HealYou

Welcome To

HealYou

Sign in with Apple

Sign in with Google

or

Create a new account

Privacy & Policy

Subcriptions

Go Pro

- Unlimited Wokouts
- Video Guide
- Personal Plan

Monthly
4,99$ /month

Annual
2,99$ /month

Free Trial
7 free days

Choose

9:41

Need Help?

Sign In

Fill the detail to sign in account

hellobesnik@gmail.com

●●●●●●●●

Sign In

Forgot Password?

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 Go

9:41

Need Help?

Forget Password!

Enter your email we will send you code on your emaiol

hellobesnik@gmail.com

Continue

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 Go

9:41

Need Help?

Verification

We send code to hellobesnik@gmail.com

5 3

Continue

Resend Code

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 Go

9:41

Need Help?

Change Password

Enter your new password

PASSWORD

CONFIRM PASSWORD

Continue

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 Go

9:41

Need Help?

Create Account

Fill the detail to create account

NAME

EMAIL

PASSWORD

Sign Up

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 Go

9:41

HealYou

Tell us your gender

Male

You are planing to use our platform as male?

Female

You are planing to use our platform as female?

9:41

HealYou

Tell us your age

20

18 19 21 22

9:41

HealYou

Tell us your height

5’3

5’1 5’2 5’4 5’5

9:41

HealYou

Tell us your weight

58

56 57 59 60

9:41

Good Moring! 👋

Sami Ahmed

My Plan For Today

1/7 Complete

25%

Start New Goal

See all

Body Building

Full body workout

35 min | 120 cal

Six

Full bo

25

Daily Task

See all

Exercise 1

5 min | 120 cal

Exercise 2

10 min | 120 cal

Home | Discover | Activity | Settings

9:41

My Plan

Daily Plan

Statics

Calories

720

Kcal

Steps

1000

Steps

Sleep

6 hr

Hours

Water

2 lits

Liters

Goal In Progress

Body Building

Full body workout

35 min

120 cal

Six

Full bo

25

9:41

Steps Details

Great Work!

Your Daily Tasks Almost Done!

My Activity

Today

6am-7am

Improvemet +36

Time
2h.30min

Distance
20.6km

10pm-11pm

Improvemet +46

Time
1h.10min

Distance
8.8km

9:41

Calories Details

Keep Going!

You Have To Eat More Calories!

My Activity

Today

Carbs	Fat	Protein
100g 32%	100g 28%	100g 28%

BreakFast

Apple
2 apple in a day
40 Calories In

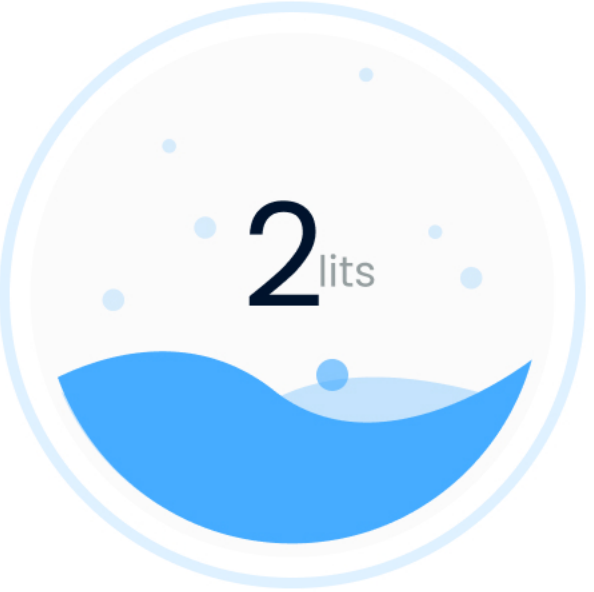
Chicken
500g chicken in a day
140 Calories In

9:41

Water Details

Good Job!

Your Daily Tasks Almost Done!



9:41

Sleep Details

Good Job!

Your Daily Tasks Almost Done!

