



RECHERCHER

A sport, a program, a coach



Football, renforcement..



Categories



Price

GO

All the sports

Football

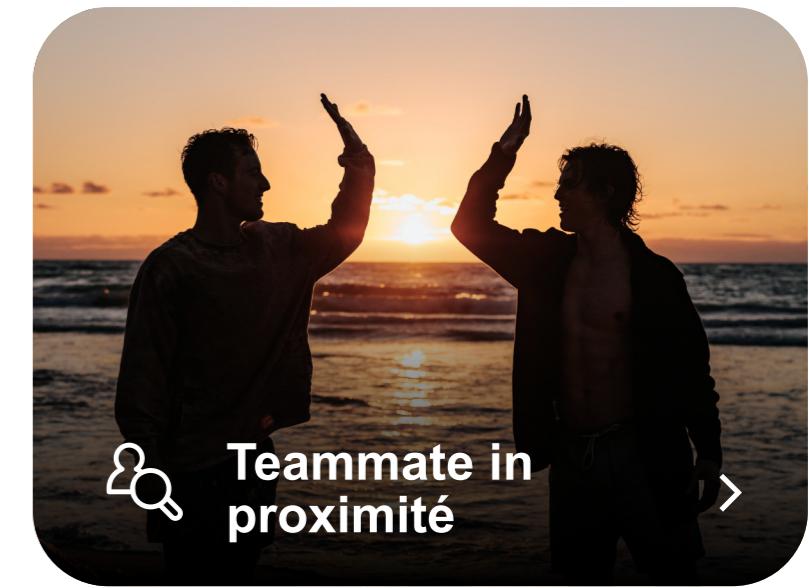
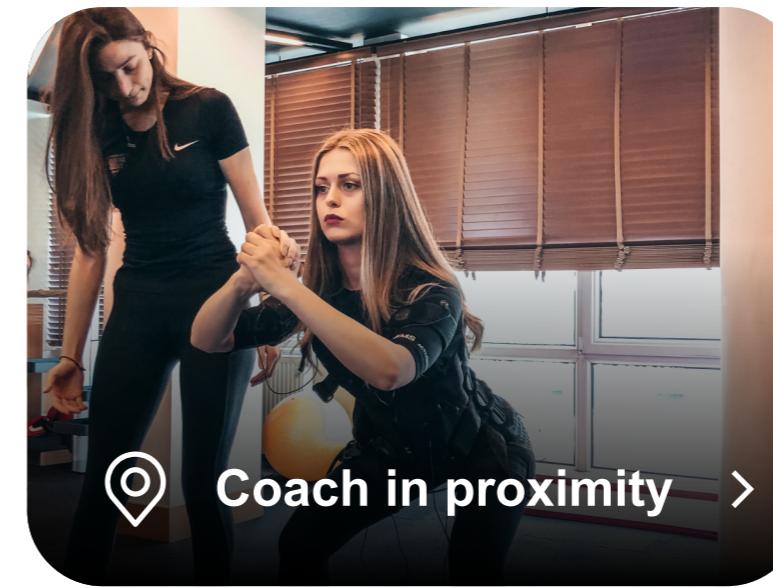
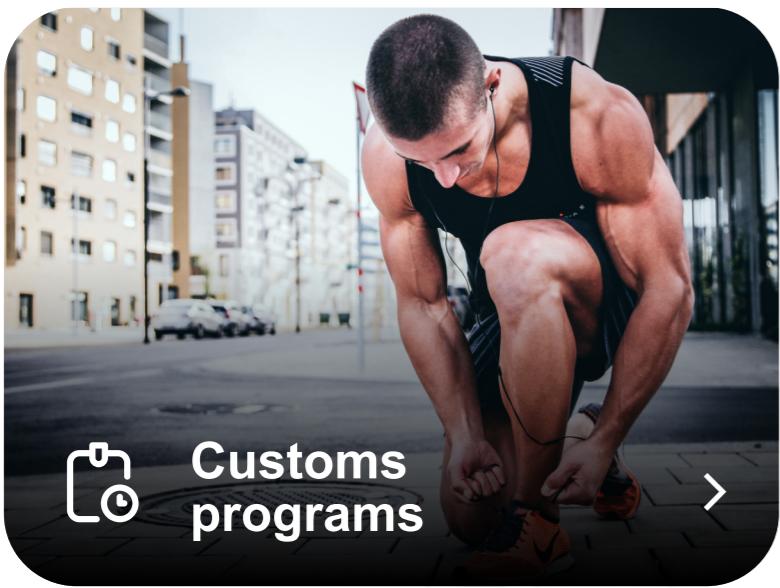
Bodybuilding

Health

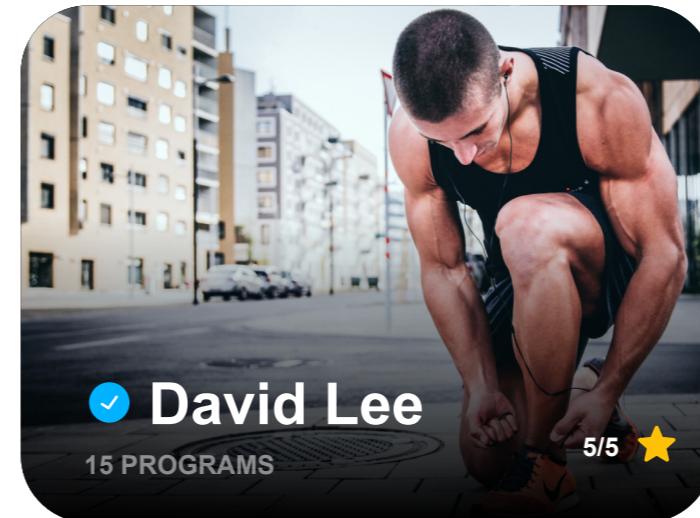
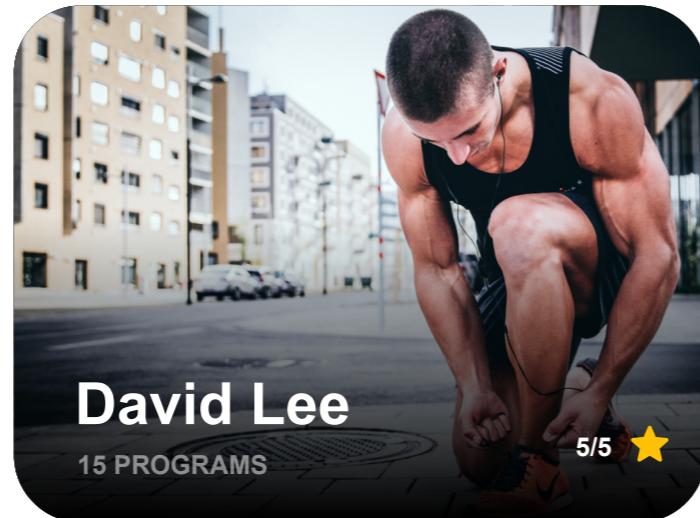
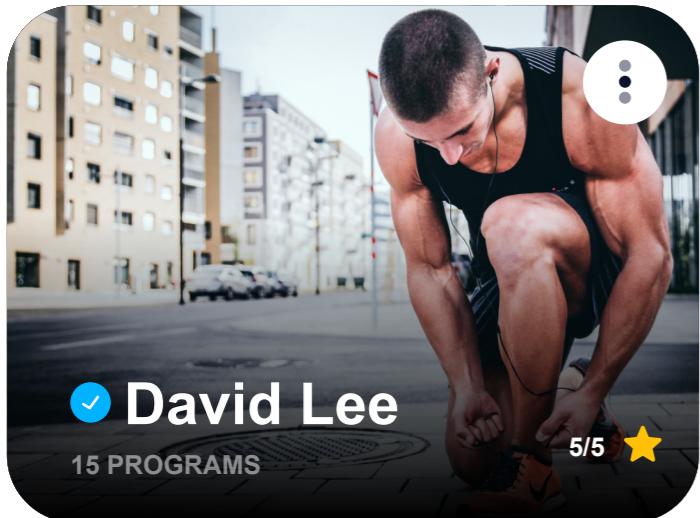
Courses

Fit

QUICK ACCESS



OUR COACHS OF THE MOMENT

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Search...



