



Welcome to our Fitness Platform

Get personalized workout plans and track your progress towards your fitness goals

Sign Up Now

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Sign Up

Username

Password

Age

Select Gender

Height (in cm)

Weight (in kg)

Select Fitness Goal

Select Activity Level

Preferred Workout Type

Cardio

Strength Training

Flexibility

Other (Please specify)

Specify other workout type

Health Complications

Select Health Complications

Specify other complication



