

9:30



Create account



Sign up with Google

Or

First name

Enter your first name

Email

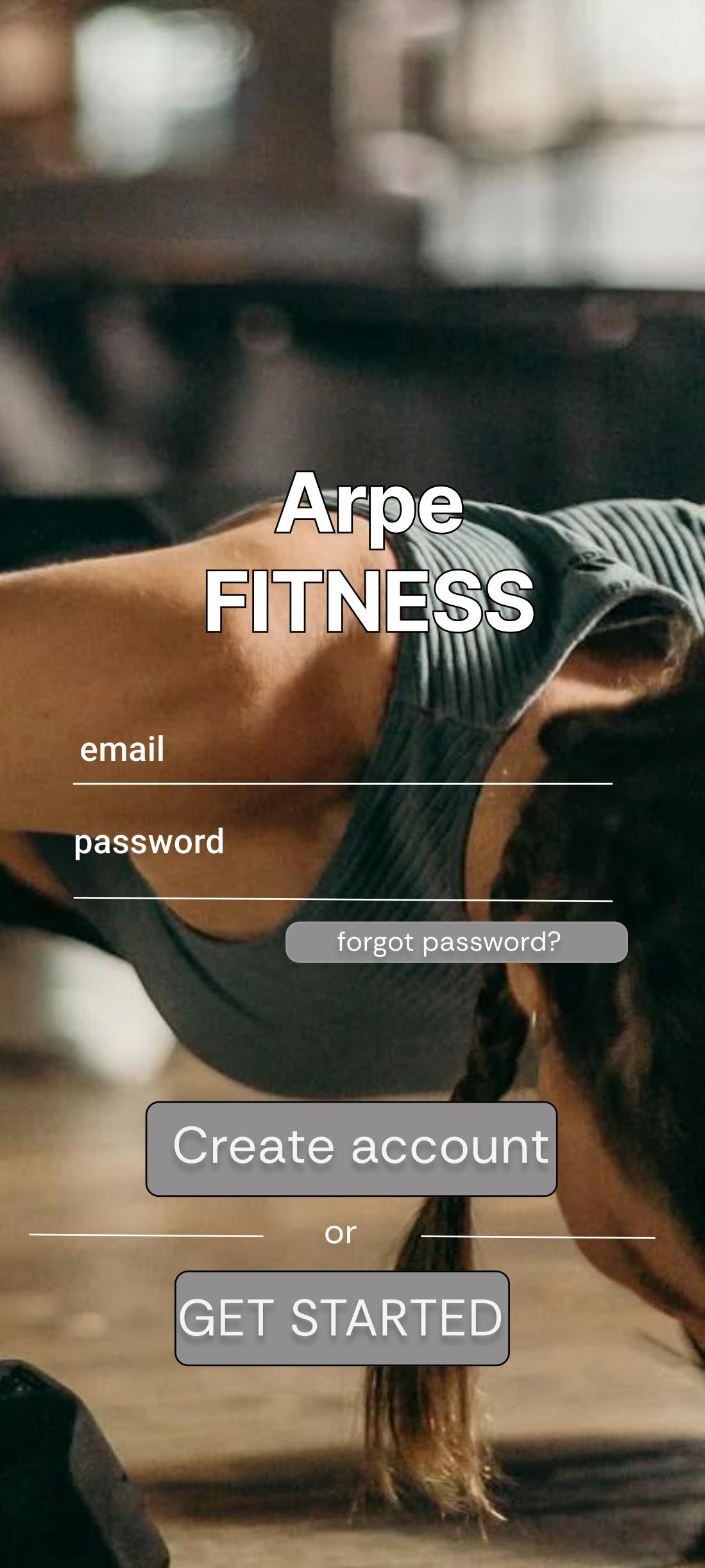
Enter your email

Password

Create a password

Create a account

Already have an account? [Log in](#)

A blurred background image of a person in a dark tank top and shorts performing a burpee exercise. They are in mid-air, having just jumped off the ground. The background is dark and out of focus.

Arpe

FITNESS

email

password

[forgot password?](#)

Create account

or

GET STARTED

9:30



Forgot password?

