

**Let's start your
health journey today
with us!**

Continue

9:41



Welcome back 🙌

Email

Password



[Forgot password?](#)

Sign In

Don't have an account? [Sign up](#)

9:41



Forget Password 🙌

Email

Enter name

Send Code

Enter CODE 🖐️

Send Code

Welcome back 🙌

New Password

Confirm Password



[Return Login Page](#)

9:41



Let's Begin Journey 🙌

Name

Email

Password



Health Check

Health Situation ▼

Target

Your Target ▼

Weigh
(Kg)



Heigh (M)



Sign Up

Do you have an account? [Sign in](#)

**Info****Priv.****Name:** Ahmed Atef[Edit](#)**Email:** ahmed@gmail.com**Height (Kg):** 90 Kg**Tall (M):** 187 M

Workout Excersis

EXCERSISES	Achieved
Bench Press Chest Shoulders Triceps	65%
Leg Press Quads Hamstrings Glutes	90%



9:41



Info

Priv.

Old Password

Enter password



New Password

Enter password



Confirm Password

Enter password



Update Password

[Informations](#)[Privacy](#)

Name: Ahmed Atef

[Edit](#)

Email: ahmed@gmail.com

Height (Kg): 90 Kg

Tall (M): 187 M

Workout Excersis

EXCERSISES	Achieved
Bench Press Chest Shoulders Triceps	65%
Leg Press Quads Hamstrings Glutes	90%



9:41



 TUES 11 JUL

Overview

Health

Based on your overview health tracking, You
Doing Great. Keep Going.!

Category

[View more >](#)



Steps



Workout



Health

This week report

[View more >](#)

 Steps

697,978

 Workout

6h 45min

 Health

108 bmp/day

 Sleep

29h 17min

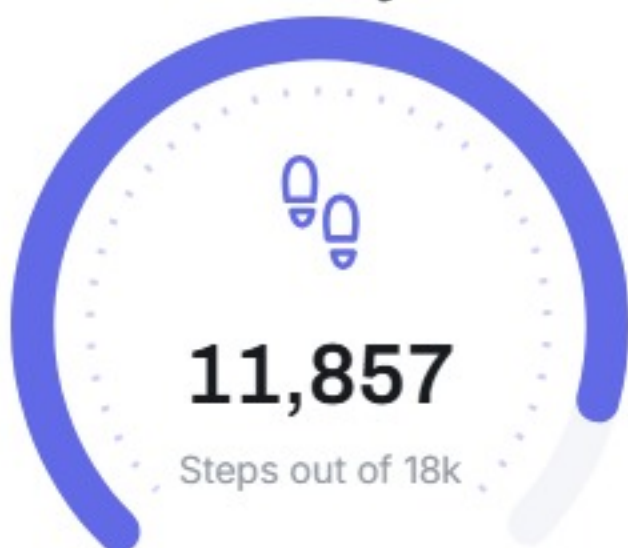
[More Details](#)



Steps



You have achieved
80% of your goal
today



850 kcal



5 km



120 min

Today

Weekly

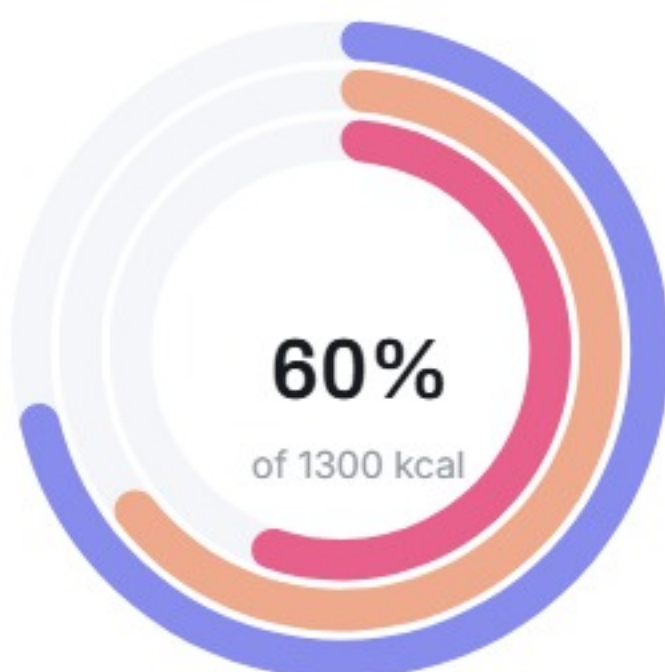
Monthly





Health

You have consumed
960 kcal today



Fat

80g

40%



Protein

160g

56%



Carbs

230g

62%



Add meals

9:41



Add Meals of the DAY



Fat



Protein



Carbs



Submit Meals

9:41



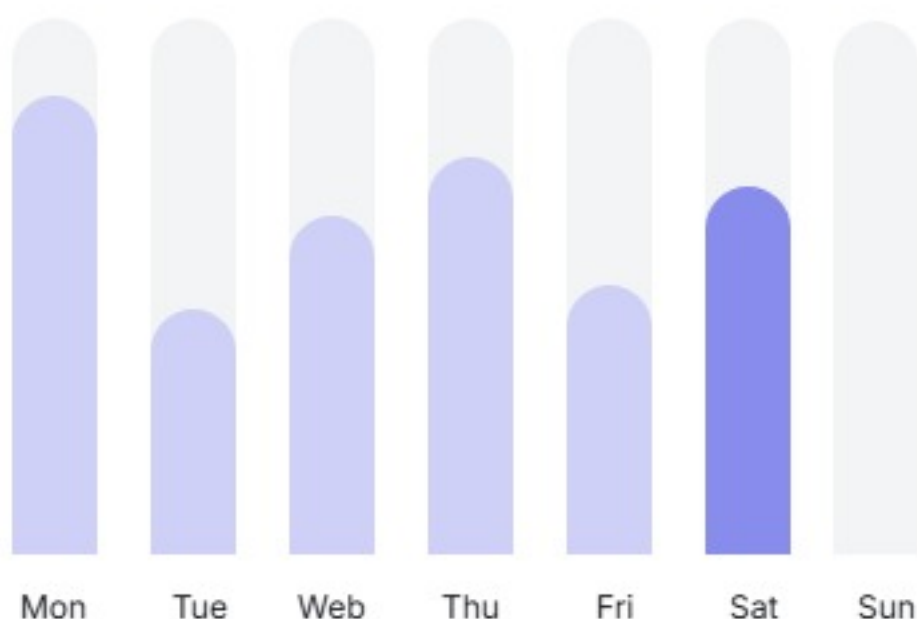
Sleep

Your average time of
sleep a day is **7h 31 min**

Today

Weekly

Monthly



☀ Sleep rate
82%

😴 Deepsleep
1h 3min

Set your schedule

[Edit](#)

🛏 Bedtime

22:00 pm

🔔 Wake up

07:30 am



WorkOut Exercises



Bench Press Exercises

Dumbbell, Incline, Barbell



Leg Press

Quads, Hamstrings, Glutes



Deadlift

Full Body, Emphasis on Back,



Pull-Ups

Back, Biceps, Shoulders



Overhead Shoulder Press

Shoulders, Triceps, Upper Chest



Lungs

Quads, Hamstrings, Glutes, Core



Plank

Core, Shoulders, Glutes



9:41



Bench Press

25 min . 3 workouts



Bench Press

3 reps - 10 Counts



Front Shoulders

4 reps - 10 Counts



Dumbbell Triceps

2 reps - 12 Counts

START



Ready to go

Bench Press ?

3 reps - 10 Counts

Number of Reps

2



Continue