

Achieve Your Fitness Goals With Rashiq

[Start Your Journey](#)[Explore Programs](#)

96% Client Satisfaction
Our Members Love Their Results And Experience

+5
Trust In Our Proven Track Record Of Transforming

+ 1300
Positive Reviews

+ 80
Coaches

+ 1000
Workout Videos

+ 1500
Trainers

24/7 Support Available
Expert Assistance Whenever You Need It

Plans

[Monthly](#)[Annually](#)

Package

Pro Plan

Description

Our Pro Plan Offers Advanced Workouts And Personalized Nutrition Coaching To Help You Reach Your Goals Faster. Sign Up Right Now!

Features

- Access To All Of Our Exercise Videos
- Progress Tracking
- Supportive Online Community
- Advanced, Personalized Workout Plans
- Comprehensive Nutrition Coaching
- Access To Advanced Workout Programs
- Body Composition Analysis

99\$ /USDT

[Choose This Plan](#)

Package

Custom Plan

Description

Experience A Fully Tailored Fitness Experience With Our Custom Plan. Work One-On-One With A Dedicated Trainer To Achieve Your Goals.

Features

- Access To All Of Our Exercise Videos
- Progress Tracking
- Supportive Online Community
- Fully Customized Workout And Nutrition Plan
- Weekly Check-Ins With Your Trainer
- Access To All Platform Features
- Exclusive Gear Discounts

149\$ /USDT

[Choose This Plan](#)

Package

Beginner Plan

Description

Start Your Fitness Journey With Our Beginner Plan. Build A Strong Foundation With Basic Workouts And Essential Nutrition Guidance.

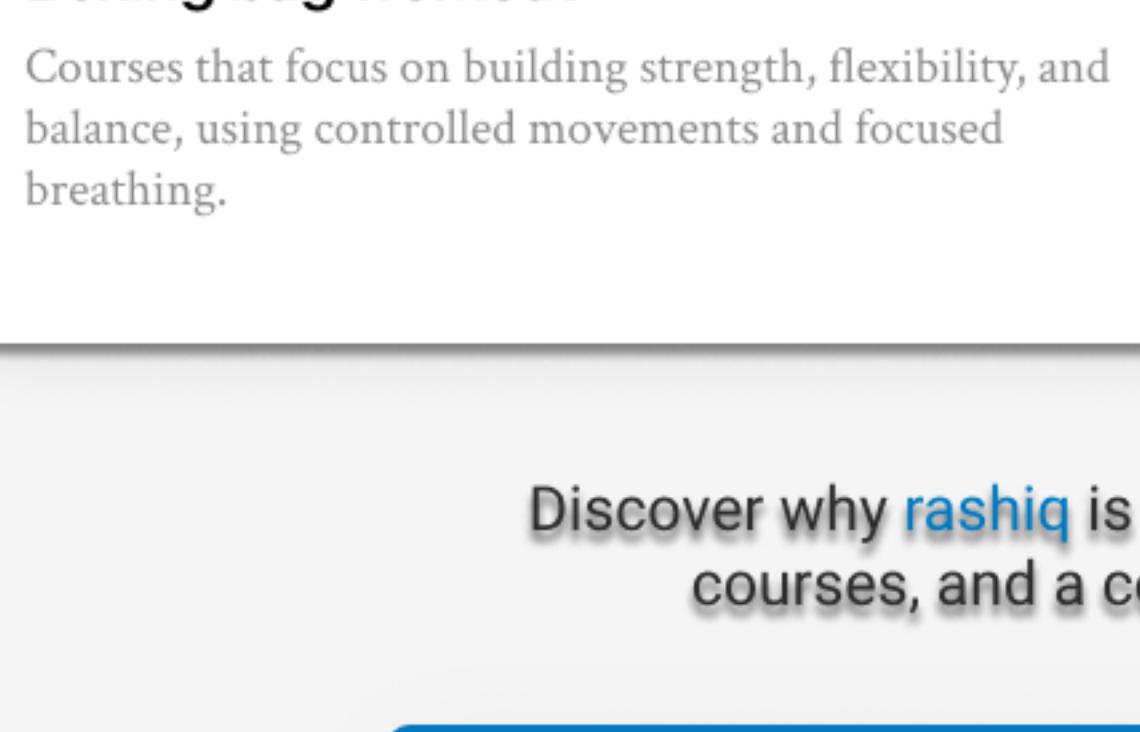
Features

- Access To All Of Our Exercise Videos
- Progress Tracking
- Supportive Online Community
- Personalized Workout Plans
- Basic Nutrition Guidance
- Access To Group Fitness Classes

