

A full-page background image featuring a muscular couple. The woman, on the left, has long dark hair and is wearing a white sports bra and denim shorts. The man, on the right, is shirtless, showing his well-defined muscles, and is wearing blue jeans. They are both looking off to the side with serious expressions. A red button with white text and a hand cursor icon is overlaid on the image.

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FITNESS

CHECKLISTS