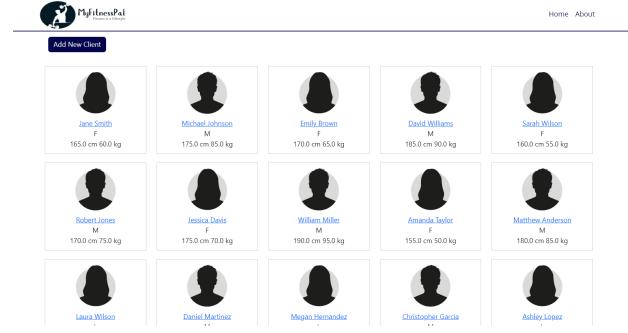
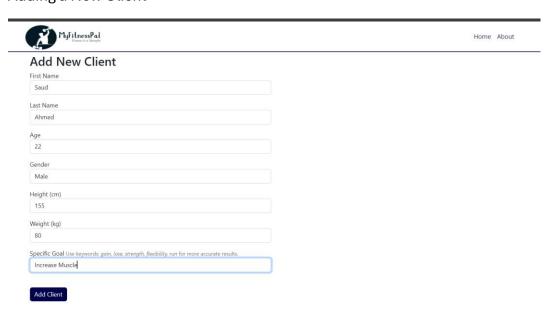
Name: Saud Ahmed

Project Snippets



Adding a New Client

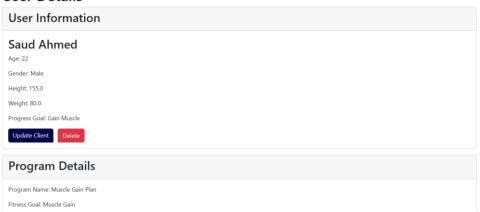




Home About

Client Successfully Added.

User Details



CREATES WORKOUT PROGRAM BASED ON USERS INPUT

Program Details

Program Name: Muscle Gain Plan

Fitness Goal: Muscle Gain

Description: Focuses on building muscle mass

Recommended Exercises for Saud Ahmed based on the program: Muscle Gain Plan

- Push-ups
- Squats
- Lunges
- LungesPlank
- Rows (bodyweight)
- Dips (tricep)
- Superman
- Bird-Dog

DELETE CLIENT