49\$ /USDT

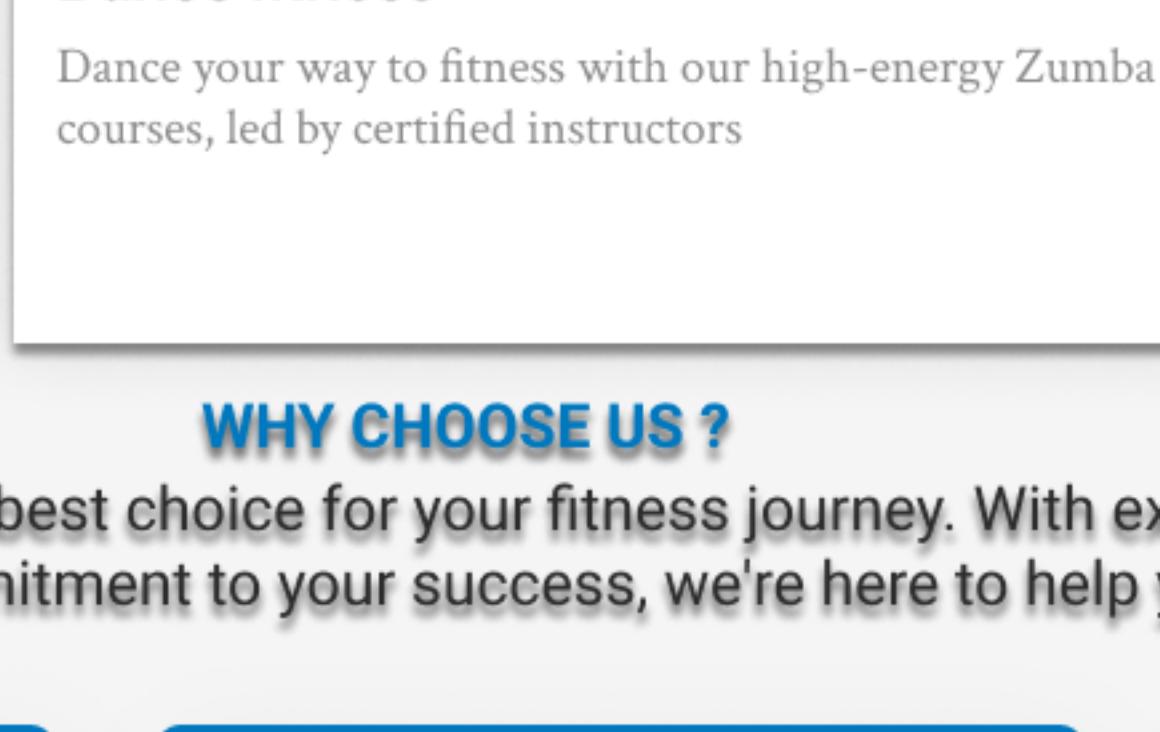
[Choose This Plan](#)

Choose the Program Are You Want to Change your life?

