to coat. Garnish with coconut.

[START COOKING](#)



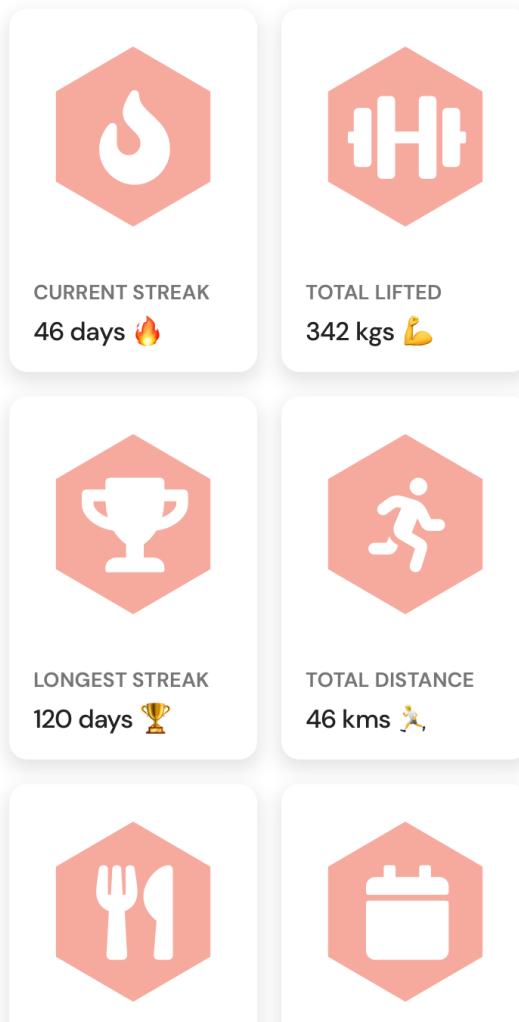
Streak

< May 2020 >

M T W T F S S



Your stats so far





Core strength

★ 4.7 (196) Core, Upper body

DURATION
1 hour 30 mins

EFFORT
Intermediate

Exercices



Plank Jacks
12 reps • 4 sets



Reverse Crunches
12 reps • 4 sets



Sitting Twist
12 reps • 4 sets



Air Bike Crunches
12 reps • 4 sets



Raised Leg Hold
12 reps • 4 sets

START NOW