We'll send you reset instructions.

Email

Pedrorosa12@gmail.com

Reset password

← Back to login

GIF



...



q

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?123



.



9:30



Password reset

We'll send you reset instructions.



2

4

Reset password

Didn't receive the email? [click to resend](#)

← Back to login

1

2

3

4

5

6

7

8

9



0

9:30



Set a new password

We'll send you reset instructions.

Password

Confirm password

← Back to login

GIF



...



q w e r t y u i o p

a s d f g h j k l

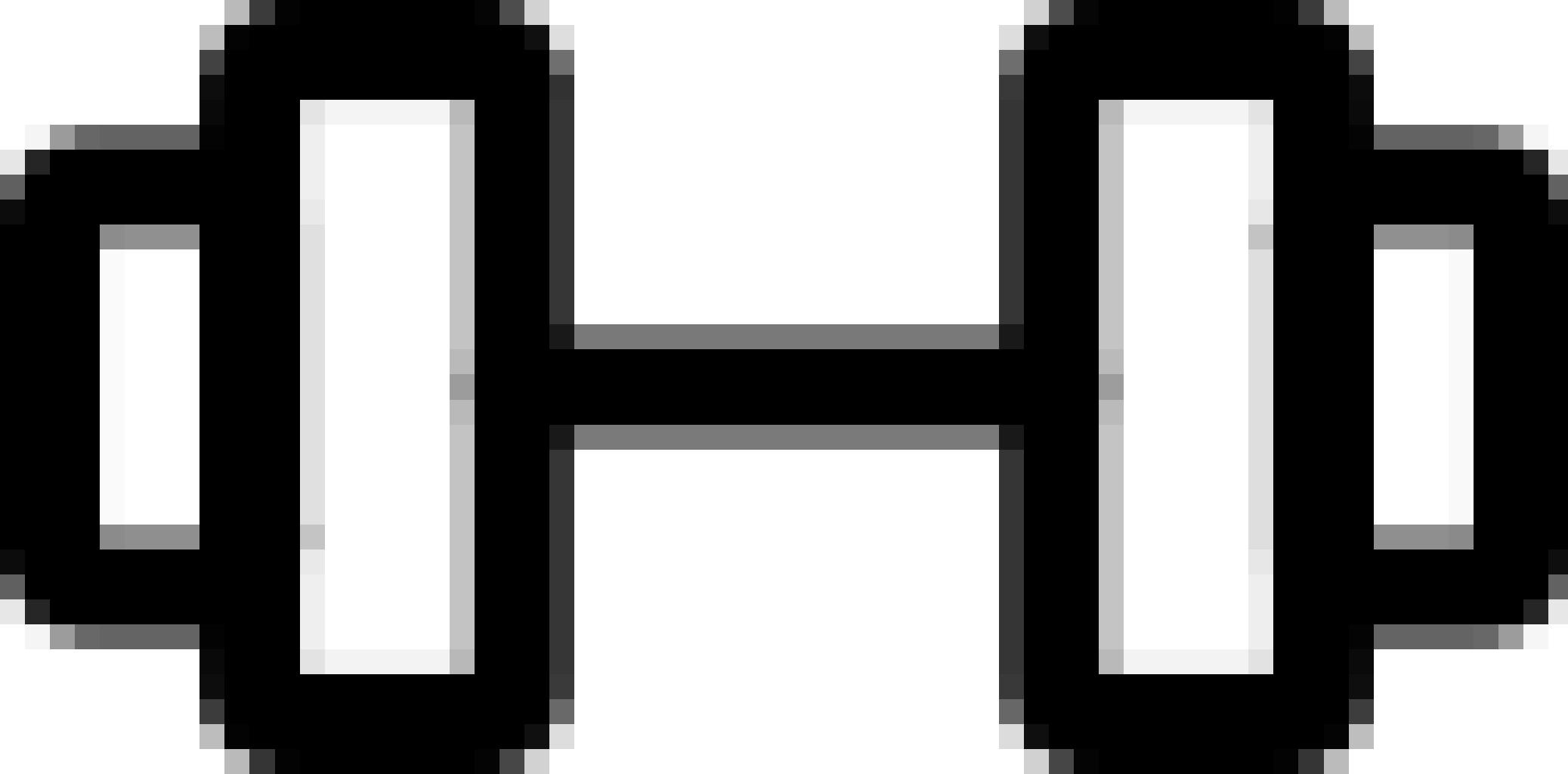
↶ z x c v b n m ↶

?123



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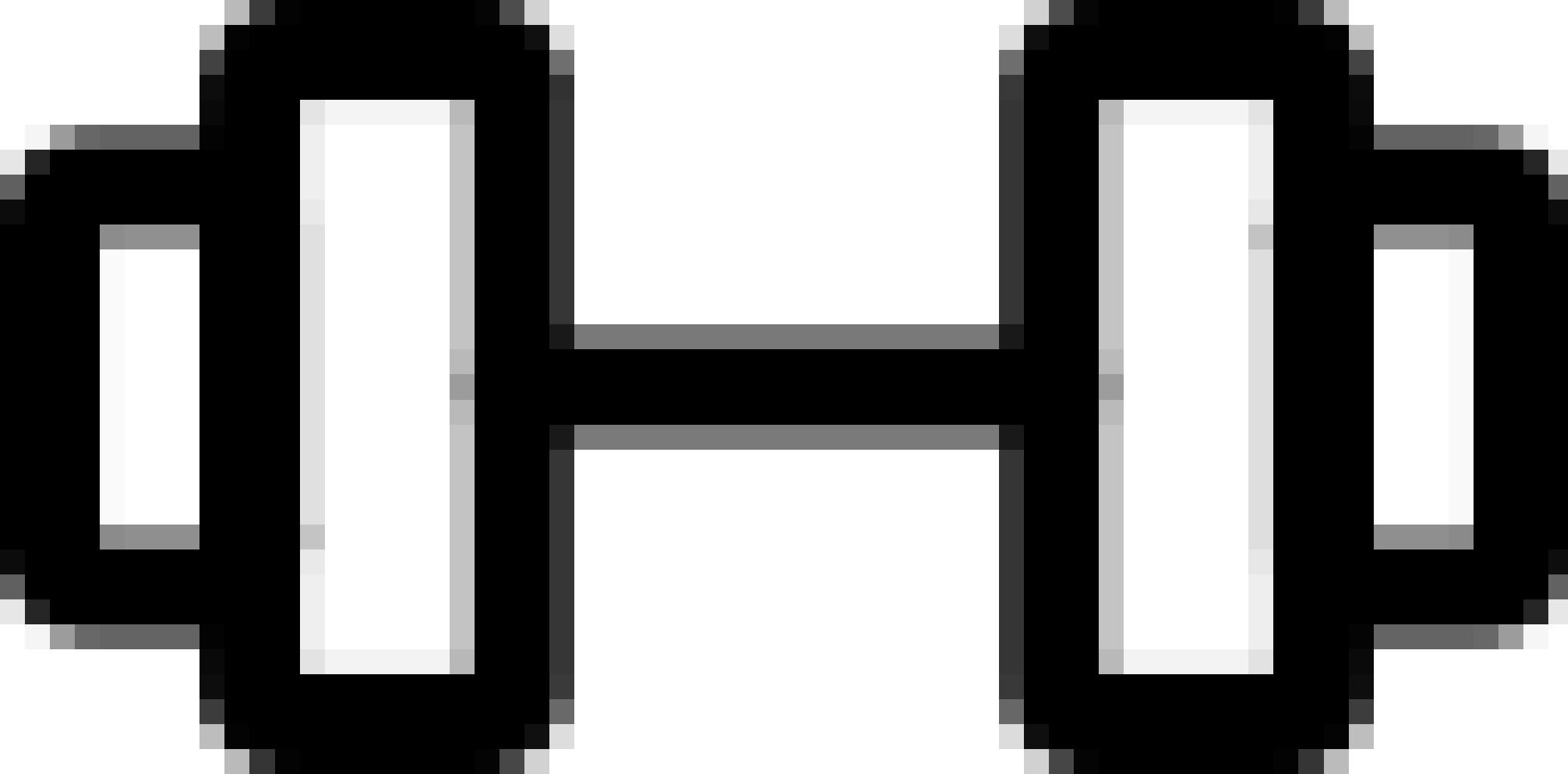


9:30



All done!

