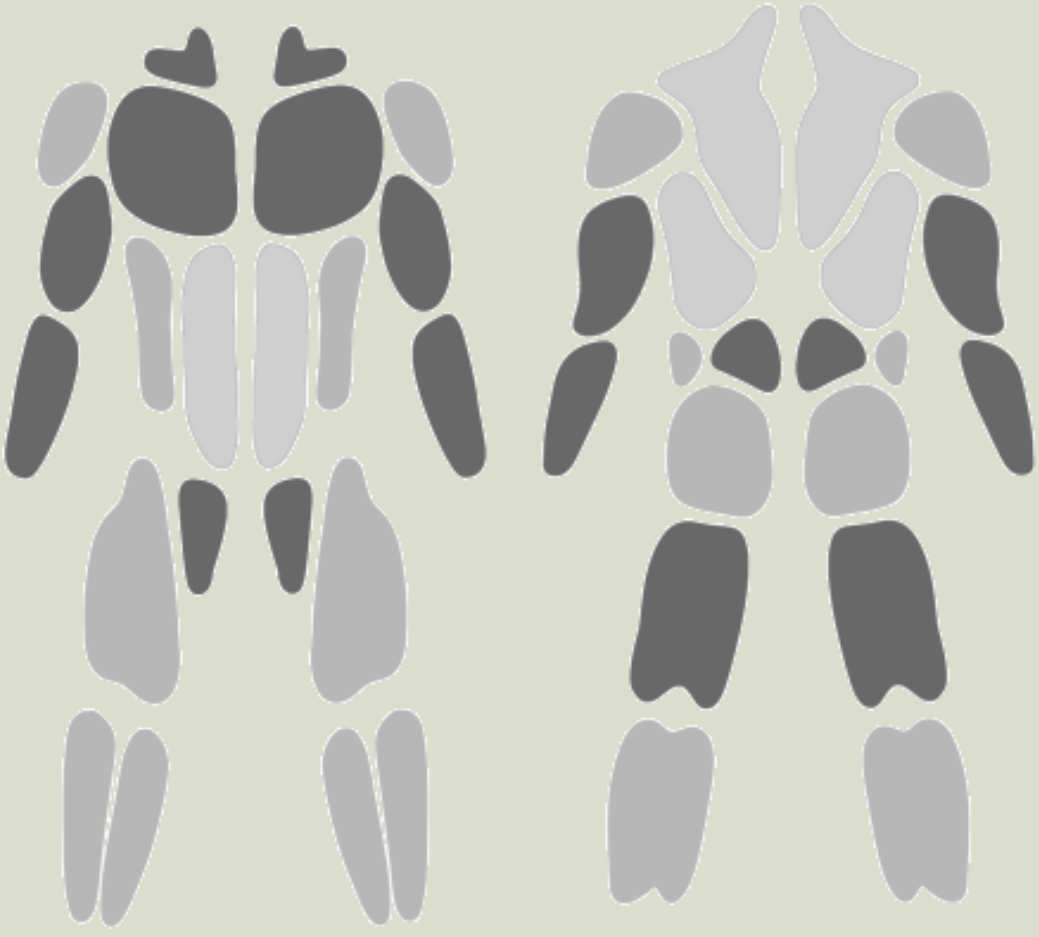


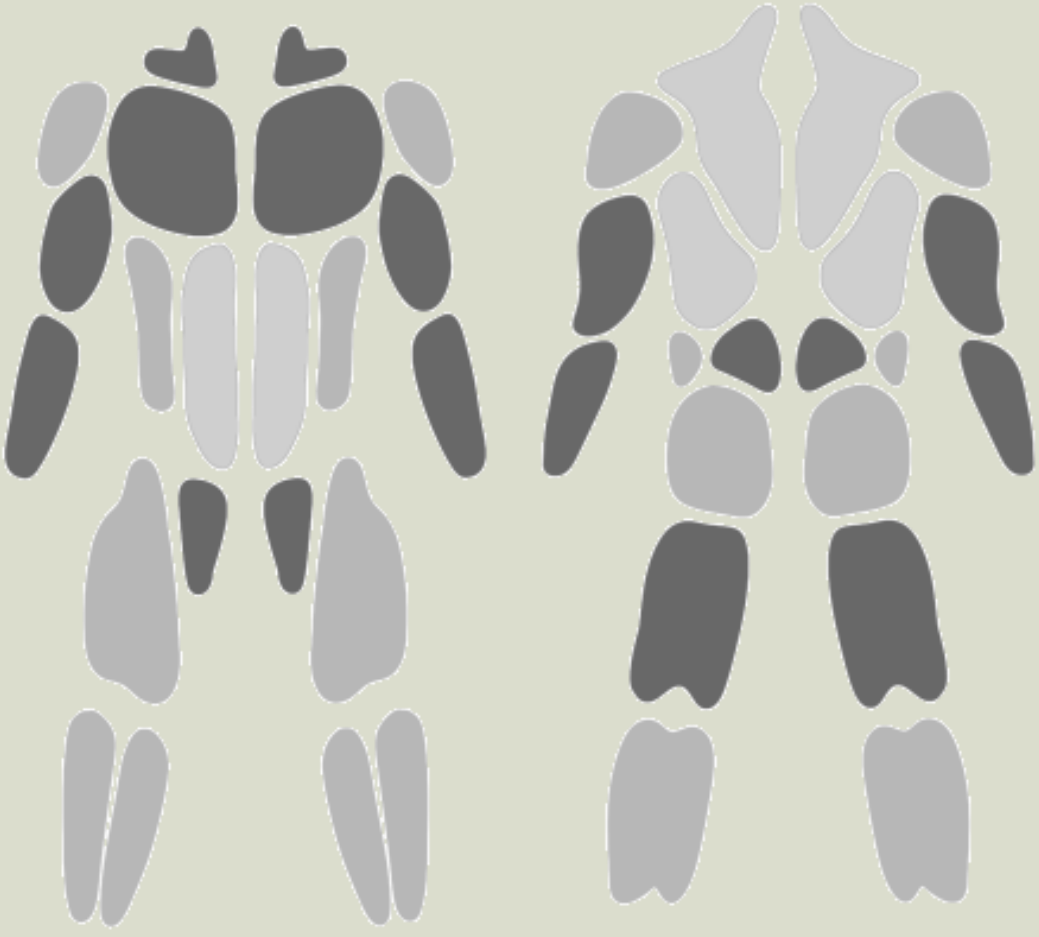
Tag

Bench **# push** **# Monday**
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)

Bench **# push** **# Monday**
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)



Tag

Bench **# push** **# Monday**
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)

Bench **# push** **# Monday**
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)

< Bench

PERSONAL RECORD

Set 2	12 kg * 5

28-02-2024 (4 days ago)

ONE REP MAX (PREDICTED)

15 kg

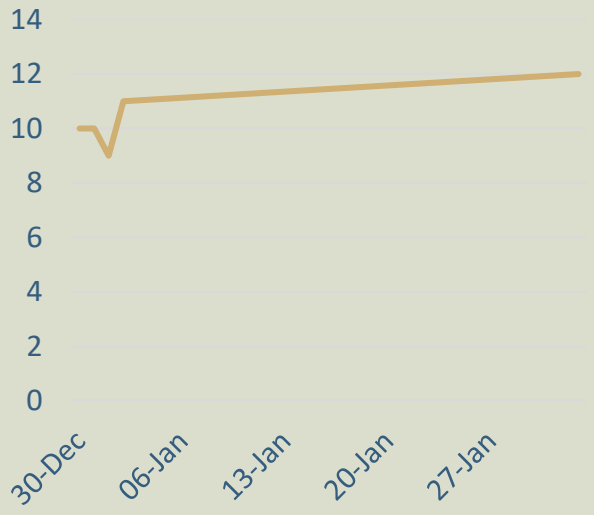
TODAY	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	12.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

Personal record



One rep max

Enter weight Kg

Enter reps Reps

☐ log as a warming up set

LOG

< Bench

PERSONAL RECORD

Set 2	12 kg * 5

28-02-2024 (4 days ago)

ONE REP MAX (PREDICTED)

15 kg

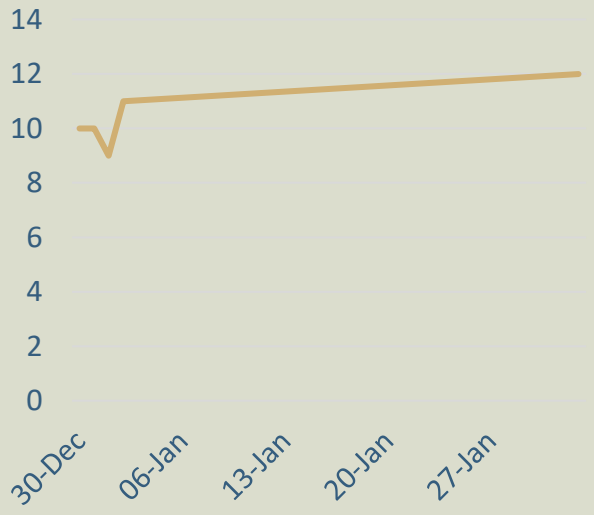
TODAY	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	12.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

28-02-2024 (4 days ago)	
Set 1	10.0 kg * 5
Set 2	10.0 kg * 5
Set 3	10.0 kg * 5

Personal record



One rep max

Enter weight Kg

Enter reps Reps

☐ log as a warming up set

LOG

ADD NEW EXERCISE

Bench # push # Monday
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)

Bench # push # Monday
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
100 kg
:27 – 02 - 2001
(4 days ago)

Bench # push # Monday
Last exercise : 27 – 02 - 2001
Main : chest
Sub : forearm

Personal Record
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:27 – 02 - 2001
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Last exercise : 27 – 02 - 2001
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Main : chest
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Personal Record
100 kg
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(4 days ago)

Setting

Personal Information

App Version

Send Feedback

Privacy Policy

Setting

Personal Information

App Version

Send Feedback

Privacy Policy

< Personal Information

Remove all the log data

< App Version

Current App version : 1.0.0

Home | Status | Setting

< Send Feedback

< Privacy Policy

Home | Status | Setting