



Register

Register





LOGIN

Name

Password

[Forgot Password?](#)

Login





Gym Members: 50

Gym Trainers: 2

Remaining Tasks: 10

List of Latest Members:

First Name	Last Name	Gender	Membership Date
Lebron	James	Male	January 20, 2023
Anthony	Davis	Male	March 11, 2022



First Name

Last Name

Age

Gender

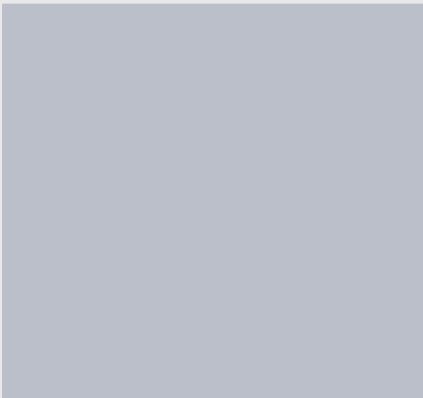
Address

Email

Membership Date



CHOOSE A TRAINER



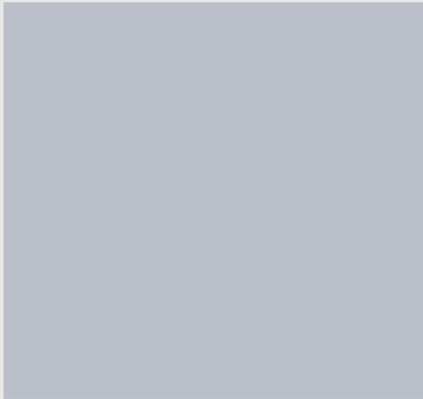
Full Name of Trainer 1

Years of Experience: 5 Years

Available: 7AM to 8PM (Sunday to Saturday)
Expert in: Weight loss, Strength Conditioning
Fitness Instructor in Bhongot Gym (2018-2023)

Full Details

Create Appointment



Full Name of Trainer 2

Years of Experience: 3 Years

Available: 7AM to 8PM (Sunday to Saturday)
Expert in: Weight loss, Strength Conditioning
Fitness Instructor in Bhongot Gym (2020-2023)

Full Details

Create Appointment



<<PREV MAY NEXT>>						
SUN	MON	TUE	WED	THURS	FRI	SAT
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

LIST OF TASKS

Wednesday,May 10, 2023

- Lunges
- Pushups
- Squats
- Standing overhead dumbbell presses
- Dumbbell rows
- Single-leg deadlifts
- Burpees
- Side planks

View Task