My Activity

Today

6am-7am

Time	Freshness
1h.20min	+36

10pm-2pm

Time	Freshness
4h.10min	-50

9:41

Statics

10 Augest, Thesday

112	12	6h
Calories	KG	Sleep

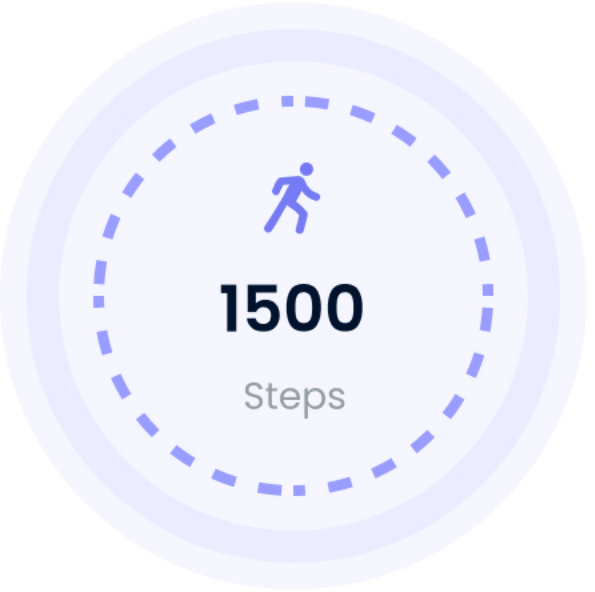
Challenge Completed

Run in Place 24 min	192,120
Eat in Qurantine 3 times	1025
Sleep Everyday 6h everyday	6595

9:41

Steps Details

Set New Target!



2K

1k 1.5K 2.5k 3k

Save

9:41

Calories Details

Set New Target!

800

Calories

2K

1k 1.5K 2.5k 3k

Save

9:41

Water Details

Set New Target!

8l

6l 7l 9l 10l

Save

9:41

Sleep Time

Set New Alarm!

