

[Sign in](#)

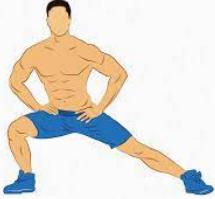


PurePulse
PRO



PurePulse
PRO

Female



Male

Non- Binary

Prefer not to say

Already have an account?

Log In



What's your name?

First name

Continue



What's your goal?

Get toned



Weight Loss



^

What's your body type?

Hourglass



Rectangle



Inverted Triangle



Triangle





Which parts should we focus on?

Arms



Chest



Belly



Thighs





What's your goal?

Gain muscle



Weight Loss





What's your body type?

Skinny



Inverted Triangle



Ideal



Heavier





Which parts should we focus on?

Arms



Belly



Butt



Thighs





Any previous workout experience?

Yes, regularly

Yes, less than a year ago

Yes, more than a year ago

No



How fit are you?

I'm very fit

I'm fit

I'm not very fit



Our AI will **Adapt** to **your skills** and provide personalized workouts



Keeping it challenging and making consistent progress is what will bring you the best results.

Age 0

Height __cm

Weight __kg

Sleep in hours __

Continue

Create New Account

Email

Password

Password

Hey! Welcome
Vishnu



Boat Smart Watch

Connected

Disconnect



Diet Plans



Smart Device



Analysis



Workout Plans

Hey! Welcome
Vishnu

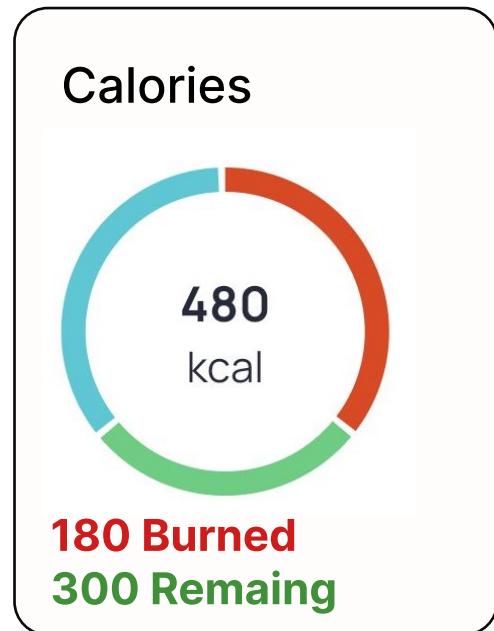
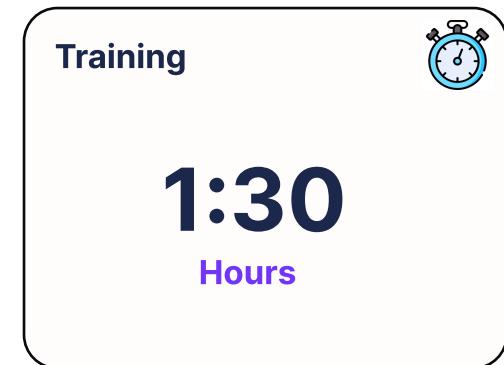
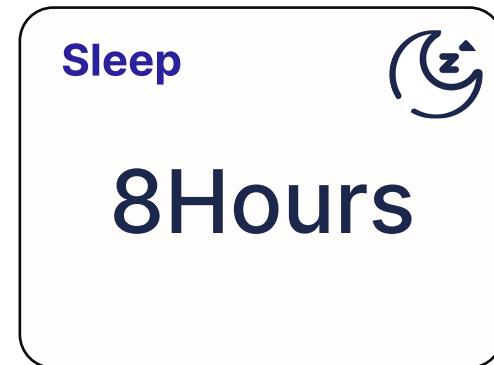
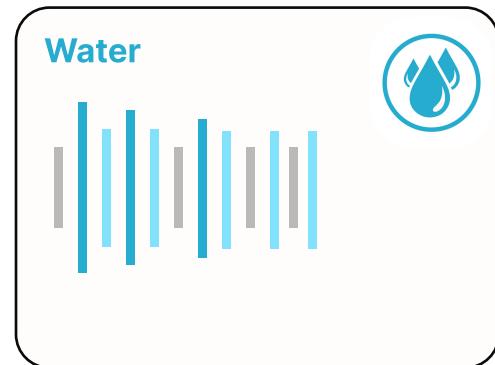
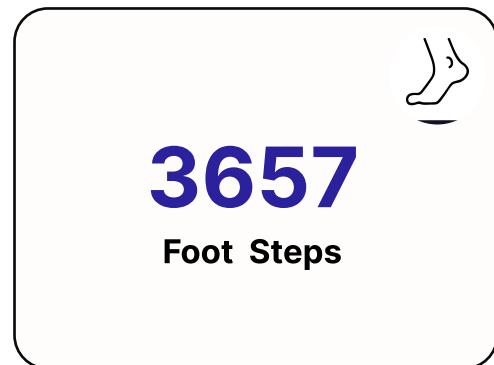


Today

Week

Month

3 Mo



Hey! Welcome Vishnu

Chest Day



Start

Warm Up Instruction

Fitness
Programmer.com



NICK HALL BODY
TRANSFORMATIONS
ESTABLISHED 2005

Fitness
Programmer.com



Fitness
Programmer.com



FITNESS
PROGRAMMER.COM



Screeching Exercises

Hey! Welcome
Vishnu



Morning Take-in 800 Cal V

Break Fast 1500 Cal V

Lunch 1700 Cal V

Evening Snack 900Cal V

Dinner 1100Cal V



Diet Plans



Smart Device



Analysis



Workout Plans

Hey! Welcome
Vishnu



Break Fast



Diet to be followed

Blueberries
Chews
Nuts
Bananas
Dry frutes
Milk