

**30'** Belly

# We care about you!

30' Belly is the first app that is totally specialized for you, creating unique daily exercises according to your fitness level and body-mass index

NEXT



STEP 1



# Self-paced exercises

30' Belly allows you to follow your own pace in the journey to your dream body

Select your fitness level



NEXT



STEP 2



# Your dream body

By calculating your body-mass index regularly, 30' Belly gets you to your ideal mass

kg

lbs

cm

in

78

kg

181

cm

You need to enter a valid mass!

NEXT

STEP 3



# Almost there

To finalize your special program,  
we need just a few more  
information about you

Age

You need to enter a valid age!

NEXT



STEP 4



# And your dream body is...

Whatever your dream body is, we promise you, we will get you there!



**FIT**



**BULK**

**NEXT**



**STEP 5**



# Here is your special plan!

According to your age, height and body dream; we estimated you an ideal weight. You can always change this weight goal

Your dream mass is...

78 kg

You need to enter a valid age!

FINISH

STEP 6

SPECIAL OFFER

# Welcome Ege

## Bulking Program

13 days left

Day 1

15 Exercises



Day 1

15 Exercises



Day 1

15 Exercises



Day 1

15 Exercises



Day 1

15 Exercises



Day 1



premium





3  
SHUFFLE

15  
exercises

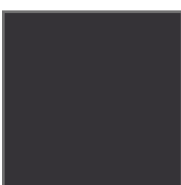
12  
minutes



High Stepping  
x20



High Stepping  
x20



High Stepping  
x20



High Stepping  
x20



High Stepping



START



# HIGH STEPPING



Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic



HIGH STEPPING ⓘ

00:23



previous



skip



# ALL EXERCISES



HIGH STEPPING  
x20



HIGH STEPPING  
x20



HIGH STEPPING  
x20



HIGH STEPPING  
x20



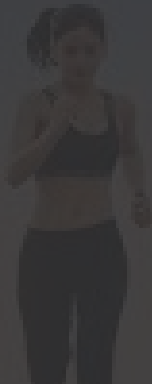
HIGH STEPPING  
x20



HIGH STEPPING



premium



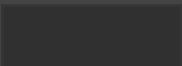
# HIGH STEPPING



Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic



HIGH STEPPING  
x20



HIGH STEPPING





# Special Offer!

Premium members are  
**4.2x** more likely to  
achieve their goals



Unlimited exercise  
refreshing

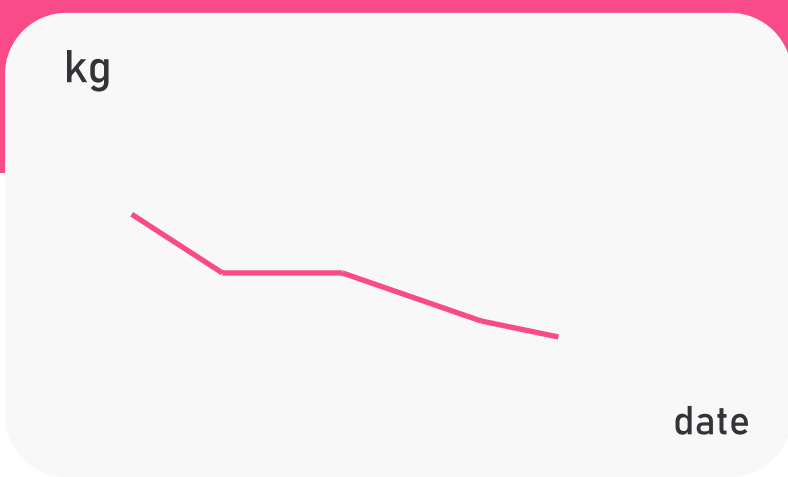


No adds,  
no interruption

**GET PREMIUM**



# 0 DAYS STREAK



**78**  
KG

**181**  
CM

EDIT

## History



RECORDS



premium



## Settings

---

Delete my data

---

Delete my data

---

Delete my data

---

Delete my data

---

Delete my data

---

Delete my data

---

## Support Us

---

Delete my data

---

Delete my data

---

Delete my data

---

Delete my data