

the
FITNESS
PLANNER

is placed from
YOUR NAME GOES HERE

A diagram of a female silhouette with labels for various body parts in Chinese. The labels are as follows:

- Head: 頭部 (Head)
- Neck: 頸部 (Neck)
- Shoulders: 肩部 (Shoulders)
- Arms: 手臂 (Arms)
- Torso: 軀幹 (Torso)
- Legs: 腿部 (Legs)
- Feet: 腳部 (Feet)
- Hands: 手部 (Hands)
- Feet (bottom): 腳部 (Feet)
- Feet (bottom): 腳部 (Feet)

Latest Fitness Planner

PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text bar.

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