



## WORKOUT

Workout is a fitness app template designed to support structured training programs focused on specific muscle groups such as chest, arms, back, and legs. It enables users to follow guided workout routines, receive exercise reminders, and access fitness-related blog content for improved consistency and knowledge. Built with a clean, modular, and scalable architecture, the template ensures smooth performance and easy customization for different fitness use cases, including gym apps, home workout platforms, and personal training solutions. Its well-organized codebase and fully editable components allow rapid development of feature-rich fitness applications with strong focus on usability, flexibility, and performance.

### List of Screens

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1. Splash Screen
2. Sign in Screen
3. Forgot Password Screen
4. Sign up Screen
5. Verification Screen
6. Social Login Screen
7. Home Screen
8. Workouts Screen
9. Workout Details Screen
10. Start Workout Screen
11. Rest Screen
12. Menu Screen
13. My Profile Screen
14. Alarm Screen
15. Set Alarm Screen
16. Privacy Policy Screen
17. Blogs Screen
18. Read Blogs Screen