[Expand all Course](#)

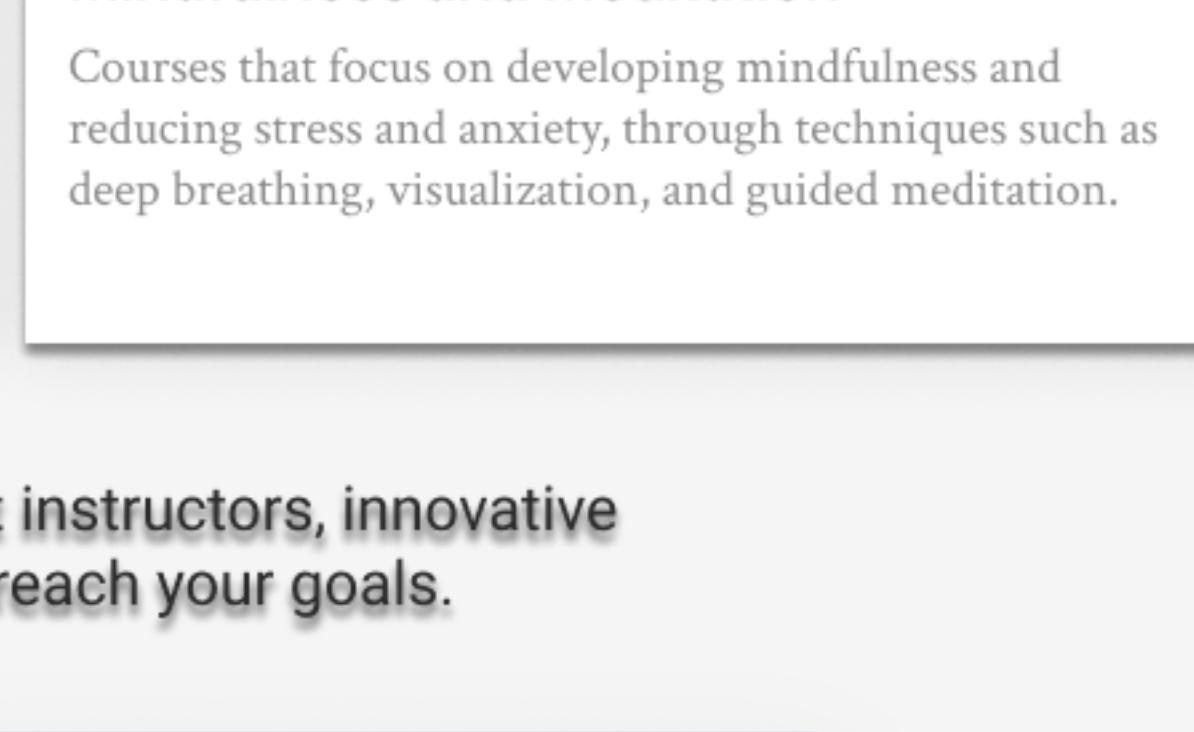
Strength Training

Courses that focus on building muscle strength and power, such as weightlifting and bodyweight exercises.



