

# Weekly Fitness Progress Report

Report Date: 2025-12-19  
Workouts Logged: 8

Exercise	Avg Weight (kg)	Total Sets
Bench Press	50.0	4
Bent-Over Row.Barbell	75.0	4
Cuban Rotation.Dumbbell	75.0	4
DUMBELL CURL	30.0	4
Deadlifts	50.0	4
LEG PRESS	70.0	4
PULL UPS	40.0	4
Squats	80.0	4