

ExercisesFood PlanWater Intake

Sculpt Your Dream Body

Day 14

Pike Push Ups

15 reps x 4sets

4/20

Body Weight

Previous120 kg

Present90 kg

Summary

Calories

Consumed150 cal

Remaining70 cal

Run rate

Today26km/h

Yesterday13km/h

Hours

This week18 hrs

Previous12 hrs

30:45:55

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Your Daily Diet

Day 14

Morning

Yam, Egg Sauce And Coffee

Afternoon

Spaghetti, Goatmeat and Boiled Eggs

Evening

Fruits And Vegetables

Your Daily Diet

Day 15

ExercisesFood PlanWater Intake

Today

5

/8 cups

Drink

Quantity Drank Per Week

Previous30 ltrs

Present50 ltrs

Summary

Calories

Consumed150 cal

Remaining70 cal

Run rate

Today26km/h

Yesterday13km/h

Hours

This week18 hrs

Previous12 hrs

30:45:55

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User Profile

Boma Promise

Age: 30 | Height: 182.88cm | Weight: 30

Quantity Drank Per Week

Previous30 ltrs

Present50 ltrs

Summary

Calories

Consumed150 cal

Remaining70 cal

Run rate

Today26km/h

Yesterday13km/h

Hours

This week18 hrs

Previous12 hrs

30:45:55

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Discover More Workouts

Shoulders

Biceps

Biceps

Biceps