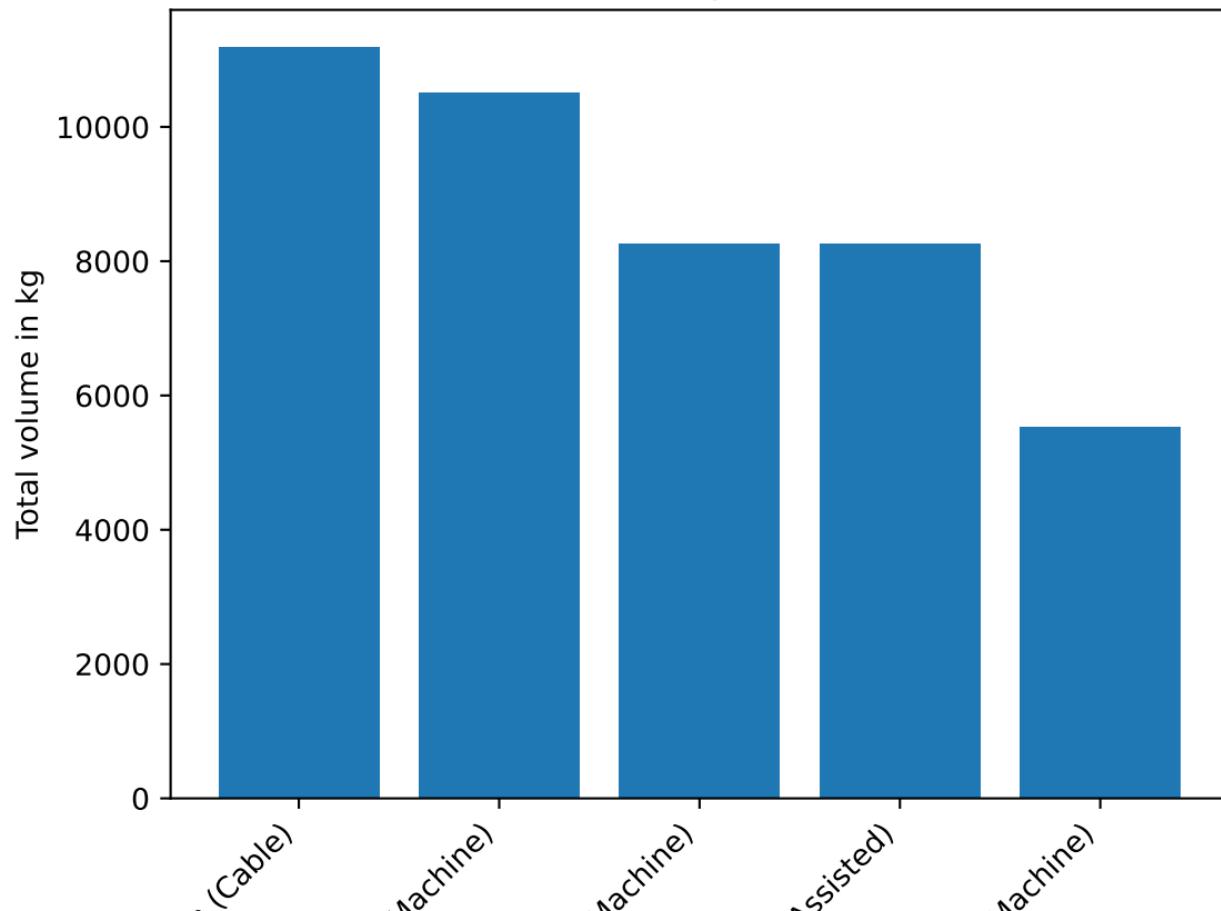
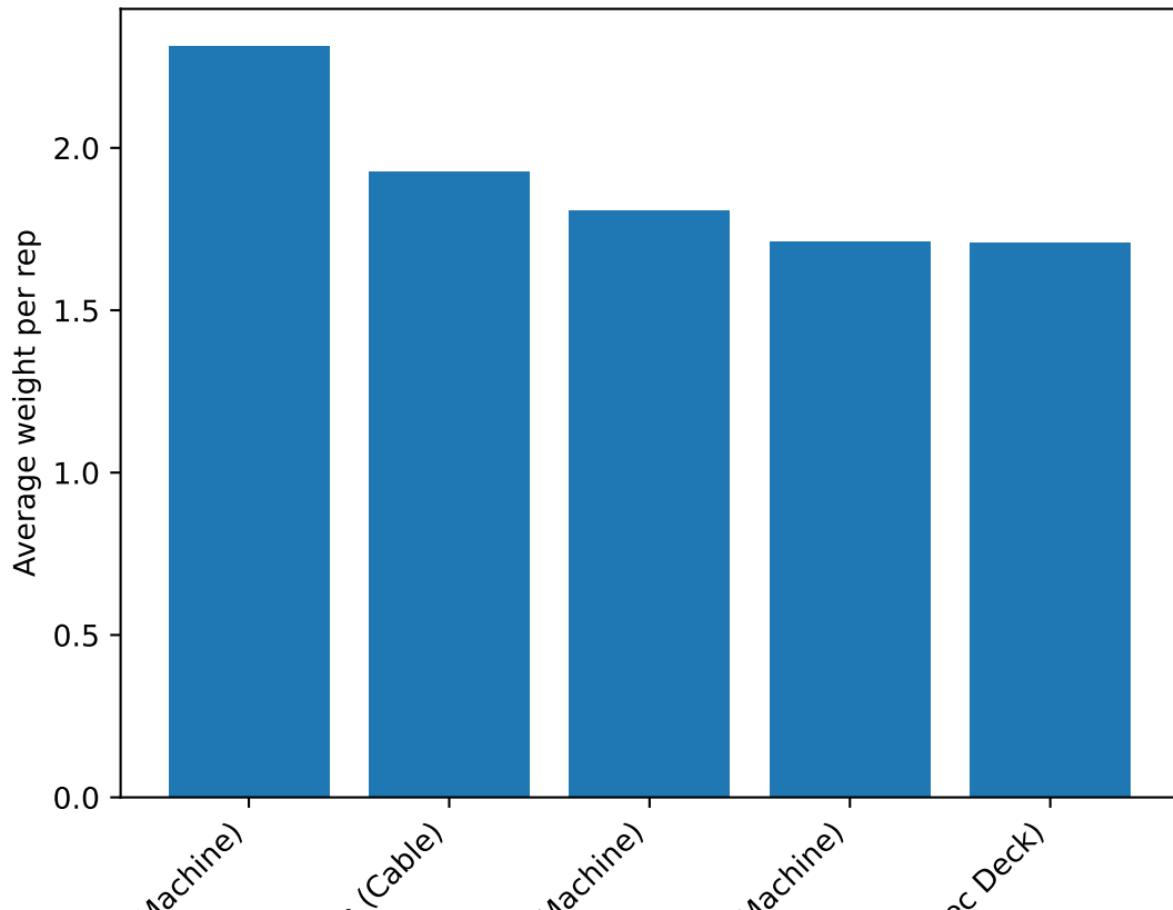


