

Transform Your Fitness Journey with YavaFit: The Cutting-Edge Mobile App from Standout Digital Media

Get Fit and Stay Motivated with Over 50 Workout Plans, Fitness Calculators, Weekly Nutrition Blog and a Supportive Community

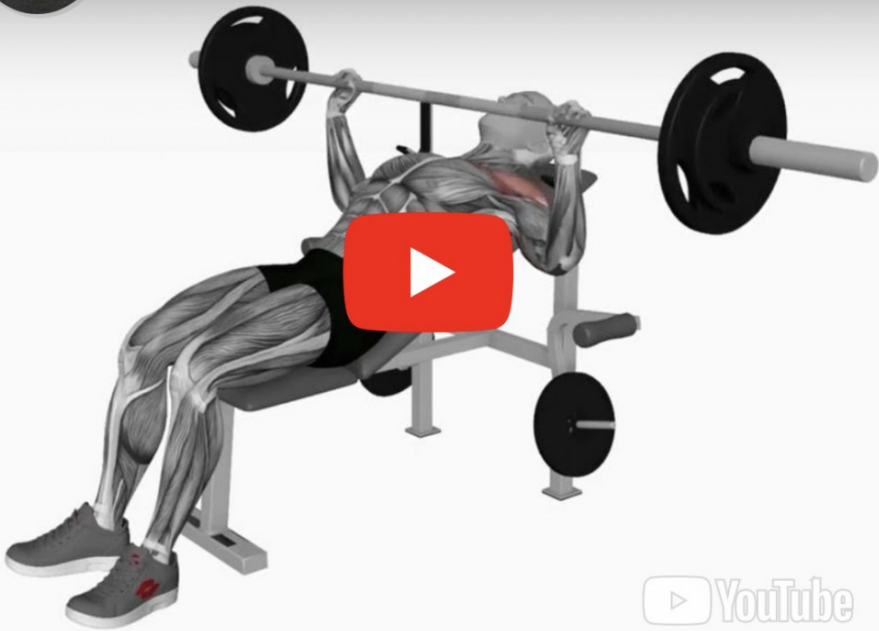
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YAVAFIT

YAVAFIT

Incline Barbell Bench Press



YouTube

INCLINE BARBELL BENCH PRESS

Sets:

4

Reps:

8 - 10

Max Weight Lifted:

10

Max Reps:

10

Save



Instructions:

Lie with your glutes and shoulders in contact with

Home

WorkOuts

Activity

Calculator

Account

Dubai, United Arab Emirates Jan 30, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Standout Digital Media

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Standout Digital Media is proud to announce the launch of YavaFit, a comprehensive fitness community mobile app that includes 50+ workout plans, fitness calculators, a weekly blog about nutrition and supplements, a public wall, and more.

YavaFit is designed to help users achieve their fitness goals by providing them with everything they need in one convenient place. With a library of over 50 workout plans that are specifically designed for gym goers, users can get the most out of their time and effort. And with easy-to-use fitness calculators, users can track their progress and make the most of their efforts.

In addition to workout plans and fitness calculators, YavaFit also offers a weekly blog about nutrition and supplements, so users can stay informed about the latest trends and advancements in the world of fitness. And for those looking for extra motivation, the public wall allows users to connect with like-minded individuals, share their progress, and get encouragement from others who are also working towards their fitness goals.

"We are thrilled to launch YavaFit, a comprehensive and innovative fitness app that will help users achieve their goals and stay motivated," said Ahmed Najeeb, Founder of Standout Digital Media. "With a library of workout plans, fitness calculators, and a supportive community, YavaFit has everything users need to get fit, stay healthy, and achieve their goals."

YavaFit is available for download now in the App Store and Google Play Store.

About Standout Digital Media:

Standout Digital Media is a Digital Marketing and Software Development Company that is dedicated to helping people achieve their goals, whether it's in business or fitness. With innovative products and a commitment to quality, Standout Digital Media is at the forefront of the industry.

