

Get body in *shape* & stay healthy

A huge selection of health and fitness content, healthy recipes and transformation stories to help you get fit and stay fit!

Join Club Now!

Download App

350+
Video tutorial

500+
Free Workout Videos

Change Your Habits

We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym.



Movement

We believe fitness should be accessible to everyone



Time

We believe fitness should be accessible to everyone



Practice

We believe fitness should be accessible to everyone



Weight Loss

We believe fitness should be accessible to everyone

Run an Extra Mile Easily

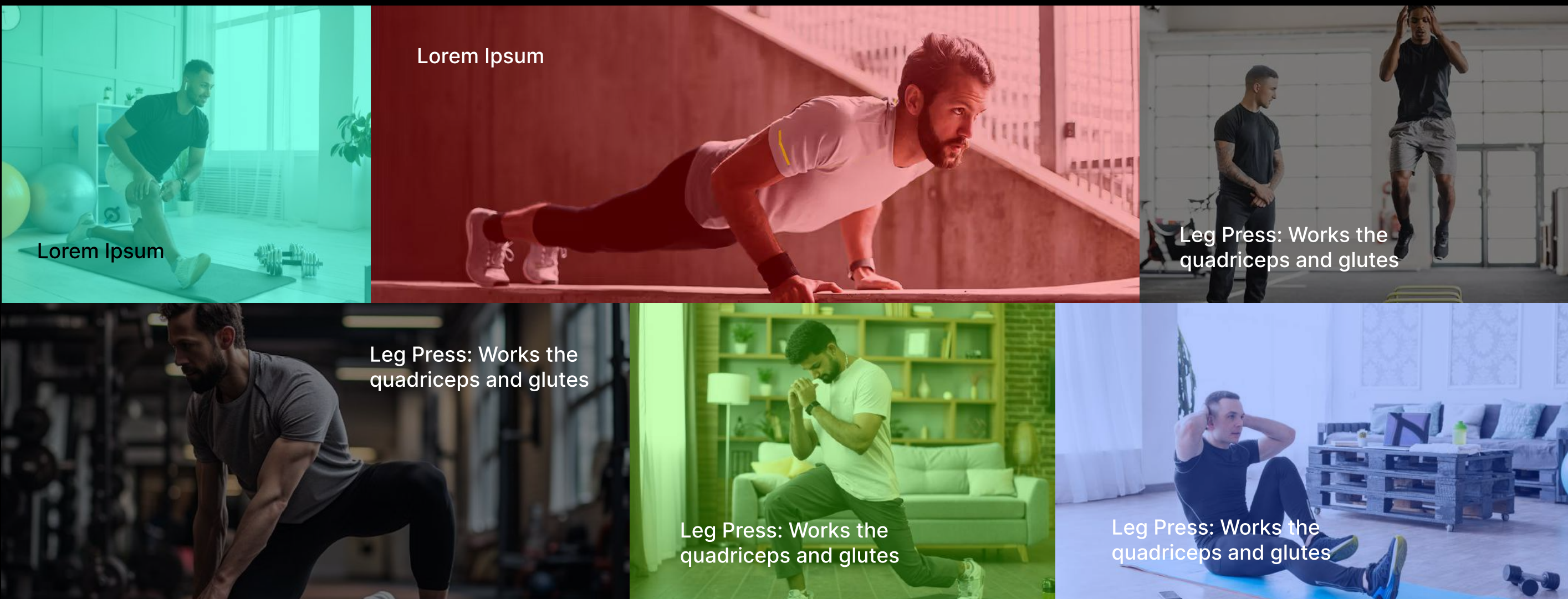
We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts.

Join Now



Trainings and Exercises

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BMI Calculator

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BMI Calculator Chart

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Healthy
25.0 - 29.9	Overweight
30.0 - and Above	Obese