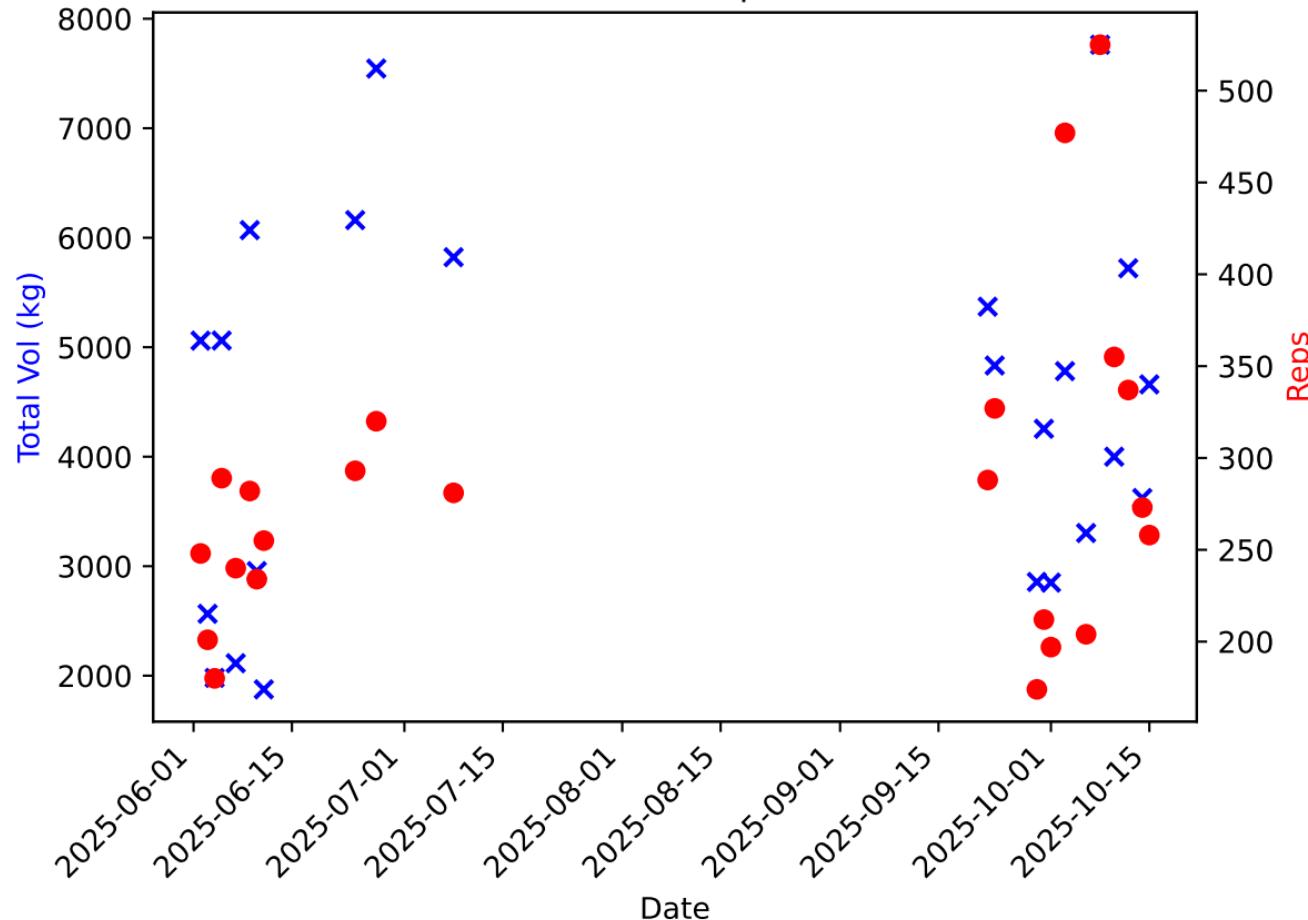
Total vol for top 5 exercises



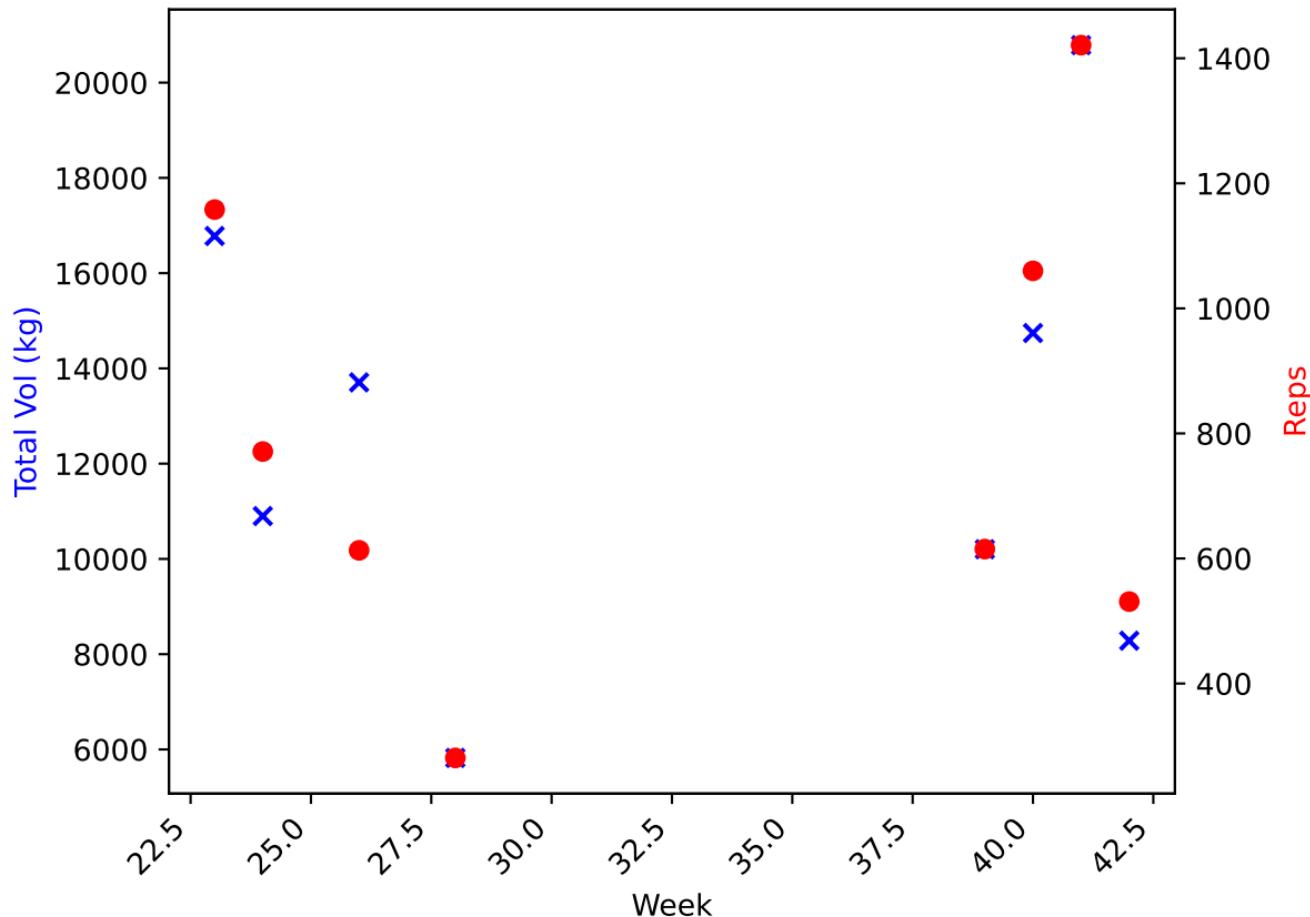
