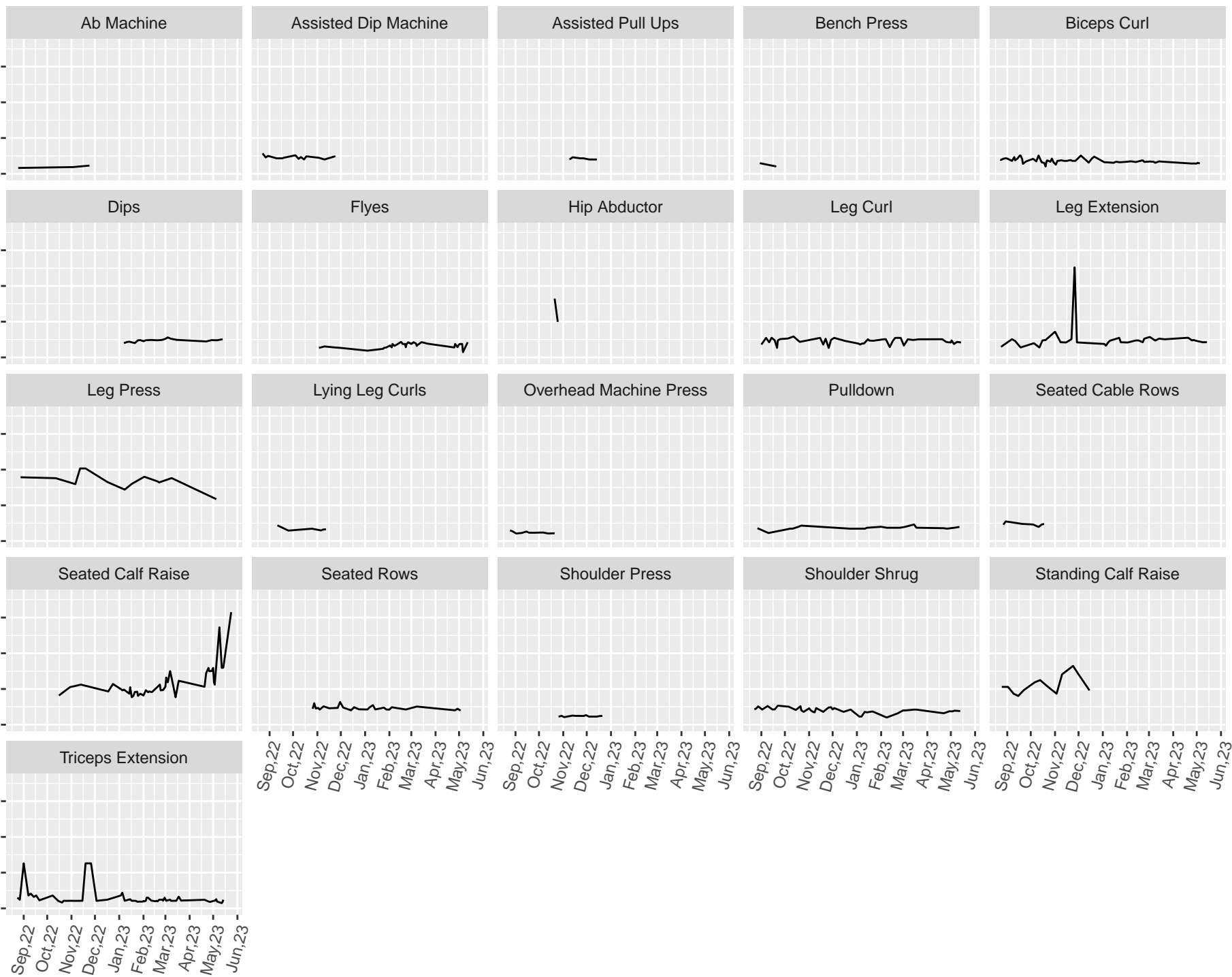


One Rep Maximum Over Time

Estimated 1RM per Workout



Month