3.50

Everyday

1.50

Sunday,Monday

9:41

Edit Alarm

Save

3 : 50

Repeat	Never >
Label	Alarm >
Sound	Crystals >
Snooze	

Delete Alarm

9:41

Repeat

Every Sunday

Every Monday

Every Tuesday

Every Wednesday

Every Thursday

Every Friday

Every Saturday

9:41

Lable

Alarm

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 Go

9:41

Sound

Bulletin

By The Seaside

Chimes

Cosmic

Crystals

Hillside

Night Owl

Opeing

Play Time

Silk

Twinkel

Waves

9:41

Body Building

Full body workout

Level
Beginner >

Progress
0%

Week 1

1/7

1 > 2 > 3 > 4

5 > 6 > 7 >

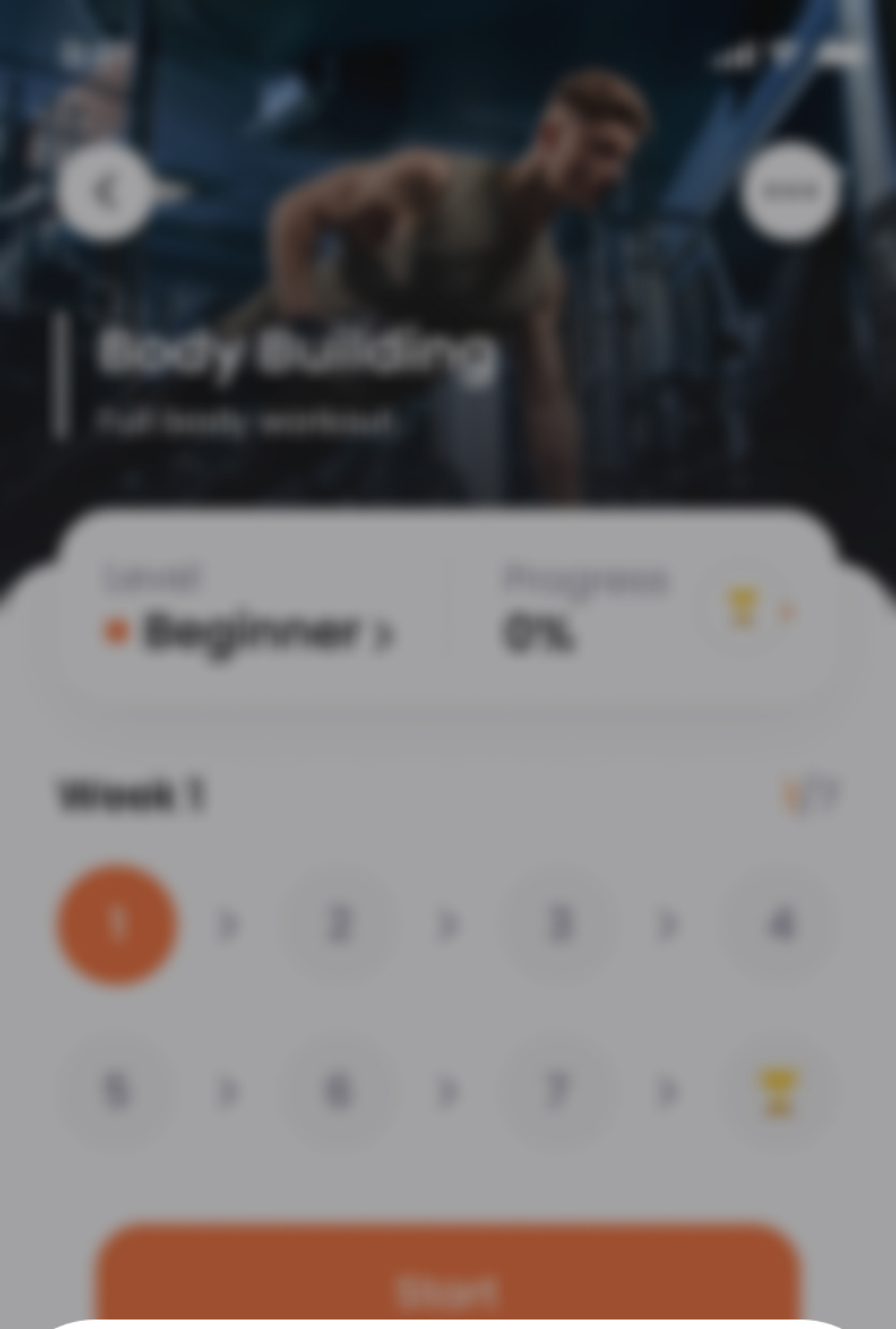
Start

Week 2

0/7

1 > 2 > 3 > 4

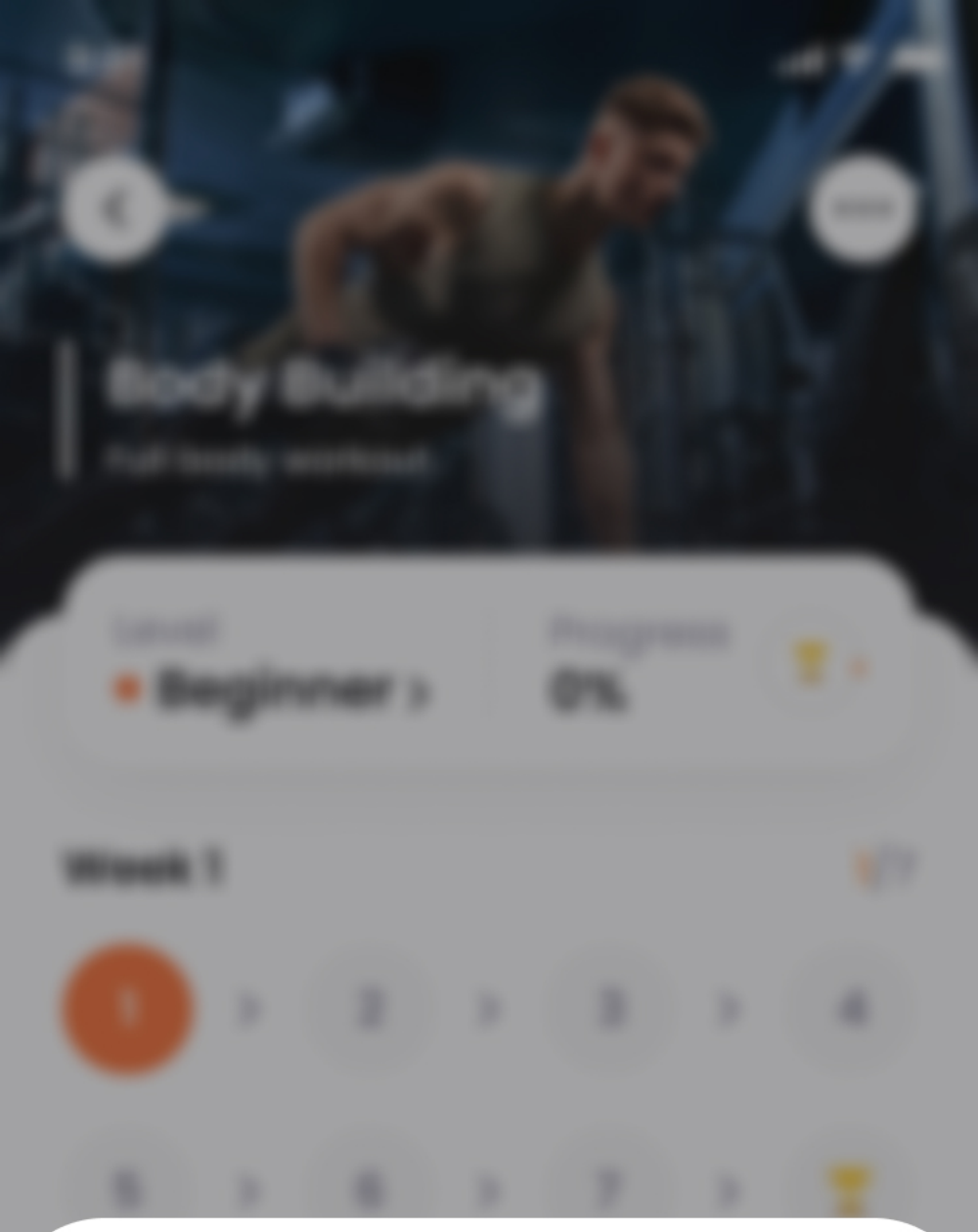
5 > 6 > 7 >



Push-Ups Level

Reset Progress

Cancel



Select Level

Beginner
I can do 3-5 push-ups at one time

Intermediate
I can do 5-10 push-ups at one time

Advance
I can do 10-20 push-ups at one time

Body Building

Full body workout

Day 1

Lose belly fat, get ripped abs in just 4 weeks with this effcient plan. Its also helps pump ups arm, strengthen your back & shoulders. No equipment needed

Level	Time	Focus Area
Beginner	**35 Min**	**Chest**

Guide

Sound & Music

Exercises (10)

Jumping Jacks

00 : 20

Back Push-Ups

Start Now

9:41

Sound & Music

Music Beliver >

Voice Guide

Coach Voice Mansur >

9:41

Exercises 1/10

Ready To Go!

