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## Push Day

Kamis, 2 April 2026

Daily Tracker

Anda belum mengatur Tracker Hari ini

Tambah Exercise

### Kategori Program



GYM



Yoga



Badminton



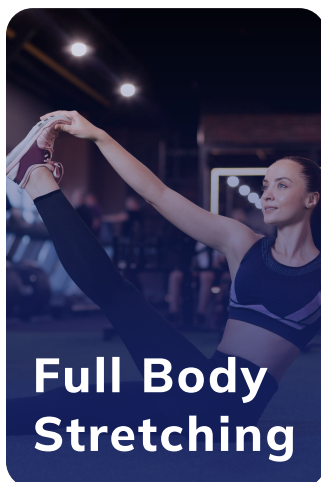
Fun Football



Cari video...

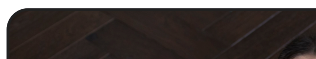
### Video Gym

Lihat Semua



### Video Yoga

Lihat Semua



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### Push Day

Kamis, 2 April 2026

Daily Tracker

|                    |               |                                |
|--------------------|---------------|--------------------------------|
| 1h 25m<br>durasi   | 4<br>exercise | 5<br>set                       |
| 1.728 KG<br>valume |               | 20 KG<br>machine + chest press |

### Kategori Program



GYM



Yoga



Badminton



Fun Football

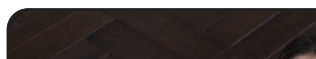
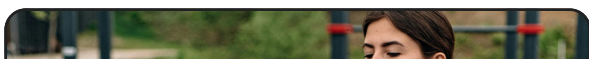
### Video Gym

[Lihat Semua](#)



### Video Yoga

[Lihat Semua](#)



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**OSBOND GYM**  
16 Outlet tersedia



**IKIGAI FITNESS**  
3 Outlet tersedia




**FUN FITNESS**  
1 Outlet tersedia




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Search


### Booking Lapangan




**Red Meadows**  
★ 4.0 (175) ~1.8 km




**Shuttles Fly**  
★ 4.5 (55) ~2.8 km




**Red Meadows**  
★ 4.0 (175) ~1.8 km



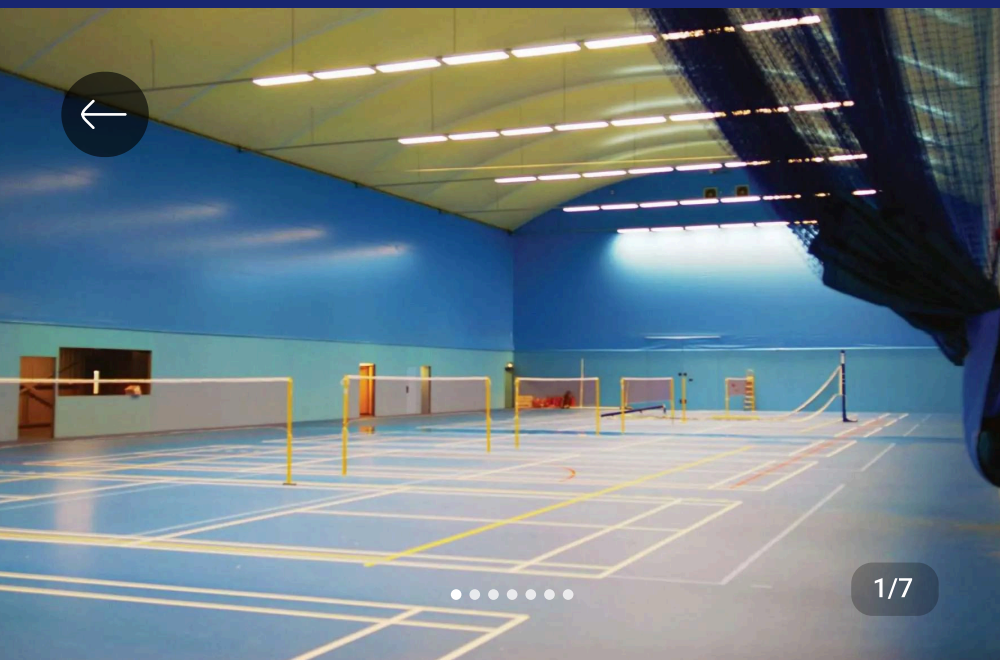
**Shuttles Fly**  
★ 4.5 (55) ~2.8 km



**Red Meadows**  
★ 4.0 (175) ~1.8 km



**Shuttles Fly**  
★ 4.5 (55) ~2.8 km



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## Red Meadows

₹1100 Onwards

★ 4.0 [175 reviews](#)

Open 24 hours



5P4F+HR4, Adoor Bypass Road, Adoor, Kerala...

[Click to view on map](#)



### Amenities

Parking

Changing room

Toilets

First Aid

### Rules and regulations



### Ratings & Reviews

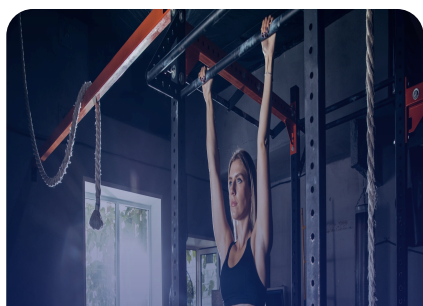
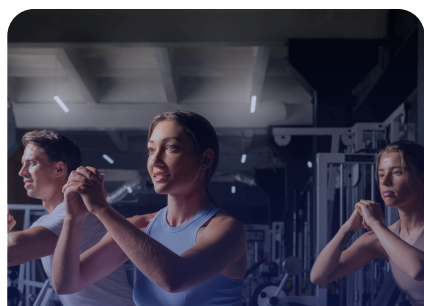
★ 4.0

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🔍 Cari video...

### Video Gym



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# Squat Exercise