For more information, visit www.standout.cc.

Contact:

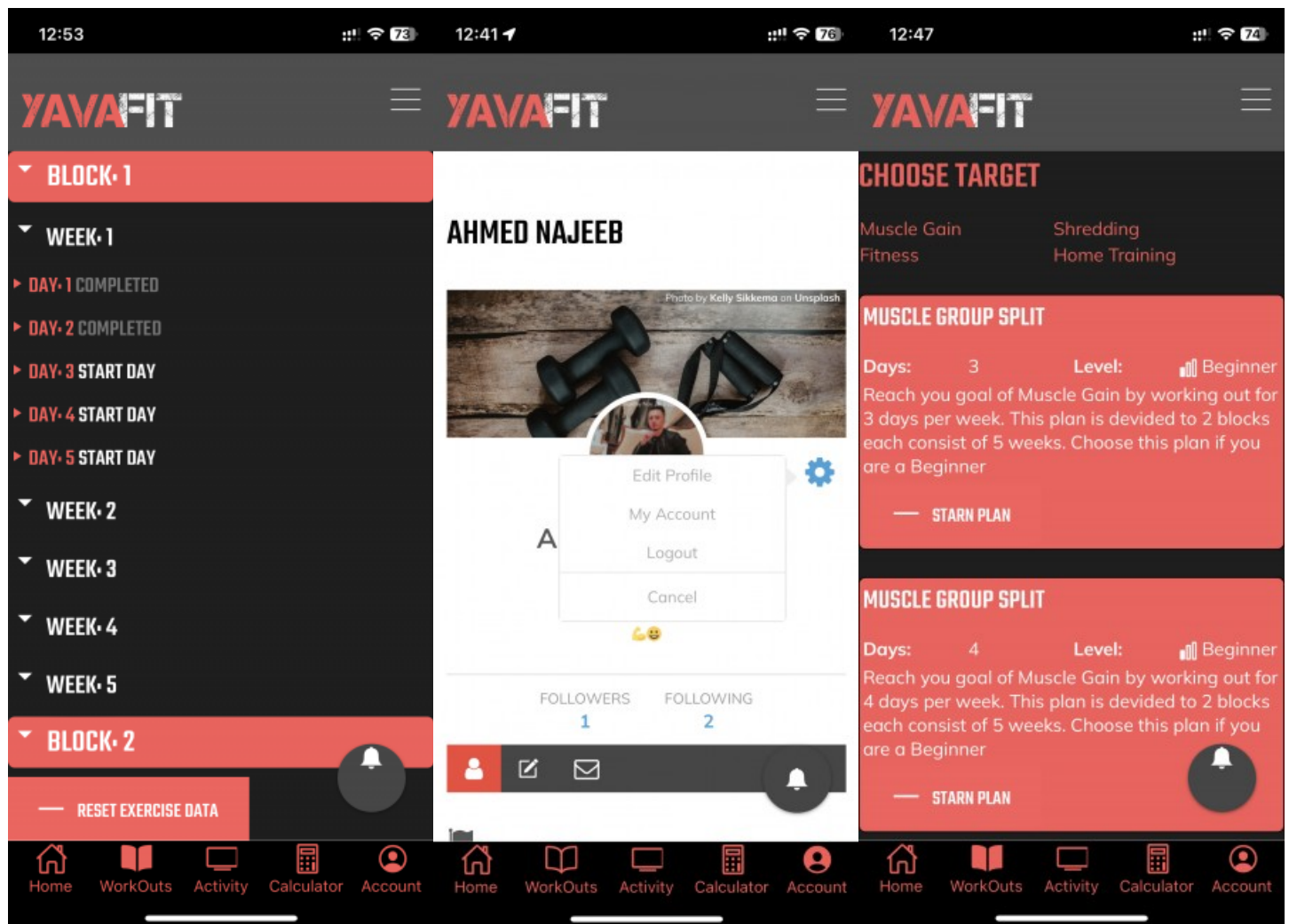
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