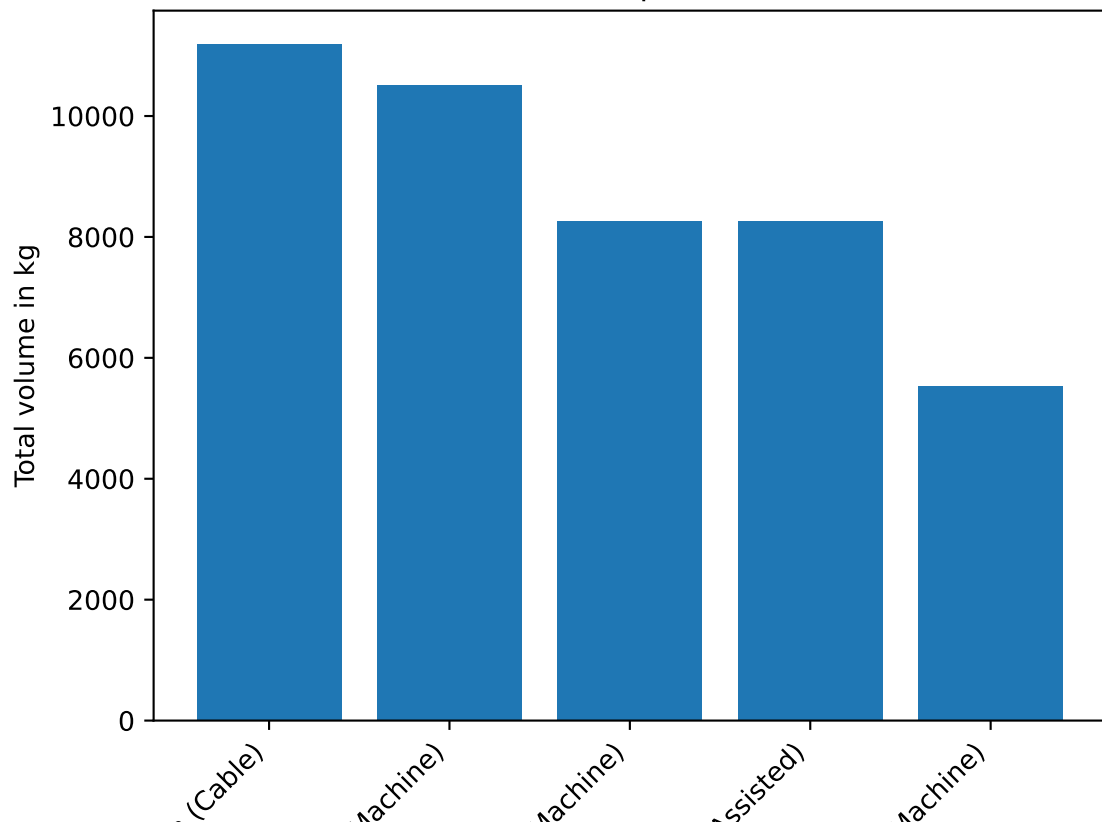
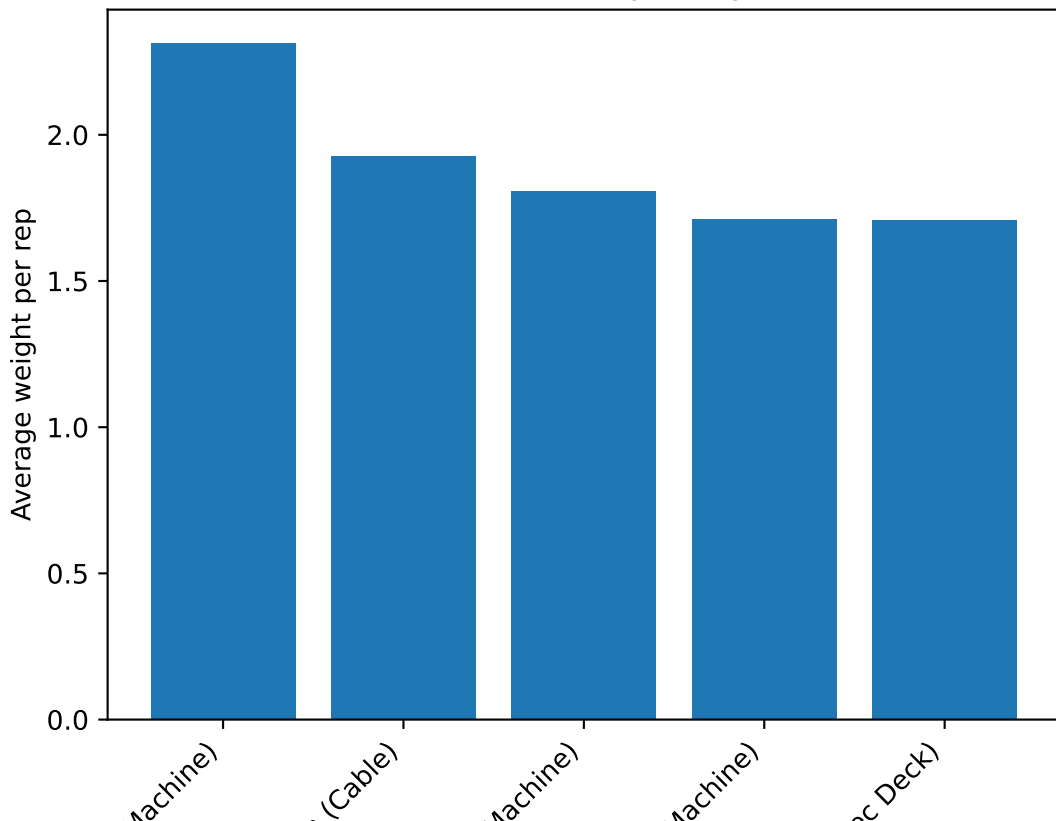


