

Aatmanirbhar Bharat: Hastar Fitness launches their app on Independence day

Health and wellness app company Hastar Fitness (HF) launches their app on Google Play Store.



Home



Workout

Daily Plan

Weight Loss
Full Body

START

Progress

Streak 1 Day

3

EXERCISE

0.13

KCAL

0.05

TIME (min)

Today's Quote

"THE LAST THREE OR FOUR REPS IS WHAT MAKES THE MUSCLE GROW. THIS AREA OF PAIN DIVIDES THE CHAMPION FROM SOMEONE ELSE WHO IS NOT A CHAMPION."

My Plans



Custom Plans



Home



Library



Tools



Diet

Mumbai, Aug 28, 2020 ([Issuewire.com](https://www.issuewire.com)) - **Hastar Fitness** android app is now available on Google Play Store ([download](#)). The Start-Up Hastar Fitness (HF) is based in Maharashtra's Amravati. As per the website: At Hastar Fitness, we make group workouts fun and categorized into Beginner, Intermediate and Advanced levels according to users choice with the assistance of customized plans. Mental fitness easy with yoga & meditation alongside keeping better track of your body.

The team of Hastar Fitness showed their excitement by sharing the application over their Social media handles. One of their team member **Saurav L. Chaudhari** who is also Co-Founder @ CSO at HTNP Industries Pvt. Ltd. shared the post on LinkedIn.

Hastar Fitness has several health calculators to calculate fitness parameters from BMI to advance BMI, Calorie meter. The USP of Hastar Fitness include several points as follows:

1. Customized diet plans
2. Customized workout plans
3. Indian food in section
4. Yoga and positive thoughts.

Some other details can be said as:

***Body Weight**

The movements involved in bodyweight training can help to increase that mobility and challenge the bodies 'stabilisers' by using complete movements. This can in turn, lead to strength gains in the gym.

*** Cardio**

Cardio keeps your heart healthy. In fact, regular cardio exercise can improve the functioning of your heart and reduce the risk of heart disease.

*** Yoga**

It's time to roll out your yoga mat and discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe.

*** Meditation**

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective.

*** Diet**

You eat a variety of your favorite foods -- lean protein, leafy greens, vegetables, nuts, fruits, whole grains.

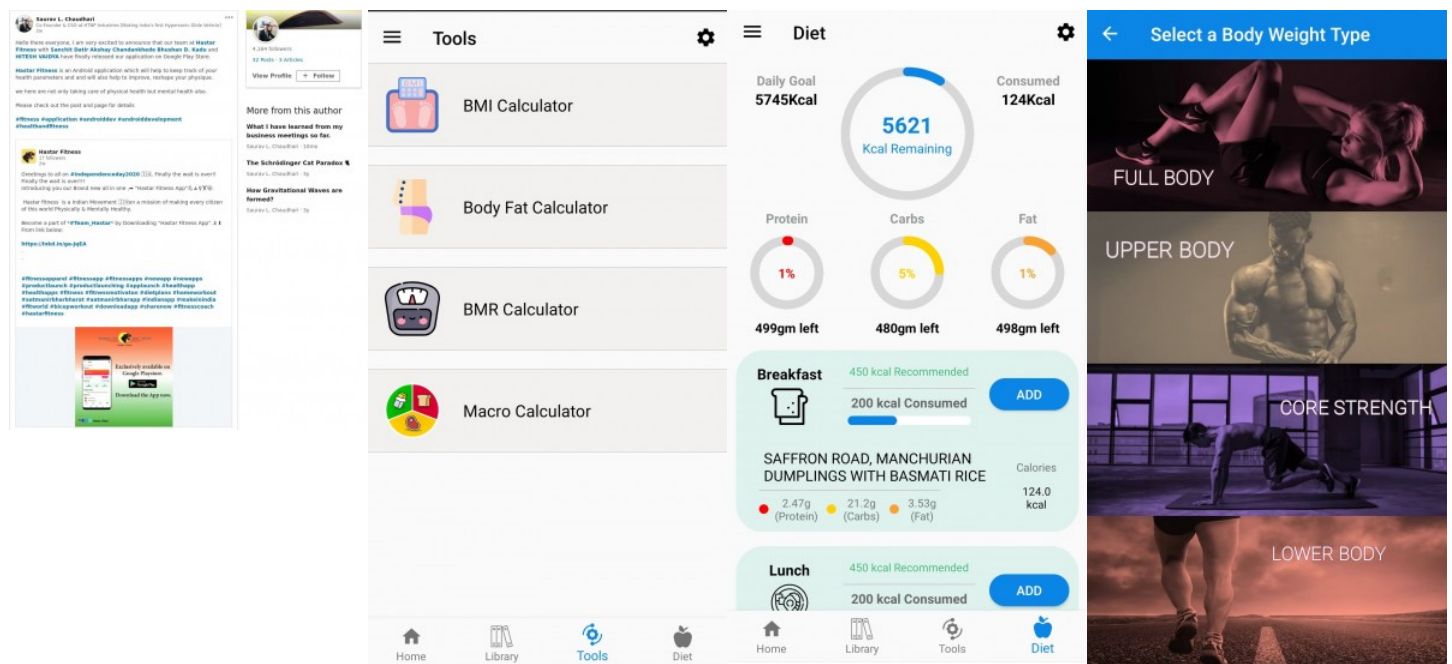
* Tools

Different body weight tools are available to keep track of stability and goals users are willing to reach. BMI calculator, Body Fat Calculator, BMR Calculator, Macro Calculator are available to keep track of your fitness levels.

The team meet each other in same college (SSGMCE) and thus wanted to do something for health of Nation.

The Idea behind the application was to achieve a goal, a goal to make India fit and Healthy.

Visit website for more detains ([website](#))



Media Contact

Android stock Market

hastarfitnessonline@gmail.com

Source : Android Stock Market

[See on IssueWire](#)