Poucet Cadet Séniор Vétéran

Messages

Favorites

Ordres



Search.. Q

Categories

All courses Q

Weightloss

Weight gain

Muscular mass

Skinny body

Filters ADD

Tous les programmes

Poucet

Cadet Junior Sénior Champion

Back exercise 2 SESSIONS | ⚡ 20 120€

Articles

Musculation

SETTINGS

65 C

Site language

FR >

Language. coach

EN >

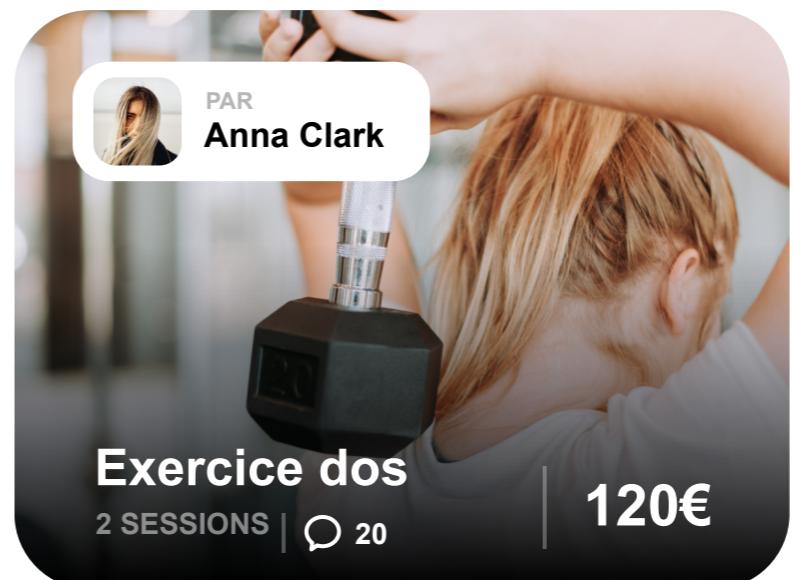
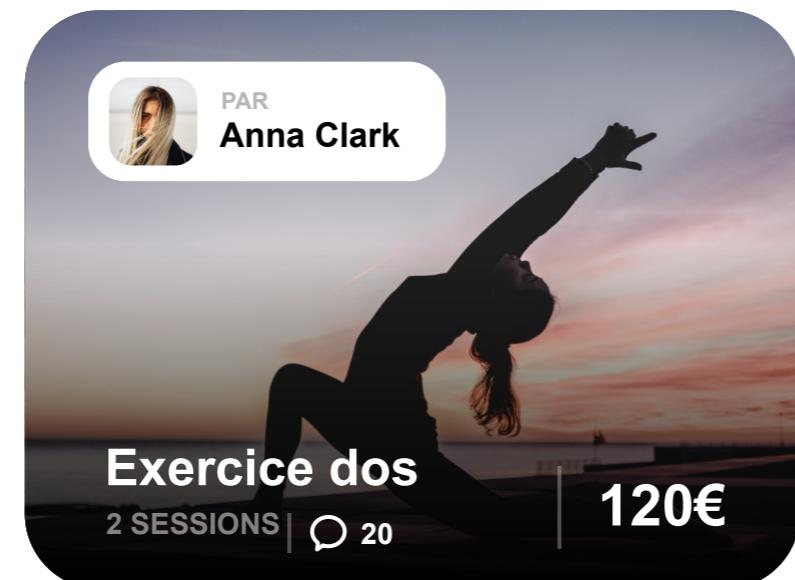
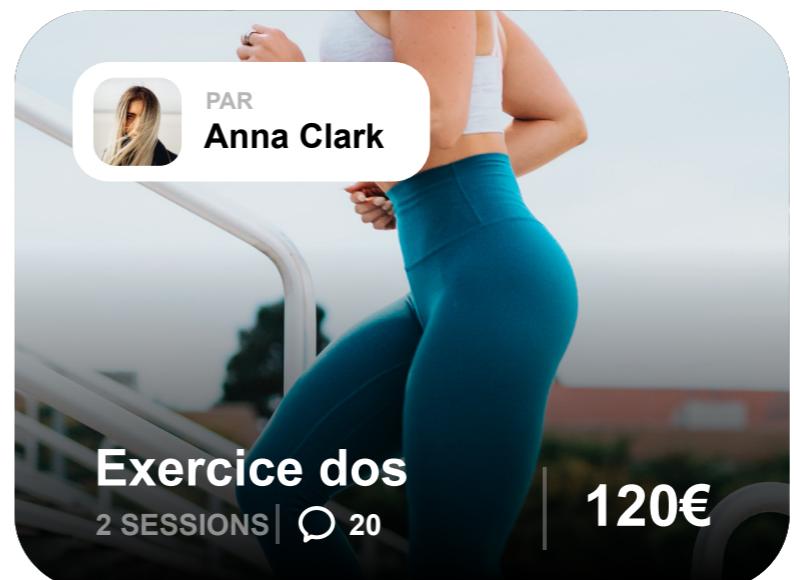
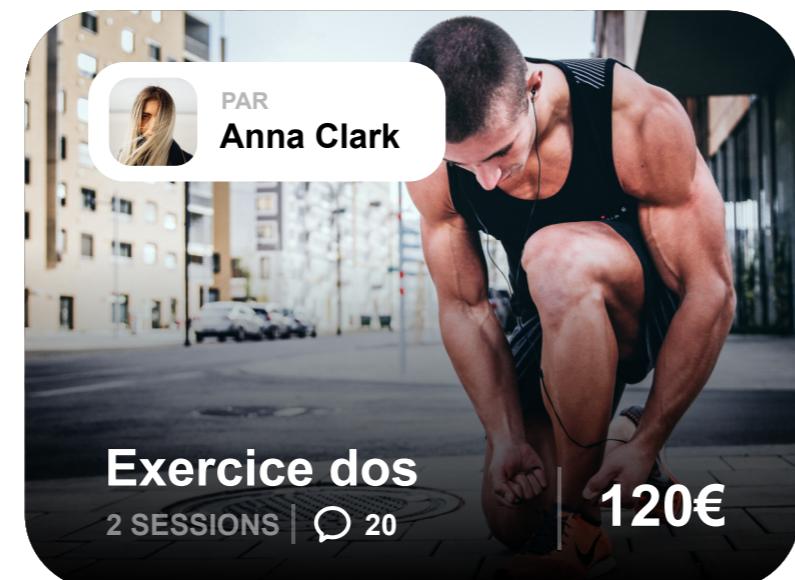
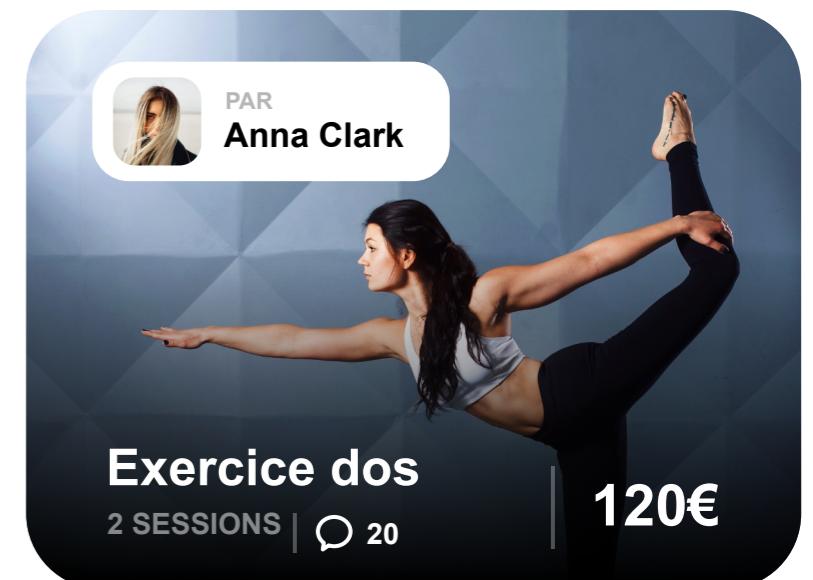
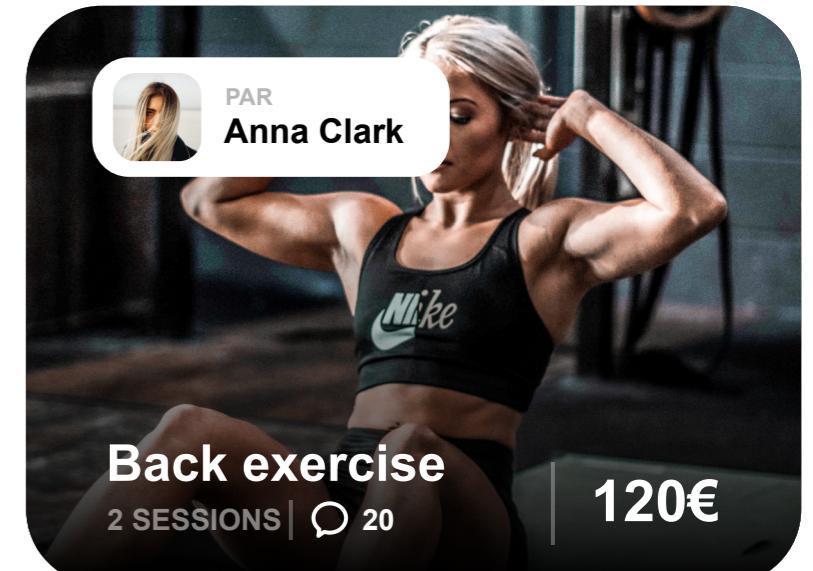
Theme

WHITE >

Notifications web

>

Activate teammates



Registration

You don't have an account yet and you want to follow our training programs?

Register

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Search....



Programs

Professionnels

Articles

Categories

All courses

Weightloss

Weight gain

Muscular mass

Skinny body

Filters

ADD

Register

You don't have an account yet and you want to follow our training programs?

Registration

Tous les sports

Football

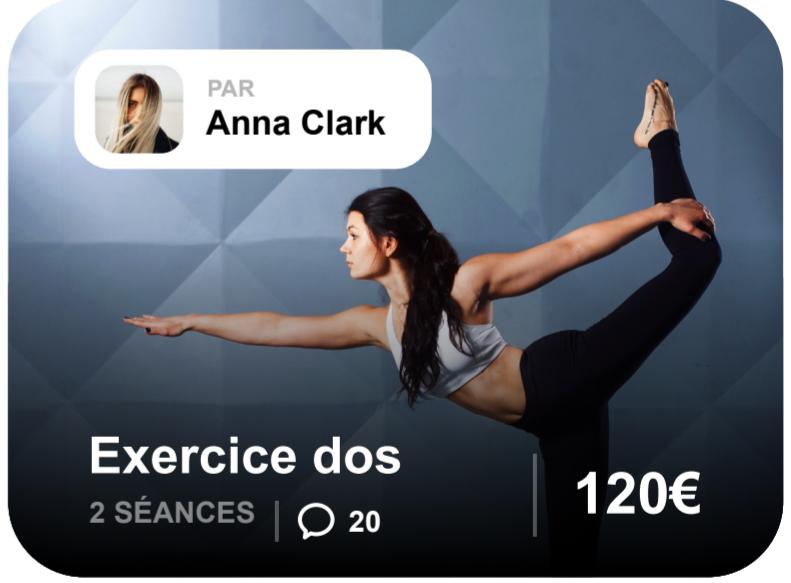
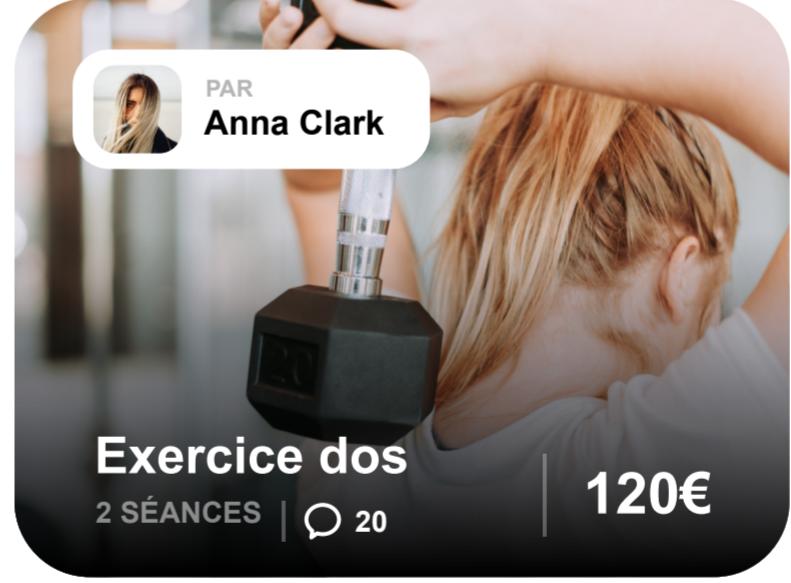
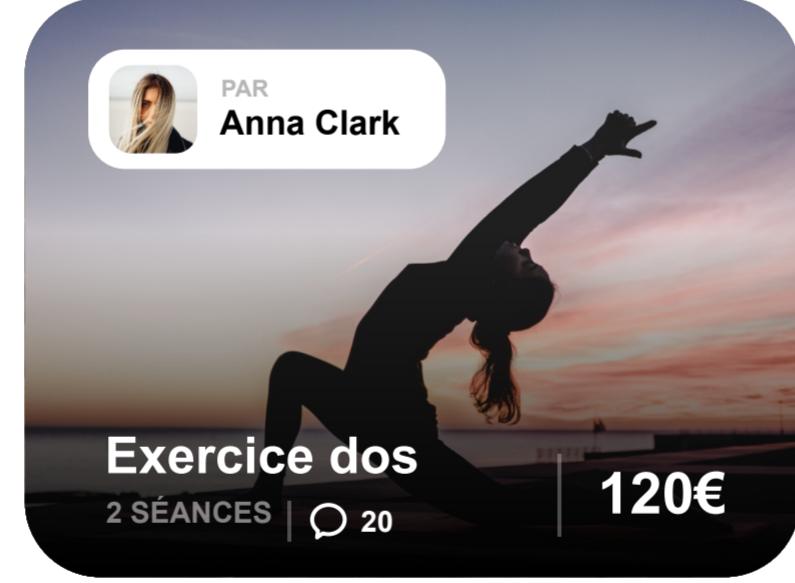
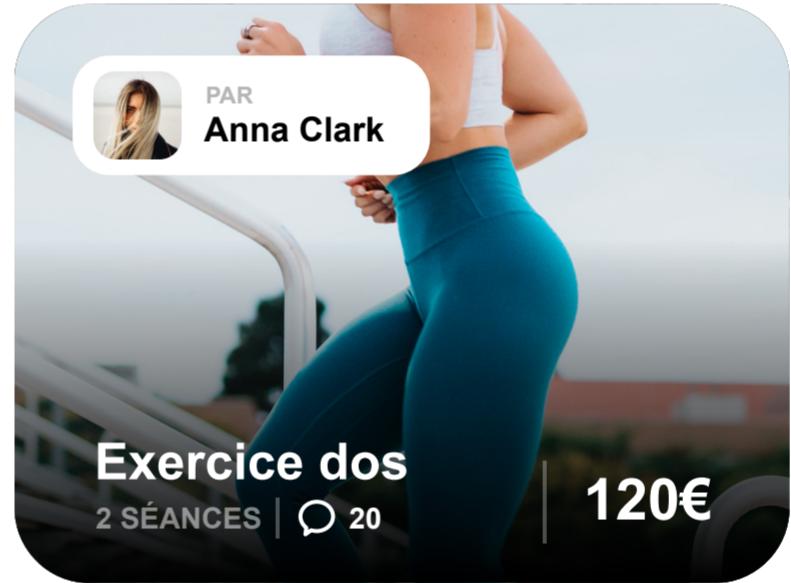
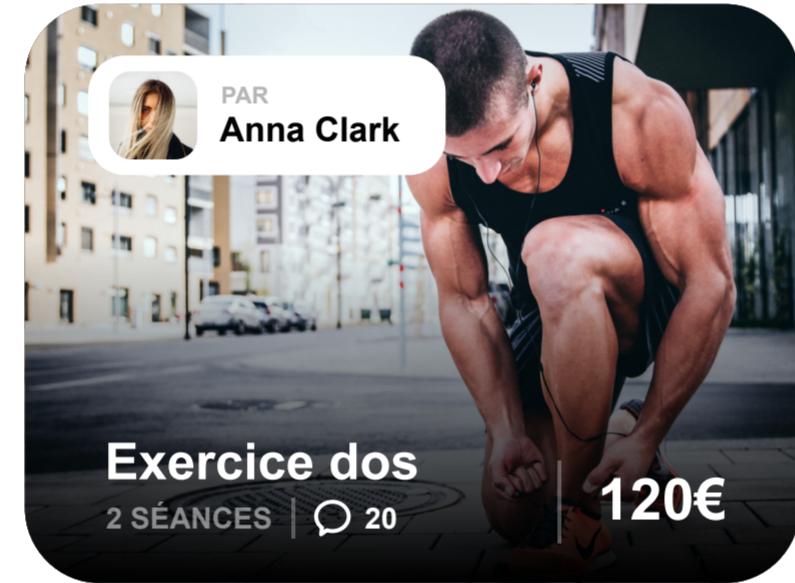
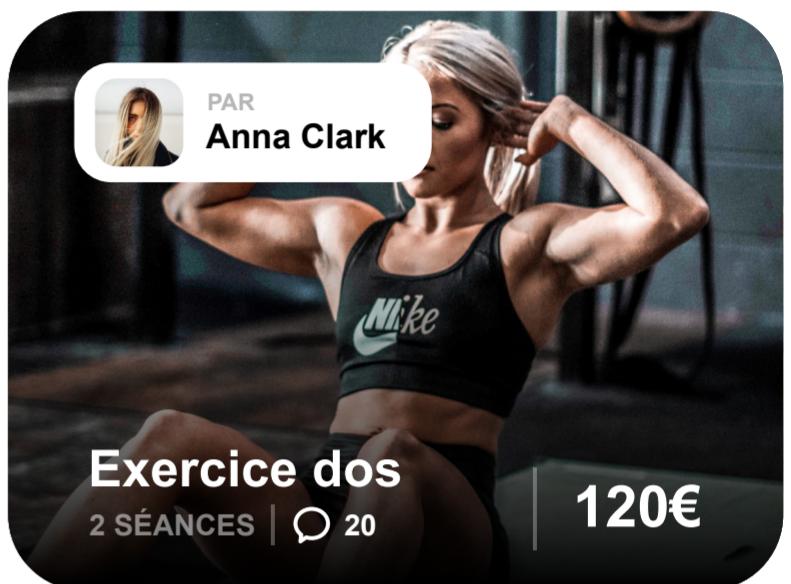
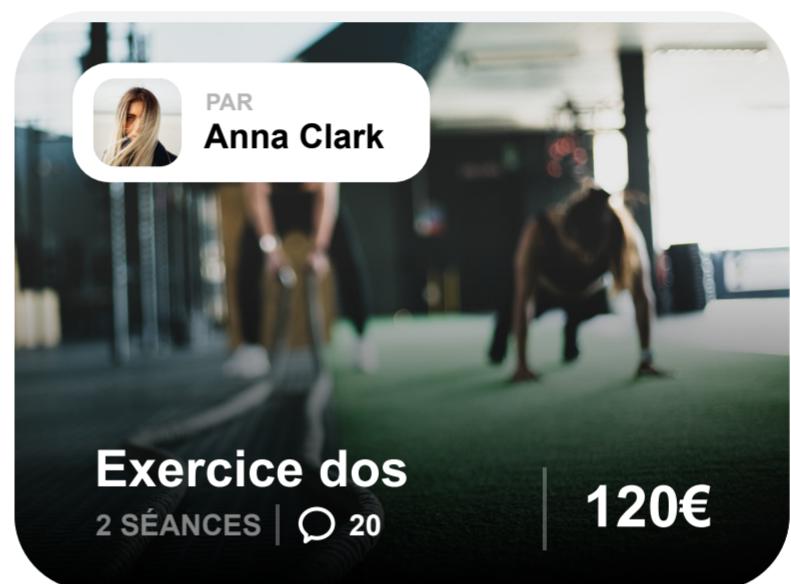
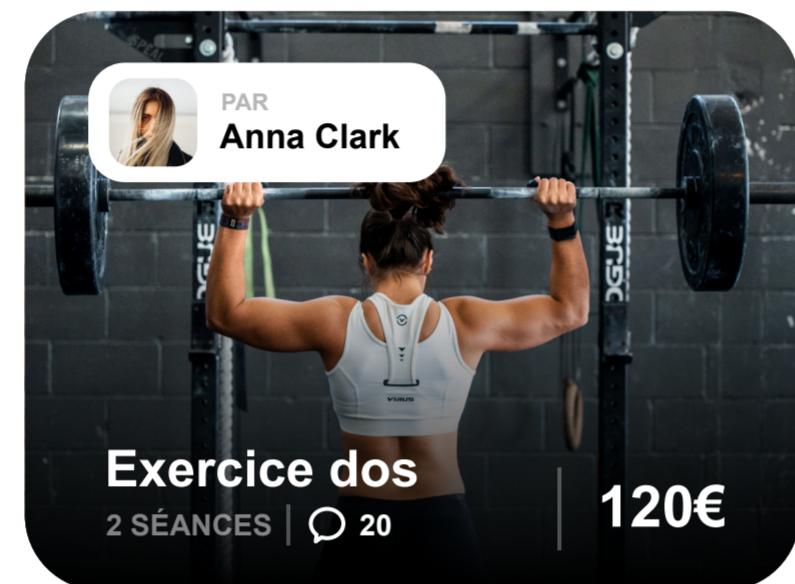
Bodybuilding