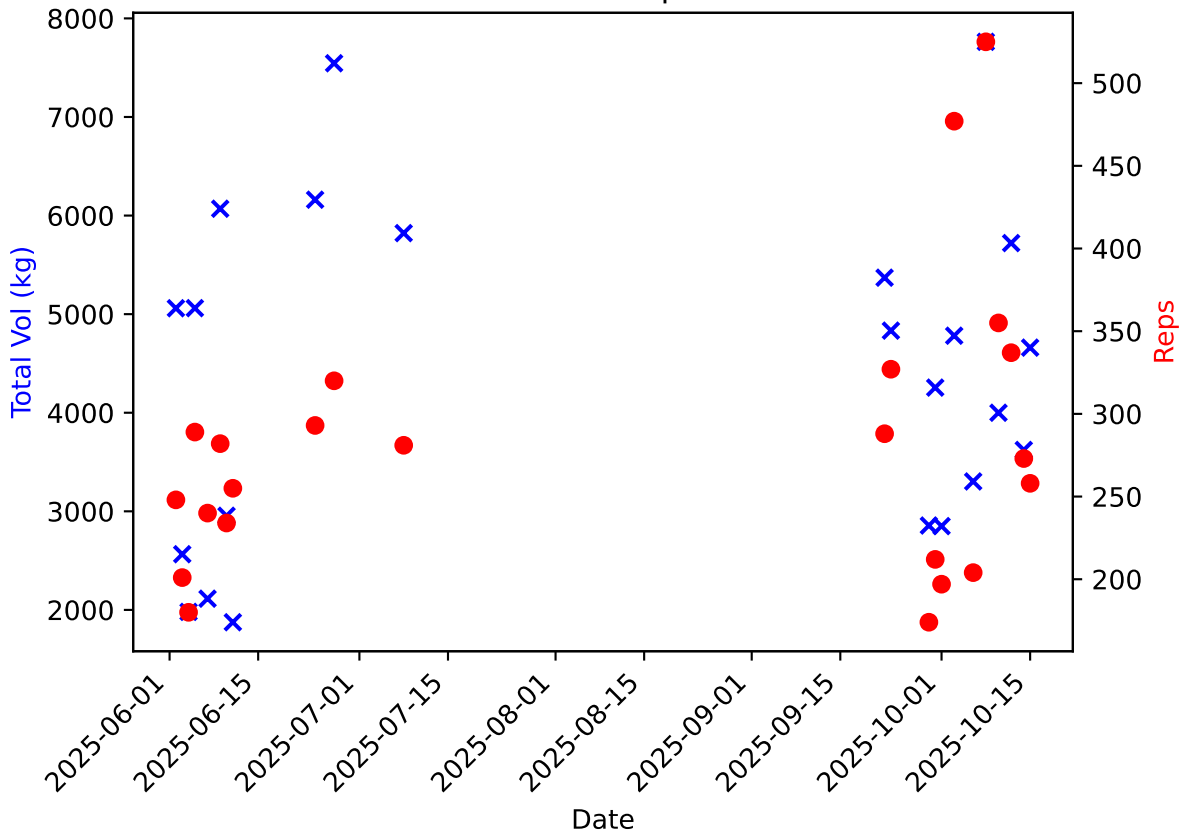
Total vol for top 5 exercises



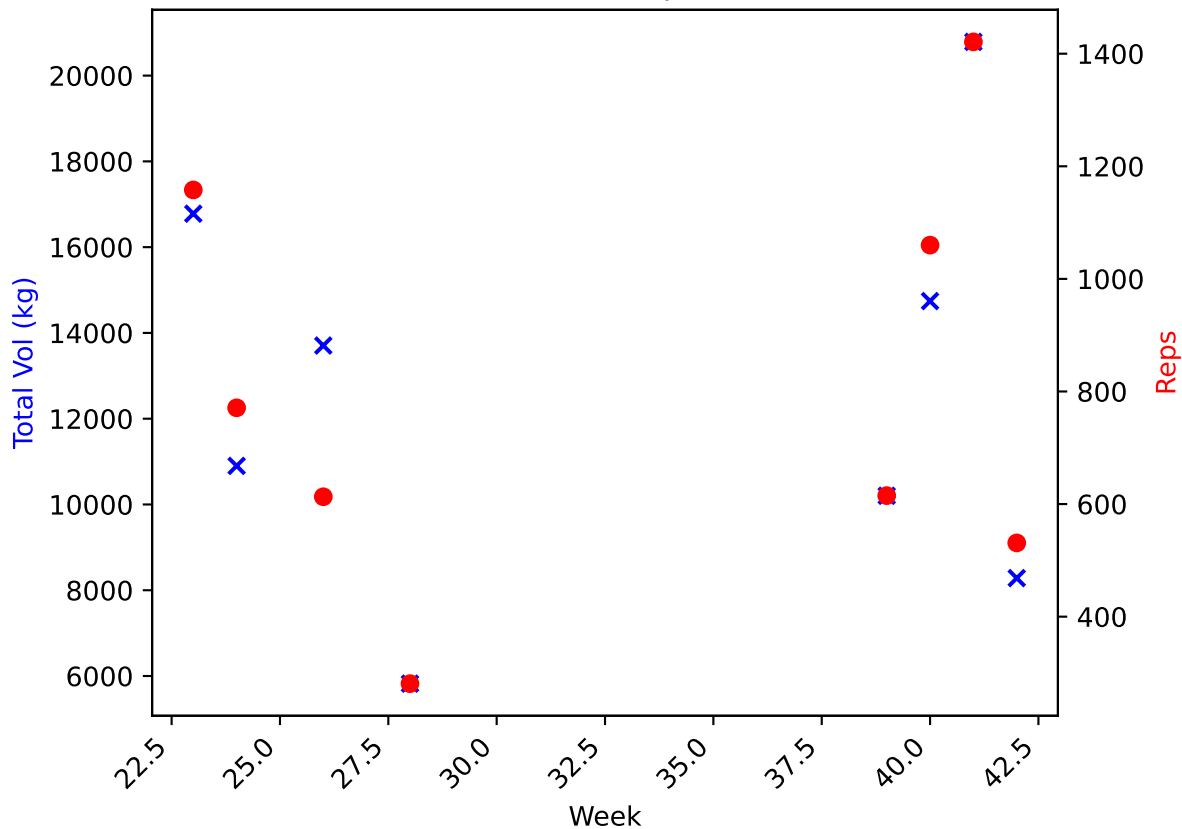