Total vol for top 5 days



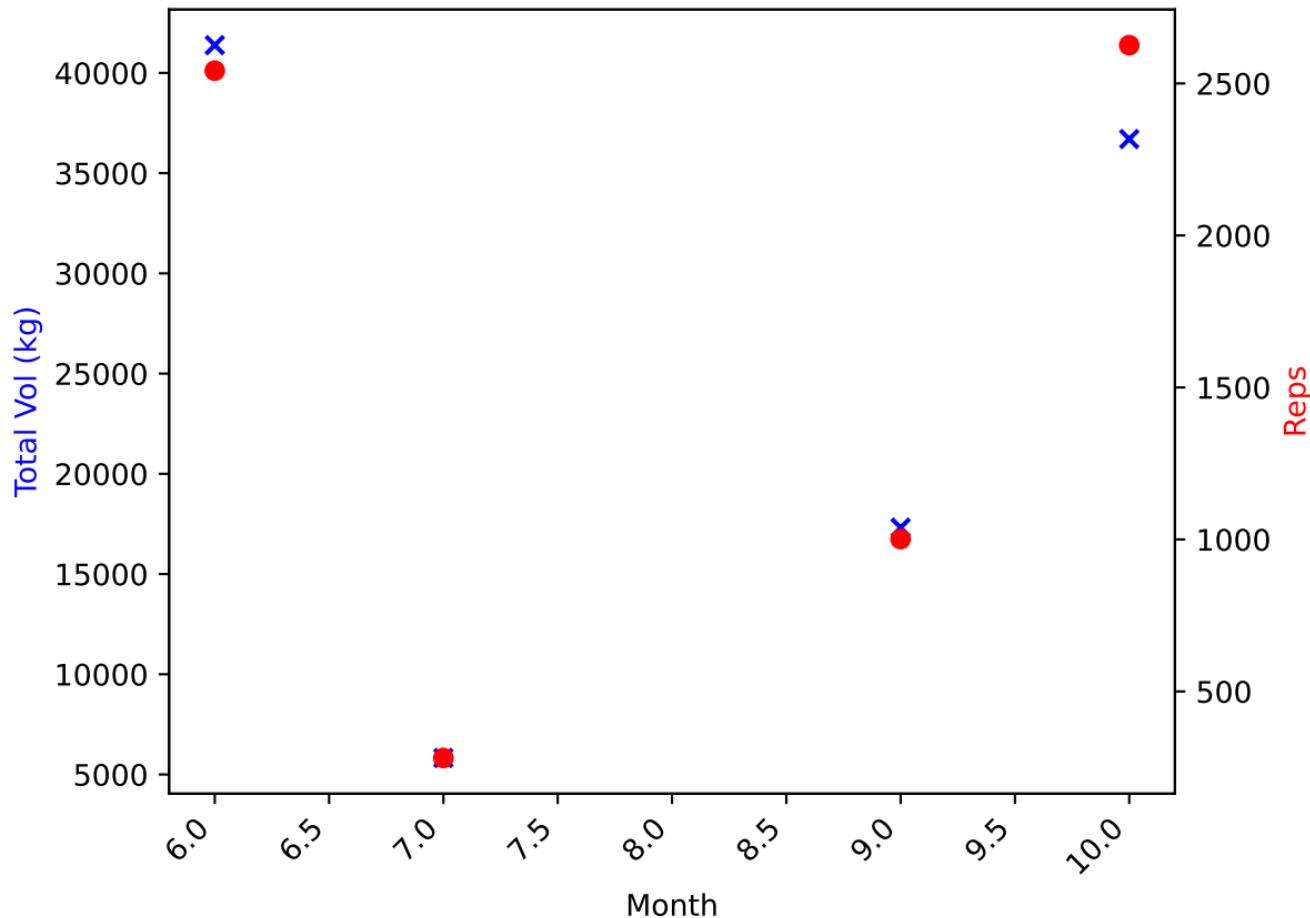
# Total volume and