Health

Courses

Fit

Pour vous

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Recherche..



Programmes

Professionnels

Articles

All Sports

Football

Musculation

Health

Courses

Catégories

All Courses

Weight Loss

Weight gain

Muscular mass

Skinny Body

Filters

ADD

Register

You don't have an account yet and you want to follow our training programs?

[Registration](#)

For You



PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

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Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

PAR
Anna Clark

Exercice dos
2 SÉANCES | 20

120€

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Anna, you have

150

[All the sports](#)[Football](#)[Bodybuilding](#)[Helath](#)[Courses](#)[Fit](#)

Our selection



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 



 Get the super Xtreme Soft mat

75 

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Shortcuts

My activity

Making appointments

Messaging

Income

My profile

Settings

Cors points 150

Cgu

Creation

Sports program

Diet program

Simple exercise

Event

Item

Training

Course

Mes sales (7)

NAME	PROG.	PAIEMENT	
Yonathan E.	Muscu 2	Valid	120€ ⓘ
Yonathan E.	Muscu 2	Failed	120€ ⓘ
Yonathan E.	Muscu 2	Valid	120€ ⓘ
Yonathan E.	Muscu 2	Valid	120€ ⓘ
Yonathan E.	Muscu 2	Failed	120€ ⓘ
Yonathan E.	Muscu 2	Valid	120€ ⓘ
Yonathan E.	Muscu 2	Valid	120€ ⓘ

**Achat complet
Sans réduction**

MY INCOMES

9 225€

IBAN TRANSFER

Make the transfer

WITHDRAWAL ON PAYPAL



Evolution of sales

TOTAL**9 225€**

JAN. FEB. MAR. AVR. MAI JUI. JUL. AOU.

+20%

Profile visits

TOTAL**125**

JAN. FEB. MAR. AVR. MAI JUI. JUL. AOU.

+37



Shortcuts

Activity

Pending validation

Paiements

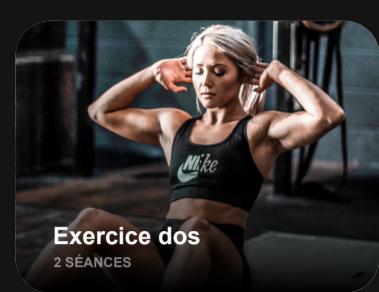
All clients

All coaches

Settings

Others

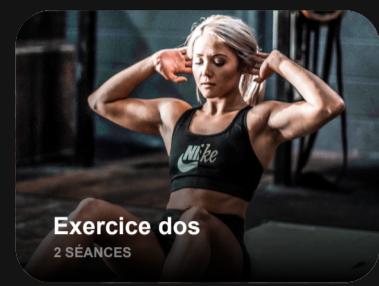
Pending validation



NAME	DESCRIPTION	GENDER	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

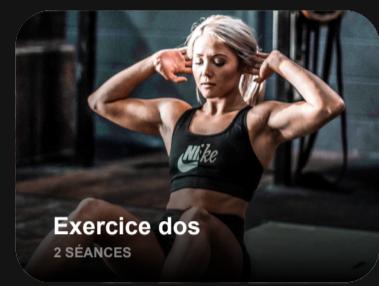
Approve



NAME	DESCRIPTION	GENRE	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

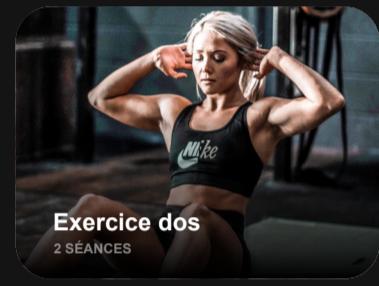
Approve



NAME	DESCRIPTION	GENRE	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

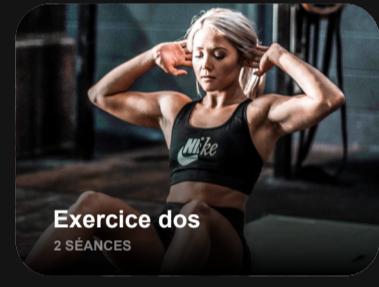
Approve



NAME	DESCRIPTION	GENRE	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

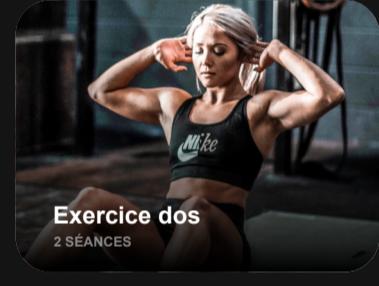
Approuver



NOMNAME	DESCRIPTION	GENRE	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

Approuve



NAME	DESCRIPTION	GENRE	SPORT
Ultimate #1	Discover my new program	Mixte	Racing bike

