

VIMQ Fitness

Elevate your fitness journey with VIMQ Fitness the ultimate destination for personalised workouts and instant BMI insights. Unleash your potential, transform your body, and redefine what's possible in just a few taps!

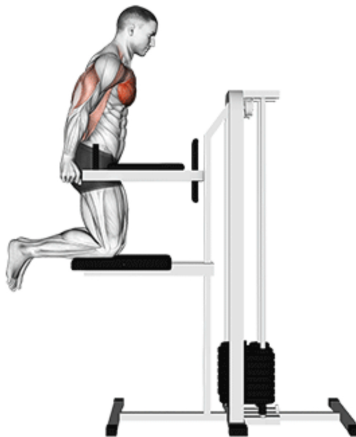
BMI Calculator

Please enter your name, height and weight to calculate your BMI

Chest Exercises



archer push up

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assisted chest dip (kneeling)

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assisted seated pectoralis major stretch with stability ball

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Back Exercises





alternate lateral pulldown

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archer pull up

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assisted parallel close grip pull-up

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Lower legs exercises



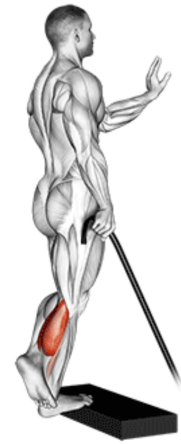
ankle circles

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assisted lying calves stretch

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band single leg calf raise

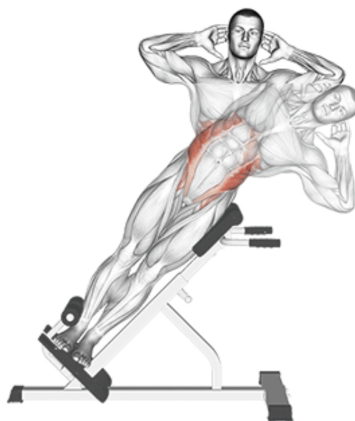
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Abdominal Exercises



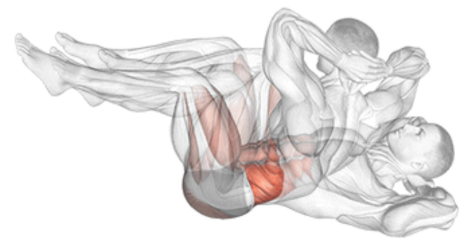
3/4 sit-up

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45° side bend

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air bike

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