

LOGIN / REGISTER

Login

Username or
Email Address

Password

☐ Remember
Me

[LOG IN](#)

Register

First Name

Last Name

Username

E-Mail Address

Password

Password
(Again)

Gender

Age

Height

Weight

Goal

Activity

Daily Calorie
Need

All fields are required!

☐ I'm not a robot



[REGISTER](#)

WORKOUT PLANNER

Online workout planner lets you create 5 free personalized workout plans to help you reach your fitness goals.



ABOUT US

We are your personal trainer, your nutritionist, your supplement expert. Our aim is to make sports enjoyable for a healthy life.

› Who we are
› Contact

USEFUL LINKS

› Disclaimer
› Terms and Conditions

CONTACTS

✉ mail@fitnessprogramer.com
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ONLINE WORKOUT PLANNER

With the workout builder, you can easily create the workout plan you want. The workout plan you create shows how the exercises are done and which muscle groups they work. The custom workout plan you have designed with the workout generator is automatically saved to your profile. In this way, when you go to the training, you can open your profile page and follow the training plan you have saved. Unlike other paid programs, the online workout planner is completely free. If you want to design a free personalized workout plan, all you have to do is become a free member.

FREE MONTHLY WORKOUT PLANS

Get ready to kickstart your fitness journey with our specially crafted free workout plans! Designed to guide you through every step of your transformation journey, these comprehensive routines are specifically designed to suit all fitness levels and preferences.



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ABOUT

WHO WE ARE, WHAT WE DO

YOUR TRANSFORMATION IS OUR PASSION

We are your personal trainer, your nutritionist, your supplement expert.
We provide the knowledge and the tools you need to burn fat, build muscle and become your best self.

WHAT ARE WE DOING?

Our aim is to make sports enjoyable for a healthy life. As the technology age develops rapidly, the fitness industry improves itself every day by adapting to this pace and renews itself with up-to-date information. That's why fitnessprogramer.com always takes into account the most up-to-date scientific research. By following the latest scientific research on muscle and strength development, we take care to design our training programs in line with the most up-to-date data.



ABOUT THE PROGRAMS

We help people build muscle. The workout builder determines the number of sets and repetitions, taking into account the most up-to-date scientific data and research on muscle building, endurance, weight gain, weight loss and strength gain. At Fitnessprogramer our goal is to help you reach your prime fitness shape at any age.



ABOUT THE WORKOUTS

Our training programs focus on Core Strength, Balance, Cardio Endurance, Mobility and Flexibility, ensuring that all muscle groups work in balance at all times. The overall goal is to provide you with an exercise plan that will help you achieve your fitness goals, help you feel better, look better, and move better.

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CONTACT

SEND US A MESSAGE

Name

Email

Subject

Your message

[SUBMIT](#)

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WORKOUTS

GOAL: 



BARBELL FREE WEIGHTS WORKOUT

Beginners, Intermediate

★★★★★

 Full Body, Strength

[VIEW DETAILS](#) [SAVE](#)



THE 300 WORKOUT

Advanced, Intermediate

★★★★★

 Fat Burning, Full Body, Strength

[VIEW DETAILS](#) [SAVE](#)



5-MIN TOTAL ABS WORKOUT

Beginners

★★★★★

 At Home, Body Weight, Core/Abs, Fat Burning

[VIEW DETAILS](#) [SAVE](#)



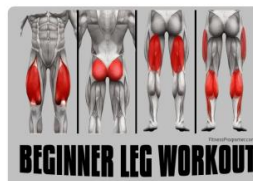
BODYWEIGHT STRENGTH WORKOUT

Intermediate

★★★★★

 Body Weight, Full Body

[VIEW DETAILS](#) [SAVE](#)



BEGINNER LEG WORKOUT

Beginners

★★★★★

 Leg

[VIEW DETAILS](#) [SAVE](#)



BEGINNER BODYWEIGHT WORKOUT

Beginners

★★★★★

 At Home, Body Weight, Fat Burning, Full Body, Strength

[VIEW DETAILS](#) [SAVE](#)

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WORKOUT PLANS

GOAL: GENDER:



6-MONTH BODYBUILDING PROGRAM Workout Plan

Build Muscle Female, Male 4 Weeks

[VIEW DETAILS](#) [SAVE](#)



3-5 FULL BODY STRENGTH TRAINING PROGRAM Workout Plan

Build Muscle Female, Male 2 Weeks

[VIEW DETAILS](#) [SAVE](#)



BODY TONING WORKOUT FOR WOMEN Workout Plan

Build Muscle, Lose Fat Female 6 Weeks

[VIEW DETAILS](#) [SAVE](#)



6-WEEK ADVANCED WORKOUT PLAN TO BUILD MUSCLE Workout Plan

Build Muscle Male 6 Weeks

[VIEW DETAILS](#) [SAVE](#)



6-DAY ADVANCED LEVEL PUSH-PULL-LEG WORKOUT FOR ADVANCED LIFTERS Workout Plan

Build Muscle Female, Male 4 Weeks

[VIEW DETAILS](#) [SAVE](#)



5-5 WORKOUT PLAN Workout Plan

Build Muscle Female, Male 4 Weeks

[VIEW DETAILS](#) [SAVE](#)

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TERMS AND CONDITIONS

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ACCEPTANCE OF TERMS

Welcome to the fitnessprogramer (FP) site. FP provides the Fitnessprogramer Services (defined below) to you subject to the following Terms of Service ("TOS"), which may be updated by us from time to time without notice to you. You can review the most current version of the TOS at any time. By accessing and using the FitnessProgramer Services, you accept and agree to be bound by the terms and provision of the TOS, and further agree to indemnify and hold harmless FitnessProgramer FP., it's officers, directors, shareholders and employees from any injuries, accidents, or direct or indirect damages of any kind which you may experience from your fitness activities or the use of the fitnessprogramer.com website and any other FitnessProgram service.. In addition, when using particular Fitnessprogramer owned or operated services, you and FP shall be subject to any posted guidelines or rules applicable to such services, which may be posted and modified from time to time.

The authors of this web site are providing information for educational purposes only. The information provided within this website and from our services is not intended to be a diagnosis or prescription. Before beginning any diet or fitness program please consult a physician. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. The authors of this web site, and all its content, cannot guarantee any exercise, health, weight loss or fitness results or improvements to the users of Fitnessprogramer.

DESCRIPTION OF FITNESSPROGRAMER SERVICES; MINIMUM AGE REQUIREMENT

FP is your personal resource for reaching all of your body goals. Through customized exercise and nutrition recommendations, FP is designed to help you achieve peak performance and optimal health. FP can help you fulfill your body's potential.

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