



Vision Fitness

Your Ultimate Fitness
Companion

*Empowering You to Achieve a
Healthier and Stronger You*

GET STARTED

Welcome to Vision Fitness

Enter Mail ID



enter email id(xyz@gmail.com)

Enter Password



enter password(only integer)

LOGIN

ABOUT US

CONTACT US

About Vision Fitness

Welcome to Vision Fitness – Where Strength Meets Passion!

At Vision Fitness, we believe in a holistic approach to fitness. Our state-of-the-art facility, expert trainers, and welcoming community make us the ultimate destination for your fitness journey.

Our Mission

We are dedicated to empowering individuals to lead healthier, happier lives through fitness, nutrition, and community support.

What We Offer

- ✓ Advanced Gym Equipment
- ✓ Personalized Training
- ✓ Group Fitness Classes
- ✓ Expert Nutrition Guidance
- ✓ Community Support

Achievements

- ✓ Over 5,000+ success stories from happy members.
- ✓ Awarded 'Best Fitness Center in Pune 2023'.
- ✓ Certified expert trainers and nutritionists guiding you.

VISION FITNESS ENROLLMENT FORM

Full Name

Mobile Number

Address

Age

Date of Birth

Login Successful

SUBMIT

TRAINING MODULES

Your fitness journey starts here!



PROFILE



START WORKOUT

Workout Home



Back Workout



Leg Workout



Biceps Workout



Chest Workout



tricep Workout



Sholder Workout

Diet Plan Generator

20

71

muscle gain

Generate Plan



Personalized Diet Plan

Age: 20

Weight: 71.0 kg

Goal: muscle gain



Breakfast:

- Eggs & whole wheat toast
- Protein smoothie with banana



Lunch:

Chicken breast with brown rice

BMI Calculator

Calculate your Body Mass Index (BMI) to understand your health status. It also provides your body fat and muscle mass percentage based on your age and gender. we provide 85 % accuracy



Male



Female

Calculate BMI

BMI: 23.72

Body Fat: 16.82%