

username

password

Log in

Don't have an account? Register **here**



username

password

Log in

Don't have an account? Register here



username
email
password
repeat password
I agree for

Register



username

email

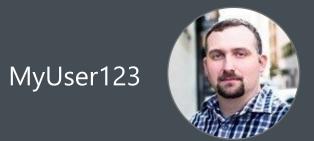
password

repeat password



✓ I agree for..

Register



Q Add workout Search... All Favorite My plans ExampleUser123 This training is for people who want start their advenutre **FBW training** Advanced BegginerUser5 This trening is for advanced people. Good for people Push/pull/legs with big amount of free time. Begginer training



Search...





All





FBW training







AdvancedUser123
Advanced

This training is for people who want start their advenutre.



Push/pull/legs training







This trening is for advanced people. Good for people with big amount of free time.





FBW training

This training is for people who want start their advenutre



91 30



ExampleUser123
Advanced

Monday

Bench press

3 series12 reps

Deadlift

4 series 3 reps

Bench press

3 series 12 reps

Bench press

3 series 12 reps

Tuesday

Bench press

3 series12 reps

Deadlift

4 series 3 reps

Bench press

3 series 12 reps

Bench press

3 series 12 reps

Wednesday

Bench press

3 series12 reps

Deadlift

4 series 3 reps

Bench press

3 series12 reps

Bench press

12 reps

3 series

Thursday

Bench press

3 series 12 reps

Deadlift

4 series 3 reps

Bench press

3 series12 reps

Bench press

3 series 12 reps

Friday

Bench press

3 series12 reps

Deadlift

4 series 3 reps

Bench press

3 series 12 reps

Bench press

3 series 12 reps





FBW training







This training is for people who want start their advenutre.

Monday

Bench press

3 series 12 reps

Deadlift

4 series

3 reps

Bench press

3 series

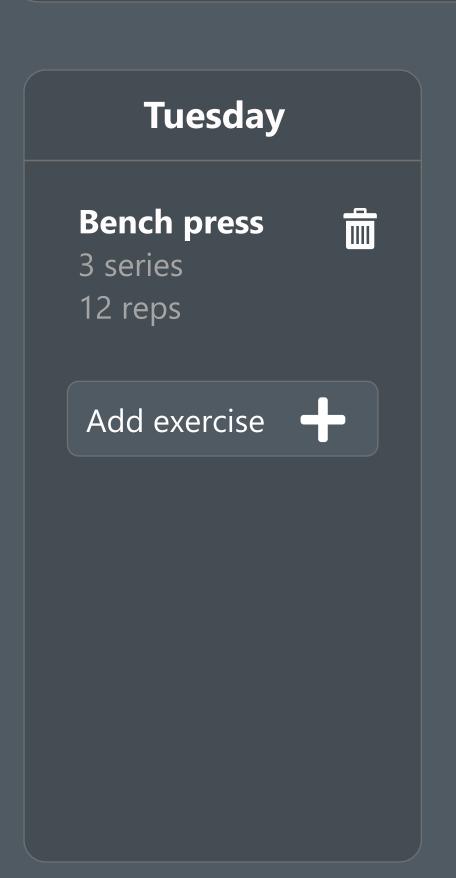
Title

Your title...

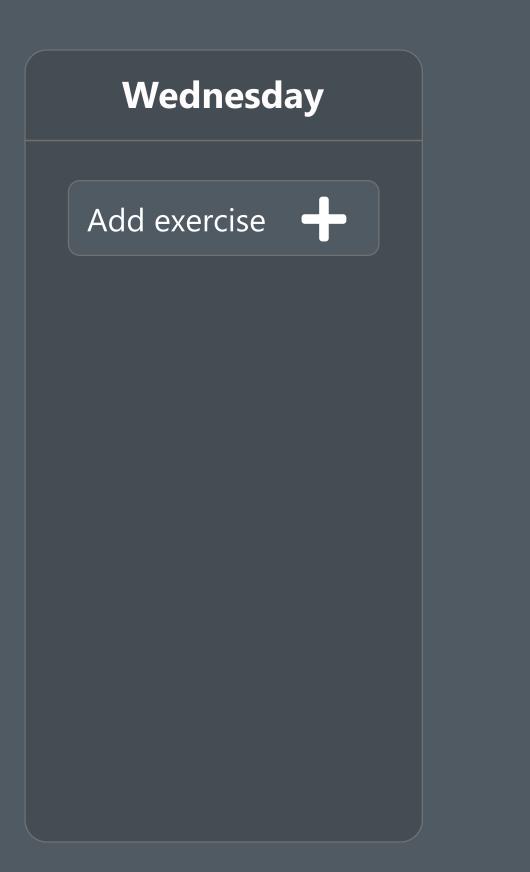
Description

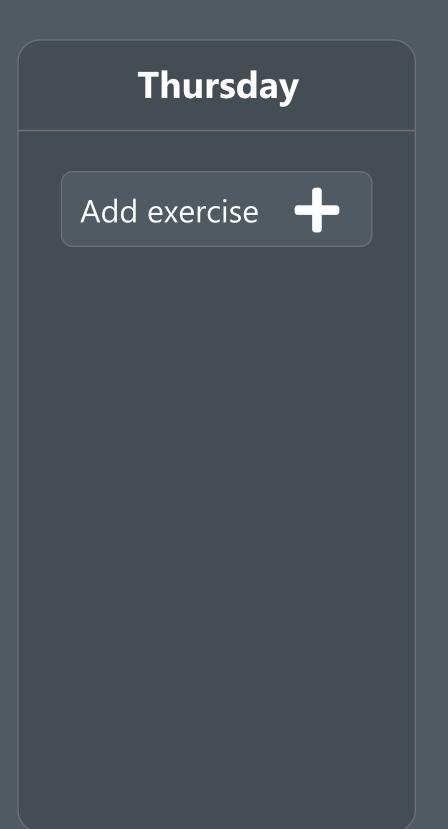
Upload training 1

Monday **Bench press** 3 series 12 reps Choose exercise 🗸 Series: Reps:



Your description...









Upload training



Title

Your title...

Description

Your description...

Monday



Monday

Bench press



3 series 12 reps

Choose exercise



Series:

Reps:





Tuesday