

Calculator

[IMC](#)

BMR(Basal Metabolic Rate)

Workout

Goals



IMC Calculator

The IMC (BMI) Calculator shows whether your weight is in a healthy range for your height. It's a quick and simple tool to check your overall weight status.

Height (cm)

ex: 180

Weight (kg)

ex: 70

[Calculate](#) [Clear](#)

BMR and Caloric expenditure

The BMR Calculator estimates how many calories your body burns at

Workout plan (Week)

Workout plan

Day	Muscle	Number
Monday	Chest, Triceps, Shoulder	3 exercises / 2 exercises / 2 exercises
Tuesday	Back, Biceps, Forearms	3 exercise / 2 exercises / 2 exercises
Wednesday	Quads, Gluteos, Hamstring	4 exercises / 1 exercises / 2 exercises
Thursday	Upper	1 Chest / 1 Back / 2 Triceps / 2 Biceps / Abs
Friday	Low	2 Hamstring / 1 Quads / 1 Gluteos / Abs

[Learn more about macronutrients for gain muscle](#)