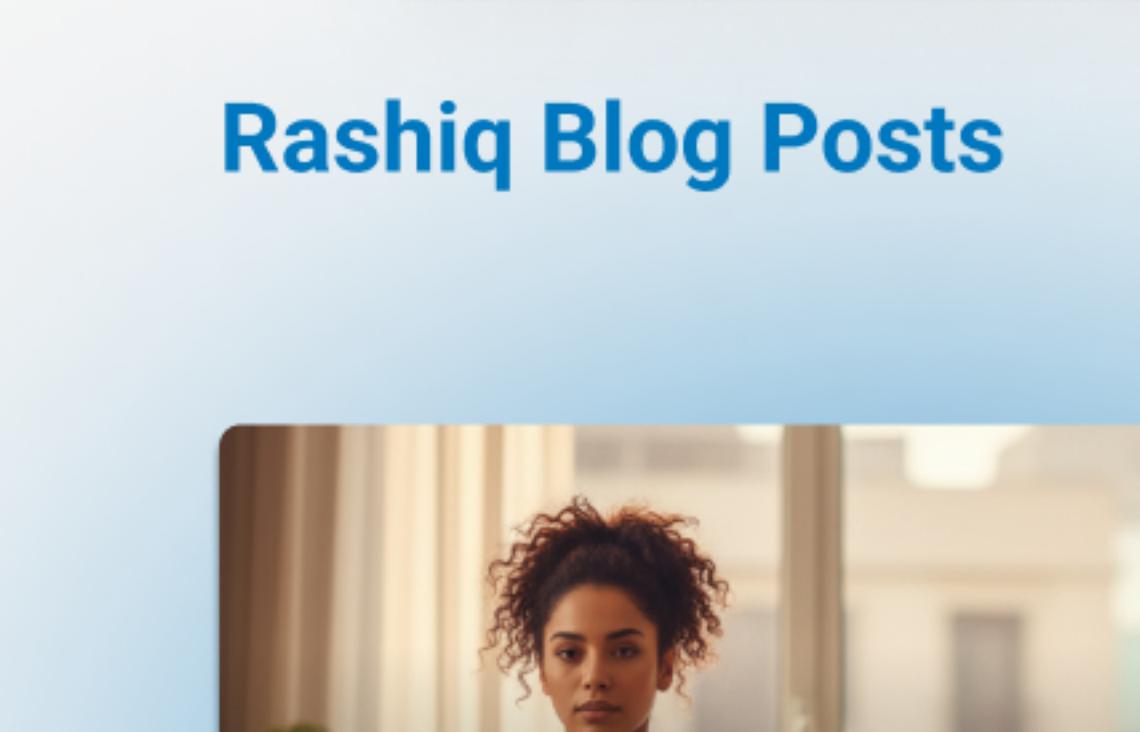
Cardiovascular Training

Courses that improve cardiovascular endurance and help burn fat, such as running, cycling, and high-intensity interval training.



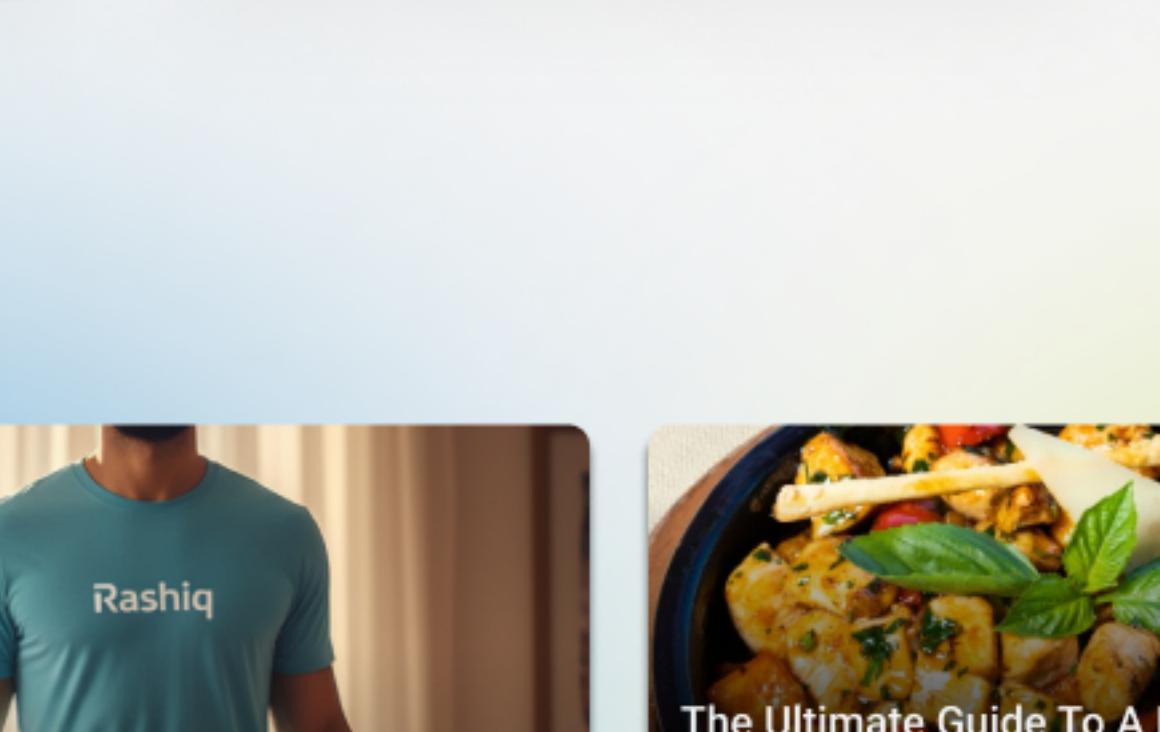
Yoga

Courses that focus on flexibility, balance, and mindfulness, using a combination of physical postures, breathing exercises, and meditation.