Total vol for top 5 days



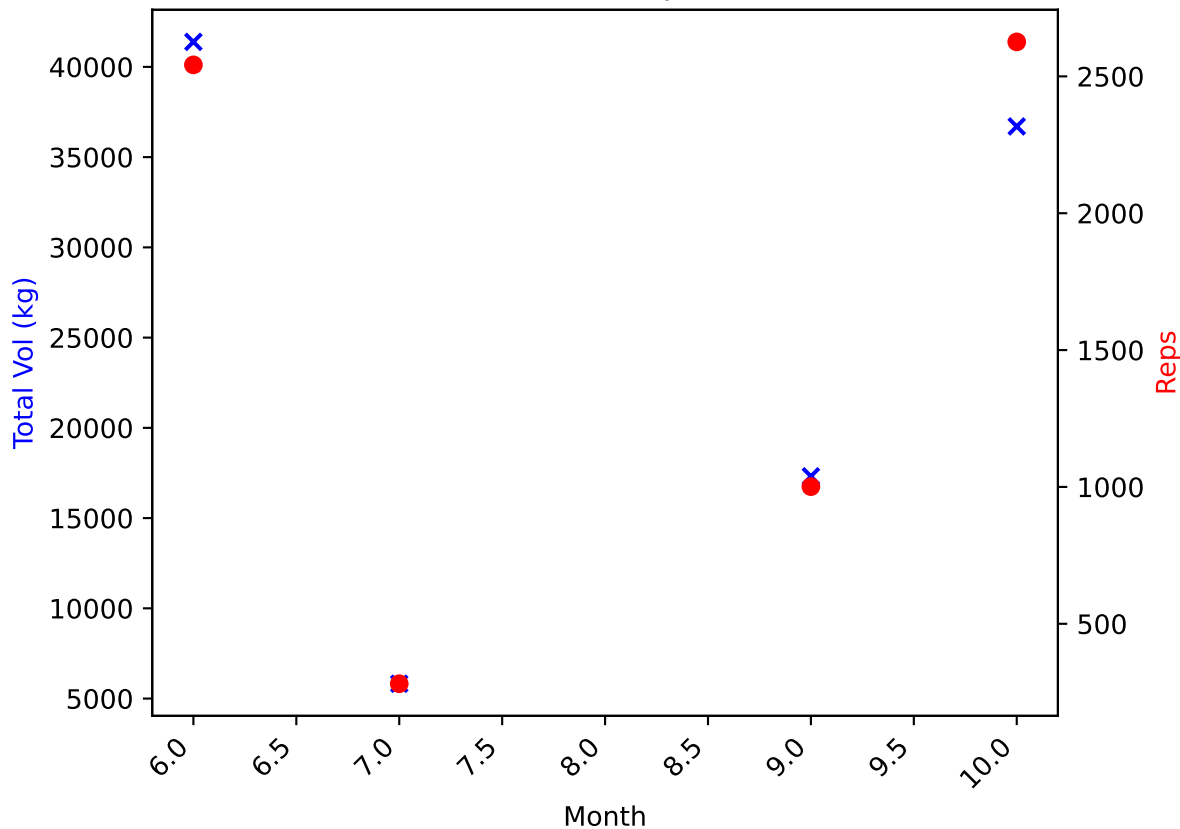
