



A+Fitness

Email

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## My Profile

**Birthday** May 25,2000

**Height** 170 cm

**Weight** 75 kg

**Gender**

Male

Female

**My Fitness Level** Beginner

**Manage My Data**



**Restart Basic Plan**

**Upgrade to A++ Premium**



Profile



Schedule



Workouts



Favorites

# Schedule

< May 2019 >

SUN	MON	TUE	WED	THU	FRI	SAT
28	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

May, 15 - May, 17  
HIIT Cardio



May, 2 - May, 21  
Resistance Training



Add new event



Profile



Schedule



Workouts



Favorites

## Workout Categories

Beginner

Intermediate

Advanced

Resistance Training

Yoga

Cardio



Profile



Schedule



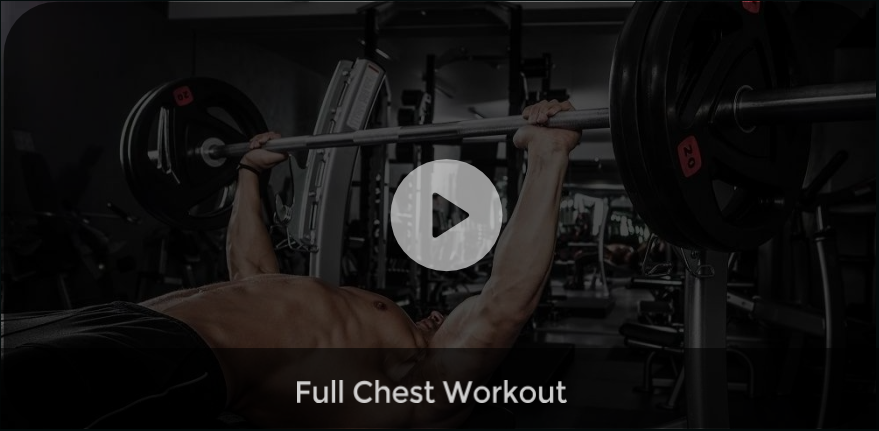
Workouts



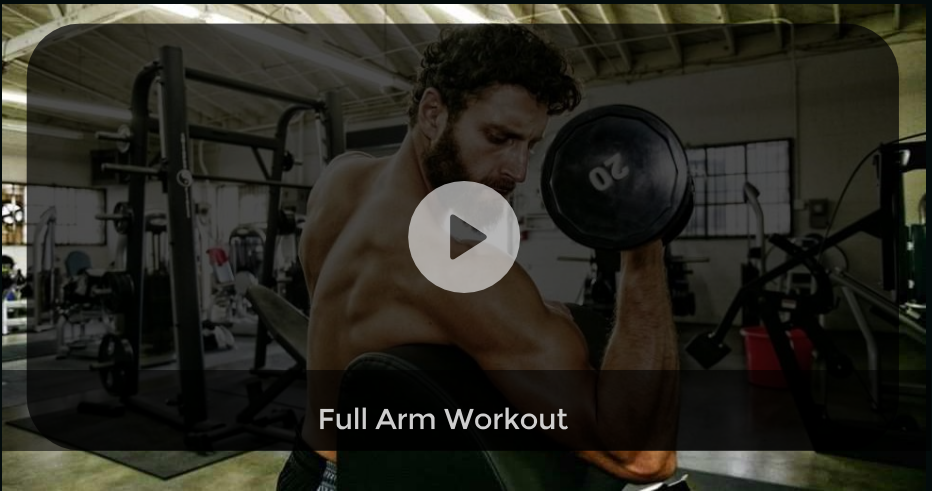
Favorites



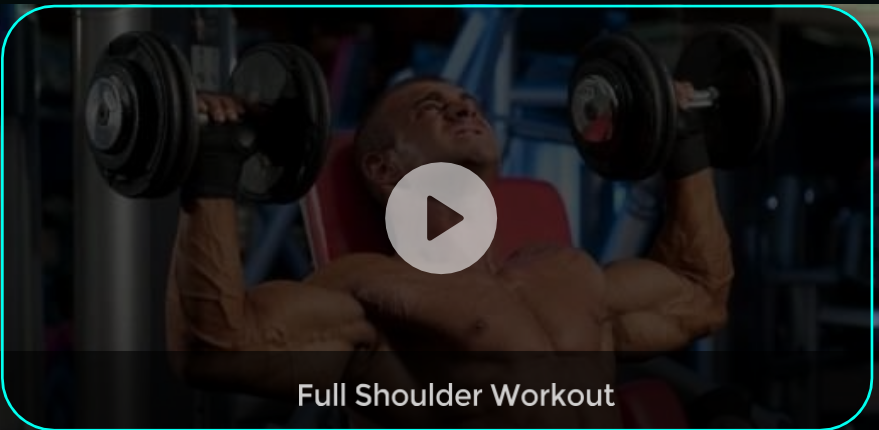
## Resistance Training



Full Chest Workout



Full Arm Workout



Full Shoulder Workout



Profile



Schedule



Workouts



Favorites





## Full Shoulder Workout

04:35

15:00