Back Push-Ups

5

Next

Incline Push-Ups

9:41

Exercises 1/10

Back Push-Ups

00 : 30

Next

Incline Push-Ups

9:41

Rest

00 : 30

+20s

Skip

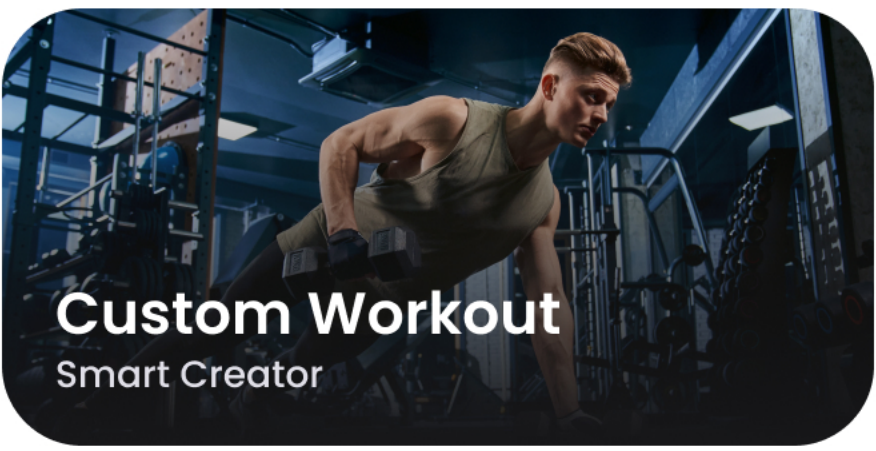
Next

Jumping Jack

x 5

9:41

Discover



Select by Goal

Fat Burning

10 workout

35 min | 120 cal

Six

Full bo

25

Add New Task

See all

Exercise 1

5 min | 120 cal

Exercise 2

10 min | 120 cal

Home | Discover | Activity | Settings

9:41

Custom

Custom Workout

Create new workout

Duration

10 min

Focus Area

Full Body

Abs

Arms

Legs

Level

Beginner
I can do 3-5 push-ups at one time

Intermediate
I can do 5-10 push-ups at one time

Advance
I can do 10-20 push-ups at one time

Includes Warm-Up

Includes Stretching

Create Now

9:41

Custom 1

Full Body Beginner 1

27	Time	Calorie
Exercises	**35 Min**	**450 kcal**

Guide

Sound & Music

Warmup(2)

Jumping Jacks
00 : 20

Back Push-Ups
00 : 20

Training(2)

Jumping Jacks
00 : 20

Back Push-Ups
00 : 20

Save & Start

9:41

Friday

13 August

Calories

720

Kcal

Steps

1000

Steps

Sleep

6 hr

Hours

Water

2 lits

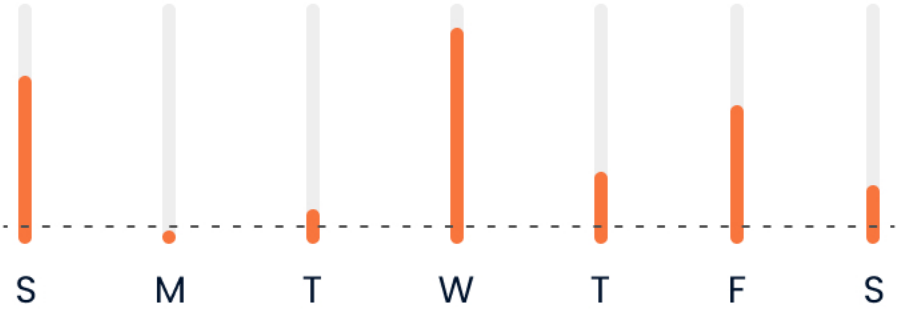
Liters

Workout

40 min

Weekly Average

30 min



Home | Discover | Activity | Settings

9:41

Settings

General

Notifications

Health

Sound

Privacy

Account

Edit Profile

9:41

Edit Profile

Name

Sami Ahmed

Age

20+

Birth

1/11/2000

Email

contactuihut@gmail.com

Male

Female

Save

9:41

Search Workout

Cancel

Body Focus

Core

Full Body

Upper Body

Lower Body

Hot Topic

Quarantine at home

Fat burning

Build muscle

For beginners

Challenges

Warm-Up

Stretching

Kegel challenge

Fast Work

With equipments

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

Go