



# CUFITNESS: Your Personal Gym Tracker and Trainer

CUFITNESS tracks your daily workout progress, recommends custom diet and exercise plans, and features expert trainers through its web portal. Sign up today for a fitter life!

by:-

**Navdeep**

Prachi

Ramandeep

Utkarsh

# Track, Monitor, and Progress!

## Customised Goals

Set achievable milestones and get daily reminders of your progress.

## Workout Analytics

Track daily statistics and get insights on performance every week.

## Feedback and Tips

Receive personalized pointers and tips from experienced trainers.

# Diet and Exercise Recommendations You Can Rely On



## Dietary Plans

Our diet plans are tailored to fit your unique lifestyle without compromising on the nutrition your body deserves.



## Exercise Plans

We help design daily exercise plans that cater to your needs and goals so you can target the areas which you want to work on.



## Equipment Training

Get tips on how to use gym equipment properly and learn new techniques for specific exercises.

# Stay Informed with Our Research Paper Section

1

## Expert Recommendations

Follow experts in the field whose research is published on the website.

2

## Science Explained

Get a better understanding of the latest exercise science news and how to apply it to your routine from our experts.

3

## Keep Up-to-date

Be aware of the latest trends and scientific findings on the website.

# Expert Trainers

Our website includes a feature where you can connect with expert trainers to help you reach your fitness goals. Our trainers specialize in areas such as strength training, yoga, and running, and can provide guidance and support to help you achieve success. To connect with a trainer, simply sign up for our subscription-based services and start your fitness journey today!



# Subscription-based Services for Visual Representation

1

## Monthly Plans

Choose a subscription plan that suits you, ranging from low to high cost, depending on features.

2

## Advance Graphs

Experience realistic visual progress tracking with our 3D modelling technology.

3

## Expert Support

Get tips and pointers from experts, webinars, and weekly reviews tailored to your subscription plan.



# Wrap Up

CUFITNESS provides expert guidance and personalised routines to help you achieve your fitness goals - Sign up now!