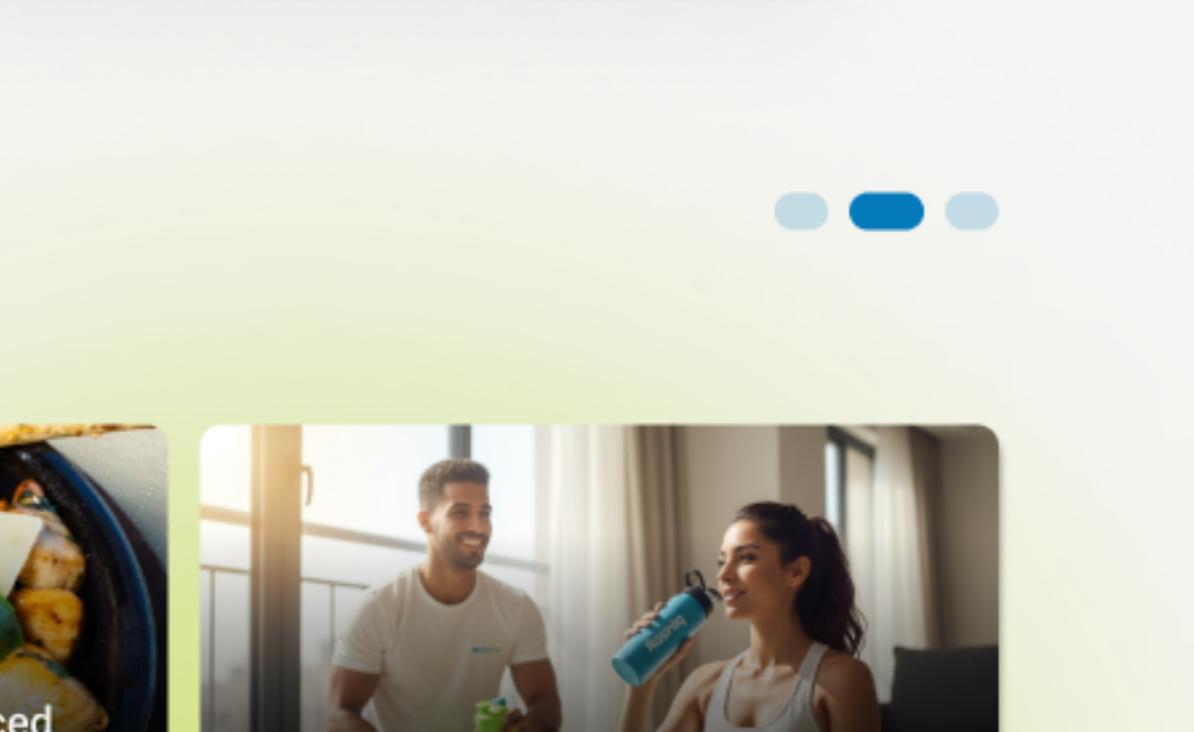
Boxing bag workout

Courses that focus on building strength, flexibility, and balance, using controlled movements and focused breathing.



Dance fitness

Dance your way to fitness with our high-energy Zumba courses, led by certified instructors.

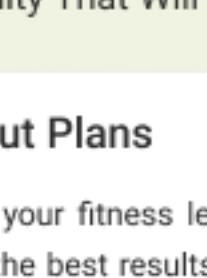


Mindfulness and Meditation

Courses that focus on developing mindfulness and reducing stress and anxiety, through techniques such as deep breathing, visualization, and guided meditation.

