

# Weekly Fitness Progress Report

Report Date: 2025-12-19

Workouts Logged: 6

Average Weight per Exercise:

- Bench Press: 50.0 kg
- DUMBELL CURL: 30.0 kg
- Deadlifts: 50.0 kg
- LEG PRESS: 70.0 kg
- PULL UPS: 40.0 kg
- Squats: 80.0 kg