Visualize

Approve

< PAGE 1 SUR 5 >

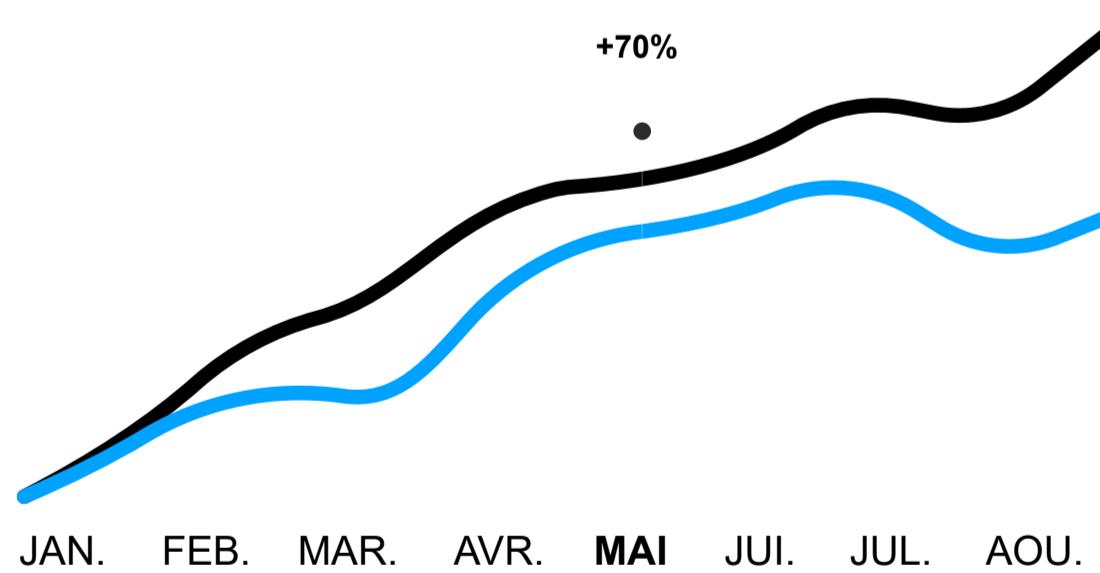
NEWS

NEW COACHS

55

NEW CLIENTS

100



Sellers Cors



David Lee

REVENUES

20€



David Lee

REVENUES

20€

Action
Inscription avec code
Remboursement

See All

>

TOTAL CUSTOMERS

12 253

TOTAL VERIFIED COACHS

121

FAILED PAIEMENTS

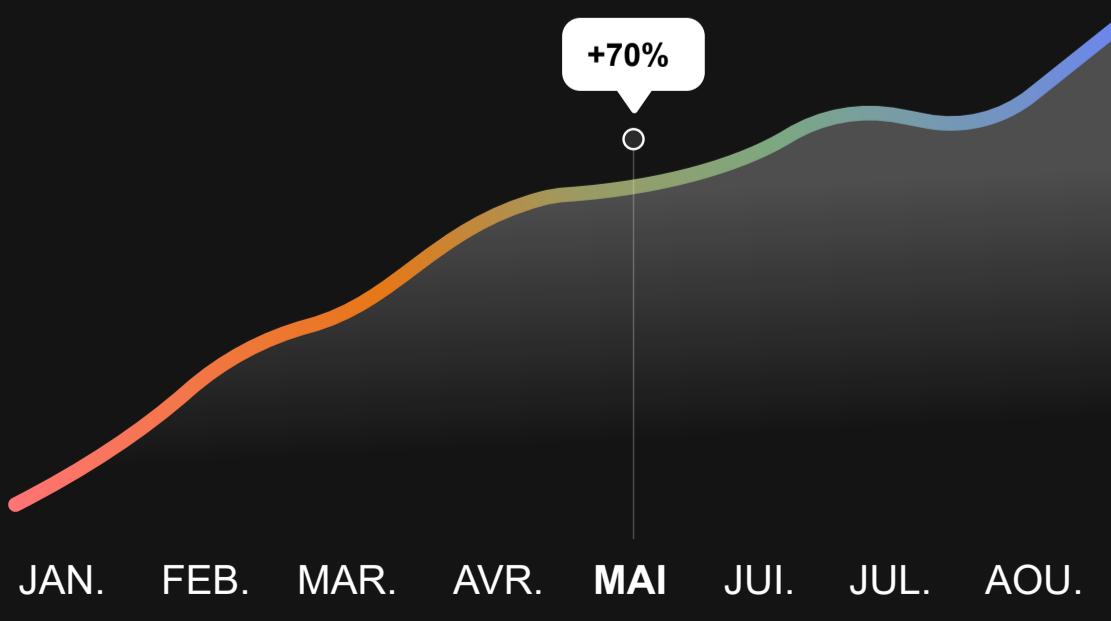
10



General sales

TOTAL

170 000€





Shortcuts

Activity

Validation pending

Paiements

All the clients

All coaches

Settings

Other

The Cors sellers

Rechercher...



NAME	PROG.	REVENUES	CODE	CONTACT	
David Lee	5	10 000€	#0678909		Email



David Lee	5	10 000€	#0678909		Email
-----------	---	---------	----------	--	-----------------------



David Lee	5	10 000€	#0678909		Email
-----------	---	---------	----------	--	-----------------------



David Lee	5	10 000€	#0678909		Email
-----------	---	---------	----------	--	-----------------------



My programs (4)

NAME	SPORT	STATUS	INCOMES	SHARE	NOTE	VERIFICATION	ACTION
Ultimate #1	Bike	Public	\$1 500	 	4/5 ★★★★☆	Approve	Edit Delete ⋮
Ultimate #1	Bike	Public	\$1 500	 	4/5 ★★★★☆	Rejected <small>Commentaires équipe Cors</small>	Edit Delete ⋮
Ultimate #1	Bike	Public	\$1 500	 	4/5 ★★★★☆	Approve	Edit Delete ⋮
Ultimate #1	Bike	Public	\$1 500	 	4/5 ★★★★☆	Approve	Edit Delete ⋮

Create a program

[Sports program](#)[Event](#)[Diet program](#)[Article](#)[Simple exercise](#)[Training](#)[Course](#)



Shortcuts

My activity

Making appointments

Messaging

Incomes

My Profile

Settings

Cors points 150

Cgu

Création

Sports program**Diet program****Simple exercise****Event****Article****Training****Course**

Create a sports program - Info

1

Infos

2

Search Criteria

3

Session

4

Pricing

5

Summary

PROGRAM NAME

Ultimate #1

BANNER IMAGE

Select a file



DESCRIPTION OF THE PROGRAM

Description of your program ...

GENDER

Men

Female

Mixte

Save**Next**



Shortcuts

My activity

Making appointments

Messaging

Income

My profile

Settings

Points Cors 150

Cgu

Création

Sports program**Diet program****Simple exercise****Event****Article****Training****Course**

Research criteria

1

Infos

2**Criteria Search****3**

Session

4

Pricing

5

Summary

SPORT

Select a sport ▾

OBJECTIF MUSCULAIRE

Select a goal ▾

GROUPE MUSCULAIRE

Select a group ▾

OBJECTIF TECHNIQUE

Select a goal ▾

NIVEAUX**Beginner**

Intermediate

Advanced

Professional

TRAINING STYLE

Select a style ▾

PATHOLOGY

E.g. pollen allergy

LANGUAGE

Français (FR) ▾

TRANCHE D'ÂGE (2MAX) Children Teenagers Adults Seniors**Save****Next**



Shortcuts

My activity

Making appointments

Messaging

Incomes

My Profile

Settings

Cors Points 150

Cgu

Create

Sports program

Diet program

Simple exercise

Event

Article

Training

Course

Sessions (1 activity)

1

Infos

2

Critères de recherche

3

Session

4

Pricing

5

Summary

Create a session

NAME OF SESSION

Session 2

DAY AND NUMBER OF THE WEEK

00 - Sem. 0



PLAYLIST SPOTIFY

Any



Exercices of the session

Add a exercice

Any exercice for the moment.
Do you want to create now?

EXERCICE

Bike course ▾

SERIES

- 1 + - 1 +

REPETITIONS

DURATION (IN MINUTES)

15m 00 ▾

TEMPO

Moderate ▾

RÉCUPÉRATION (EN MINUTES)

1m 30 ▾

INTENSITÉ

45% du max ▾

REPLACEMENT

Aucun



ADD A EXERCICE

ALL THE SESSION

NAME

GOAL

DAY/NUM. WEEK

PLAYLIST

ACTION

Session 1

IAP Découverte du
plateaux de musculation.
Pectoraux, Biceps & Triceps

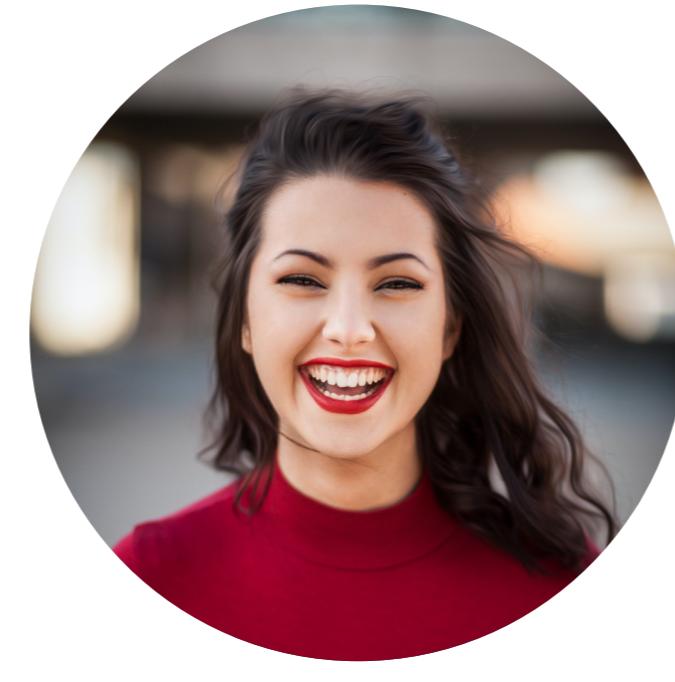
20 - Sem. 5

Sport extrem #1



Save

Next

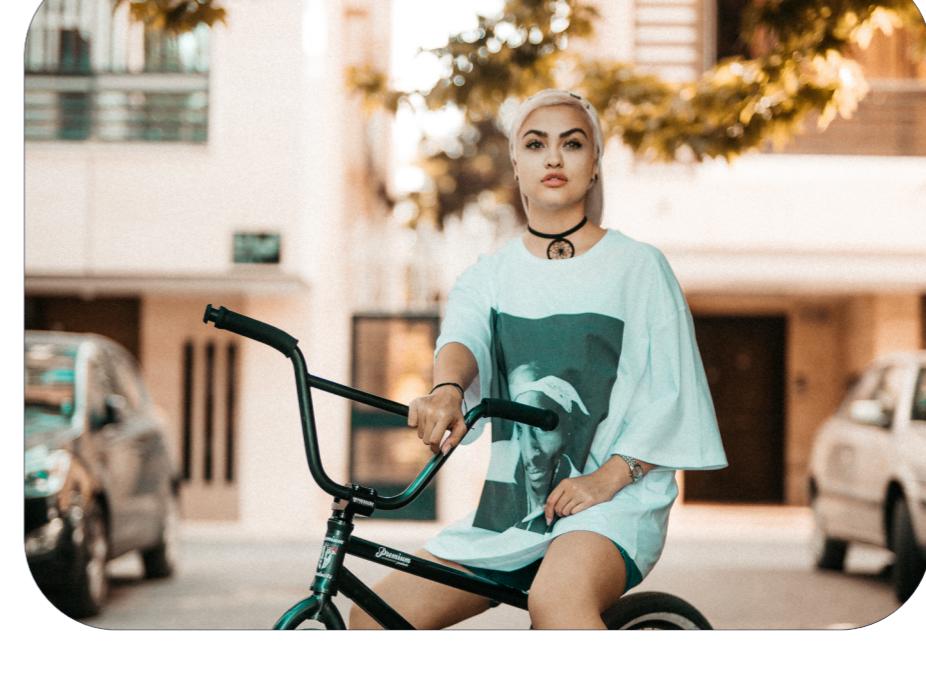
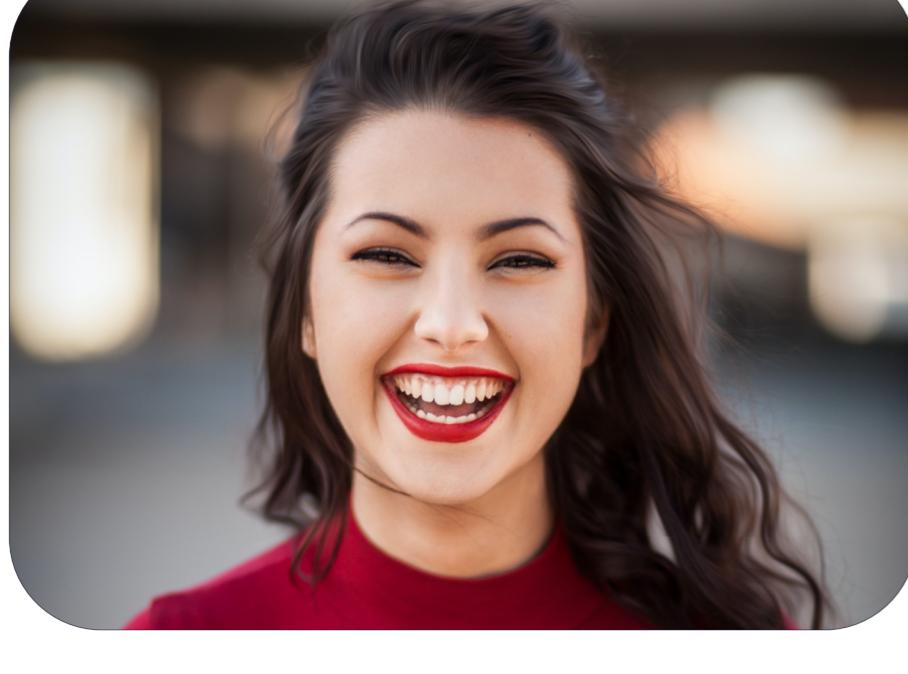