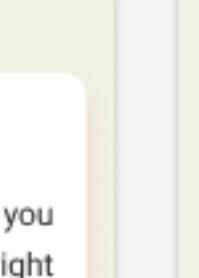
WHY CHOOSE US ?

Discover why rashiq is the best choice for your fitness journey. With expert instructors, innovative courses, and a commitment to your success, we're here to help you reach your goals.



Best Coaching

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Convenient practice

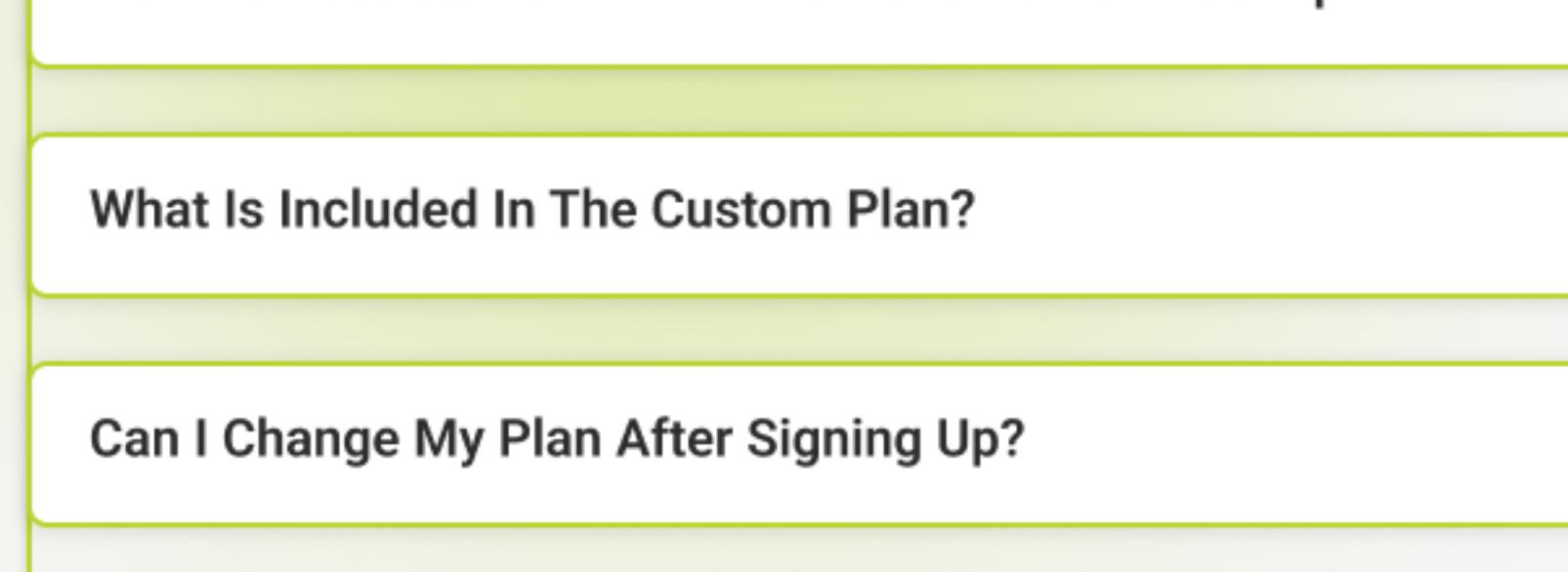
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Video Lecture

