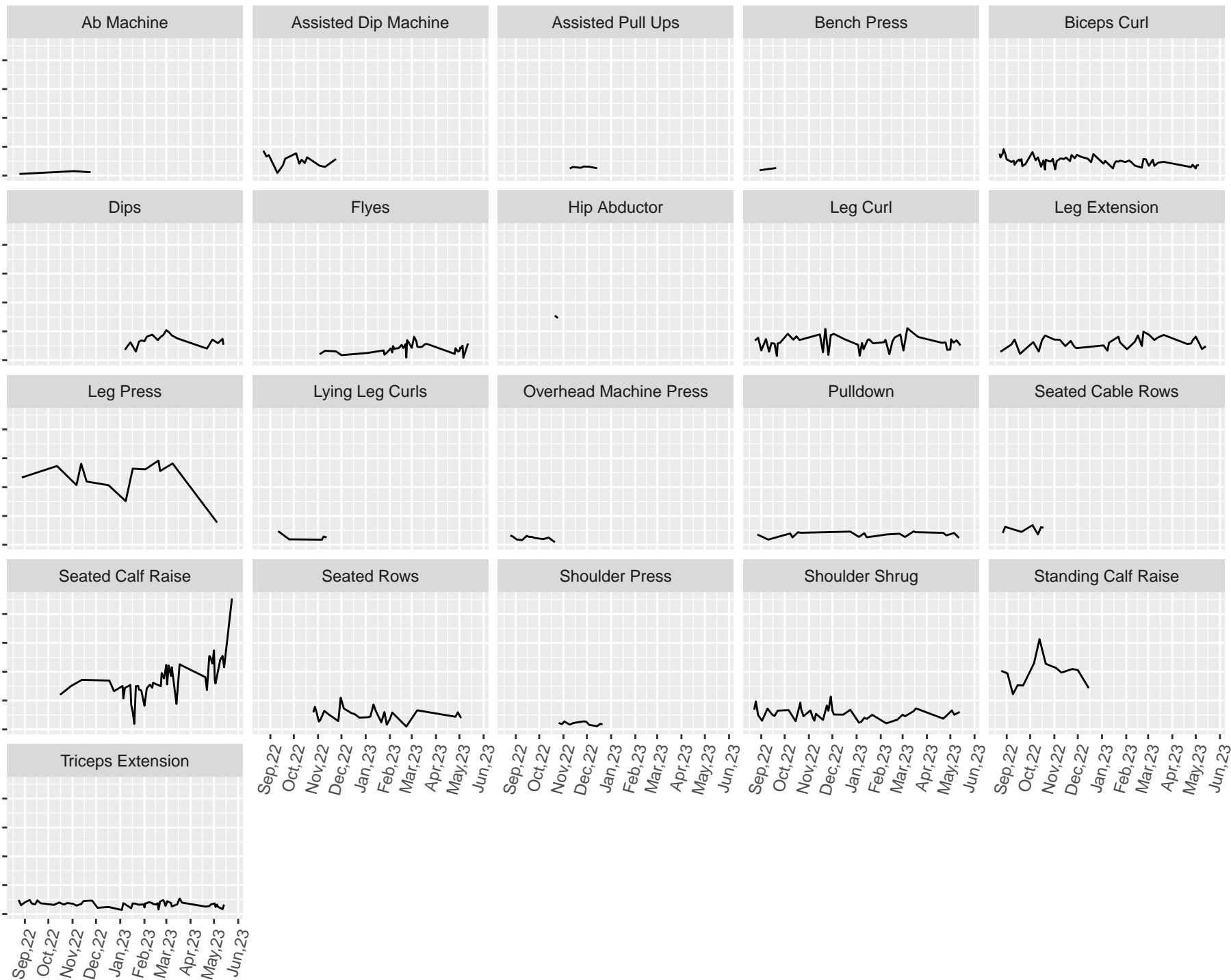


# Total Workout Volume in LBs Over Time

Total Volume per Workout



Month