We'll send you reset instructions.



Welcome to Arpe Fitness



We want to provide the best experience and help you achieve your health and fitness goals. To do this, we need to know a little more about you!

Share some basic information so we can create a training and eating plan perfectly tailored to your needs and preferences. All information provided will be treated with complete confidentiality and will only be used to personalize your fitness journey.

Shall we start?

Next





My Profile

What are your body metrics?

Sex

Select gender

Date of birth

10/10/2000

Weight

Enter your weight

Height

Enter your height

what is your goal?

Select your goal

Next



My Profile

What is your objective?

Hypertrophy

Gain muscle mass and bulky muscles

Muscle definition

Stronger, more rigid and visible muscles

To lose weight

Lose body fat

Next

My Profile

What is your experience practicing bodybuilding?

Beginner

Starting practice or less than 6 months experience

Intermediary

Have been practicing bodybuilding for more than 6 months and less than 2 years

Advanced

Have been practicing bodybuilding for more than 2 years consistently

Next

My Profile

Do you want to perform cardio exercises at the gym?

Exercises on the treadmill, bicycle, elliptical and similar

Include cardio in your workouts

Cardio exercises will be added before or after workouts

I don't want cardio exercises

Cardio exercises will not be added on training days

Next

9:30



WORKOUTS



Custom workout

My training plan



Meal
suggestion



Home



statics



Perfil



9:30



← Custom your workout

My Workout

create your own routine



Home



statics

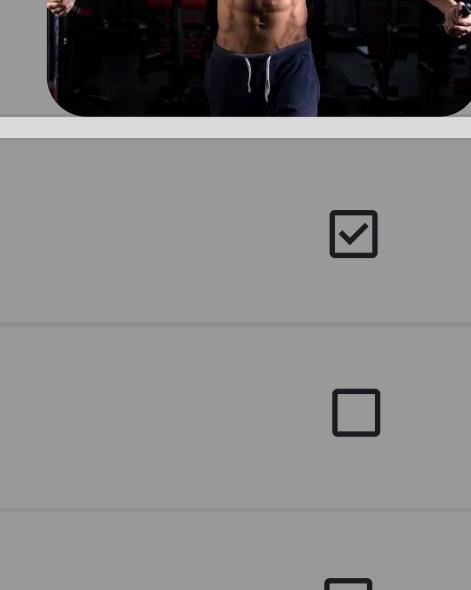


Perfil

9:30



Chest



Bench press



Dumbbell Fly



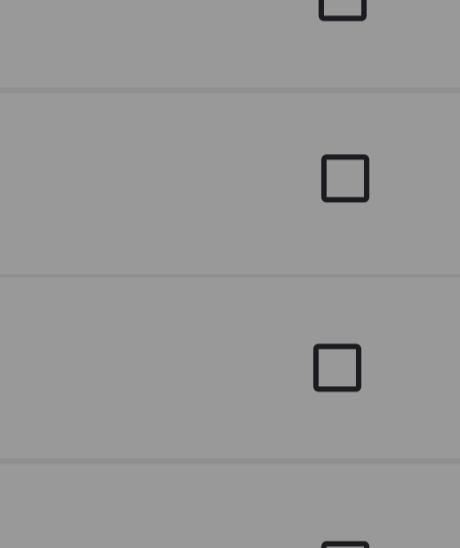
Seated crucifix



Push-up



Triceps



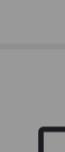
Triceps Pushdown



Overhead Triceps Extension



Close-Grip Bench Press



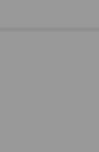
Lever Triceps Dips



Home

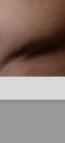


statics