Total volume and reps over date



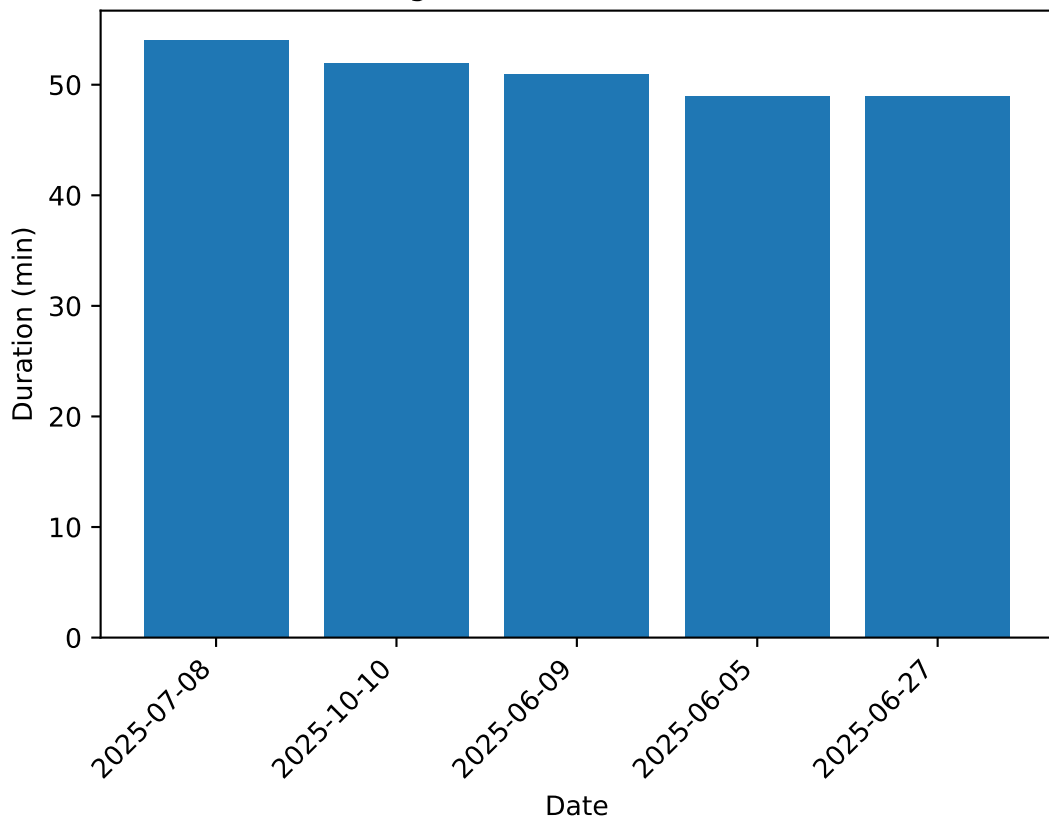
Total volume and reps over date



