

A woman with dark hair, wearing a dark and light striped athletic top, is crouching in a gym. She is looking directly at the camera with a serious expression. Her hands are resting on a large, textured medicine ball. The background is a blurred gym environment with various pieces of equipment and lights.

# BeHealthy

Your pocket fitness coach.

Get started


# BeHealthy

Create an account


Enter your email \*

 i.e. fitness@uizard.io

Create password \*

 ●●●●●●●●

Repeat password \*

 ●●●●●●●●

Sign up

Already have an [Log in](#)



Skip

# What is your gender?

Let us know you better



Female

Male

None of the above

Continue



Skip

# Your height & weight?

Let us know you better

157

158

Height

**159** cm



160

161

Weight

**58** kg

Edit

Continue



Skip

# What is your goal?

Let us know you better

**Lose weight**

Burn fat & get lean



**Get fitter**

Tone up & feel healthy



**Gain muscles**

Build mass & strength



**Continue**



Good morning,

Polly Strong



You've done 3 workouts this week!  
75% of your weekly goal is completed.



Discover

Trainers

My plan

Search



### Most popular workouts

Premium

★ 4.9



HIIT Cardio for beginners

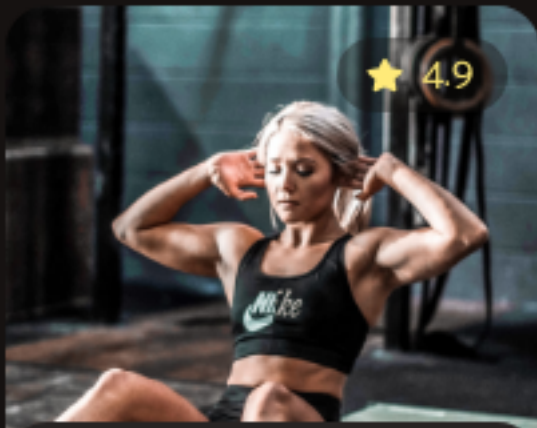
Tadeas Izo

20

Min

### Quick

★ 4.9



Quick ab burner

Dorothy Situp



Arms & back

Mario Energo

### Categories



Cardio



Strength



Endurance



Flexibility





Skip

# What is your gender?

Let us know you better



Female



Male

None of the above

Continue



Skip

# What is your gender?

Let us know you better



Female



Male

None of the above

Continue





## Muscle group



Hamstrings

Abs

Shoulders

Back

Quadriceps

Triceps

Chest

Lower Back

Calves

## Workout type



Bodyweight

Weighted Exercise

Stretching

Yoga

HIIT

Difficulty



Workout duration



Equipment



Show 12 results



Premium

★ 4.9

# HIIT Cardio for beginners

Tadeas Izo

**30**

Minutes

**300**

Calories

**1**

Level

## Workout content



Jump fast

24x

00:15



Jump fast

24x

00:15



**Start the workout**

00:12



Jump fast 24x



Up next



Jump fast

24x

00:15





Polly Strong

@fitness\_girl97

15  
Followers

24  
Following

### My statistics



149

Workouts  
total



18 900

Calories  
burnt



53

Rewards  
collected

### Leaderboard



All time

Today

Week

Month

#1		Sarah L.	211
#2		Joel G.	198
#3		Sally R.	167
#6		You	148

### Achievements

#### Workout Master

Work out for 500 minutes!

Progress

360/500



#### Weekender

Two workouts on the weekend!

Progress

1/2



#### Super heat

Master 5 endurance workouts!

Progress

4/5



# Favorites

All

Legs

Arms

Abs

Flex



★ 4.7



## 10-minute morning yoga

Nama Ste

Premium



★ 4.9



## Dancing therapy

Demi Plie