reps over date



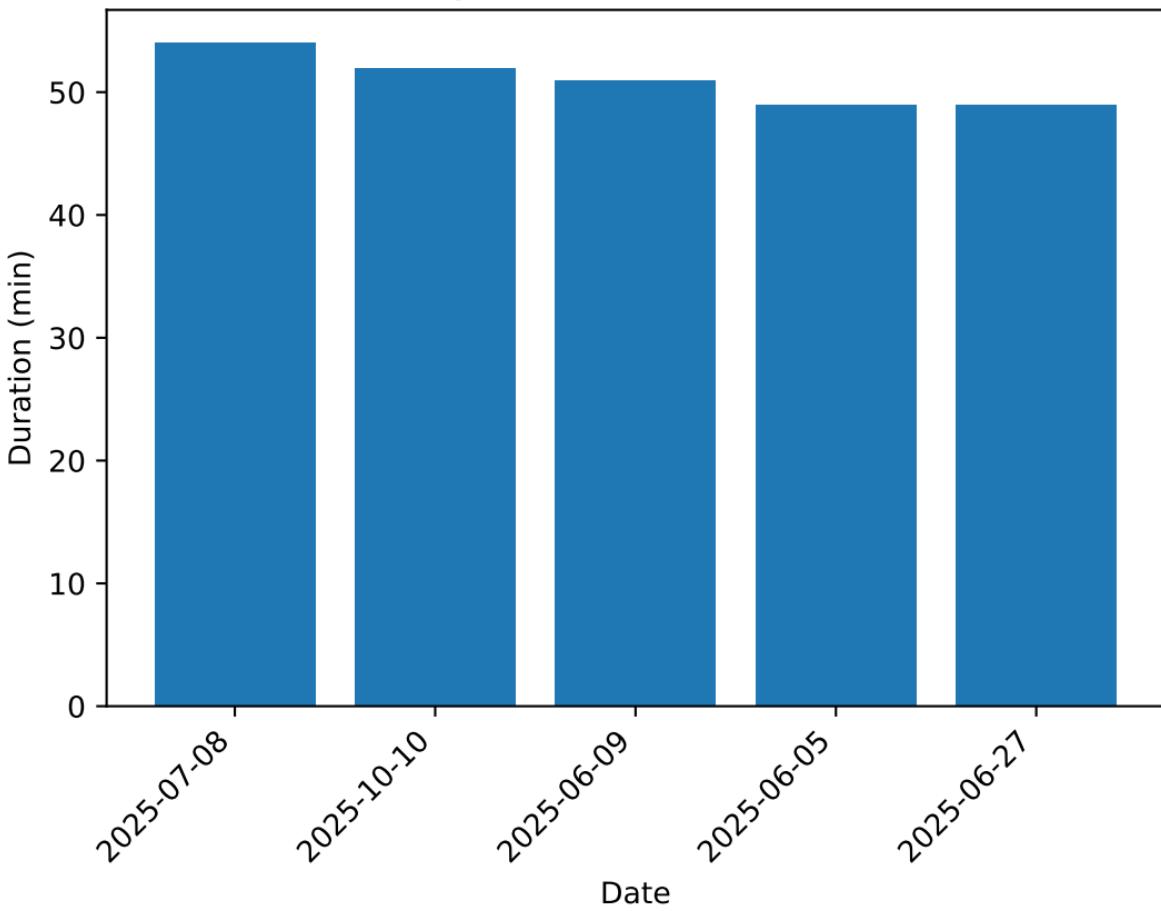
# Total volume and reps over date



