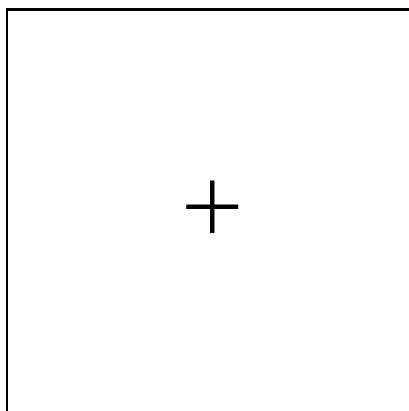




# Workouts

---



Workout:

Traditional Strength Training

Read heart rate from:

15 March 2017

Color:



# Workouts



## Traditional Strength Training

Next reading:  
15 March 2017, 11:32

# Workouts



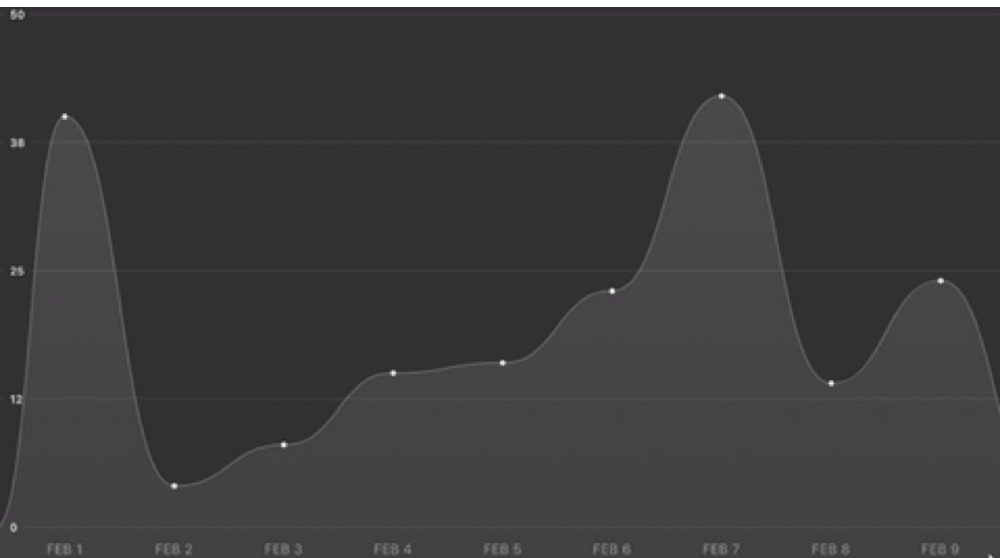
## **Traditional Strength Training**

Next reading:  
15 March 2017, 11:32

## **Running**

Next reading:  
15 March 2017, 11:32

Workouts Traditional Strength Training

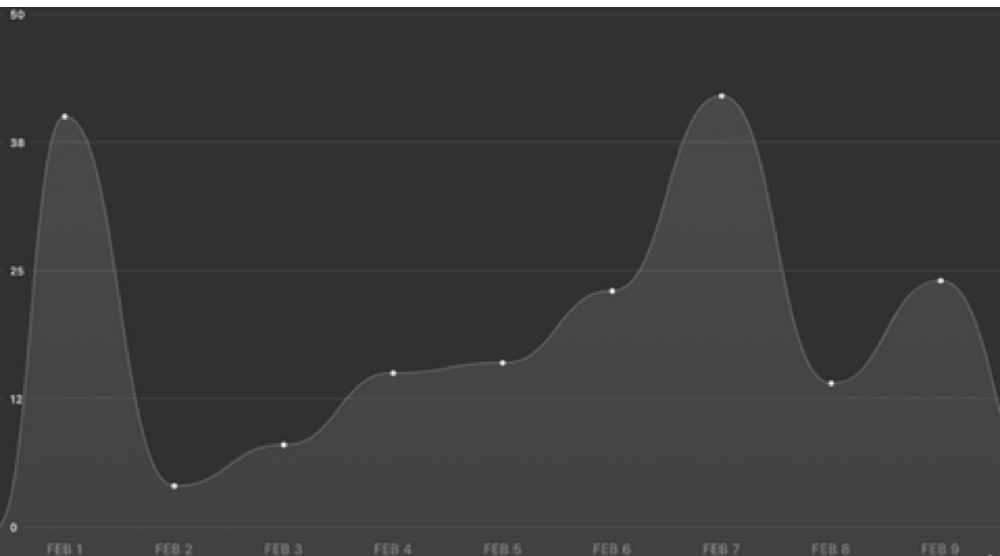


On: 15 March 2017  
 Between: 11:32 - 23:59  
 You worked out for: 1h 16m

Confirm  
 Next reading:  
 16/03 00:09

19:10	95 bpm
19:20	90 bpm
19:30	110 bpm
19:40	120 bpm
19:50	125 bpm
20:00	125 bpm
20:10	125 bpm

Workouts Traditional Strength Training



On: 16 March 2017  
Between: 00:09 - 15:12  
You did not work out

Confirm  
No more readings afterwards

13:10	95 bpm
13:20	90 bpm
13:30	110 bpm
13:40	100 bpm
13:50	90 bpm
14:00	95 bpm
14:10	70 bpm

# Workouts



**Traditional  
Strength  
Training**

No new readings

**Running**

Next reading:  
15 March 2017, 11:32