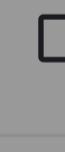


Perfil

Pulldown



Pull-Ups



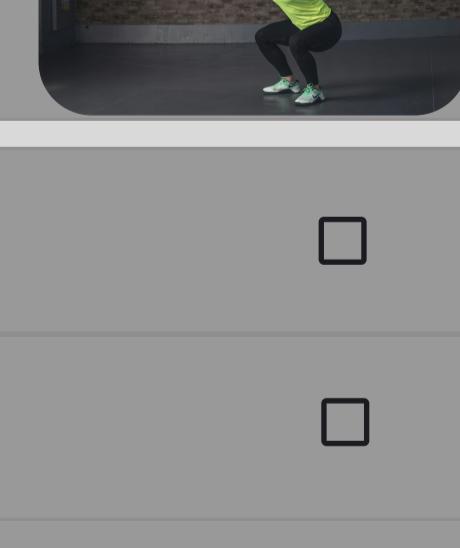
Face pull



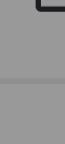
Deadlift



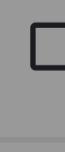
Biceps



Barbell Curl



Dumbbell Hammer Curl



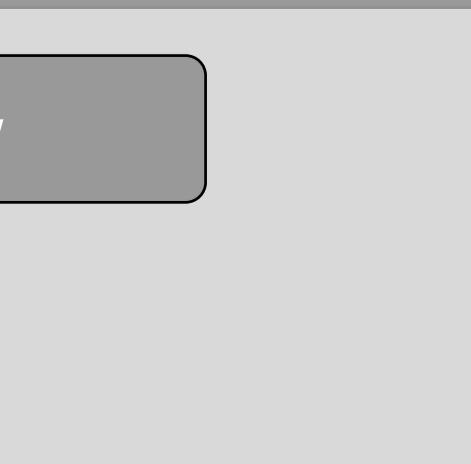
Concentration Curl



Preacher Curl



Shoulders



Overhead Press



Lateral Raises



Front Raises

Arnold Press

Abs

Crunches

Plank

Bicycle Crunch

Leg Raises

Leg

Squat

Leg Press

Hamstrings

Leg Curl

Run

Cardio

Apply

← Custom your workout

My Workout

create your own routine



1 - training



Home



statics



Perfil

← My Workout

Treinos

⌚ 30 min

🔥 175kcal

Iniciar treino

Exercises



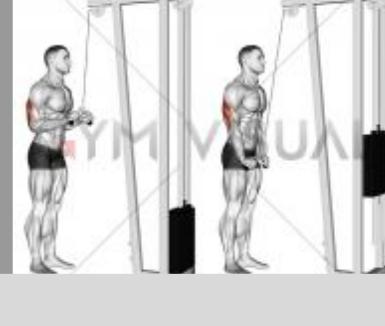
Push-up

click to add sets



Bench press

click to add sets



Triceps Pushdown

click to add sets

Home

statics

Perfil



Lever triceps dip

click to add sets

Push-up



Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

how to perform this exercise

1 • description

2 • description

3 • description

<

Finalizar treino

>



Home



statics



Perfil

Bench press



Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

how to perform this exercise

1 • description

2 • description

3 • description

<

Finalizar treino

>



Home

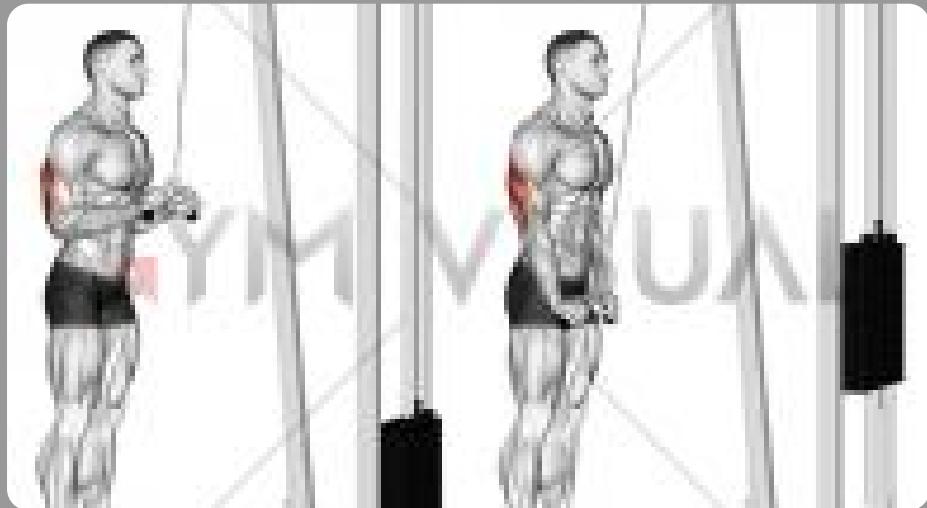


statics



Perfil

Triceps pushdown



Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

how to perform this exercise

① • description

② • description

③ • description



Finalizar treino



Home



statics



Perfil

Lever triceps dip



Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

how to perform this exercise

1 • description

2 • description

3 • description



Finalizar treino



Home



statics



Perfil

9:30



30

Next exercise

9:30



Rest

29

Next exercise

9:30



Rest

28

Next exercise

9:30



Rest

27

Next exercise

9:30



Rest

26

Next exercise

9:30



FRI

SAT

SUN

MON

TUE

WED

THU

12

13

14

15

16

17

18

CALORIES BURNED

258 , 03 KCAL

IMC

22 , 72

CURRENT WEIGHT

72 KG

training time