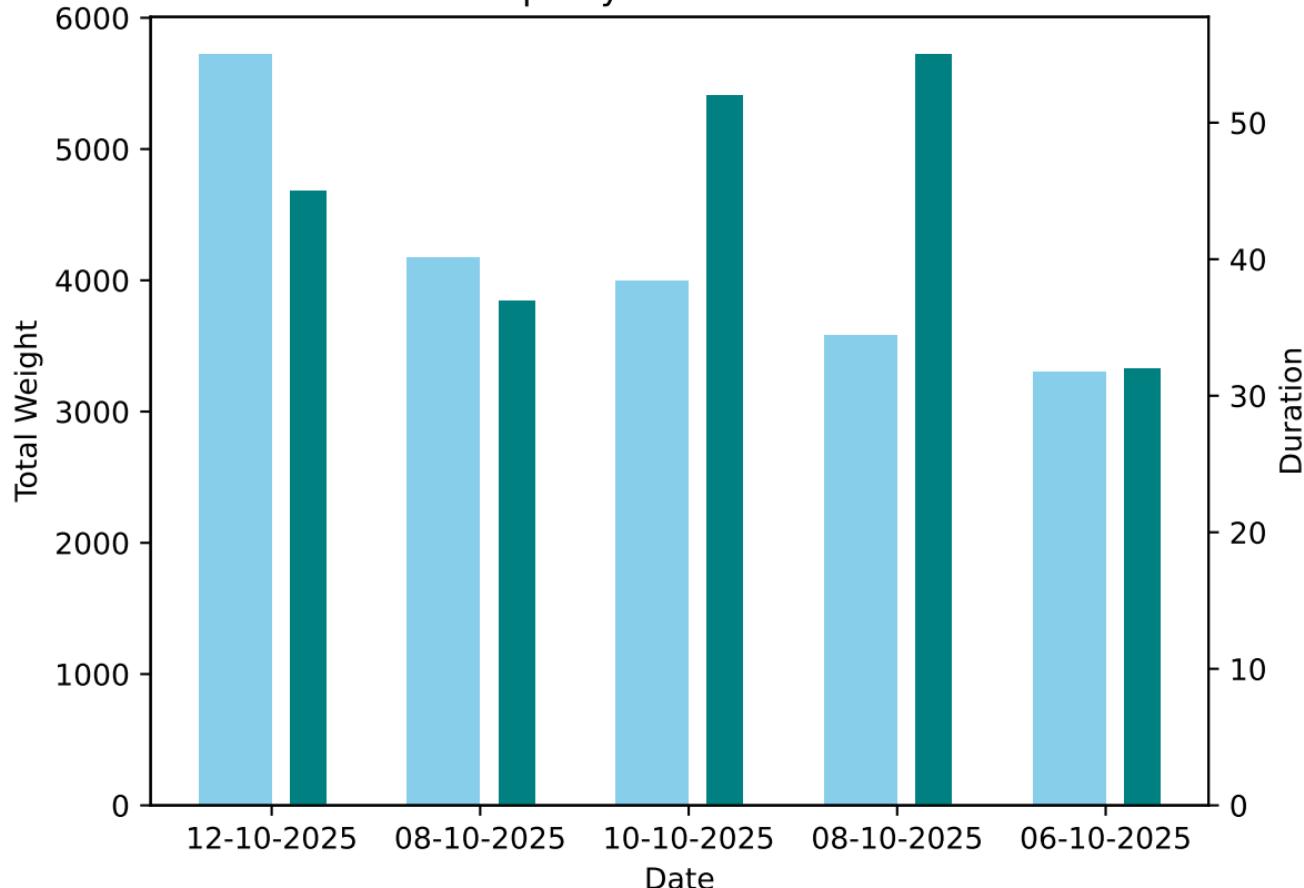
### Total volume and reps over date



