Fitness Routines

What is this Fitness routines?

  This is a online fitness trainer app and website It made your gyms online through video content from experience trainer to user in anytime and anywhere

Why is this Fitness routines?

To learn exercise under experienced fitness coach based on beginner, intermediate and advance by video references also,With just a few minutes a day you can boost your physical condition over the medium term without ever stepping foot in a gym

Why did I choose this Project?

Body fitness is basic need for me and everyone In the world and I seen some people suffer to maintain the body fitness in busy schedule So I choose project about body fitness

Problems

There is no gyms in lockdown

Lots of people suffer to maintain body fitness and shape

Gym trainer are not give clear schedule

Solution

To make them workout from any places and anytime

where you can implement various routines to get in shape without leaving home.