12 : 28



Home



statics



Perfil



Push up

Number of sets

— 3 +

Rest between sets

— 60s +

Sets

1 Reps:	Load:	kg
2 Reps:	Load:	kg
3 Reps:	Load:	kg

Save



Bench Press

Number of sets

- 3 +

Rest between sets

- 60s +

Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

Save



Triceps Pushdown

Number of sets

- 3 +

Rest between sets

- 60s +

Sets

1 Reps:	Load:	kg
2 Reps:	Load:	kg
3 Reps:	Load:	kg

Save



Lever triceps dips

Number of sets

— 3 +

Rest between sets

— 60s +

Sets

1 Reps: Load: kg

2 Reps: Load: kg

3 Reps: Load: kg

Save



Meal



breakfast



lunch



snack



dinner



Home



statics



Perfil



Fruit and Honey Morning Delight

Golden Morning Bun

Crepioca Tropical

Dawn Smoothie

Fruit and Honey Morning Delight



9:30



Rest

25

Next exercise

9:30



Rest

24

Next exercise

9:30



Rest

23

Next exercise

9:30



Rest

22

Next exercise

9:30



Rest

21

Next exercise



Fruit and Honey Morning Delight



**5 to 10 minutes
Dose: 1 person**

Ingredients:

- 1 - cup of natural or Greek yogurt
- 1 - banana, sliced
- 5 - strawberries, chopped
- 1 - kiwi, sliced
- 2 - tablespoons of granola
- 1 - tablespoon of honey
- 1 - tablespoon of chia seeds (optional)

Preparation:

- 1- Place the yogurt as the base in a bowl.
- 2- Add the chopped fruits on top.
- 3 - Sprinkle the granola and chia seeds.
- 4- Drizzle with honey and serve immediately.

This recipe provides a fresh and healthy breakfast option!

Rest

20

Next exercise

9:30



Rest

19

Next exercise

9:30



Rest

18

Next exercise

9:30



Rest

17

Next exercise

9:30



Rest

16

Next exercise

9:30



Rest

15

Next exercise

9:30



Rest

14

Next exercise

9:30



Rest

13

Next exercise

9:30



Rest

12

Next exercise

9:30



Rest

11

Next exercise

9:30



Rest

10

Next exercise

9:30



Rest

9

Next exercise

9:30



Rest

8

Next exercise

9:30



Rest

7

Next exercise

Rest

6

Next exercise

9:30



Rest

5

Next exercise

9:30



Rest

4

Next exercise

9:30



Rest

3

Next exercise

Rest

2

Next exercise

9:30



Rest

1

Next exercise