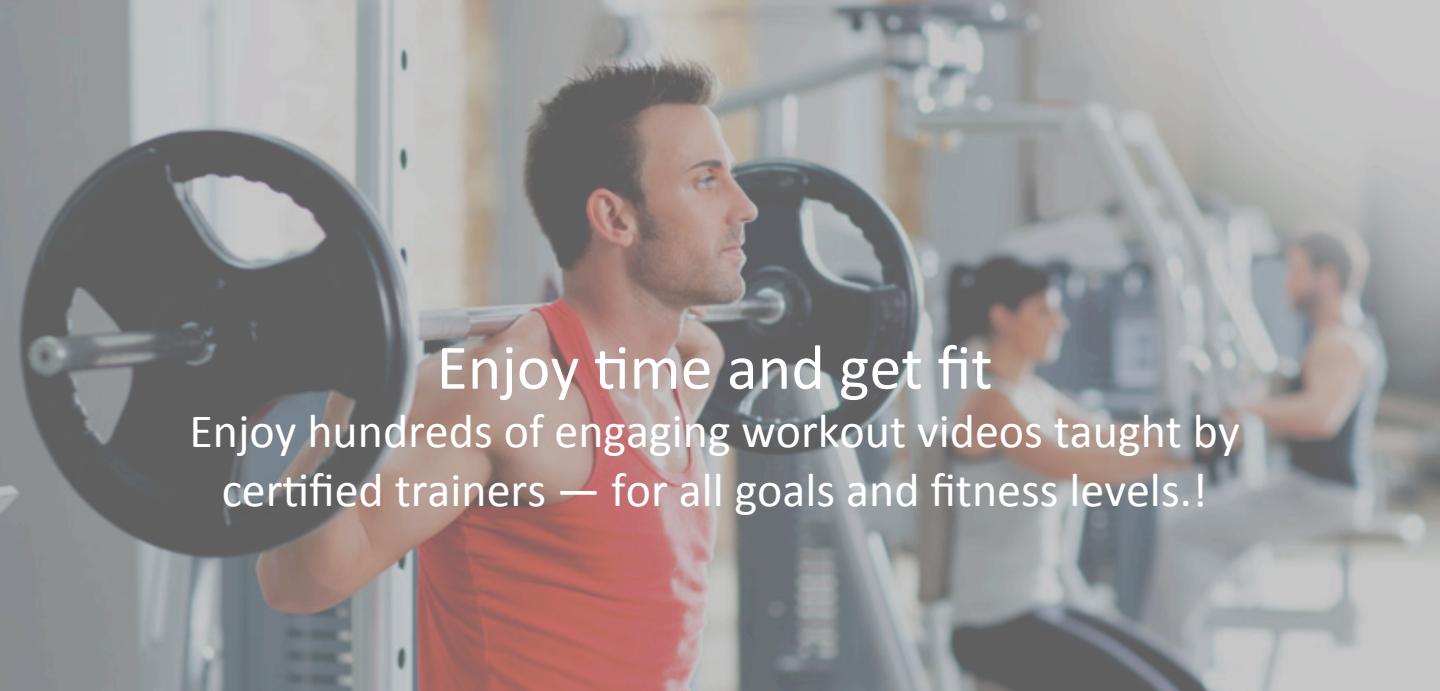


# WorkOut



Enjoy time and get fit

Enjoy hundreds of engaging workout videos taught by certified trainers — for all goals and fitness levels.!

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WorkOut is a webpage for people who wish to lose weight and gain muscle. There will be technical fitness instructors and professional nutritionists for anyone who downloads it. We provide each person with various plans to choose from. Different people have different ways of working out. If a person needs to lose weight, we will focus more on running than doing the instrument. If a person wants to gain muscle, our professional nutritionist will provide the best opinion for breakfast, lunch and dinner.

# Exercise



Enjoy time and get fit

Exercise releases happy chemicals into your brain!

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**Price**

Exercise Coach: 60 dollars per hour  
Nutrient: 15 dollars per meal

**Discount**

Monthly membership: 45 dollars per hour(Coach)  
Yearly membership: 40 dollars per hour(Coach)  
For above membership, add 20 dollars to get  
coach and nutrient combo!!

**Schedule**

Timetable for different exercise will provide by  
the staff

# Nutrition

Enjoy time and get fit

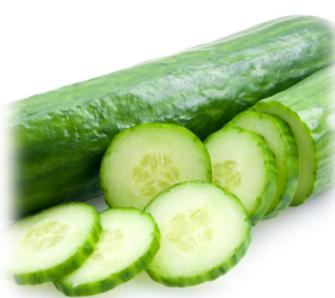
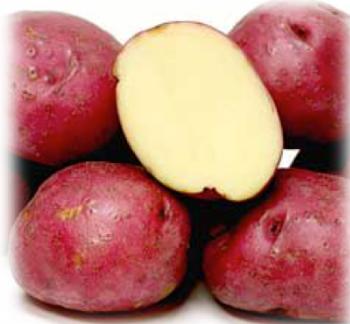
a healthy diet can reduce your risk of heart disease,  
osteoporosis, type-2 diabetes, high blood pressure and some  
cancer!

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# Staff



**Enjoy time and get fit**

A good staff makes people have an awesome experience in the GYM!

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**Lydia  
Nutrient**

Quote from her “As a person who was also have the concern about weight, I would like to try my best to help anyone who are interested in.

**Jack  
Trainer**

Jack Wang is a professional trainer who spent most of his life in the gym. He has 17 years experience.

**Luce  
Manager**

Luce Yu Is a financial manager for running this webpage “WorkOut”