Lucy Lak

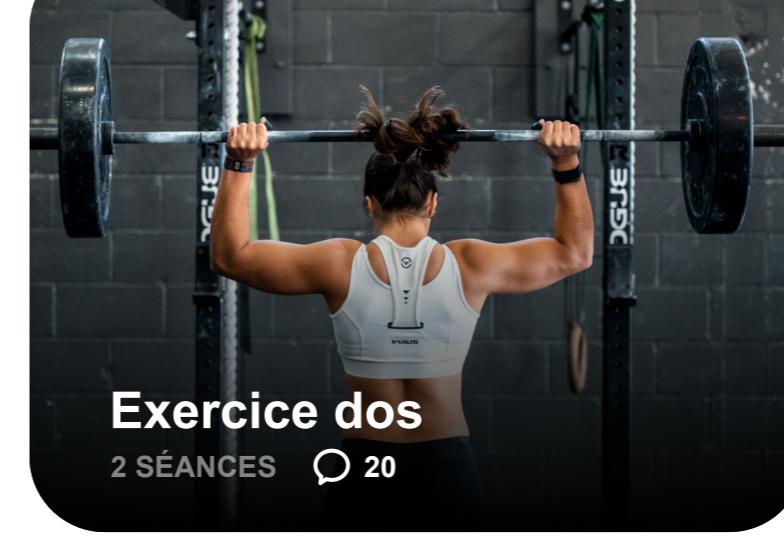
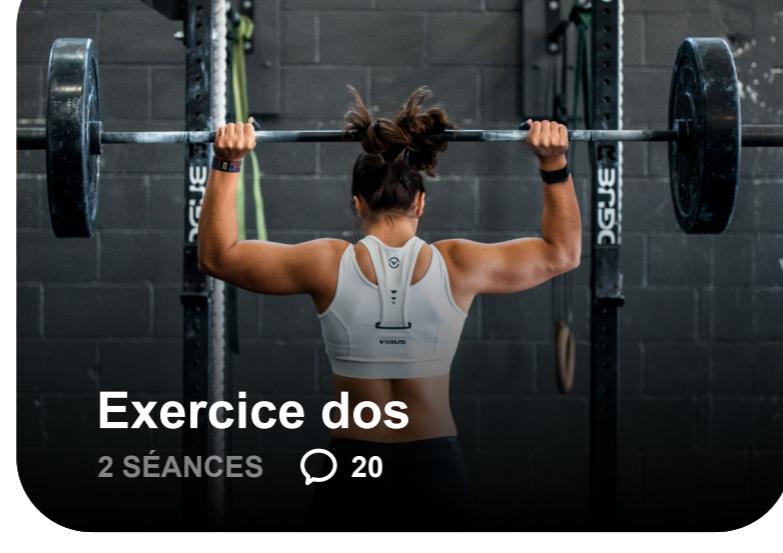
I'm looking for cyclists in Paris

[Informations](#)[Teammates Reviews](#)[More Teammates](#)

Pictures



Current in practice



What I'm looking for

 Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean pretium tellus feugiat sagittis semper. Nulla accumsan finibus rutrum. Suspendisse quis luctus tortor. Aliquam tempor, elit vitae interdum dapibus, mauris mi tristique purus, eget venenatis arcu orci vel tortor. Vivamus vehicula aliquam arcu, id porta tortor auctor suscipit. Mauris sodales rutrum imperdiet. Curabitur pulvinar convallis velit vel sollicitudin. Cras ut odio libero. Mauris malesuada convallis diam varius ultricies. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Donec ac dui mi. Sed sit amet convallis mi. Curabitur mollis maximus sagittis. Nullam dignissim ornare arcu cursus pharetra. Nunc volutpat lacus at mollis rutrum.

Useful links

SITE WEB

<https://lucycy.fitness>[Envoyer un message](#)

INSTAGRAM

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David Lee

Coach Fitness à Paris, France

18

PROGRAMS

4.9

NOTE CLIENTS

PARIS

FRANCE

27

ANS

Envoyer un message



Ajouter aux favoris

Informations

Programs

Reviews clients Teammates

Qualifications



Diplôme 1

2011



Diplôme 1

2011



Diplôme 1

2011



Diplôme 1

2011



Who am I ?

In a few words

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean pretium tellus feugiat sagittis semper. Nulla accumsan finibus rutrum. Suspendisse quis luctus tortor. Aliquam tempor, elit vitae interdum dapibus, mauris mi tristique purus, eget venenatis arcu orci vel tortor. Vivamus vehicula aliquam arcu, id porta tortor auctor suscipit. Mauris sodales rutrum imperdiet. Curabitur pulvinar convallis velit vel sollicitudin. Cras ut odio libero. Mauris malesuada convallis diam varius ultricies. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Donec ac dui mi. Sed sit amet convallis mi. Curabitur mollis maximus sagittis. Nullam dignissim ornare arcu cursus pharetra. Nunc volutpat lacus at mollis rutrum.

Useful links

[Send a message](#)

INSTAGRAM

[@davidleefit](#)

SITE WEB

<https://davidlee.fitness>

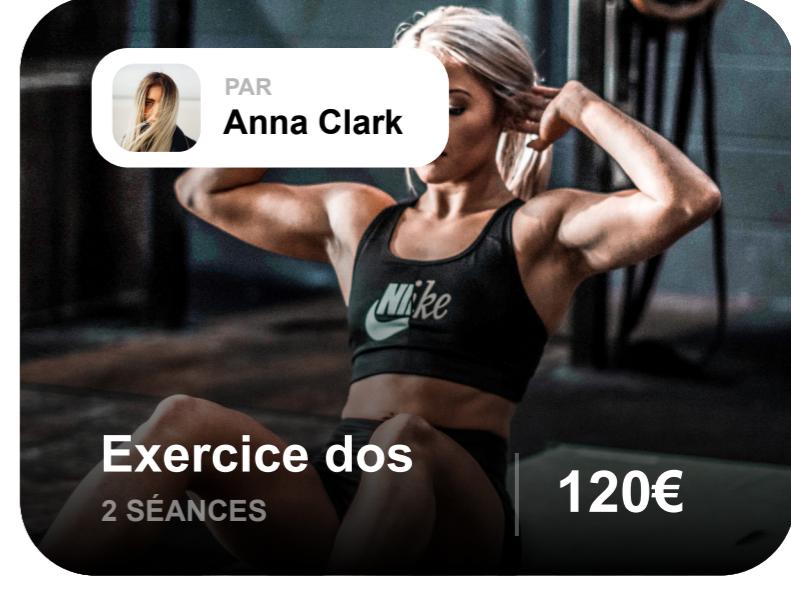
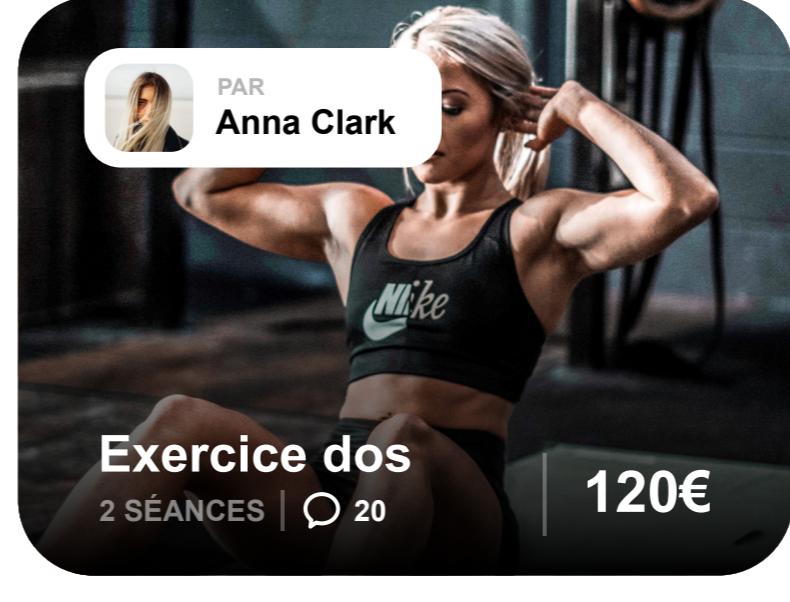
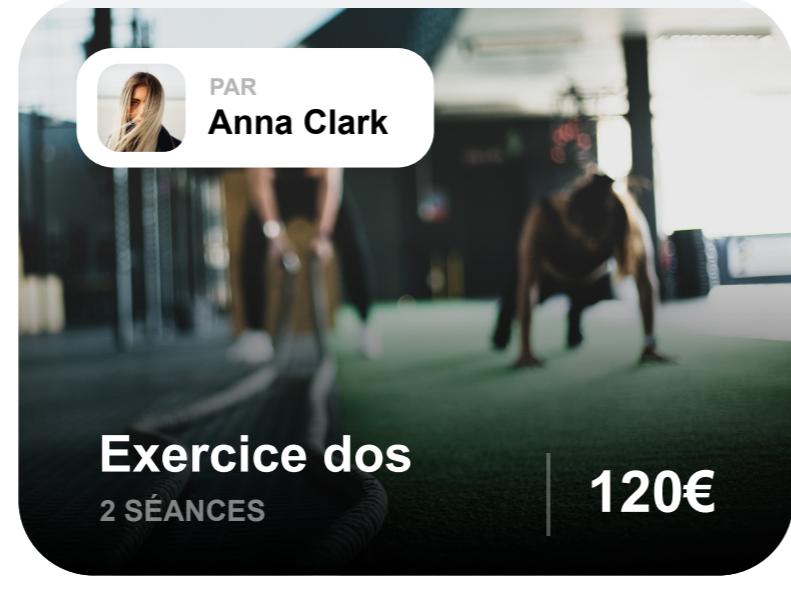
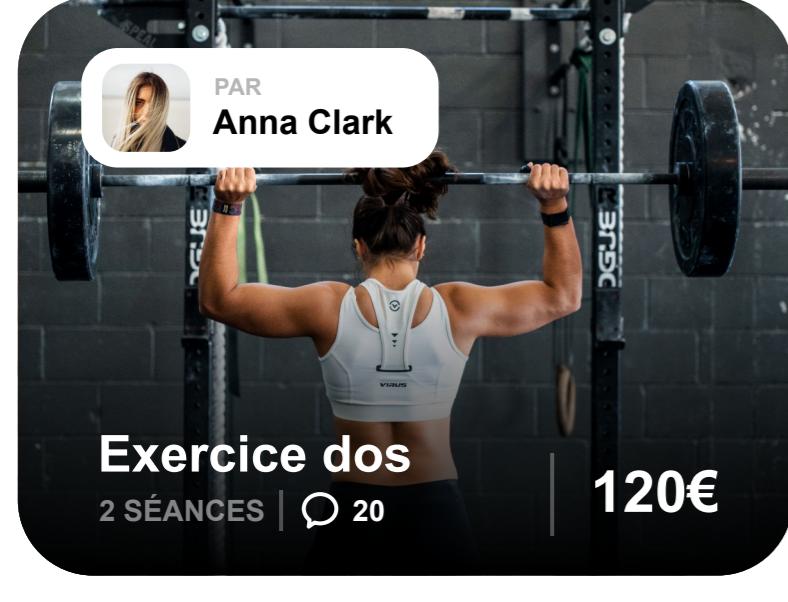
A problem ?

[Contact us or report this profile](#)

Programs

Food

Athletic



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FR EN ES DE



Shortcuts

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Making appointments

Messaging

Revenues

My profil

Settings

Points Cors 150

Cgu

Create

Athletic program

Diet proogram

Simple exercice

Event

Article

Training

Course

Create a food program - Info

1

2

3

4

5

Infos

Individual meal

Daily plan

Monthly

Summary

RECIPE NAME

My great recipe

RECIPE IMAGE

Select a file



DESCRIPTION OF THE RECETTE

Déscription de la recette

NUMBER OF PERSONS



1



TYPE OF MEAL

Select a type

LIPIDES

0

g

SATURATED FATTY ACIDS

0

g

STARCH

0

g

PROTEIN

0

g

PROTEIN

0

FIBERS

0

g

CARBOHYDRATES

0

g

SUGAR

0

NA (SODIUM)

0

mg

CA (CALCIUM)

0

g

K (POTASSIUM)

0

VITAMIN C

0

mg

PREPARATION

0

min

0

min

Sélectionner type

KEYWORDS

Sucre, recette sport

INGREDIENTS

PORTIONS

WEIGHT

Add a ingredient

STAGE NAME

DESCRIPTION

Add a step

Save

Next



Shortcuts

My activity

Making appointments

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My Profil

Settings

Points Cors 150

Cgu

Create

Athletic program

Diet program

Simple exercice

Event

Article

Training

Course

Create a food program - Info

1

Infos

2

Individual meal

3

Daily plan

4

Monthly

5

Summary

NAME

Ma super recette

RECIPE IMAGE

Sélectionner un fichier



INSTRUCTIONS

Déscription de la recette

RECIPE AND FOOD

PORTIONS

WEIGHT

Add ad receiptAdd a food

List of meals created

No meals.

