



# FITNESS

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# FITNESS.

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## DIET PLAN

### HEALTHY GROCERY LIST ESSENTIALS

Protein Dairy

Chicken breast, Ground turkey, Turkey/chicken sausage, Turkey pepperoni, Canned tuna, Beans, Greek yoghurt, String cheese, Cottage cheese, Milk (cow/almond), Eggs

Fruits Grains Baking

Strawberries, Blueberries, Bananas, Pineapple, Cantaloupe, Apples, Whole wheat pasta, Whole wheat tortillas, Whole wheat bread, Pita pockets, Brown rice, Roasted oats, Whole wheat flour, Dark chocolate chips, Honey, Maple syrup, Olive oil, Cooking spray, Vanilla extract

Vegetables Snacks

Romaine lettuce, Tomatoes, Bell peppers, Zucchini, Carrots, Potatoes, Sweet potatoes, Broccoli, Cauliflower, Mushrooms, Onions, Spinach, Popcorns, Hummus, Tortilla chips, Salsa, Trail mix, Peanuts, Almonds, Raisins, Peanut butter

## EXERCISES

ARM	CHEST
PUSH-UPS	STANDARD PUSH-UPS
TRICEPS DIP	WIDE PUSH-UPS
SIDE PLANKS	ONE LEG PUSH-UPS
INCHWORMS	INCLINE PUSH-UPS
PLANK TAP	
DECLINE PUSHUPS	
PULL APART WITH BAND	
TUMMY	
PLANKS	
SIDE PLANKS	
LEG DEADLIFT	
SQUAT TO WOOD CHOP	
SQUAT TO CALF RAISE	
WALL-SIT KNEE EXTENSION	
WALKING LUNGE	
PLYOMETRIC 180 SQUATS	
LUNGE TO SHOULDER PRESS	
WEIGHTED SIDE LUNGE	
HIGH KNEE	
BENCH UP AND OVERS	
ALTERNATING KETTLE-BELL SWING	
DEADLIFT TO DOUBLE-DOWN LUNGE	
BUTT	
LEG REACHING	
TOE RAISES	
SIT-UPS	
BICYCLE CRUNCHES	
BOAT POSE	
BURPEES	
THIGH	
BODYWEIGHT SQUAT	
SQUAT TO OBLIQUE CRUNCH	
JUMP SQUAT	
SIDE STEP TO SQUAT	
SQUAT TO CURTSY LUNGE	
SUMO SQUAT	
ECCENTRIC SQUAT	
SQUAT WALK TO JUMP	
GLUTE BRIDGE MARCH	
LATERAL LUNGE	

- ## PROFILE
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## 30 DAYS PLAN

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	Day 8	Day 9
Day 10	Day 11	Day 12
Day 13	Day 14	Day 15

[NEXT](#)

## 30 DAYS PLAN

Day 16	Day 17	Day 18
Day 19	Day 20	Day 21
Day 22	Day 23	Day 24
Day 25	Day 26	Day 27
Day 28	Day 29	Day 30

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