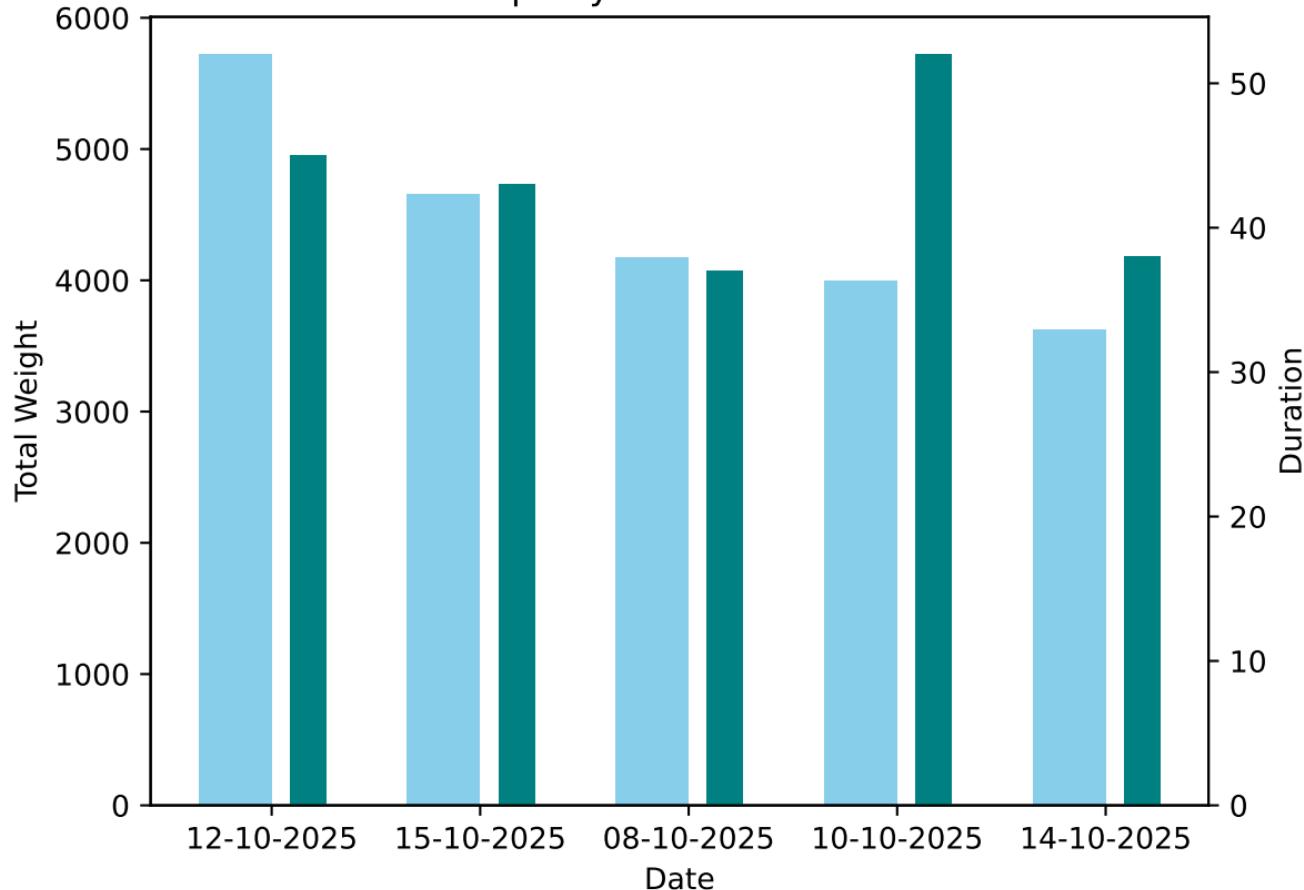
### Average workout duration (max)



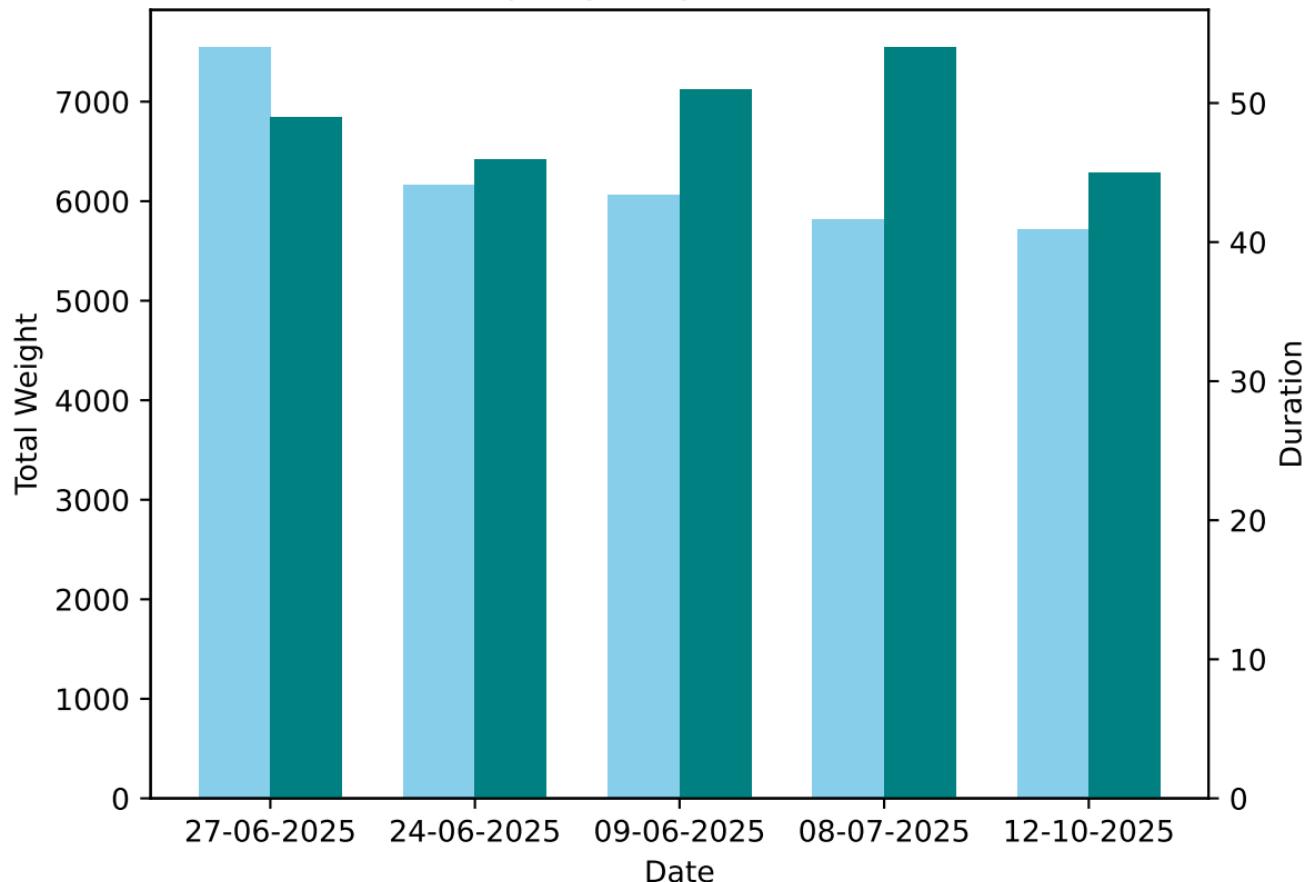