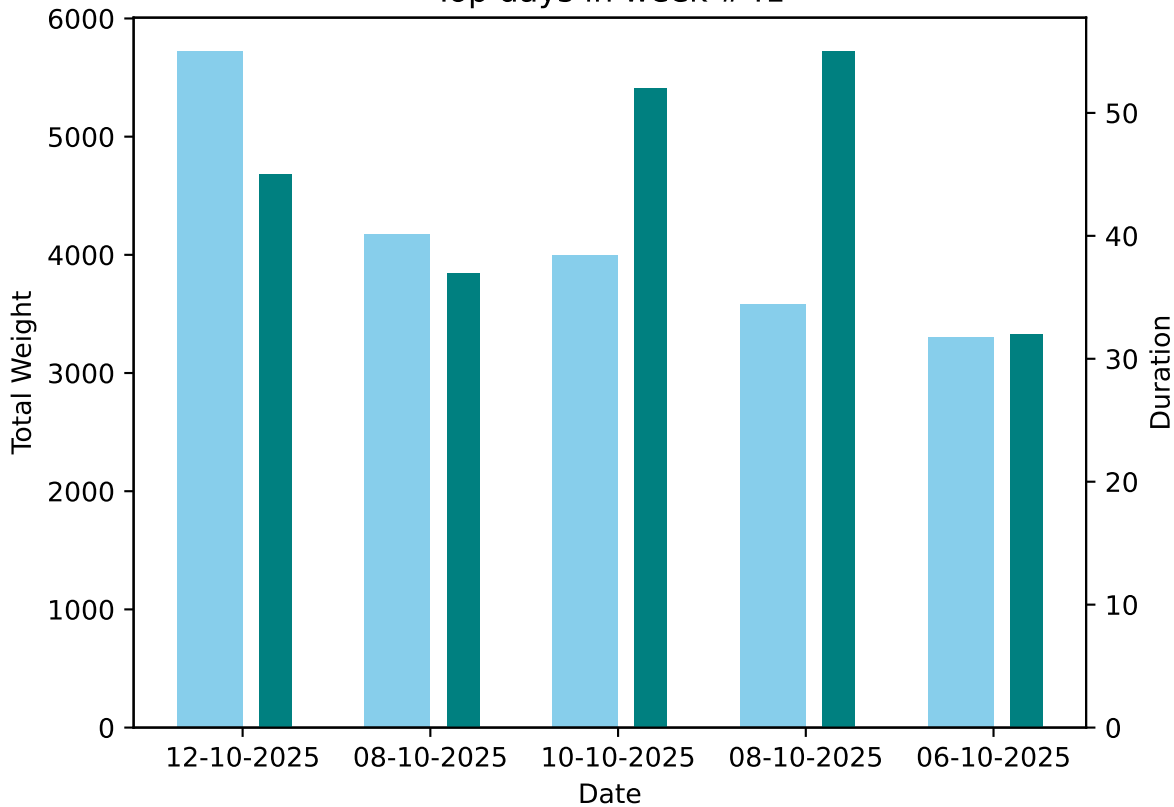
Total volume and reps over date