Create one just above.

Save

Next



Shortcuts

My activity

Making appointments

Messaging

Revenus

My Profil

Settings

Points Cors 150

Cgu

Create

Athletic program

Diet proogram

Simple exercice

Event

Article

Training

Course

Créer un programme alimentaire - Infos

1

Infos

2

Individual Meal

3

Daily plan

4

Monthly

5

Summary

NAME

Ma super recette

RECIPE IMAGE

Sélectionner un fichier



INSTRUCTIONS

Description de la recette

GOAL

Select a goal

SPORT

Select a sport

GENDER

Men

Women

Mixte

Add individual meals



Type of meal

MEAL

TYPE DE REPAS

TIME OF MEALS

Add an individual meal

Save

Next



Raccourcis

Mon activité

Prise de rendez-vous

Messagerie

Revenus

Mon profil

Paramètres

Points Cors 150

Cgu

Création

Programme sportif

Programme diète

Exercice simple

Évenement

Article

Formation

Cours

Créer un programme alimentaire - Infos

1

Infos

2

Individual Meal

3

Plan journalier

4

Monthly

5

Summary

Select a date

< DECEMBER >

1

2

3

4

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Add a meal for December 1, 2020

MEAL

TYPE OF MEAL

MEAL TIME

Add an individual meal

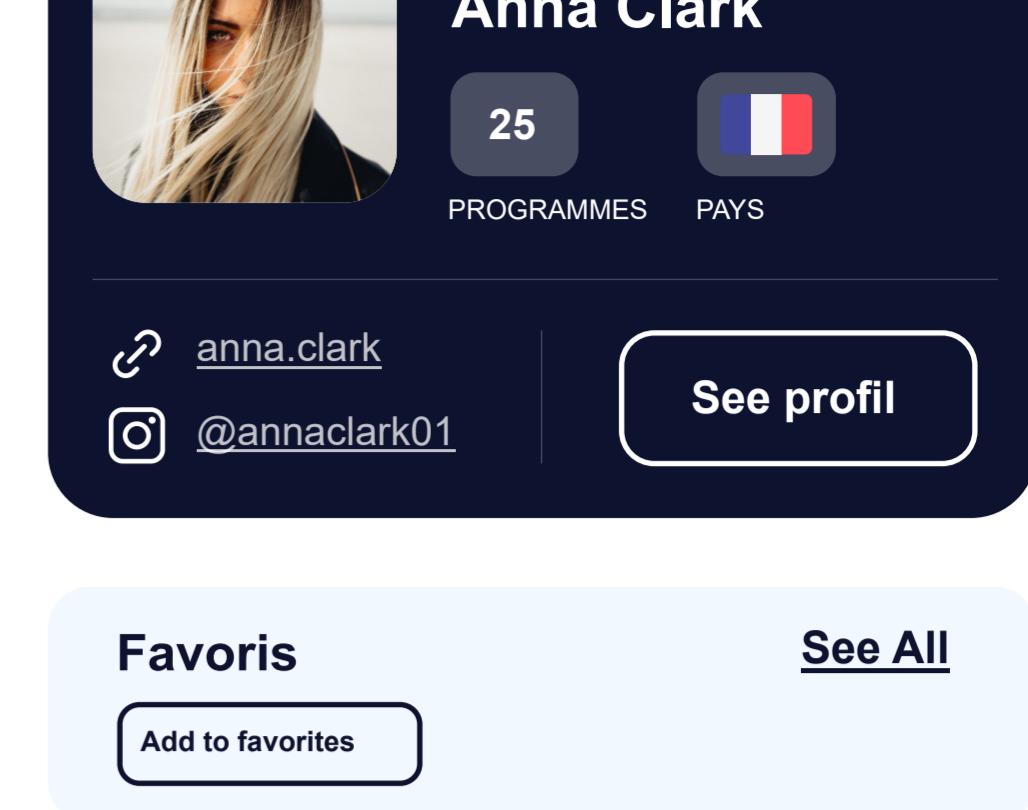
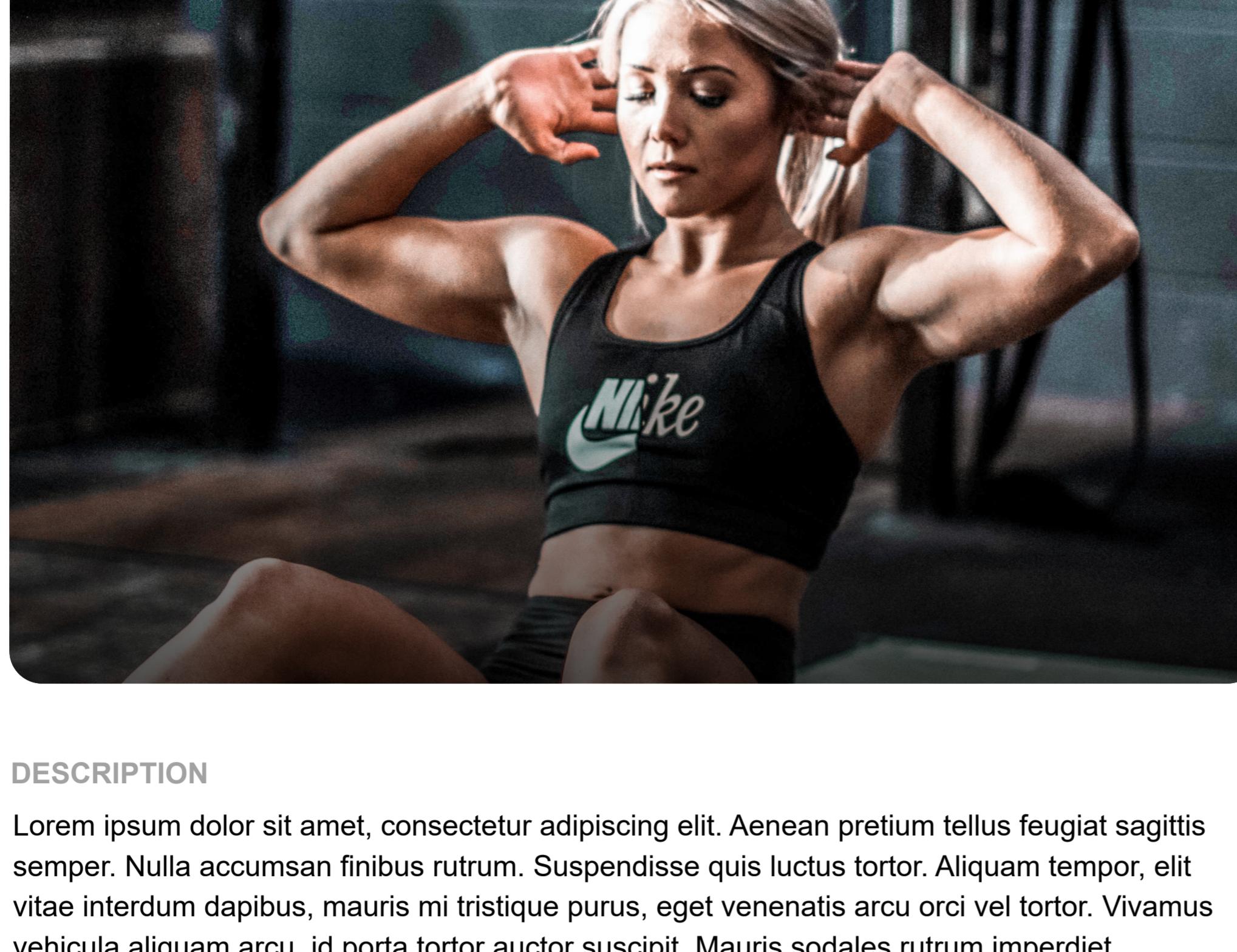
Save

Next



Back exercice

EXPLICATIVE VIDEO

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Favoris

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Playlist Spotify

Ultimate motivation #1



You can play your own playlist

General Info

Number of sessions 15

Program language FR

Note : 5/5

Participants 155

Update since h

Free sessions 3

120€

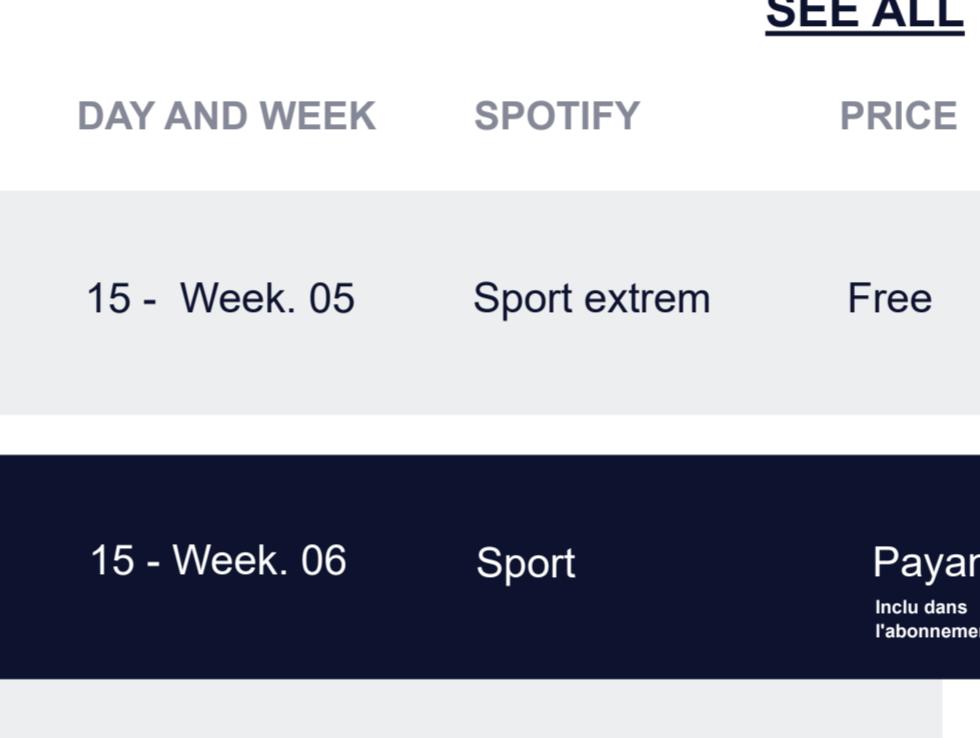
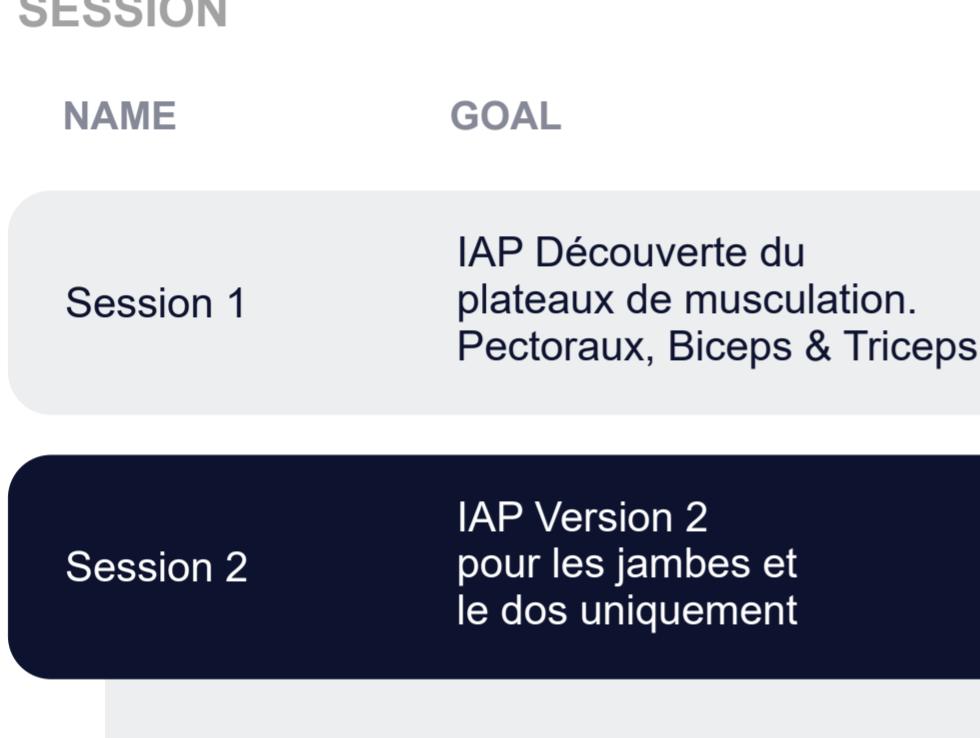
Paiement mensuel disponible

[Buy Now](#)

DESCRIPTION

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean pretium tellus feugiat sagittis semper. Nulla accumsan finibus rutrum. Suspendisse quis luctus tortor. Aliquam tempor, elit vitae interdum dapibus, mauris mi tristique purus, eget venenatis arcu orci vel tortor. Vivamus vehicula aliquam arcu, id porta tortor auctor suscipit. Mauris sodales rutrum imperdiet. Curabitur pulvinar convallis velit vel sollicitudin. Cras ut odio libero. Mauris malesuada convallis diam varius ultricies. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Donec ac dui mi. Sed sit amet convallis mi. Curabitur mollis maximus sagittis. Nullam dignissim ornare arcu cursus pharetra. Nunc volutpat lacus at mollis rutrum.

