

FitFlex

Flex Your Fitness Potential



Loading

Which muscle groups do you want to train?

Biceps

Chest

Abs

Legs

NEXT



How often do you exercise?

Beginner

Just start exercising

Intermediate

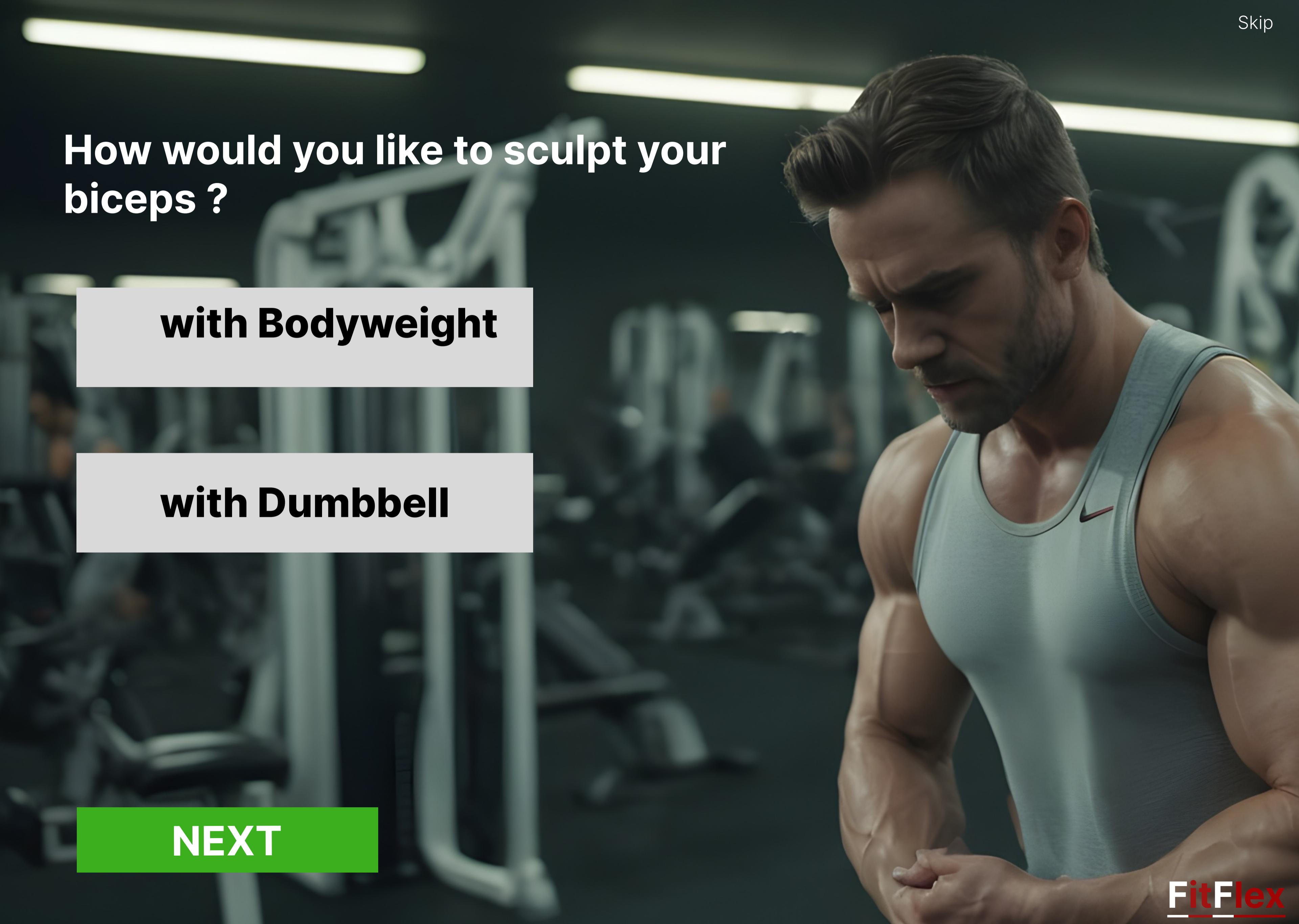
1-2 times a week

Advance

Over 4 times a week

NEXT



A large, high-quality photograph of a muscular man with light brown hair tied back, wearing a grey tank top. He is looking down at his right bicep with a focused expression. The background is a blurred gym environment with various equipment and lights.