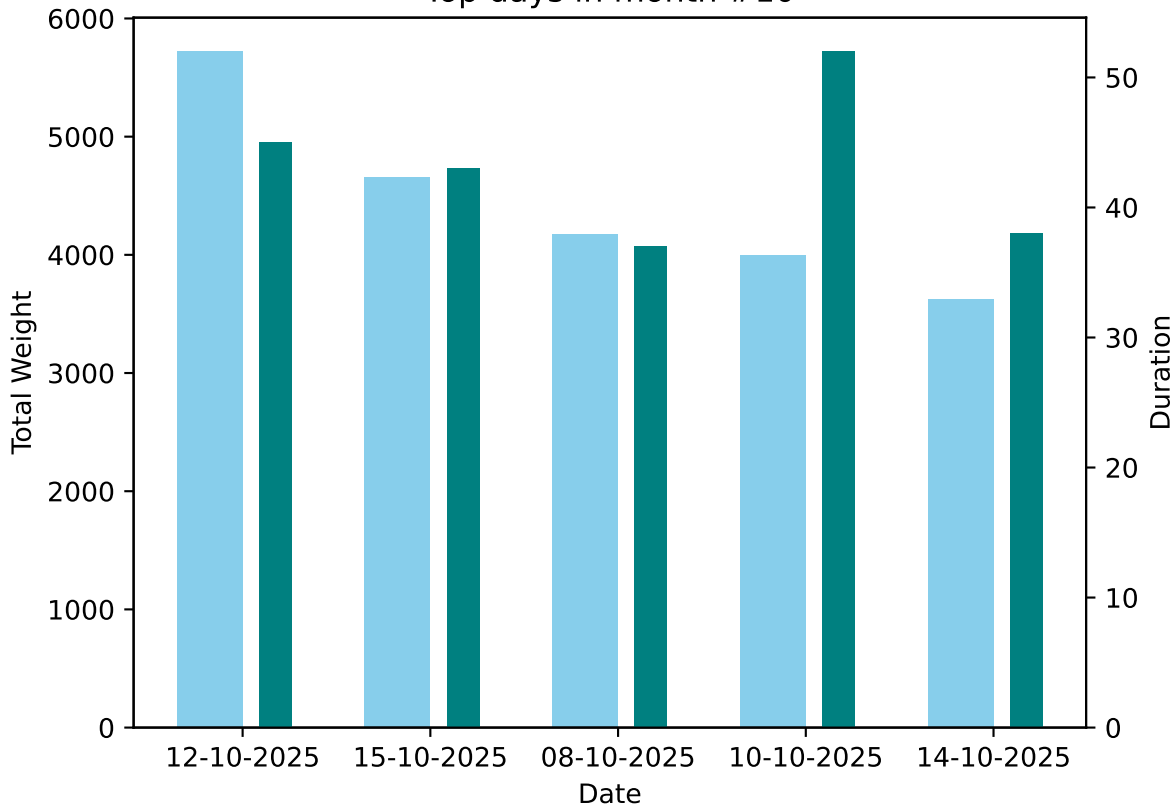
Average workout duration (max)



Top days in week #41

