

Athlete's Profile



Motto: Stay fit, folks!
Name: Mel Reyes
Age: Old :-D
Current Weight: 150 lbs.
The goal: Lose weight - reach 140 lbs.
On track with the goal? No
Exercises or activities: Weight lifting, bodybuilding, slide board/skating, walking, tennis, swimming, indoor wall climbing, bicycling, parkour, running, hiking, gym, cardio, dancing, badminton, kayaking, etc.

Goals vs Actuals Metrics

Insert graph here (API from mySQL)

Community/Connections

Insert here Fit Community connections
 Insert here how many number of connections and your relationship with them, such as your personal trainer, nutritionist, health coach, etc.

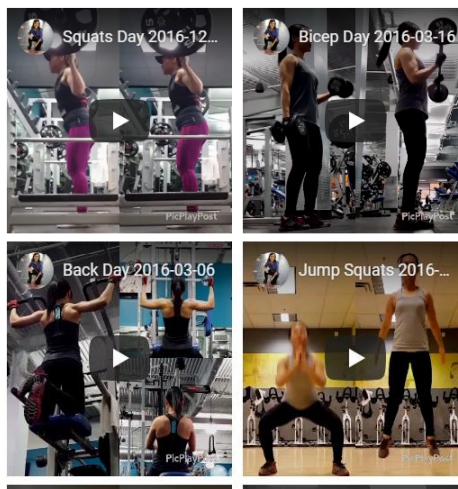
Journal

Search...

Day 1 - Legs	10/15/2018	Barbell squats 5 sets, 10 reps each, 25 lbs. For cardio, used slide board for 15 minutes.
Day 2 - Back and Biceps	10/16/2018	Cable rows 5 sets, 10 reps each, 25 lbs. For cardio, used slide board for 15 minutes.
Day 3 - Chest and Triceps	10/17/2018	Bench press 5 sets, 10 reps each, 25 lbs. For cardio, used slide board for 15 minutes.
Day 4 - Cardio	10/18/2018	Run 30 minutes; Spinning/Cycling 30 minutes; Jump rope 15 minutes; Zumba 1 hour
Day 5 - Legs	10/19/2018	Barbell squats 5 sets, 10 reps each, 25 lbs. For cardio, used slide board for 15 minutes.
Day 6 - Back and Biceps	10/20/2018	Cable rows 5 sets, 10 reps each, 25 lbs. For cardio, used slide board for 15 minutes.
Day 7 - Rest and Cheat Day	10/21/2018	Sleep, eat, repeat, sleep, eat, repeat, sleep, eat, repeat, watch baseball, read a book, watch a movie, have coffee and dessert, go shopping, etc.

Training Videos

Search...



Transformation Photos

Search...



Nutrition

Search...