How would you like to sculpt your
biceps ?

with Bodyweight

with Dumbbell

NEXT



How much do you weight?

61
62 kgs
63 lbs

NEXT



How tall are you?

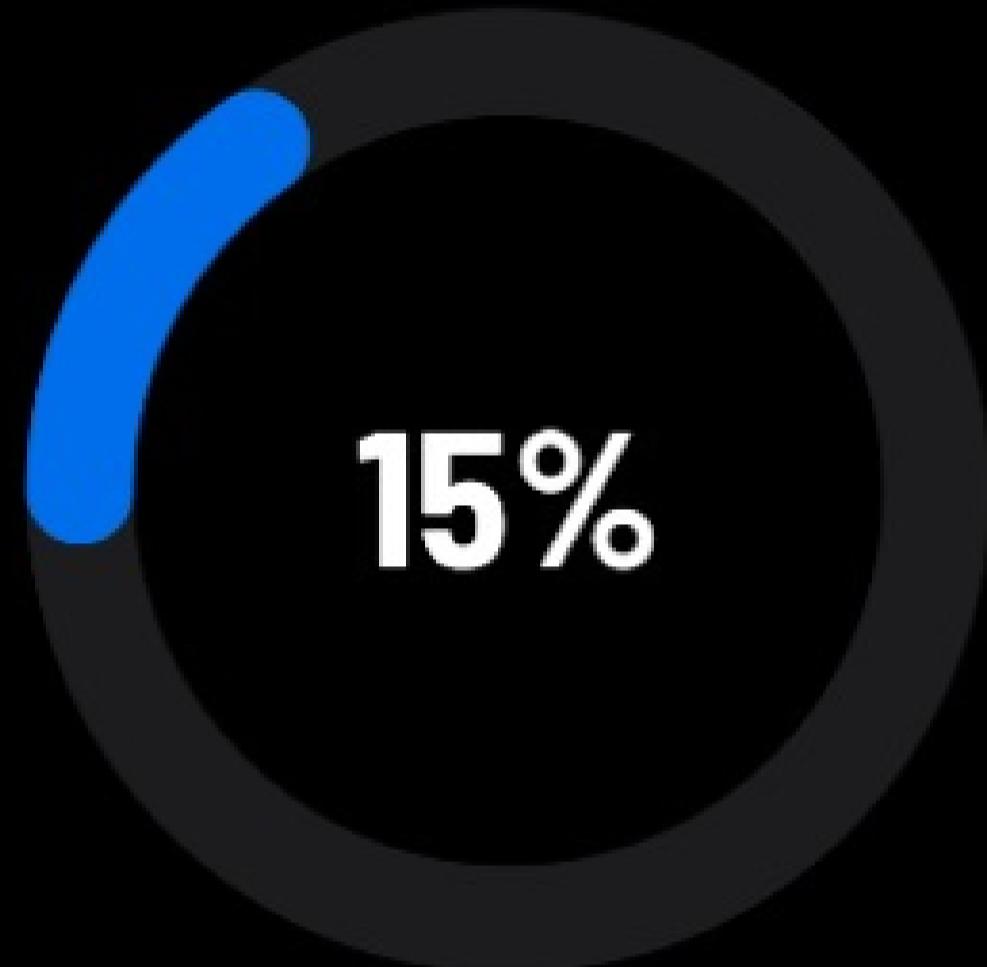
181
182 cms
183 ft-in

NEXT

FitFlex

Generating the plan for you

Preparing your plan based on your goal...



- ↻ Analyze your body : **62kgs, 182cms**
- ↻ Choose workout for muscle : **Biceps**

Your plan is ready!

