

Timestamp1)- if there 2)- How lon3)- what ty4)- what is 5)- how would you like the university gym trainer to measure your progress ?

2025/03/062-5 times a more than 3 martial arts limited acc by tracking workout performance

2025/03/062-5 times a depending strength ( w limited acc by tracking workout performance

2025/03/06 depending depending strength ( w lack of moti by tracking workout performance

2025/03/062-5 times a more than 3 strength ( w limited acc by how I feel ( energy level , endurance )

2025/03/062-5 times a less than 3 martial arts limited acc by tracking workout performance

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2025/03/06 depending less than 3 recovery a limited acc by how I feel ( energy level , endurance )

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