### Top days in week #41



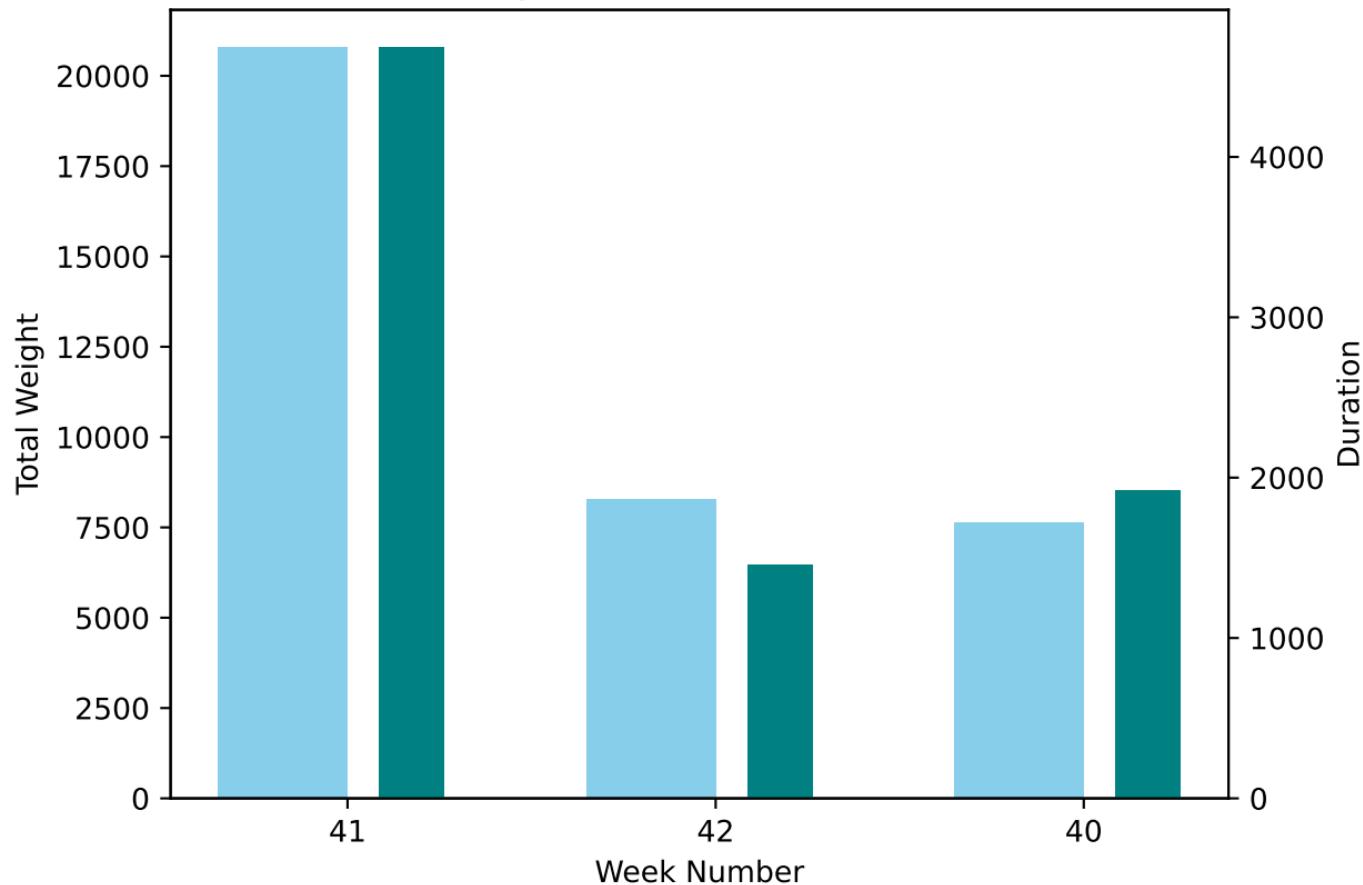
Top days in month #10



## Top days in year #2025



Top weeks in month #10



### Top months in year #2025