We have selected this plan that suits you best

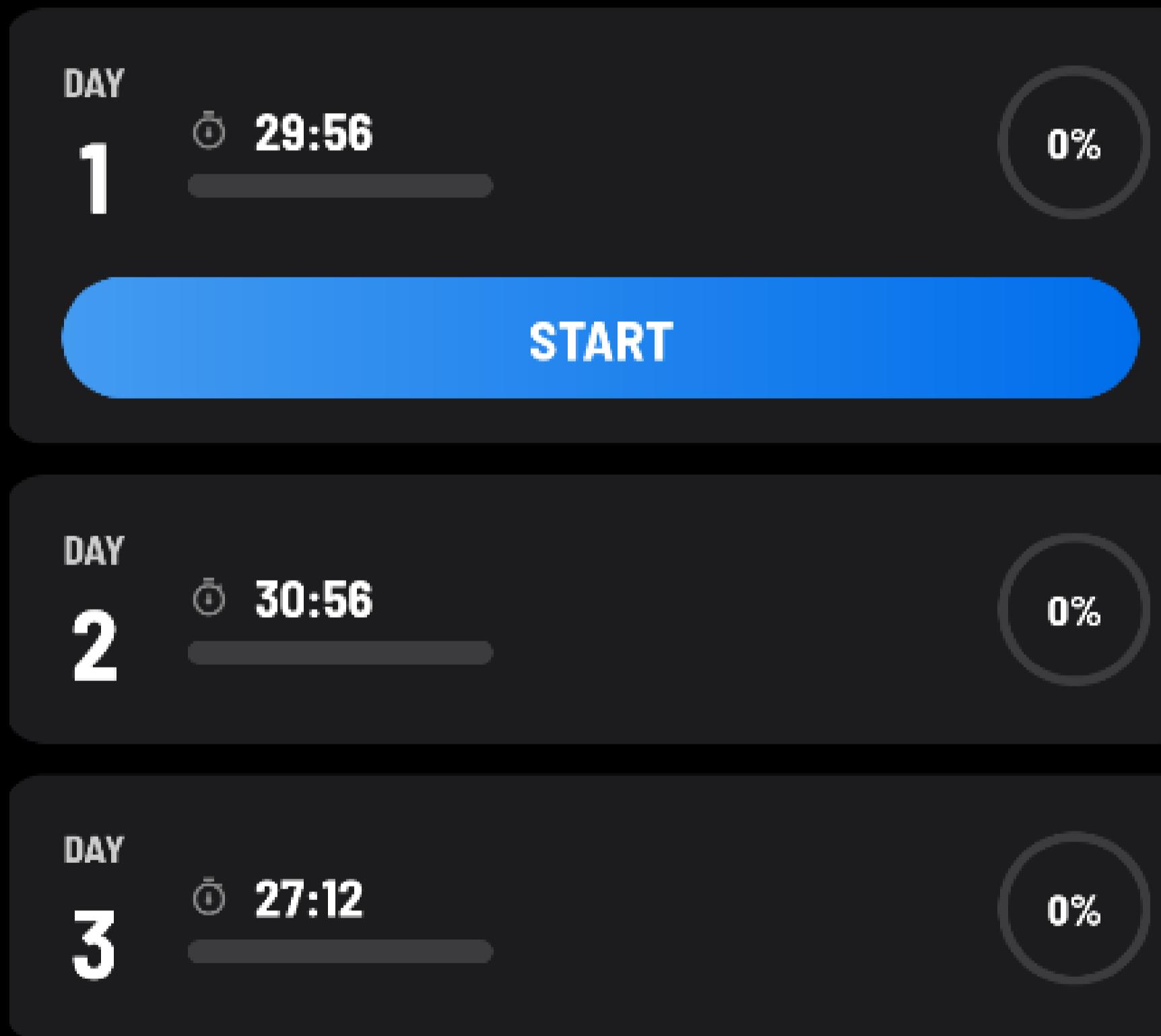


INTERMEDIATE PLAN
WITH DUMBBELL - 30 DAYS

⌚ 27-40 min/day
📅 30 Days

START NOW

Bodyweight



Dumbbell

INTERMEDIATE PLAN · WITH DUMBBELL

DAY 1

Introduction

26

Workouts

≈ 295 cal

Calories

29:56

Duration



Guide NEW

Coach video



ARM CIRCLES

30 s



CROSS BODY HAMMER CURL

x20



STANDING DUMBBELL CURL

x10

START