Calculate your BMI

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Height/cm

Weight/kg

Age

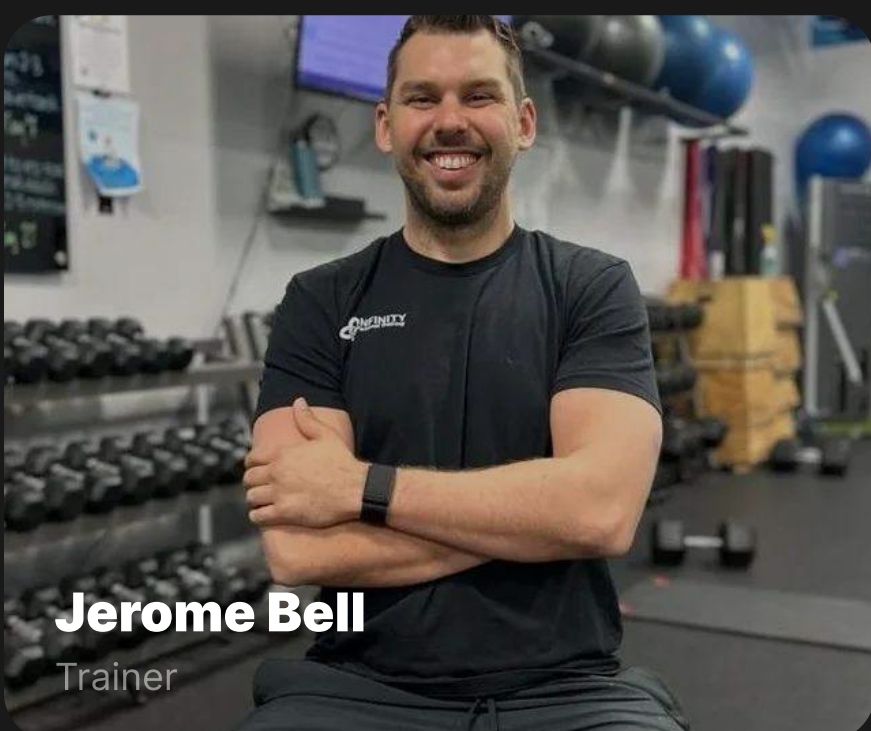
Sex

Select an activity factor

Calculate

Meet Our Team

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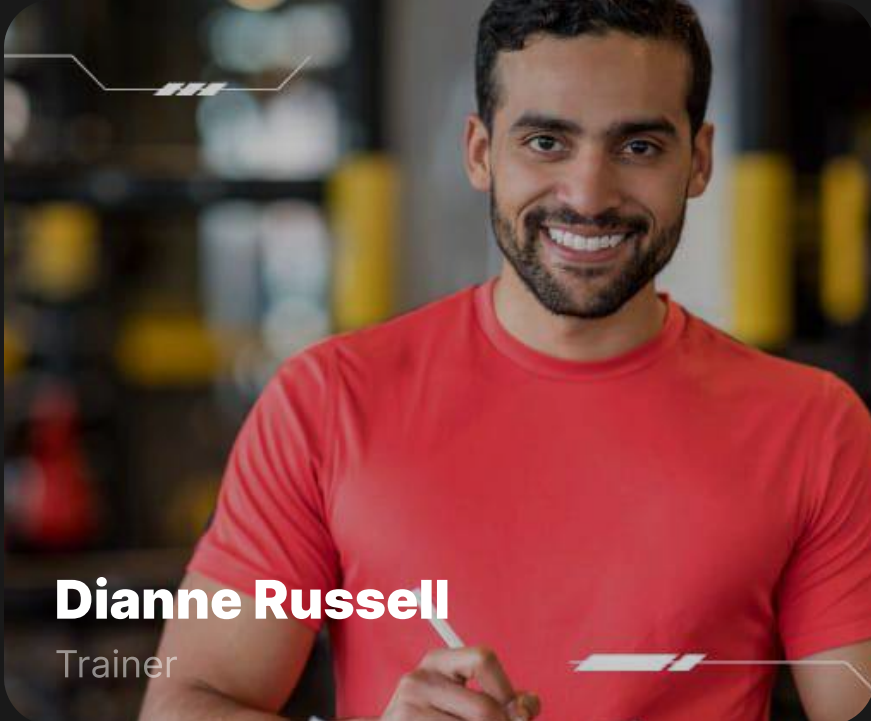
Jerome Bell
Trainer



Cameron Williamson
Trainer



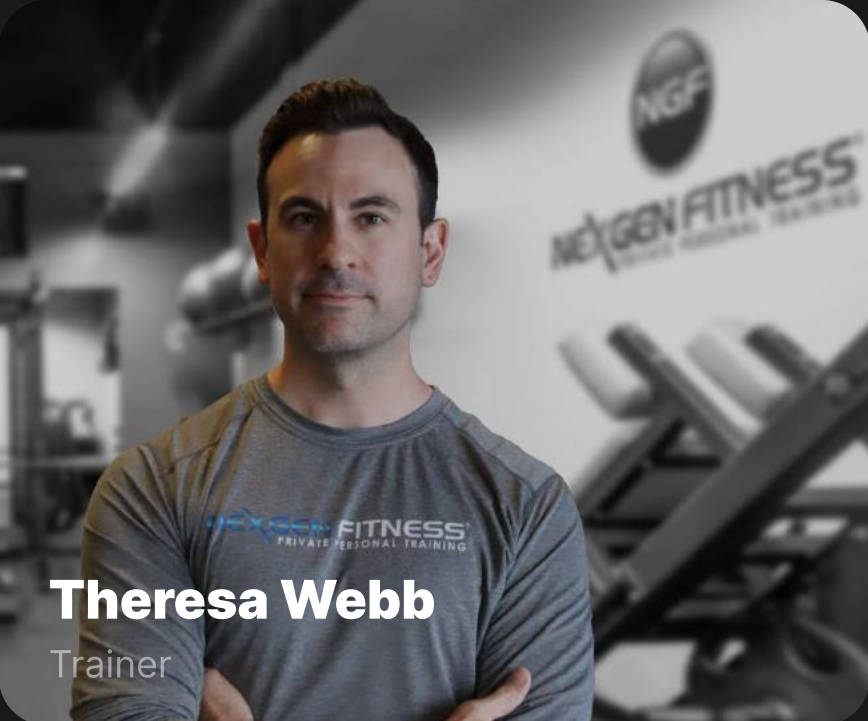
Darrell Steward
Trainer



Dianne Russell
Trainer



Cody Fisher
Trainer



Theresa Webb
Trainer