PICTURES OF PROGRAM



SESSION

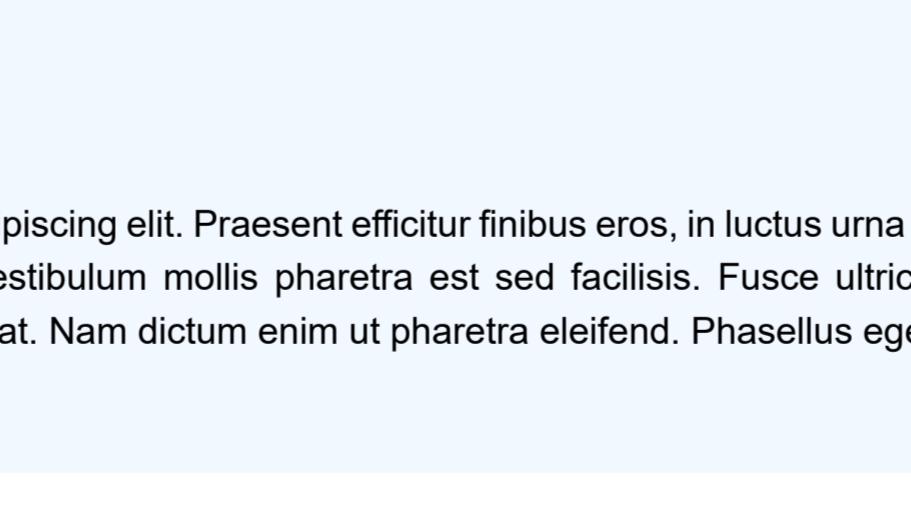
[SEE ALL](#)

NAME	GOAL	DAY AND WEEK	SPOTIFY	PRICE
Session 1	IAP Découverte du plateau de musculation. Pectoraux, Biceps & Triceps	15 - Week. 05	Sport extrem	Free
Session 2	IAP Version 2 pour les jambes et le dos uniquement	15 - Week. 06	Sport	Payant <small>Inclu dans l'abonnement</small>
Exercice #1	Vélo course	2 séries	10 répétitions	1min récupération

WEEKS



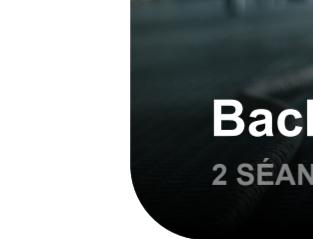
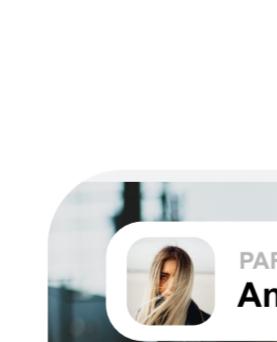
CO-TEAMS WITH THIS COMMON PROGRAM



NOTES AND ADVICE

5.5

Current note



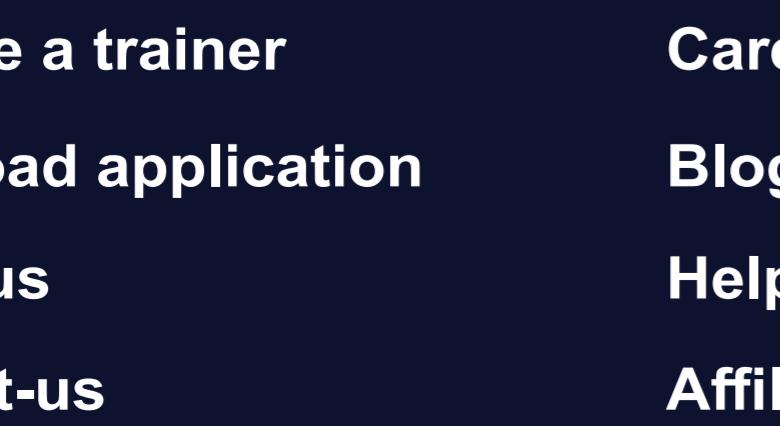
Anna Clark

- Il y a un mois

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent efficitur finibus eros, in luctus urna tempus at. Sed placerat ex non purus auctor faucibus. Vestibulum mollis pharetra est sed facilisis. Fusce ultrices nibh lacinia massa dictum, sit amet aliquet tellus volutpat. Nam dictum enim ut pharetra eleifend. Phasellus eget nisi tincidunt, mattis odio at, mollis turpis.

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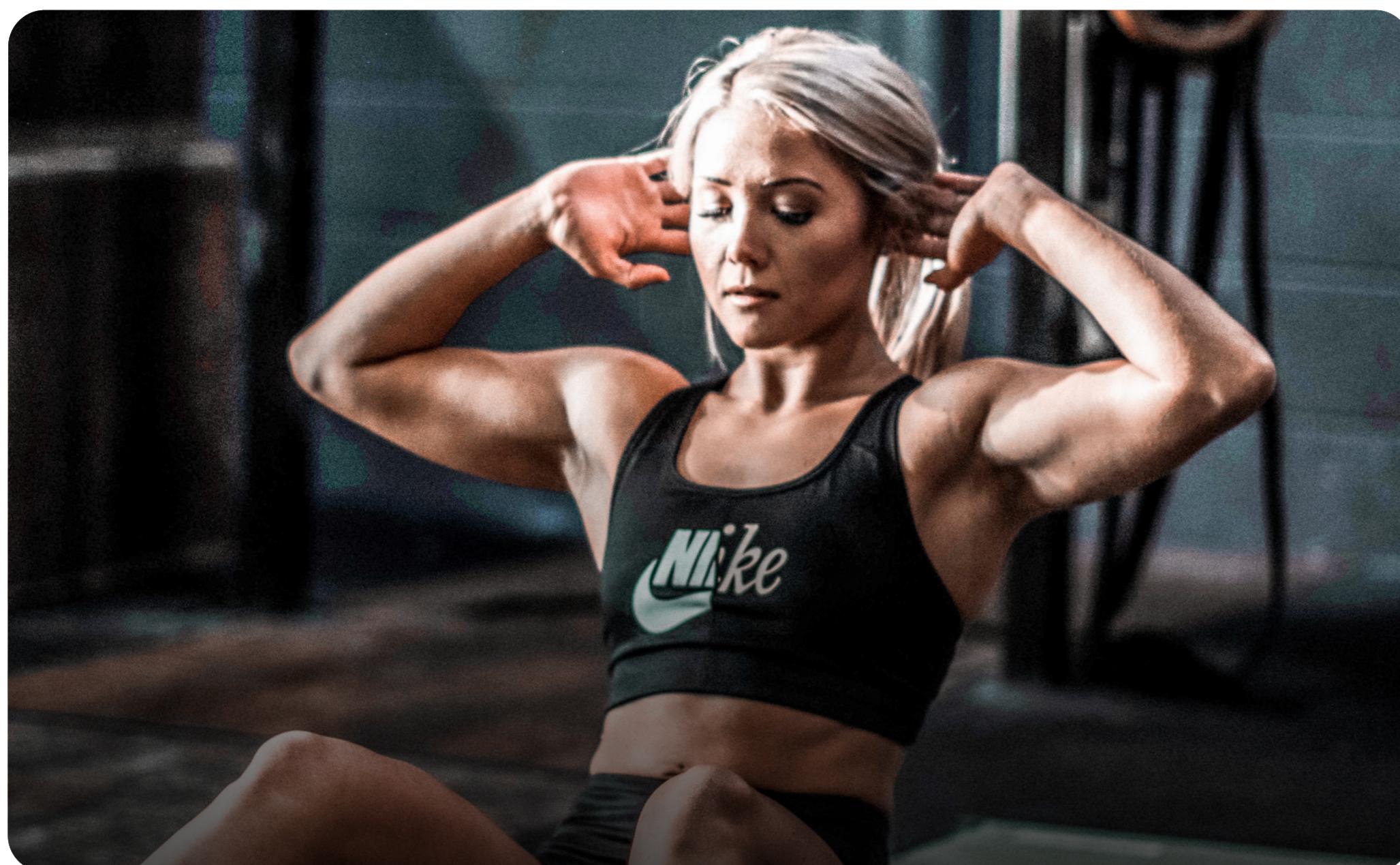
FR EN ES DE

Cors Tech - 2020-2021 Copyright



Back exercice

DEMONSTRATION MOVIE



Course content

Section 1

Les choses à savoir avant de commencer.



Section 2

EN COURS

Commencer avec des pompes pour le renforcement.

Section 3

Aller on y va. C'est parti pour les exercices avancés.

[Overview](#)[Questions and answers](#)[Customers' opinion](#)[Teammates](#)

SESSION

NAME	GOAL	DAY & WEEK	SPOTIFY	PRICE
Session 1	IAP Découverte du plateau de musculation. Pectoraux, Biceps & Triceps	15 - Sem. 05	Sport extrem	Free
Ssion 2	IAP Version 2 pour les jambes et le dos uniquement	15 - Sem. 06	Sport	Paying <small>Included in the subscription</small>
Exercice #1	Bike course	2 series	10 repetitions	1min repetition

WEEKS

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My activity

Make appointment

Messaging

Revenues

My profile

Settings

Cors Points 150

Cgu

Create

Athletic program

Diet program

Simple exercice

Event

Article

Training

Course

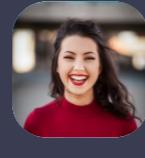
Clients (5)

**Marie Lee**

Bonjour Anna, je suis intéressée par un de vos programmes, p...

DISCUSSION WITH
Jeanne Sin

DIMANCHE 01 NOV. - 21:00

**Jeanne Sin**

Bonjour Anna, je suis intéressée par un de vos programmes, p...

**Yonathan E**

Bonjour Anna, je suis intéressée par un de vos programmes, p...

Jeanne

Bonjour Anna, je suis intéressée par un de vos programmes, pouvez-vous répondre à mes questions ? Merci

Moi

Bonjour Anna, bien sûr, en quoi puis-je t'aider ? Je suis là pour répondre à tes questions.



Athletic program

Diet program

Make appointment



Répondez à ANNA...