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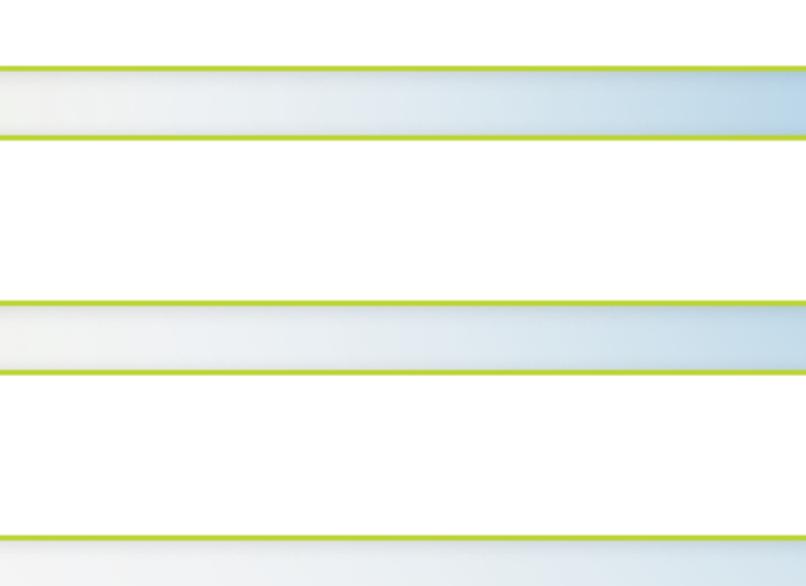
Rashiq Blog Posts



5 Essential Exercises For Building Muscle

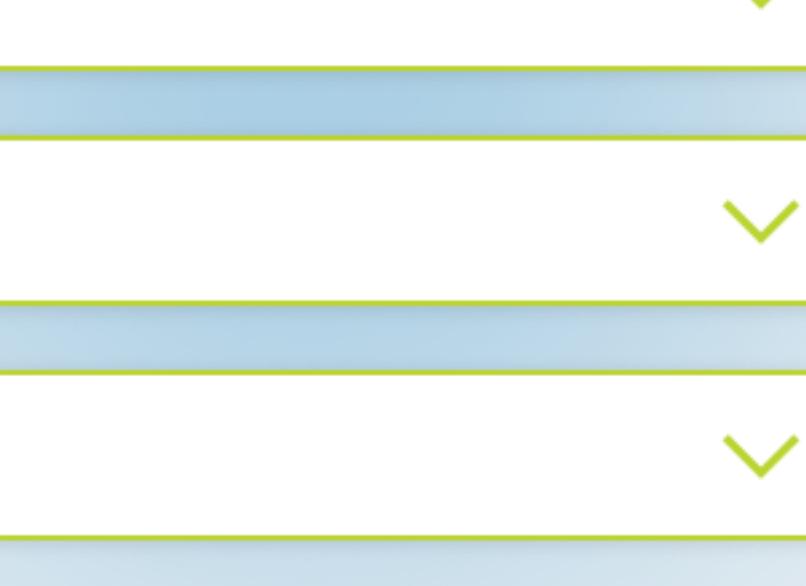
August 14

Strength Training

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The Ultimate Guide To A Balanced Diet

Nutrition

[Learn More](#)

The Benefits Of HIIT Training

Cardio

[Learn More](#)[View All >](#)

FAQ

Join Our Rashiq Community

Sign Up Now To Unlock Exclusive Access To Personalized Workout Plans, Expert Coaching, And A Supportive Community That Will Help You Achieve Your Fitness Goals.

Personalized Workout Plans

Customized routines that match your fitness level and goals, ensuring you achieve the best results in the most efficient way.

Expert Coaching

Work with certified trainers who will guide you every step of the way to ensure you're on the right track.

Community Support

Join a vibrant community of fitness enthusiasts where you can share experiences, get motivated, and stay inspired.

Exclusive Resources

Access premium content, including video tutorials, nutrition guides, and member-only discounts on fitness gear.

[Sign Up](#) [Login](#)

Name

E-Mail

[Sign Up](#)

Or

[Sign Up With Google](#)

What Is Rashiq And How Can It Help Me Reach My Fitness Goals?

Rashiq Is An Online Fitness Platform That Offers Personalized Workout Plans, Expert Coaching, And Comprehensive Nutritional Guidance. Whether You're Looking To Lose Weight, Build Muscle, Or Simply Stay Fit, Our Tailored Programs And Community Support Will Help You Achieve Your Fitness Goals.

How Do I Get Started With A Workout Plan On Rashiq?

What Is Included In The Custom Plan?

Can I Change My Plan After Signing Up?

What Kind Of Support Can I Expect From My Trainer?