

TrainWise

User

Password

Login



TrainWise

Select Video



Select type

Squat	Deadlift	Bench Press
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Number of repetitions:

Weight (Kg):

Upload



Uploading....





https://



TrainWise

User

Password

Login

Choose user:

User #78

☐ All users

Videos List:

Select All

Vid #1

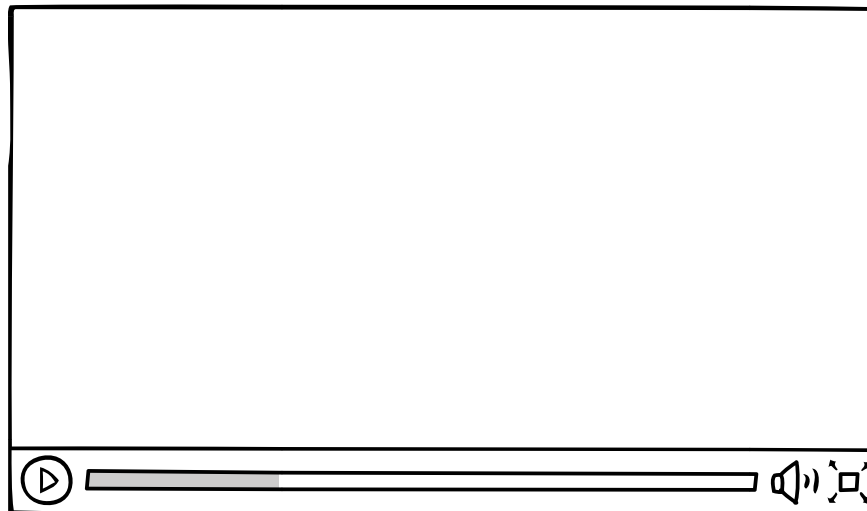
Vid #2

Vid #3

etc



Editing vid#1



Number of repetitions:

15

Weight (Kg):

55

Save changes

Download Selected