Send



Raccourcis

Mon activité

Prise de rendez-vous

Messagerie

Revenus

Mon profil

Paramètres

Points Cors 150

Cgu

Création

Athletic program

Diet Program

Simple exercice

Event

Article

Training

Course

Créer un exercice simple

NAME OF EXERCICE

Ultimate #1

GENDER

Men

Women

Mixte

MATERIAL REQUIRED

Yes

No

MUSCLE GROUP

Choice of muscle group ▾

EXERCISE INSTRUCTIONS

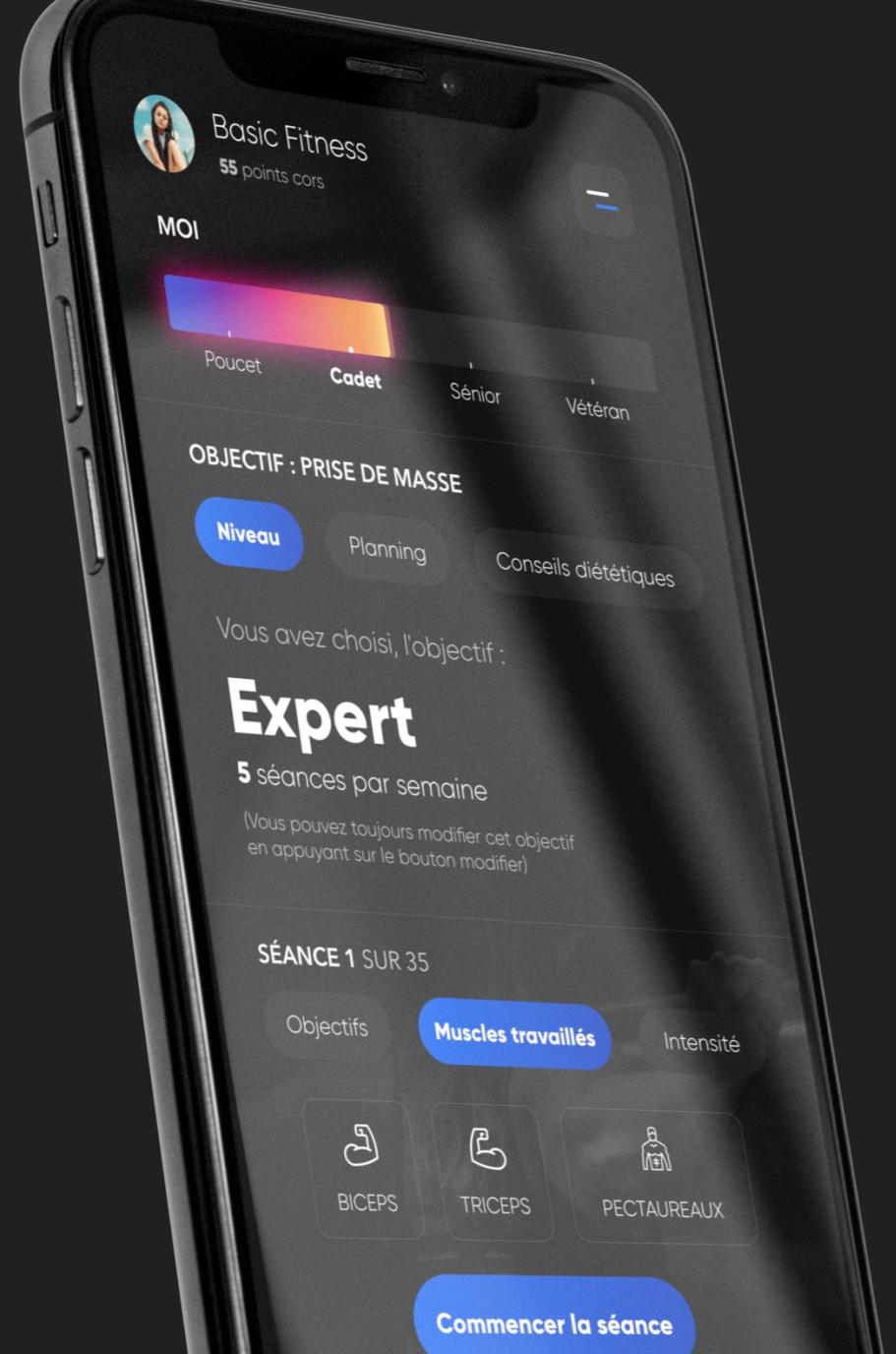
Describe the instructions

EXPLANATORY VIDEO

UPLOAD
YOUR VIDEOYOUR REGISTRATION
VOICE

Save

Create



Your coach everywhere.

Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Etiam sit amet ullamcorper ipsum, vitae congue orci.

Morbi et convallis mi. Aenean posuere, lacus eu luctus

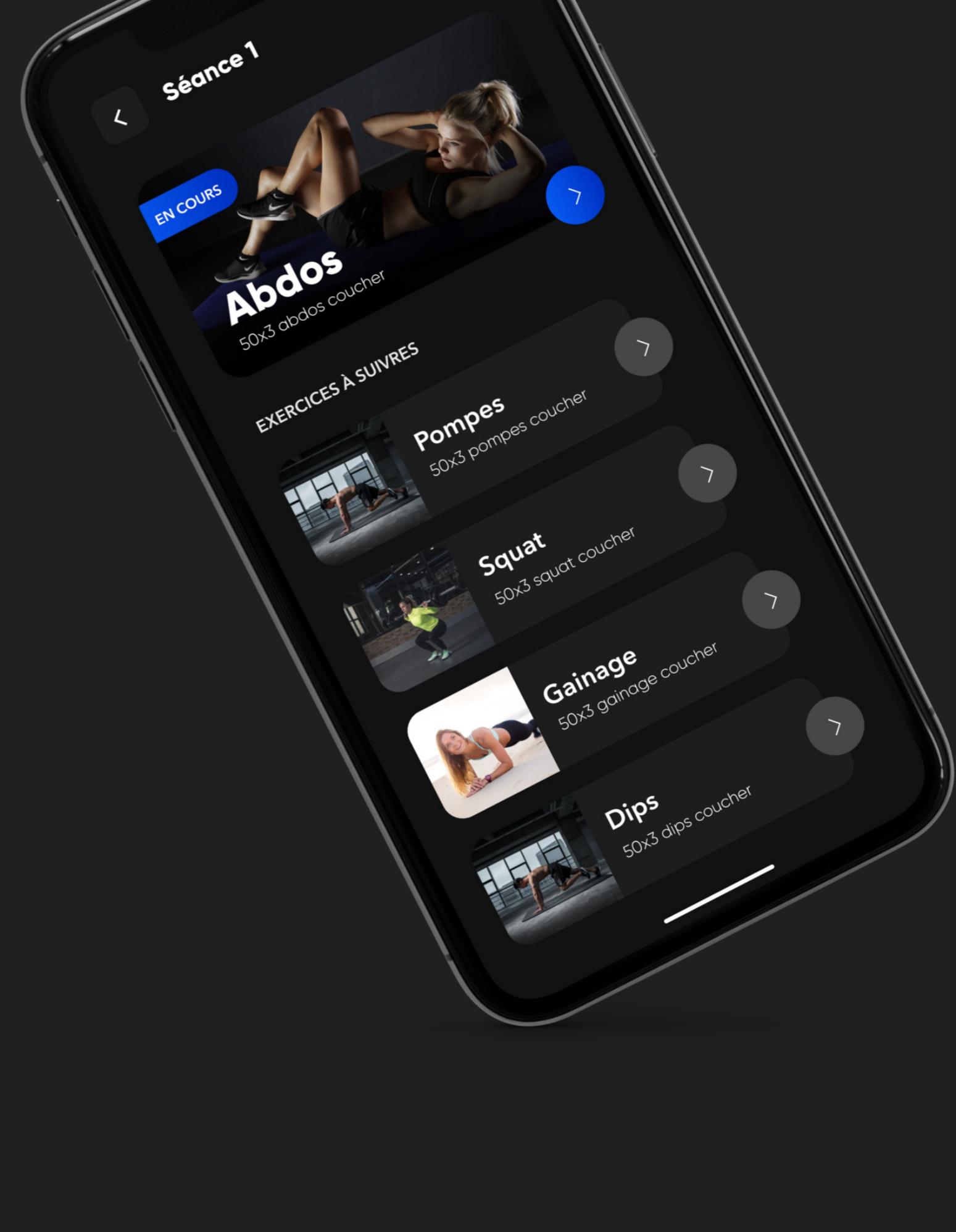
mollis, ex libero sollicitudin dui, fringilla cursus lorem

sapien id justo. Sed varius, mauris vel viverra

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[Registration](#)



Complete sessions

Lorem ipsum dolor sit amet, consectetur adipiscing elit.
Etiam sit amet ullamcorper ipsum, vitae congue orci.
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sollicitudin lacus arcu at quam.

[Discover](#)

Minime

Long-term monitoring

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Etiam sit amet ullamcorper ipsum, vitae congue orci.

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Discover

Our programs



David Lee

15 PROGRAMMES



David Lee

15 PROGRAMMES



David Lee

15 PROGRAMMES



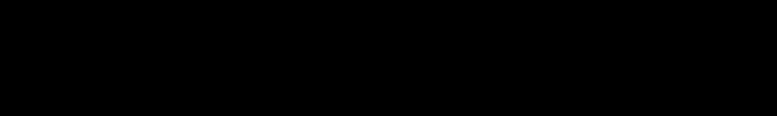
David Lee

15 PROGRAMMES

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Our programs



David Lee

15 PROGRAMMES



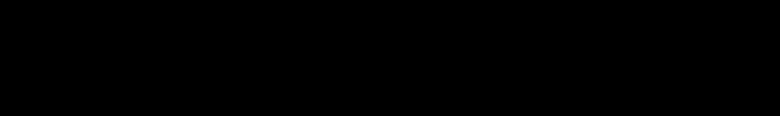
David Lee

15 PROGRAMMES



David Lee

15 PROGRAMMES



David Lee

15 PROGRAMMES

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Our programs

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Professionnels

Categories

All courses

Weight loss

Weight gain

Muscular Mass

skinny body

Filters

Sports Hall

Co-workout

Event

City

All sports

Football

Musculation

Health

Courses

Fit

Coachs (1)



DISCUSSION AVEC

David Lee

:

David Lee

Bonjour Anna, je suis intéressée par un de vos programmes, p...

DIMANCHE 01 NOV. - 21:00

Moi

Bonjour David, vous êtes bien coach sportif sur Paris ? J'aurais besoin de vos services.

David Lee

Bonjour Anna, je suis intéressée par un de vos programmes, pouvez-vous répondre à mes questions ? Merci

Methods of payment

CB 0000 0000 0000 0000

Edit



Suggest an appointment



Répondez à ANNA...

Send

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Recherche..



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Weight Loss

Wiegth gain

Muscular Mass

Skinny Body

Filter

Sports Hall

Co-workout

Events

City

All the sports

Football

Musculaton

Helath

Courses

Fit

:

Teammates

Q

DISCUSSION WITH
Marie Yan - 250m

JOINT PROGRAM

Exercices dos par David Lee >

DIMANCHE 01 NOV. - 21:00

Moi

Bonjour David, vous êtes bien
coach sportif sur Paris ? J'aurais
besoin de vos services.

David Lee

Bonjour Anna, je suis intéressée
par un de vos programmes,
pouvez-vous répondre à mes
questions ? MerciSee teammates in common
on other programsCreate a group
with teammates

Répondez à ANNA...

sending

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Create

Sports program

Diet program

Simple exercise

Event

Article

Training

Course

Program prices

1

Infos

2

Reaersch
Criteria

3

Session

4

Pricing

5

Summary

VOTRE PROGRAMME

Ultimate #1

Bike course

2 session

5 exercices

Duration de 1 mois)

⋮

FREE SESSION



1



Select sessions

2 sessions are saved in your program

INDICATE A MONTHLY PRICE FOR YOUR PROGRAM

5.99\$ /mois

Please deduct the 20% of fees and charges taken by our Cors Gym platform

MONTHLY PURCHASE FOR USER



Currently disabled

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Next



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Programme sportif

Programme diète

Exercice simple

Événement

Article

Formation

Cours

Summary

1

Infos

2

Research Criteria

3

Session

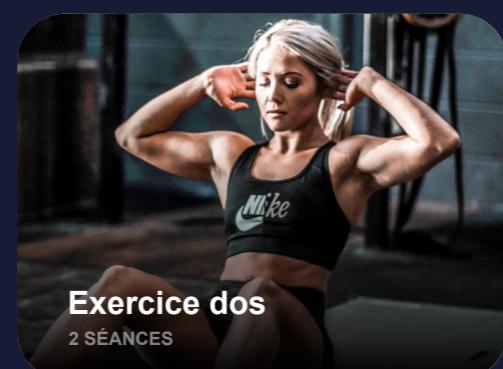
4

Pricing

5

Summary

Infos



NAME

DESCRIPTION

GENDER

SPORT

Ultimate #1

Décourez mon nouveau programme

Mixte

Bike course

Session

[View search criteria](#)

NAME

GOAL

DAY AND WEEK.

SPOTIFY

FREE

Session 1

IAP Découverte du plateau de musculation. Pectoraux, Biceps & Triceps

15 - Week. 05

Sport extrem #1



Session 2

IAP Version 2 pour les jambes et le dos uniquement

15 - Sem. 06

Sport extrem #2



Exercice #1

Bike course

2 session

10 repetitions

1min recuperation

Planning

Week

1

2

3

Week

4

Week

5

6

7

Prices

TOTAL SESSIONS

TOTAL EXERCICES

FREE SESSIONS

PROGRAM PRICE

2

5

1

5 exercices

159.99\$

monthly purchase activated (\$ 35 / month)

Modify

Save

Validate the program