



**GymGenius**

Where Fitness Meets Brilliance



At Gym Genius, we believe that fitness isn't just about working hard—it's about working smart. Our platform combines personalized workout plans, expert nutrition guides, and cutting-edge technology to help you achieve your fitness goals faster and more efficiently. Whether you're looking to build muscle, burn fat, or increase stamina, Gym Genius offers a variety of programs designed to push you to your full potential. Our flagship 30-Day Fitness Push is a scientifically designed program that delivers noticeable results in just 30 days, while our Strength Training Classes, HIIT Workouts, and Yoga & Flexibility routines ensure that you're always challenged at every level. We also provide smart nutrition plans tailored to your specific needs, helping you fuel your workouts and enhance your recovery. With Gym Genius, you don't just follow a fitness plan—you leverage advanced technology to track your progress and optimize your results. Sign up today to get your first week free and experience where fitness meets brilliance!

## Workout Plans

Gym Genius offers customizable workout plans, progress tracking, and expert guidance to help users reach their fitness goals.

Top Plans	Advanced Plans	Intermediate Plans	Beginner Plans
30-Day Push	Strength Revolution	Fitness Reset	30-Day Beginner Full Body Plan
Fitness Reset	CrossFit (WOD)	Resistance Bands Full Body	Walking or Light Jogging Program
Lean and Mean	Olympic Lifting (Snatch, Clean)	Bodyweight Strength Circuit	Bodyweight Circuit
The Strength Revolution	High-Intensity Interval Training (HIIT)	Dumbbell and Cardio Hybrid	4-Week Starter Strength Plan

For more information, visit [www.gymgenius.com](https://www.gymgenius.com) or contact us at [support@gymgenius.com](mailto:support@gymgenius.com).