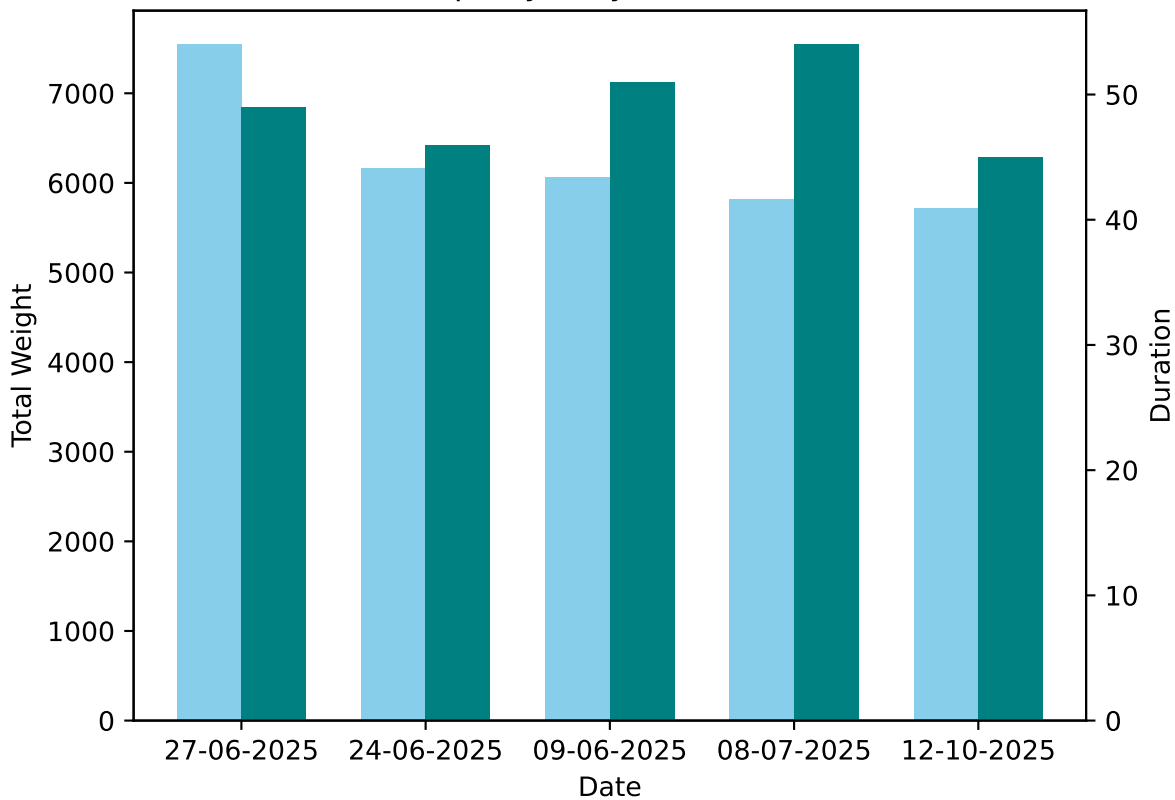


Top days in month #10

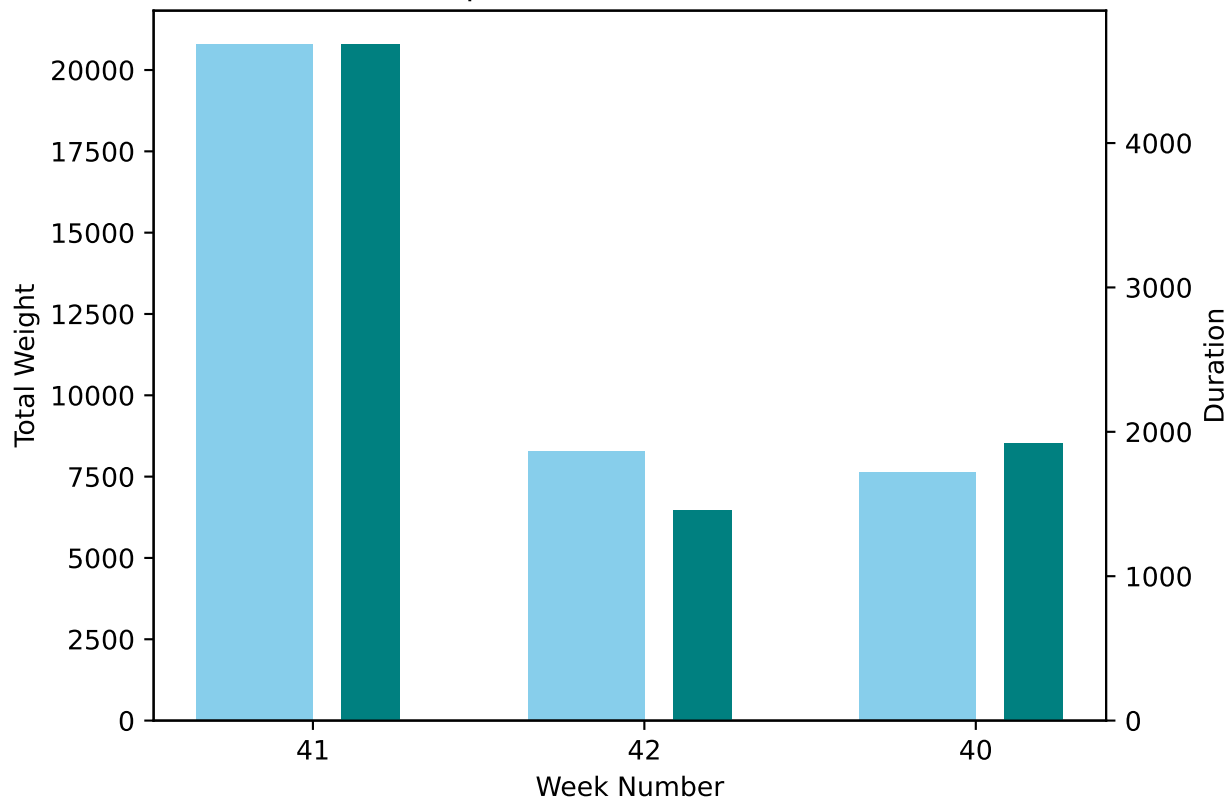




Top days in year #2025



Top weeks in month #10



Top months in year #2025

